

GLA UNIVERSITY, MATHURA-2020

MINI PROJECT-I (2020-21)

MID-TERM REPORT



"FITNESS FREAK"

TEAM DETAILS

| NAME | UNIV ROLL NO. | GITHUB ID |
|---------------------|----------------------|------------------|
| 1.Alok Kumar Ojha | 181500067 | |
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Supervised By:
Dr. Anand Prakash Gupta

CERTIFICATE OF APPROVAL

We hereby certify that the proposal for the project entitled
“FITNESSFREAK” will be prepared in the future with the guidance
of our mentor.

This Idea of our project has been approved and we will be doing our level
best in the completion of this mini-project name “Fitness Freak” with full
enthusiasm.

Signature of Supervisor:

Name:

Designation:

Mobile no.:

Address:

Introduction:

As we all heard the quote "**Health is wealth**" from our childhood, and the word health is mentioned in the quote symbolizes the maintenance of ones health. From the generations, we heard that being healthy is the key to live longer. One can get this by doing proper exercise in our daily routine and consuming a proper diet.

One can maintain it with the help of a Gymnasium commonly known as "Gym", as it is a place for doing proper exercise.

Gym—A place where physical exercises and activities are performed, often using equipment. A gymnasium is a large room where people do exercises and get fit. The Gym workout includes a holistic approach to stay fit with a set of multiple physical exercises to build physical strength, enhance cardiovascular activity, increase flexibility, build endurance.

We,in this project, will make a fully developed User Interface(UI) using the front end technologies of **HTML,CSS,JAVASCRIPT**. Basically, This **FITNESS-FREAK** portal will help gymers. This will give information about their daily dietplans and daily exercises So that they can mentally prepare themself.This portal will also give information about the gym charges.

So, here are some features given below:

- We will create a large number of customer login.
- With a Userid and password for every customer automatically.
- The Userid and password is sent to their email id or message them on their contact number.
- Provide suitable exercises and balance a customized diet for beginner, mediocre, and advanced gymers.
- We will be providing a gym membership in various cities.

TECHNOLOGY USED:

HTML

Hypertext Markup Language is the standard markup language for documents designed to be displayed in a web browser. It can be assisted by technologies such as Cascading Style Sheets and scripting languages as JavaScript.

HTML Tags:

- The `<!DOCTYPE html>` declaration defines that this document is an HTML5 document.
- The `<html>` element is the root element of an HTML page.
- The `<head>` element contains meta information about the HTML page.
- The `<title>` element specifies a title for the HTML page (which is shown in the browser's title bar or in the page's tab).
- The `<body>` element defines the document's body, and is a container for all the visible contents, such as headings, paragraphs, images, hyperlinks, tables, lists, etc.
- The `<h1>` element defines a large heading.

- The `<p>` element defines a paragraph.
- An unordered list starts with the `` tag.
- Each list item starts with the `` tag.
- The `<a>` tag defines a hyperlink.
- The `` tag is used to embed an image in an HTML page. The `` tag should also contain the `width` and `height` attributes, which specifies the width and height of the image (in pixels).
- The `src` attribute specifies the path to the image to be displayed.
- The HTML `<p>` element defines a paragraph. A paragraph always starts on a new line, and browsers automatically add some white space (a margin) before and after a paragraph.
- The `<hr>` tag defines a thematic break in an HTML page.
- The HTML `
` element defines a line break.

CSS

Cascading Style Sheets (CSS) is used to format the layout of a webpage.

With CSS, you can control the color, font, the size of text, the spacing between elements, how elements are positioned and laid out, what background images or background colors are to be used, different displays for different devices and screen sizes, and much more!

CSS can be added to HTML documents in 3 ways:

Inline - by using the `style` attribute inside HTML elements.

Internal - by using a `<style>` element in the `<head>` section.

External - by using a `<link>` element to link to an external CSS file.

Inline CSS

An inline CSS is used to apply a unique style to a single HTML element.

An inline CSS uses the `style` attribute of an HTML element.

The following example sets the text color of the `<h1>` element to blue, and the text color of the `<p>` element to red:

Example

```
<h1 style="color:blue;">A Blue Heading</h1>
```

```
<p style="color:red;">A red paragraph.</p>
```

Internal CSS

An internal CSS is used to define a style for a single HTML page.

An internal CSS is defined in the `<head>` section of an HTML page, within a `<style>` element.

The following example sets the text color of ALL the `<h1>` elements (on that page) to blue, and the text color of ALL the `<p>` elements to red. In addition, the page will be displayed with a "powderblue" background color:

Example

```
<!DOCTYPE html>
<html>
<head>
<style>
body {background-color: powderblue;}
h1 {color: blue;}
p {color: red;}
</style>
</head>
<body>

<h1>This is a heading</h1>
<p>This is a paragraph.</p>

</body>
</html>
```

External CSS

An external style sheet is used to define the style for many HTML pages.

To use an external style sheet, add a link to it in the `<head>` section of each HTML page:

Example

```
<!DOCTYPE html>
<html>
<head>
  <link rel="stylesheet" href="styles.css">
</head>
<body>

<h1>This is a heading</h1>
<p>This is a paragraph.</p>

</body>
</html>
```

CSS Colors, Fonts and Sizes

The CSS `color` property defines the text color to be used.

The CSS `font-family` property defines the font to be used.

The CSS `font-size` property defines the text size to be used.

Example

Use of CSS color, font-family and font-size properties:

```
<!DOCTYPE html>
<html>
<head>
<style>
h1 {
    color: blue;
    font-family: verdana;
    font-size: 300%;
}
p {
    color: red;
    font-family: courier;
    font-size: 160%;
}
</style>
</head>
<body>

<h1>This is a heading</h1>
<p>This is a paragraph.</p>

</body>
</html>
```

CSS Border

The CSS `border` property defines a border around an HTML element.

Example

Use of CSS border property:

```
p {  
    border: 2px solid powderblue;  
}
```

CSS Padding

The CSS `padding` property defines a padding (space) between the text and the border.

Example

Use of CSS border and padding properties:

```
p {  
    border: 2px solid powderblue;  
    padding: 30px;  
}
```

CSS Margin

The CSS `margin` property defines a margin (space) outside the border.

Example

Use of CSS border and margin properties:

```
p {  
    border: 2px solid powderblue;  
    margin: 50px;  
}
```

JAVASCRIPT:

JavaScript is the world's most popular programming language.

JavaScript is the programming language of the Web.

JavaScript is easy to learn.

PHP:

PHP started out as a small open source project that evolved as more and more people found out how useful it was. Rasmus Lerdorf unleashed the first version of PHP way back in 1994.

- PHP is a recursive acronym for "PHP: Hypertext Preprocessor".
- PHP is a server side scripting language that is embedded in HTML. It is used to manage dynamic content, databases, session tracking, even build entire e-commerce sites.
- It is integrated with a number of popular databases, including MySQL, PostgreSQL, Oracle, Sybase, Informix, and Microsoft SQL Server.
- PHP is pleasingly zippy in its execution, especially when compiled as an Apache module on the Unix side. The MySQL server, once started, executes even very complex queries with huge result sets in record-setting time.
- PHP supports a large number of major protocols such as POP3, IMAP, and LDAP. PHP4 added support for Java and distributed object architectures (COM and CORBA), making n-tier development a possibility for the first time.
- PHP is forgiving: PHP language tries to be as forgiving as possible.
- PHP Syntax is C-Like.

Objective:

Our main objective is to help people to have a healthy and cheerful life . In today's life, many people are not able to do normal exercise daily. So here we are going to help people by providing an Online Personal Trainer. We will be providing a good amount of facilities to users to maintain weight, lose fat, gain muscles, and many more required by the user and providing proper diet plans, exercise to target particular muscles, or the exercise which helps to gain muscles.

The objectives of this study are summarized below:

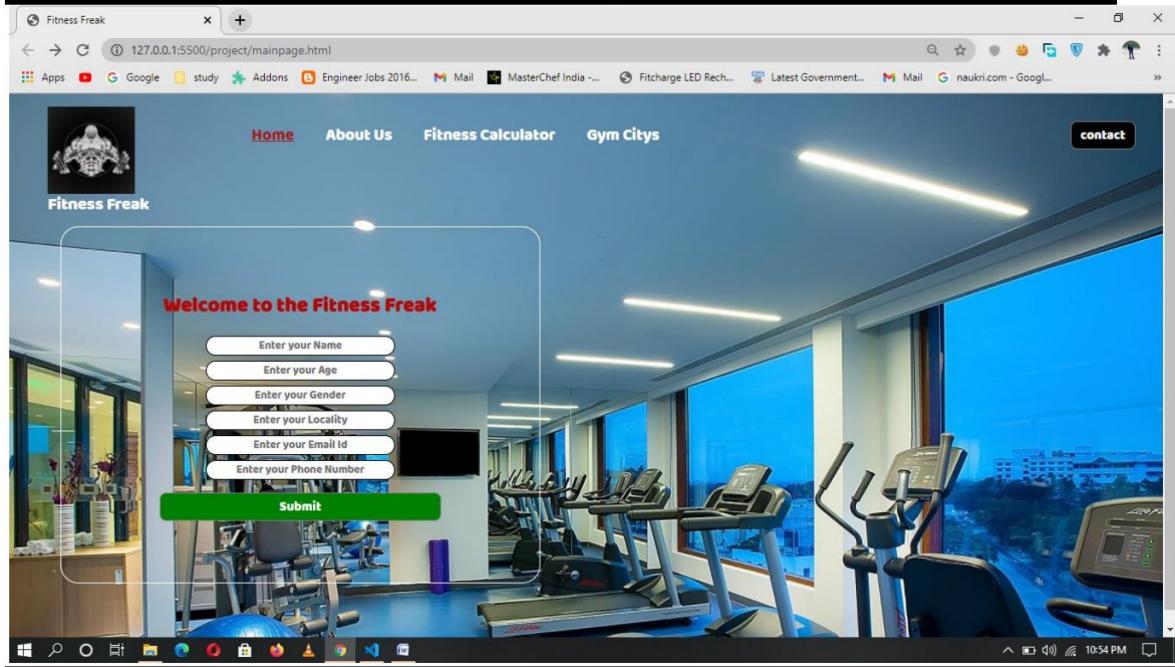
- The main objective of the project is to design and develop a user friendly
- Efficient computerized Gym Management System.
- An accurate system without any data redundancy.
- Secured data storage for Authority ends.
- Secure the user ends data by providing each user's credentials.
- 6. A flexible system which can maneuver the customer-staff relationship in an Effective manner.
- 7. To provide a better graphical user interface.
- 8. Computerization can be helpful as a means of saving time & money.

FUTURE SCOPE:

Constant technological leads to a rapid expansion of the assessment industry. The Gym management system web portal has a wide scope that covers the following perspectives.

- To remove the manual or paperwork in the Fitness club.
- Provide a platform with an interactive user interface for both customer and admin.
- Save the time of both admin and customer.
- Get online Plans in an efficient manner.
- To save costs for each user.
- User-friendly environment.
- The admin can register and view the Customers Profile Data.
- Admin can mark the attendance of customers.
- The admin can announce anything.

SCREENSHOTS Of Our Output With Source Code:



Source Code:

```
<!DOCTYPE html>
<html lang="en">

<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <meta http-equiv="X-UA-Compatible" content="ie=edge">
    <title>Fitness Freak</title>
</head>
<link href="https://fonts.googleapis.com/css?family=Baloo+Bhai&display=swap" rel="stylesheet">
<link rel="stylesheet" href="css/style.css">
<style>
    /* CSS Reset */
    body {
        font-family: 'Baloo Bhai', cursive;
        color: white;
        margin: 0px;
        padding: 0px;
        background: url("img/pic4.jpg");
    }

    .left {
        display: inline-block;
        /* border: 2px solid red; */
        position: absolute;
    }

```

```
        left: 60px;
        top: 20px;
    }

.left img {
    width: 136px;
    filter: invert(100%);
}

.left div {
    line-height: 19px;
    font-size: 26px;
    text-align: center;
}

.mid {
    display: block;
    width: 65%;
    margin: 29px auto;
    /* border: 2px solid green; */
}

.right {
    position: absolute;
    right: 34px;
    top: 43px;
    display: inline-block;
    /* border: 2px solid yellow; */
}

.navbar {
    display: inline-block;
}

.navbar li {
    display: inline-block;
    font-size: 25px;
}

.navbar li a {
    color: white;
    text-decoration: none;
    padding: 34px 23px;
}

.navbar li a:hover,
.navbar li a.active {
```

```
    text-decoration: underline;
    color: rgb(160, 31, 31);

}

.btn {
    font-family: 'Baloo Bhai', cursive;
    margin: 0px 9px;
    background-color: black;
    color: white;
    padding: 4px 14px;
    border: 2px solid grey;
    border-radius: 10px;
    font-size: 20px;
    cursor: pointer;
}

.btn:hover {
    background-color: rgb(31, 30, 30);
}

.container {
    border: 2px solid white;
    margin: 106px 80px;
    padding: 75px;
    width: 33%;
    border-radius: 28px;
}

.form-group input {
font-family: 'Baloo Bhai', cursive;
text-align: center;
display: block;
width: 290px;
padding: 0px;
border: 2px solid black;
margin: 8px auto;
font-size: 17px;
border-radius: 31px;
}

.container h1 {
    color: rgb(175, 11, 11);
    text-align: center;
}

.container button {
    background-color: green;
```

```
        display: block;
        width: 74%;
        margin: 20px auto;
    }
</style>

<body>
    <header class="header">
        <!-- Left box for logo -->
        <div class="left">
            
            <div>Fitness Freak</div>
        </div>
        <!-- Mid box for navbar -->
        <div class="mid">
            <ul class="navbar">
                <li><a href="mainpage.html" class="active">Home</a></li>
                <li><a href="aboutus.html">About Us</a></li>
                <li><a href="fitnesscalculator.html">Fitness Calculator</a></li>
                <li><a href="gymcities.html">Gym Cities</a></li>
            </ul>
        </div>

        <!-- Right box for buttons -->
        <div class="right">
            <a href="contactus.html"> <button class="btn">contact</button></a>
        </div>
    </header>
    <div class="container">
        <h1>Welcome to the Fitness Freak</h1>
        <form action="connect.php" method="post">
            <div class="form-group">
                <input type="text" id="Name" name="Name" placeholder="Enter your Name">
            </div>
            <div class="form-group">
                <input type="text" id="Age" name="Age" placeholder="Enter your Age">
            </div>
            <div class="form-group">
                <input type="text" id="Gender" name="Gender" placeholder="Enter your Gender">
            </div>
            <div class="form-group">
```

```

        <input type="text" id="Locality" name="Locality" placeholder="Enter your Locality">
    </div>
    <div class="form-group">
        <input type="text" id="Email" name="Email" placeholder="Enter your Email Id">
    </div>
    <div class="form-group">
        <input type="text" id="Number" name="Number" placeholder="Enter your Phone Number">
    </div>
    <button class="btn">Submit</button>
</form>
</div>
</body>

</html>
<!DOCTYPE html>
<html lang="en">

<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <meta http-equiv="X-UA-Compatible" content="ie=edge">
    <title>Fitness Freak</title>
</head>
<link href="https://fonts.googleapis.com/css?family=Baloo+Bhai&display=swap" rel="stylesheet">
<link rel="stylesheet" href="css/style.css">
<style>
    /* CSS Reset */
body {
    font-family: 'Baloo Bhai', cursive;
    color: white;
    margin: 0px;
    padding: 0px;
    background: url("img/pic4.jpg");
}

.left {
    display: inline-block;
    /* border: 2px solid red; */
    position: absolute;
    left: 60px;
    top: 20px;
}

.left img {

```

```
    width: 136px;
    filter: invert(100%);
}

.left div {
    line-height: 19px;
    font-size: 26px;
    text-align: center;
}

.mid {
    display: block;
    width: 65%;
    margin: 29px auto;
    /* border: 2px solid green; */
}

.right {
    position: absolute;
    right: 34px;
    top: 43px;
    display: inline-block;
    /* border: 2px solid yellow; */
}

.navbar {
    display: inline-block;
}

.navbar li {
    display: inline-block;
    font-size: 25px;
}

.navbar li a {
    color: white;
    text-decoration: none;
    padding: 34px 23px;
}

.navbar li a:hover,
.navbar li a.active {
    text-decoration: underline;
    color: rgb(160, 31, 31);
}
```

```
.btn {  
    font-family: 'Baloo Bhai', cursive;  
    margin: 0px 9px;  
    background-color: black;  
    color: white;  
    padding: 4px 14px;  
    border: 2px solid grey;  
    border-radius: 10px;  
    font-size: 20px;  
    cursor: pointer;  
}  
  
.btn:hover {  
    background-color: rgb(31, 30, 30);  
}  
  
.container {  
    border: 2px solid white;  
    margin: 106px 80px;  
    padding: 75px;  
    width: 33%;  
    border-radius: 28px;  
}  
  
.form-group input {  
font-family: 'Baloo Bhai', cursive;  
text-align: center;  
display: block;  
width: 290px;  
padding: 0px;  
border: 2px solid black;  
margin: 8px auto;  
font-size: 17px;  
border-radius: 31px;  
}  
  
.container h1 {  
    color: rgb(175, 11, 11);  
    text-align: center;  
}  
  
.container button {  
    background-color: green;  
    display: block;  
    width: 74%;  
    margin: 20px auto;  
}  
/<style>
```

```
<body>
    <header class="header">
        <!-- Left box for logo -->
        <div class="left">
            
            <div>Fitness Freak</div>
        </div>
        <!-- Mid box for navbar -->
        <div class="mid">
            <ul class="navbar">
                <li><a href="mainpage.html" class="active">Home</a></li>
                <li><a href="aboutus.html">About Us</a></li>
                <li><a href="fitnesscalculator.html">Fitness Calculator</a></li>
                <li><a href="gymcities.html">Gym Citys</a></li>
            </ul>
        </div>

        <!-- Right box for buttons -->
        <div class="right">
            <a href="contactus.html"> <button class="btn">contact</button></a>
        </div>
    </header>
    <div class="container">
        <h1>Welcome to the Fitness Freak</h1>
        <form action="connect.php" method="post">
            <div class="form-group">
                <input type="text" id="Name" name="Name" placeholder="Enter your Name">
            </div>
            <div class="form-group">
                <input type="text" id = "Age" name="Age" placeholder="Enter your Age">
            </div>
            <div class="form-group">
                <input type="text" id="Gender" name="Gender" placeholder="Enter your Gender">
            </div>
            <div class="form-group">
                <input type="text" id="Locality" name="Locality" placeholder="Enter your Locality">
            </div>
            <div class="form-group">
                <input type="text" id="Email" name="Email" placeholder="Enter your Email Id">
            </div>
        </form>
    </div>

```

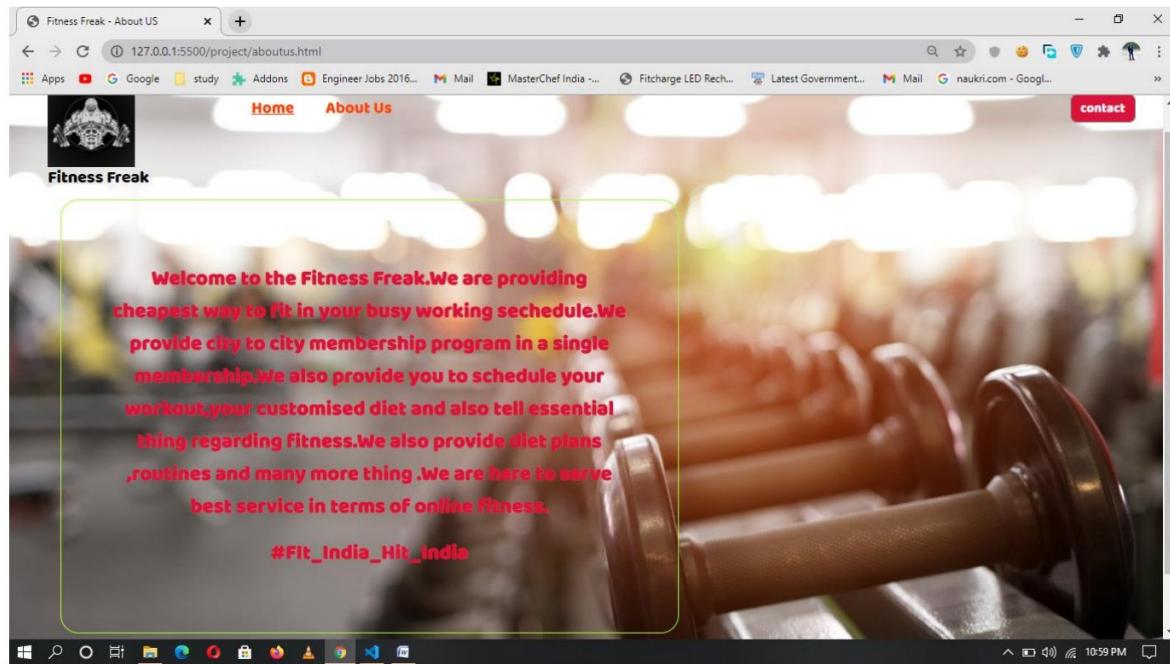
```

        </div>
        <div class="form-group">
            <input type="text" id="Number" name="Number" placeholder="Enter your Phone Number">
        </div>
        <button class="btn">Submit</button>
    </form>
</div>
</body>

</html>

```

About US:



```

<!DOCTYPE html>
<html lang="en">

<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <meta http-equiv="X-UA-Compatible" content="ie=edge">
    <title>Fitness Freak - About US</title>
</head>
<link href="https://fonts.googleapis.com/css?family=Baloo+Bhai&display=swap" rel="stylesheet">

```

```
<link rel="stylesheet" href="css/style.css">
<style>
    /* CSS Reset */
    body {
        font-family: 'Baloo Bhai', cursive;
        color: black;
        margin: 0px;
        padding: 0px;
        background: url("img/backgroundmain.jpg");
    }

    .left {
        display: inline-block;
        /* border: 2px solid red; */
        position: absolute;
        left: 60px;
        top: 20px;
    }

    .left img {
        width: 136px;
        filter: invert(100%);
    }

    .left div {
        line-height: 19px;
        font-size: 26px;
        text-align: center;
    }

    .mid {
        display: block;
        width: 65%;
        margin: 29px auto;
        /* border: 2px solid green; */
    }

    .right {
        position: absolute;
        right: 34px;
        top: 43px;
        display: inline-block;
        /* border: 2px solid yellow; */
    }

    .navbar {
        display: inline-block;
    }

```

```
.navbar li {
    display: inline-block;
    font-size: 25px;
}

.navbar li a {
    color: orangered;
    text-decoration: none;
    padding: 34px 23px;
}

.navbar li a:hover,
.navbar li a.active {
    text-decoration: underline;
    color: orangered;
}

.btn {
    font-family: 'Baloo Bhai', cursive;
    margin: 0px 9px;
    background-color: crimson;
    color: white;
    padding: 4px 14px;
    border: 2px solid grey;
    border-radius: 10px;
    font-size: 20px;
    cursor: pointer;
}

.btn:hover {
    background-color: rgb(31, 30, 30);
}

.container {
    border: 2px solid greenyellow;
    margin: 106px 80px;
    padding: 75px;
    width: 45%;
    border-radius: 28px;
}

.form-group input {
font-family: 'Baloo Bhai', cursive;
text-align: center;
display: block;
```

```

width: 290px;
padding: 0px;
border: 2px solid black;
margin: 8px auto;
font-size: 17px;
border-radius: 31px;
}

.container h1 {
    color: crimson;
    text-align: center;
}

.container button {
    background-color: green;
    display: block;
    width: 74%;
    margin: 20px auto;
}

```

</style>

<body>

<header class="header">

<!-- Left box for logo -->

<div class="left">

<div>Fitness Freak</div>

</div>

<!-- Mid box for navbar -->

<div class="mid">

<ul class="navbar">

Home

About Us

</div>

<!-- Right box for buttons -->

<div class="right">

 <button class="btn">contact</button>

</div>

</header>

<div class="container">

<h1>Welcome to the Fitness Freak.We are providing cheapest way to fit in your busy working sechedule.We provide city to city membership program in a single membership.We also provide you to schedule your workout,your customised diet and also tell essential thing regarding fitness.We also provide diet plans ,routines and many more thing .We are here to serve best service in terms of online fitness. </h1>

```

<h1>#Fit_India_Hit_India</h1>

</form>
</div>
</body>

</html>

```

Fitness Calculator:

BMR CALCULATION

Enter Weight in Kgs: Enter weight in kgs
 Enter height in cms: Enter Height in cms
 Enter Age in Years: Enter Age in Years
 BMR: Result-BMR

Sedentary: little or no exercise 1,926
 Exercise 1-3 times/week 2,207
 Exercise 4-5 times/week 2,351
 Daily exercise or intense exercise 3-4 times/week 2,488
 Intense exercise 6-7 times/week 2,769
 Very intense exercise daily, or physical job 3,050
 Exercise: 15-30 minutes of elevated heart rate activity.
 Intense exercise: 45-120 minutes of elevated heart rate activity.
 Very intense exercise: 2+ hours of elevated heart rate activity

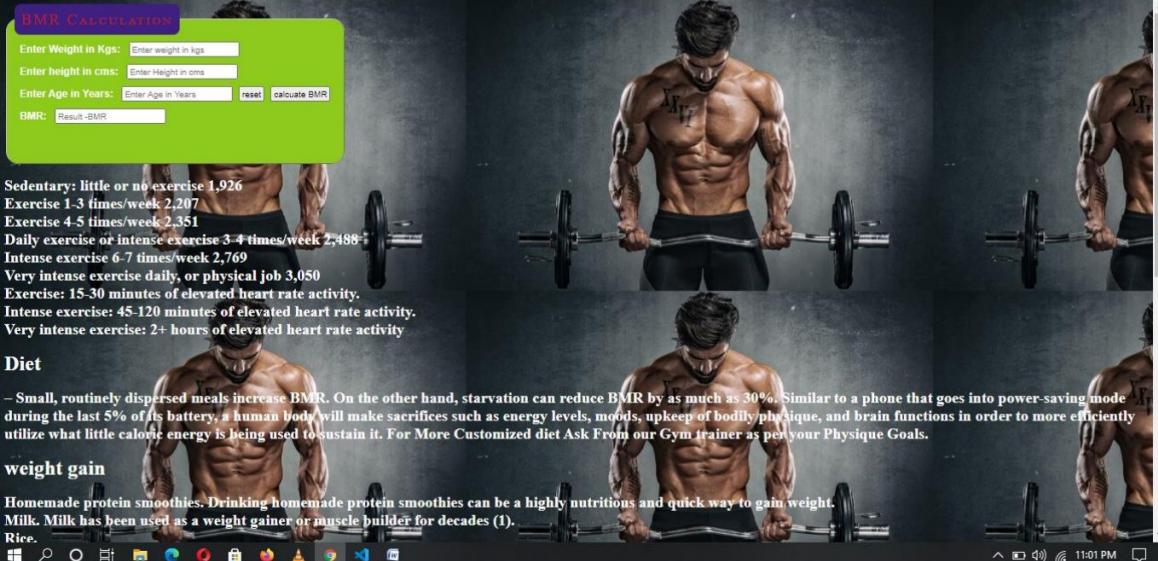
Diet

- Small, routinely dispersed meals increase BMR. On the other hand, starvation can reduce BMR by as much as 30%. Similar to a phone that goes into power-saving mode during the last 5% of its battery, a human body will make sacrifices such as energy levels, moods, upkeep of bodily physique, and brain functions in order to more efficiently utilize what little caloric energy is being used to sustain it. For More Customized diet Ask From our Gym trainer as per your Physique Goals.

weight gain

Homemade protein smoothies. Drinking homemade protein smoothies can be a highly nutritious and quick way to gain weight.
 Milk. Milk has been used as a weight gainer or muscle builder for decades (1).

Rice.



Milk. Milk has been used as a weight gainer or muscle builder for decades (1).

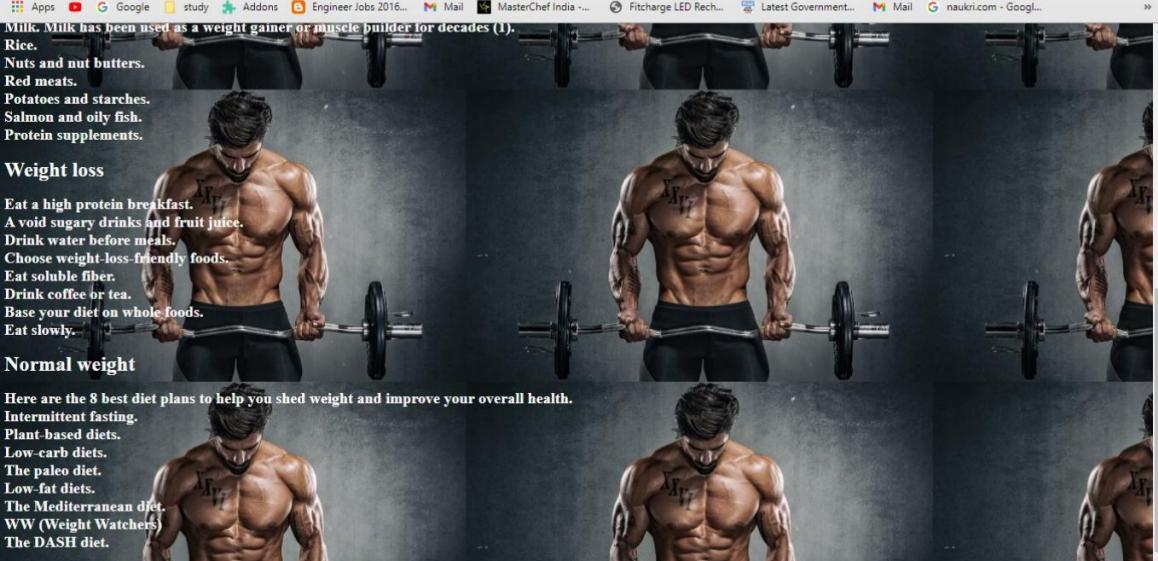
Rice.
 Nuts and nut butters.
 Red meats.
 Potatoes and starches.
 Salmon and oily fish.
 Protein supplements.

Weight loss

Eat a high protein breakfast.
 Avoid sugary drinks and fruit juice.
 Drink water before meals.
 Choose weight-loss-friendly foods.
 Eat soluble fiber.
 Drink coffee or tea.
 Base your diet on whole foods.
 Eat slowly.

Normal weight

Here are the 8 best diet plans to help you shed weight and improve your overall health.
 Intermittent fasting.
 Plant-based diets.
 Low-carb diets.
 The paleo diet.
 Low-fat diets.
 The Mediterranean diet.
 WW (Weight Watchers)
 The DASH diet.



Source Code:

```
<!DOCTYPE html>
<html lang="en">

<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <meta http-equiv="X-UA-Compatible" content="ie=edge">
    <title>Fitness Freak - About US</title>
</head>
<link href="https://fonts.googleapis.com/css?family=Baloo+Bhai&display=swap" rel="stylesheet">
<link rel="stylesheet" href="css/style.css">
<style>
    /* CSS Reset */
    body {
        font-family: 'Baloo Bhai', cursive;
        color: black;
        margin: 0px;
        padding: 0px;
        background: url("img/backgroundmain.jpg");
    }

    .left {
        display: inline-block;
        /* border: 2px solid red; */
        position: absolute;
        left: 60px;
        top: 20px;
    }

    .left img {
        width: 136px;
        filter: invert(100%);
    }

    .left div {
        line-height: 19px;
        font-size: 26px;
        text-align: center;
    }

    .mid {
        display: block;
        width: 65%;
        margin: 29px auto;
    }

```

```
    /* border: 2px solid green; */
}

.right {
    position: absolute;
    right: 34px;
    top: 43px;
    display: inline-block;
    /* border: 2px solid yellow; */
}

.navbar {
    display: inline-block;
}

.navbar li {
    display: inline-block;
    font-size: 25px;
}

.navbar li a {
    color: orangered;
    text-decoration: none;
    padding: 34px 23px;
}

.navbar li a:hover,
.navbar li a.active {
    text-decoration: underline;
    color: orangered;
}

.btn {
    font-family: 'Baloo Bhai', cursive;
    margin: 0px 9px;
    background-color: crimson;
    color: white;
    padding: 4px 14px;
    border: 2px solid grey;
    border-radius: 10px;
    font-size: 20px;
    cursor: pointer;
}

.btn:hover {
    background-color: rgb(31, 30, 30);
```

```

        }

.container {
    border: 2px solid greenyellow;
    margin: 106px 80px;
    padding: 75px;
    width: 45%;
    border-radius: 28px;
}

.form-group input {
font-family: 'Baloo Bhai', cursive;
text-align: center;
display: block;
width: 290px;
padding: 0px;
border: 2px solid black;
margin: 8px auto;
font-size: 17px;
border-radius: 31px;
}

.container h1 {
    color: crimson;
    text-align: center;
}

.container button {
    background-color: green;
    display: block;
    width: 74%;
    margin: 20px auto;
}

```

</style>

```

<body>
    <header class="header">
        <!-- Left box for logo -->
        <div class="left">
            
            <div>Fitness Freak</div>
        </div>
        <!-- Mid box for navbar -->
        <div class="mid">
            <ul class="navbar">
                <li><a href="mainpage.html" class="active">Home</a></li>
                <li><a href="aboutus.html">About Us</a></li>
            </ul>
        </div>
    </header>

```

```

        </div>

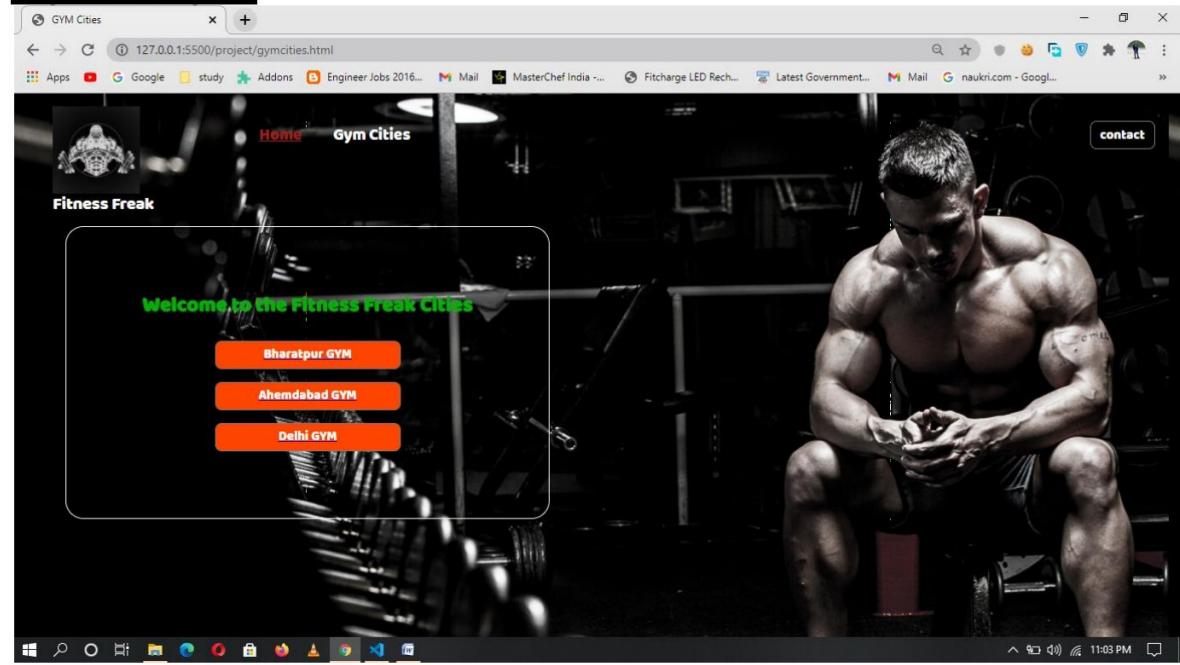
        <!-- Right box for buttons -->
        <div class="right">
            <a href="contactus.html"> <button class="btn">contact</button></a>
        </div>
    </header>
    <div class="container">
        <h1>Welcome to the Fitness Freak.We are providing cheapest way to fit in your busy working sechedule.We provide city to city membership program in a single membership.We also provide you to schedule your workout,your customised diet and also tell essential thing regarding fitness.We also provide diet plans ,routines and many more thing .We are here to serve best service in terms of online fitness.      </h1>
        <h1>#FIt_India_Hit_India</h1>

        </form>
    </div>
</body>

</html>

```

Gym Citys:



Source Code:

```

<!DOCTYPE html>
<html lang="en">

```

```
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <meta http-equiv="X-UA-Compatible" content="ie=edge">
    <title>GYM Cities</title>
</head>
<link href="https://fonts.googleapis.com/css?family=Baloo+Bhai&display=swap" rel="stylesheet">
<link rel="stylesheet" href="css/style.css">
<style>
    /* CSS Reset */
    body {
        font-family: 'Baloo Bhai', cursive;
        color: white;
        margin: 0px;
        padding: 0px;
        background: url("img/bharatpur.jpg");
    }

    .left {
        display: inline-block;
        /* border: 2px solid red; */
        position: absolute;
        left: 60px;
        top: 20px;
    }

    .left img {
        width: 136px;
        filter: invert(100%);
    }

    .left div {
        line-height: 19px;
        font-size: 26px;
        text-align: center;
    }

    .mid {
        display: block;
        width: 65%;
        margin: 29px auto;
        /* border: 2px solid green; */
    }

    .right {
        position: absolute;
    }

```

```
    right: 34px;
    top: 43px;
    display: inline-block;
    /* border: 2px solid yellow; */
}

.navbar {
    display: inline-block;
}

.navbar li {
    display: inline-block;
    font-size: 25px;
}

.navbar li a {
    color: white;
    text-decoration: none;
    padding: 34px 23px;
}

.navbar li a:hover,
.navbar li a.active {
    text-decoration: underline;
    color: rgb(160, 31, 31);
}

.btn {
    font-family: 'Baloo Bhai', cursive;
    margin: 0px 9px;
    background-color: black;
    color: white;
    padding: 4px 14px;
    border: 2px solid grey;
    border-radius: 10px;
    font-size: 20px;
    cursor: pointer;
}

.btn:hover {
    background-color: rgb(31, 30, 30);
}

.container {
    border: 2px solid white;
    margin: 106px 80px;
}
```

```

        padding: 75px;
        width: 33%;
        border-radius: 28px;
    }

    .form-group input {
        font-family: 'Baloo Bhai', cursive;
        text-align: center;
        display: block;
        width: 290px;
        padding: 0px;
        border: 2px solid black;
        margin: 8px auto;
        font-size: 17px;
        border-radius: 31px;
    }

    .container h1 {
        color: rgb(11, 175, 11);
        text-align: center;
    }

    .container button {
        background-color: orangered;
        display: block;
        width: 74%;
        margin: 20px auto;
    }

```

</style>

```

<body>
    <header class="header">
        <!-- Left box for logo -->
        <div class="left">
            
            <div>Fitness Freak</div>
        </div>
        <!-- Mid box for navbar -->
        <div class="mid">
            <ul class="navbar">
                <li><a href="mainpage.html" class="active">Home</a></li>

                <li><a href="gymcities.html">Gym Cities</a></li>
            </ul>
        </div>

        <!-- Right box for buttons -->

```

```

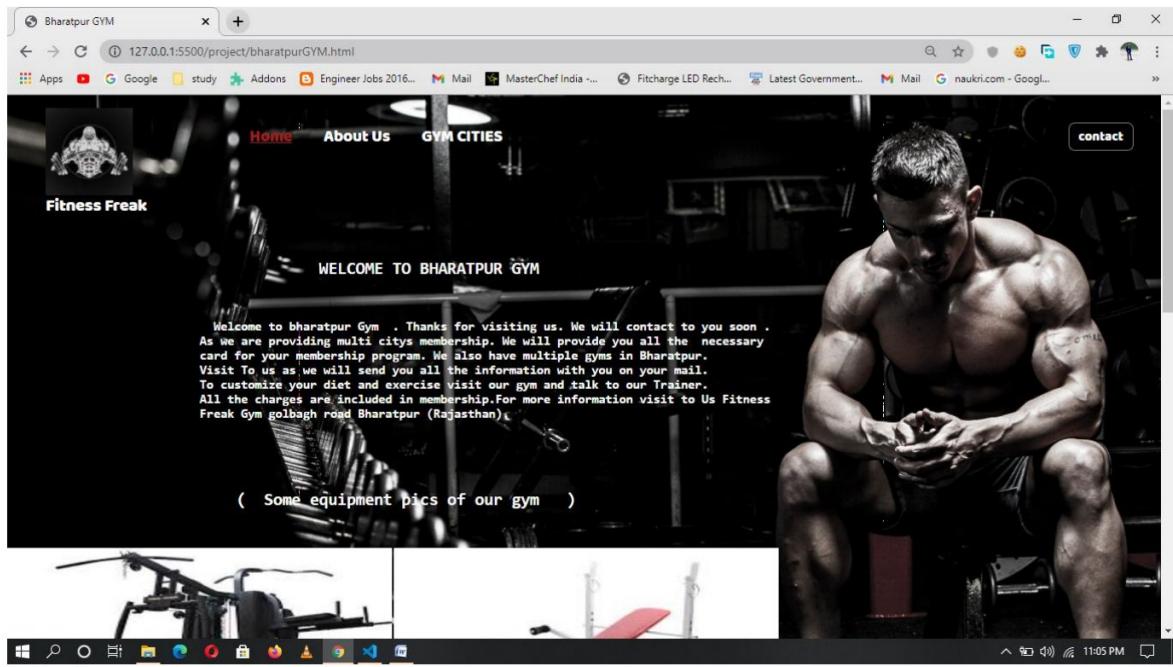
<div class="right">
    <a href="contactus.html"> <button class="btn">contact</button></a>
</div>
</header>
<div class="container">
    <h1>Welcome to the Fitness Freak Cities</h1>

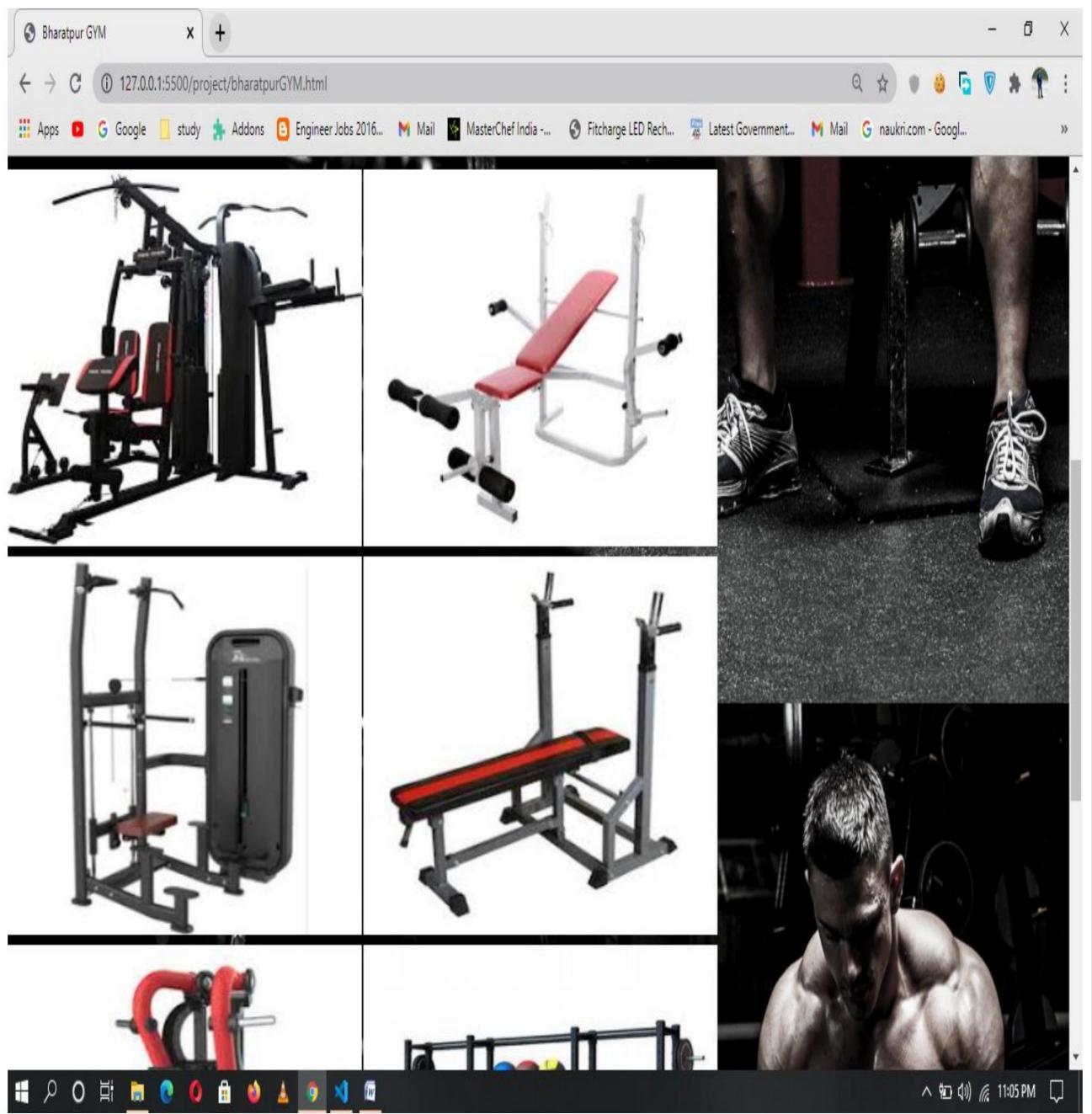
    <div class="mid">
        <a href="bharatpurGYM.html"><button class="btn">Bharatpur GYM</button></a>
        <a href="ahemdabad.html"><button class="btn">Ahemdabad GYM</button></a>
        <a href="delhi.html"> <button class="btn">Delhi GYM</button></a>
    </div>

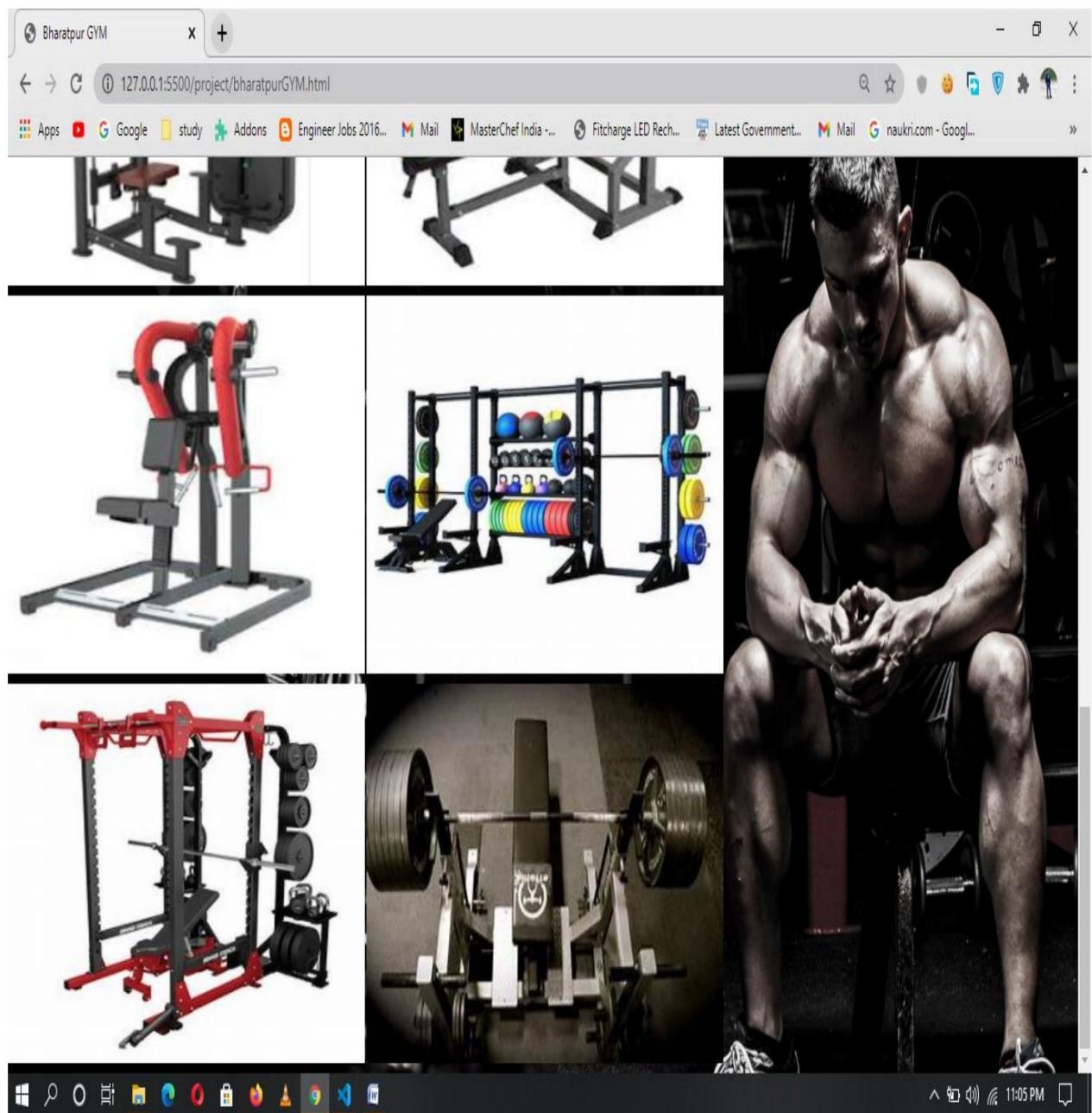
</div>
</body>
</html>

```

Bharatpur Gym :







Source Code:

```
<!DOCTYPE html>
<html lang="en">

<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <meta http-equiv="X-UA-Compatible" content="ie=edge">
    <title>Bharatpur GYM</title>
</head>
<link href="https://fonts.googleapis.com/css?family=Baloo+Bhai&display=swap" rel="stylesheet">
```

```
<link rel="stylesheet" href="css/style.css">
<style>
    /* CSS Reset */
    body {
        font-family: 'Baloo Bhai', cursive;
        color: white;
        margin: 0px;
        padding: 0px;
        background: url("img/bharatpur.jpg");
    }

    .left {
        display: inline-block;
        /* border: 2px solid red; */
        position: absolute;
        left: 60px;
        top: 20px;
    }

    .left img {
        width: 136px;
        filter: invert(100%);
    }

    .left div {
        line-height: 19px;
        font-size: 26px;
        text-align: center;
    }

    .mid {
        display: block;
        width: 65%;
        margin: 29px auto;
        /* border: 2px solid green; */
    }

    .right {
        position: absolute;
        right: 34px;
        top: 43px;
        display: inline-block;
        /* border: 2px solid yellow; */
    }

    .navbar {
        display: inline-block;
    }

```

```
.navbar li {
    display: inline-block;
    font-size: 25px;
}

.navbar li a {
    color: white;
    text-decoration: none;
    padding: 34px 23px;
}

.navbar li a:hover,
.navbar li a.active {
    text-decoration: underline;
    color: rgb(160, 31, 31);
}

.btn {
    font-family: 'Baloo Bhai', cursive;
    margin: 0px 9px;
    background-color: black;
    color: white;
    padding: 4px 14px;
    border: 2px solid grey;
    border-radius: 10px;
    font-size: 20px;
    cursor: pointer;
}

.btn:hover {
    background-color: rgb(31, 30, 30);
}

.container {
    border: 2px solid white;
    margin: 106px 80px;
    padding: 75px;
    width: 33%;
    border-radius: 28px;
}

.form-group input {
font-family: 'Baloo Bhai', cursive;
text-align: center;
display: block;
```

```

width: 290px;
padding: 0px;
border: 2px solid black;
margin: 8px auto;
font-size: 17px;
border-radius: 31px;
}

.container h1 {
    color: rgb(14, 233, 98);
    text-align: center;
}

.container button {
    background-color: green;
    display: block;
    width: 74%;
    margin: 20px auto;
}

```

</style>

<body>

<header class="header">

<!-- Left box for logo -->

<div class="left">

<div>Fitness Freak</div>

</div>

<!-- Mid box for navbar -->

<div class="mid">

<ul class="navbar">

Home

About Us

GYM CITIES

</div>

<!-- Right box for buttons -->

<div class="right">

 <button class="btn">contact</button>

</div>

</header>

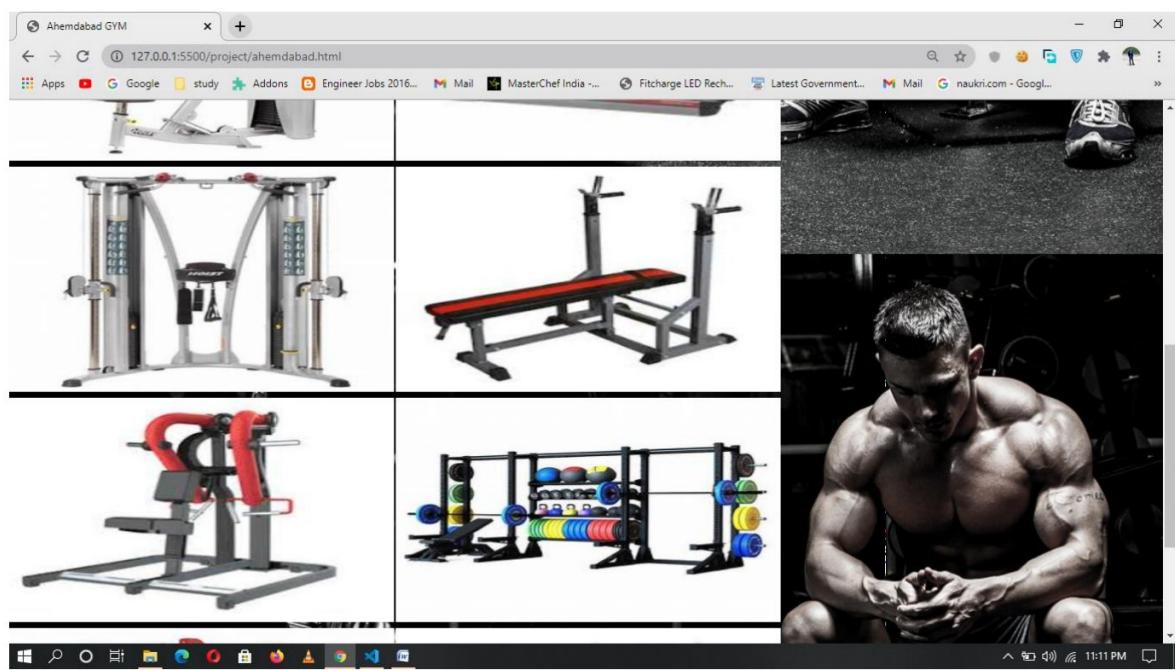
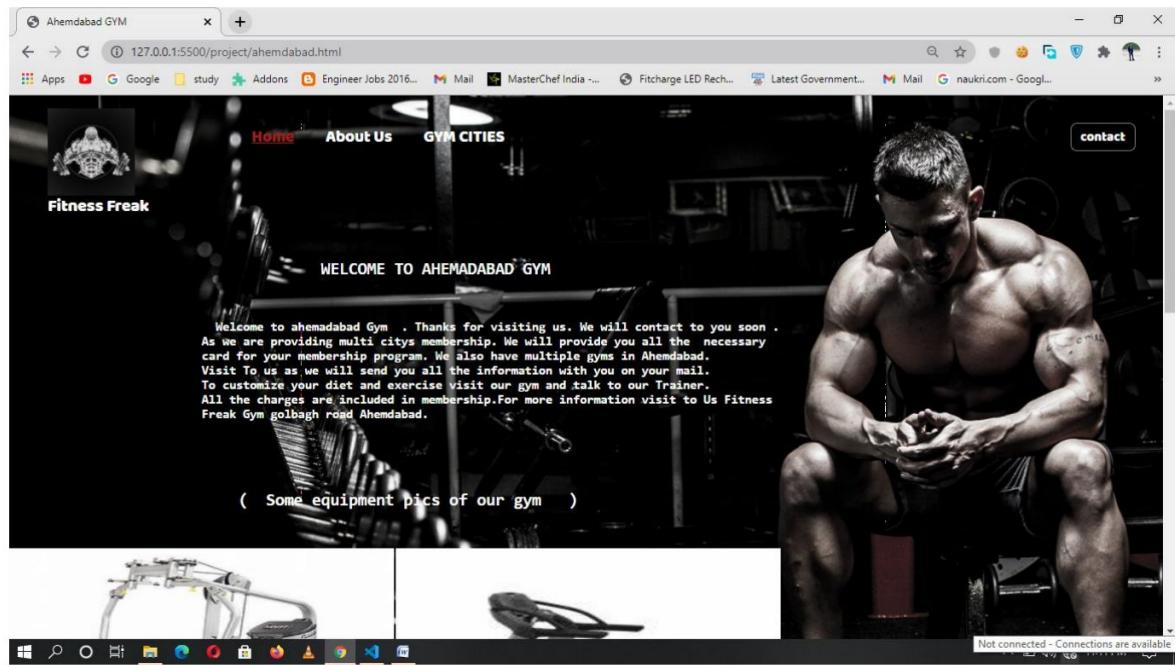
<pre>

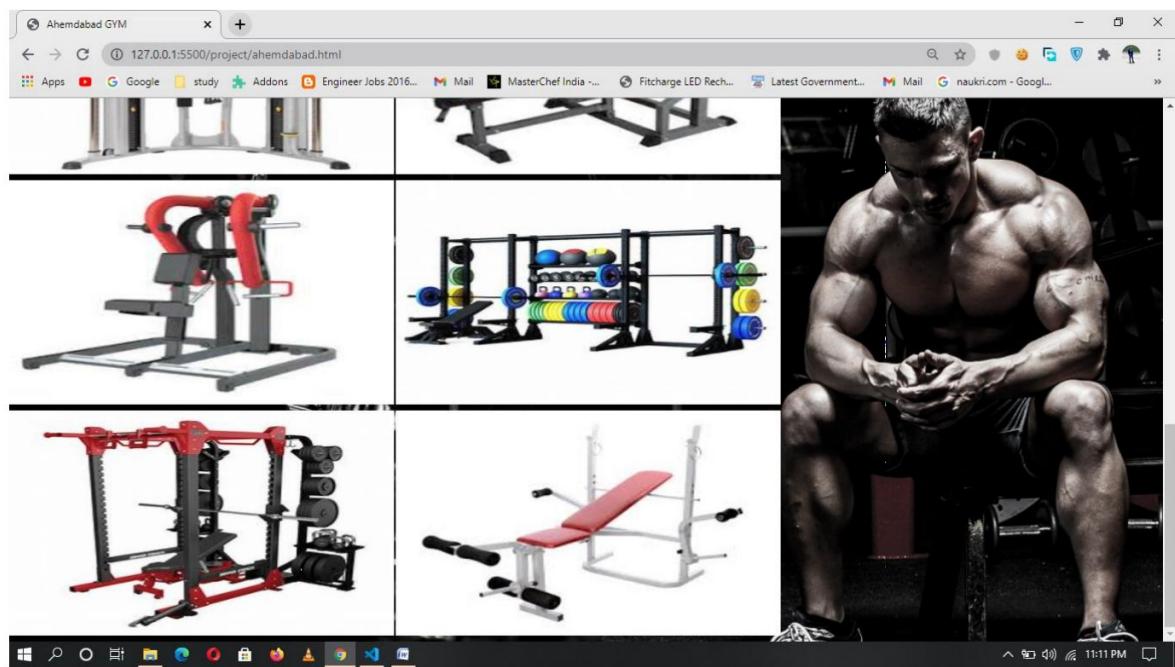
WELCOME TO BHARATPUR GYM</h1>

```
<h2>                               Welcome to bharatpur Gym . Thanks  
for visiting us. We will contact to you soon .  
                                As we are providing multi citys membership. We wil  
l provide you all the necessary  
                                card for your membership program. We also have mul  
tiple gyms in Bharatpur.  
                                Visit To us as we will send you all the informatio  
n with you on your mail.  
                                To customize your diet and exercise visit our gym  
and talk to our Trainer.  
                                All the charges are included in membership. For mor  
e information visit to Us Fitness  
                                Freak Gym golbagh road Bharatpur (Rajasthan).</h2>
```

```
<h1>                               ( Some equipment pics of our gym )<h  
1>  
</pre>  
  
  
  
  
  
  
  
  
  
</body>  
  
</html>
```

Ahemdabad GYM:





Source Code:

```
<!DOCTYPE html>
<html lang="en">

<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <meta http-equiv="X-UA-Compatible" content="ie=edge">
    <title>Ahmedabad GYM</title>
</head>
<link href="https://fonts.googleapis.com/css?family=Baloo+Bhai&display=swap" rel="stylesheet">
<link rel="stylesheet" href="css/style.css">
<style>
    /* CSS Reset */
    body {
        font-family: 'Baloo Bhai', cursive;
        color: white;
        margin: 0px;
        padding: 0px;
        background: url("img/bharatpur.jpg");
    }

    .left {
        display: inline-block;
        /* border: 2px solid red; */
        position: absolute;
        left: 60px;
        top: 20px;
    }

```

```
}

.left img {
    width: 136px;
    filter: invert(100%);
}

.left div {
    line-height: 19px;
    font-size: 26px;
    text-align: center;
}

.mid {
    display: block;
    width: 65%;
    margin: 29px auto;
    /* border: 2px solid green; */
}

.right {
    position: absolute;
    right: 34px;
    top: 43px;
    display: inline-block;
    /* border: 2px solid yellow; */
}

.navbar {
    display: inline-block;
}

.navbar li {
    display: inline-block;
    font-size: 25px;
}

.navbar li a {
    color: white;
    text-decoration: none;
    padding: 34px 23px;
}

.navbar li a:hover,
.navbar li a.active {
    text-decoration: underline;
    color: rgb(160, 31, 31);
```

```
}

.btn {
    font-family: 'Baloo Bhai', cursive;
    margin: 0px 9px;
    background-color: black;
    color: white;
    padding: 4px 14px;
    border: 2px solid grey;
    border-radius: 10px;
    font-size: 20px;
    cursor: pointer;
}

.btn:hover {
    background-color: rgb(31, 30, 30);
}

.container {
    border: 2px solid white;
    margin: 106px 80px;
    padding: 75px;
    width: 33%;
    border-radius: 28px;
}

.form-group input {
font-family: 'Baloo Bhai', cursive;
text-align: center;
display: block;
width: 290px;
padding: 0px;
border: 2px solid black;
margin: 8px auto;
font-size: 17px;
border-radius: 31px;
}

.container h1 {
    color: rgb(14, 233, 98);
    text-align: center;
}

.container button {
    background-color: green;
    display: block;
    width: 74%;
```

```

        margin: 20px auto;
    }
</style>

<body>
    <header class="header">
        <!-- Left box for logo -->
        <div class="left">
            
            <div>Fitness Freak</div>
        </div>
        <!-- Mid box for navbar -->
        <div class="mid">
            <ul class="navbar">
                <li><a href="mainpage.html" class="active">Home</a></li>
                <li><a href="aboutus.html">About Us</a></li>
                <li><a href="gymcities.html">GYM CITIES</a></li>
            </ul>
        </div>

        <!-- Right box for buttons -->
        <div class="right">
            <a href="contactus.html"> <button class="btn">contact</button></a>
        </div>
    </header>
    <br>
    <br>
    <br>
    <pre>
        <h1>                               WELCOME TO AHMEDABAD GYM</h1>
        <h2>                               Welcome to ahmedabad Gym . Thank
s for visiting us. We will contact to you soon .
        As we are providing multi citys membership. We wil
l provide you all the necessary
                    card for your membership program. We also have mul
tiple gyms in Ahmedabad.
        Visit To us as we will send you all the informatio
n with you on your mail.
        To customize your diet and exercise visit our gym
and talk to our Trainer.
        All the charges are included in membership. For mor
e information visit to Us Fitness
                    Freak Gym golbagh road Ahmedabad.</h2>
    <h1>                               ( Some equipment pics of our gym )</h
1>

```

```

</pre>







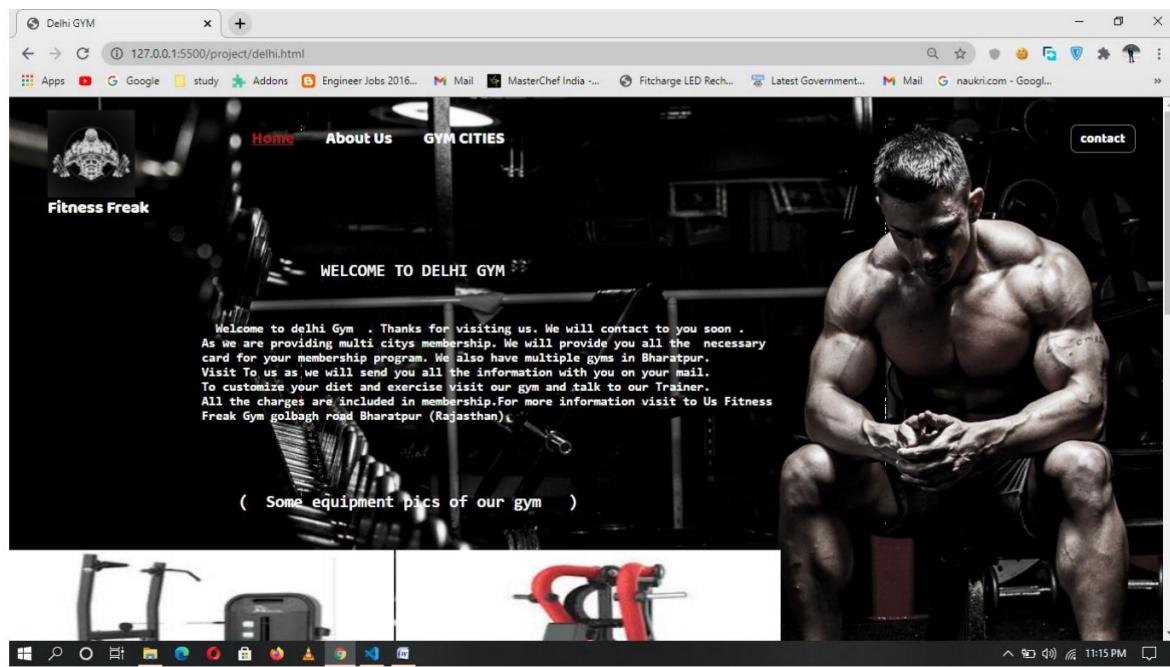


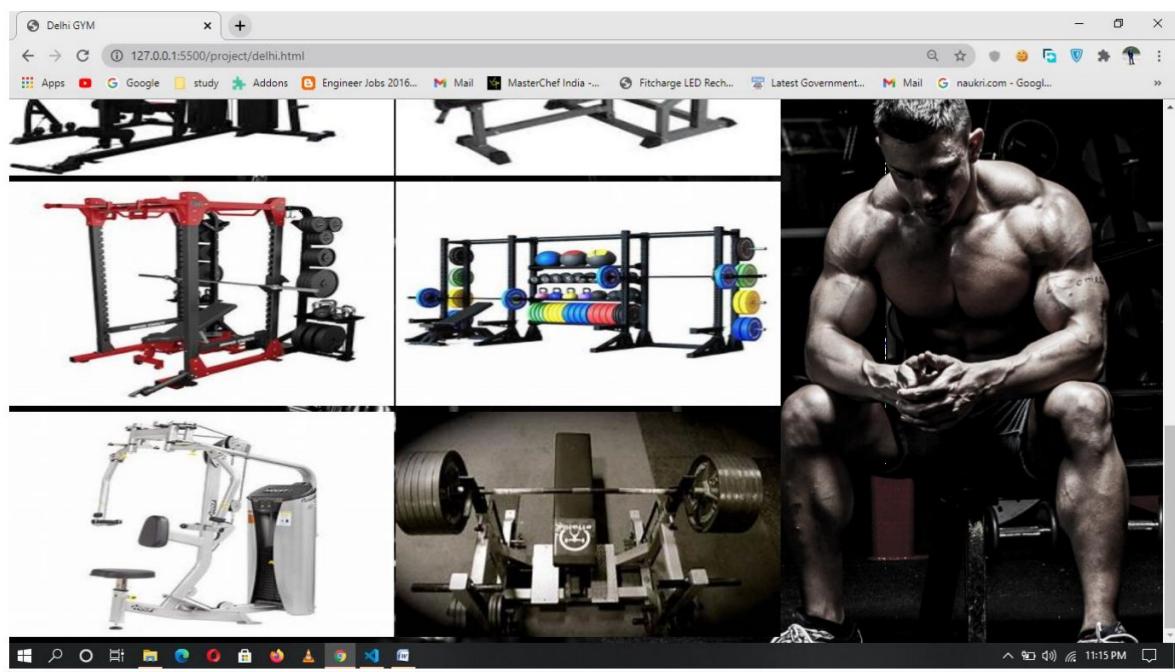
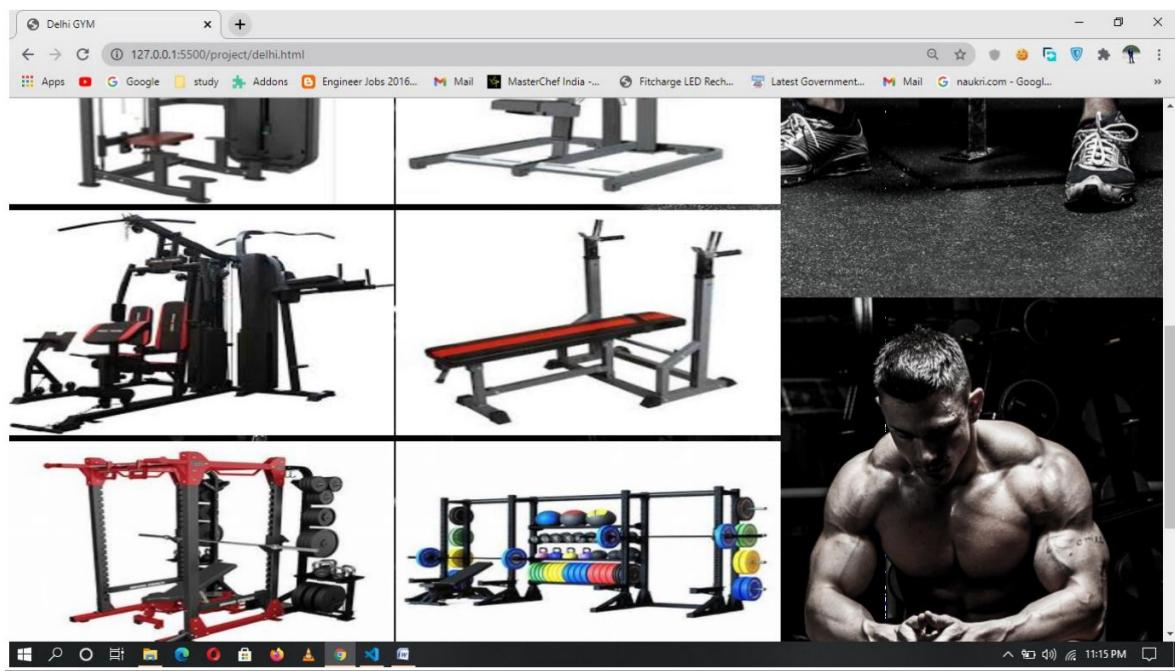
</body>

</html>

```

Delhi Gym;





Source Code:

```
<!DOCTYPE html>
<html lang="en">

    <head>
        <meta charset="UTF-8">
        <meta name="viewport" content="width=device-width, initial-scale=1.0">
        <meta http-equiv="X-UA-Compatible" content="ie=edge">
        <title>Delhi GYM</title>
    </head>
    <link href="https://fonts.googleapis.com/css?family=Baloo+Bhai&display=swap" rel="stylesheet">
    <link rel="stylesheet" href="css/style.css">
    <style>
        /* CSS Reset */
        body {
            font-family: 'Baloo Bhai', cursive;
            color: white;
            margin: 0px;
            padding: 0px;
            background: url("img/bharatpur.jpg");
        }

        .left {
            display: inline-block;
            /* border: 2px solid red; */
            position: absolute;
            left: 60px;
            top: 20px;
        }

        .left img {
            width: 136px;
            filter: invert(100%);
        }

        .left div {
            line-height: 19px;
            font-size: 26px;
            text-align: center;
        }

        .mid {
            display: block;
            width: 65%;
            margin: 29px auto;
            /* border: 2px solid green; */
        }
    </style>
```

```
}

.right {
    position: absolute;
    right: 34px;
    top: 43px;
    display: inline-block;
    /* border: 2px solid yellow; */
}

.navbar {
    display: inline-block;
}

.navbar li {
    display: inline-block;
    font-size: 25px;
}

.navbar li a {
    color: white;
    text-decoration: none;
    padding: 34px 23px;
}

.navbar li a:hover,
.navbar li a.active {
    text-decoration: underline;
    color: rgb(160, 31, 31);
}

.btn {
    font-family: 'Baloo Bhai', cursive;
    margin: 0px 9px;
    background-color: black;
    color: white;
    padding: 4px 14px;
    border: 2px solid grey;
    border-radius: 10px;
    font-size: 20px;
    cursor: pointer;
}

.btn:hover {
    background-color: rgb(31, 30, 30);
}
```

```

.container {
    border: 2px solid white;
    margin: 106px 80px;
    padding: 75px;
    width: 33%;
    border-radius: 28px;
}

.form-group input {
font-family: 'Baloo Bhai', cursive;
text-align: center;
display: block;
width: 290px;
padding: 0px;
border: 2px solid black;
margin: 8px auto;
font-size: 17px;
border-radius: 31px;
}

.container h1 {
    color: rgb(14, 233, 98);
    text-align: center;
}

.container button {
    background-color: green;
    display: block;
    width: 74%;
    margin: 20px auto;
}
</style>

<body>
<header class="header">
    <!-- Left box for logo -->
    <div class="left">
        
        <div>Fitness Freak</div>
    </div>
    <!-- Mid box for navbar -->
    <div class="mid">
        <ul class="navbar">
            <li><a href="mainpage.html" class="active">Home</a></li>
            <li><a href="aboutus.html">About Us</a></li>
            <li><a href="gymcities.html">GYM CITIES</a></li>
        </ul>
    </div>
</header>

```

```

        </ul>
    </div>

    <!-- Right box for buttons -->
    <div class="right">
        <a href="contactus.html"> <button class="btn">contact</button></a>
    </div>
</header>
<br>
<br>
<br>
<pre>
    <h1>                               WELCOME TO DELHI GYM</h1>
    <h2>                               Welcome to delhi Gym . Thanks for
visiting us. We will contact to you soon .
As we are providing multi citys membership. We wil
l provide you all the necessary
card for your membership program. We also have mul
tiple gyms in Bharatpur.
Visit To us as we will send you all the informatio
n with you on your mail.
To customize your diet and exercise visit our gym
and talk to our Trainer.
All the charges are included in membership. For mor
e information visit to Us Fitness
Freak Gym golbagh road Bharatpur (Rajasthan).</h2>

<h1>                               ( Some equipment pics of our gym )</h
1>
</pre>







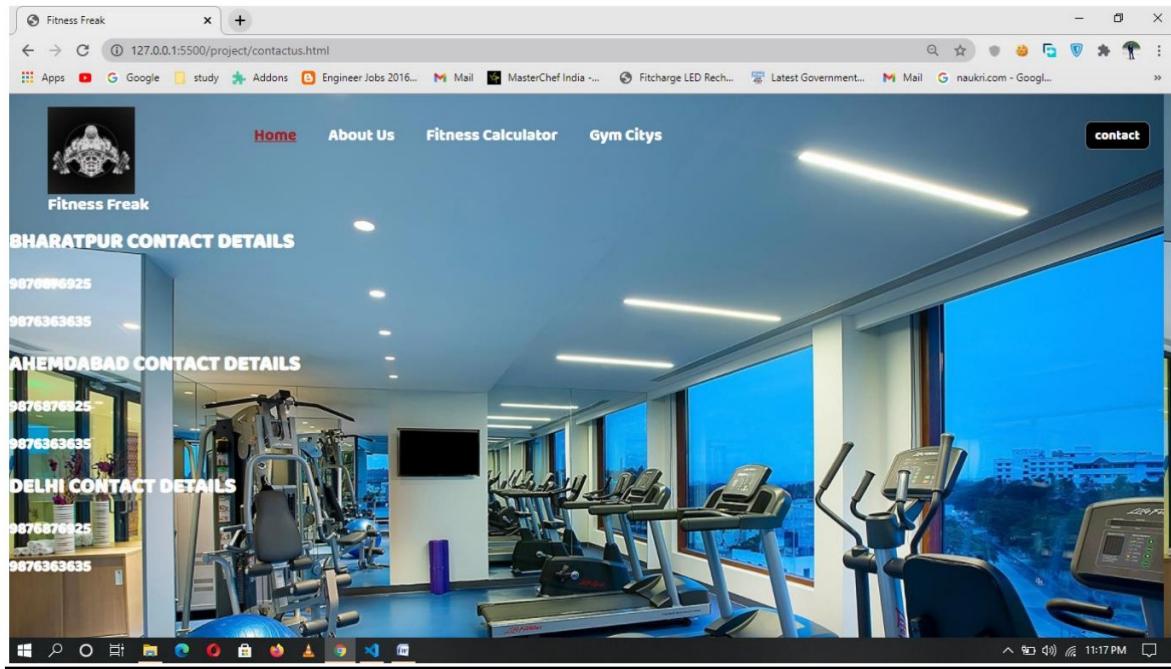


</body>

</html>

```

Contact US;



Source Code:

```
<!DOCTYPE html>
<html lang="en">

<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <meta http-equiv="X-UA-Compatible" content="ie=edge">
    <title>Fitness Freak</title>
</head>
<link href="https://fonts.googleapis.com/css?family=Baloo+Bhai&display=swap" rel="stylesheet">
<link rel="stylesheet" href="css/style.css">
<style>
    /* CSS Reset */
    body {
        font-family: 'Baloo Bhai', cursive;
        color: white;
        margin: 0px;
        padding: 0px;
        background: url("img/pic4.jpg");
    }

    .left {
        display: inline-block;
        /* border: 2px solid red; */
```

```
        position: absolute;
        left: 60px;
        top: 20px;
    }

.left img {
    width: 136px;
    filter: invert(100%);
}

.left div {
    line-height: 19px;
    font-size: 26px;
    text-align: center;
}

.mid {
    display: block;
    width: 65%;
    margin: 29px auto;
    /* border: 2px solid green; */
}

.right {
    position: absolute;
    right: 34px;
    top: 43px;
    display: inline-block;
    /* border: 2px solid yellow; */
}

.navbar {
    display: inline-block;
}

.navbar li {
    display: inline-block;
    font-size: 25px;
}

.navbar li a {
    color: white;
    text-decoration: none;
    padding: 34px 23px;
}

.navbar li a:hover,
```

```
.navbar li a.active {  
    text-decoration: underline;  
    color: rgb(160, 31, 31);  
  
}  
  
.btn {  
    font-family: 'Baloo Bhai', cursive;  
    margin: 0px 9px;  
    background-color: black;  
    color: white;  
    padding: 4px 14px;  
    border: 2px solid grey;  
    border-radius: 10px;  
    font-size: 20px;  
    cursor: pointer;  
}  
  
.btn:hover {  
    background-color: rgb(31, 30, 30);  
}  
  
.container {  
    border: 2px solid white;  
    margin: 106px 80px;  
    padding: 75px;  
    width: 33%;  
    border-radius: 28px;  
}  
  
.form-group input {  
font-family: 'Baloo Bhai', cursive;  
text-align: center;  
display: block;  
width: 290px;  
padding: 0px;  
border: 2px solid black;  
margin: 8px auto;  
font-size: 17px;  
border-radius: 31px;  
}  
  
.container h1 {  
    color: rgb(175, 11, 11);  
    text-align: center;  
}  
  
.container button {
```

```

        background-color: green;
        display: block;
        width: 74%;
        margin: 20px auto;
    }
</style>

<body>
    <header class="header">
        <!-- Left box for logo -->
        <div class="left">
            
            <div>Fitness Freak</div>
        </div>
        <!-- Mid box for navbar -->
        <div class="mid">
            <ul class="navbar">
                <li><a href="mainpage.html" class="active">Home</a></li>
                <li><a href="aboutus.html">About Us</a></li>
                <li><a href="fitnesscalculator.html">Fitness Calculator</a></li>
                <li><a href="gymcities.html">Gym Citys</a></li>
            </ul>
        </div>

        <!-- Right box for buttons -->
        <div class="right">
            <a href="contactus.html"> <button class="btn">contact</button></a>
        </div>
    </header>

    <div>
        <br>
        <br>

        <h1>BHARATPUR CONTACT DETAILS</h1>
        <h2>9876876925</h2>
        <h2>9876363635</h2>
        <h1>AHMEDABAD CONTACT DETAILS</h1>
        <h2>9876876925</h2>
        <h2>9876363635</h2>
        <h1>DELHI CONTACT DETAILS</h1>
        <h2>9876876925</h2>
        <h2>9876363635</h2>
    </div>
</body>

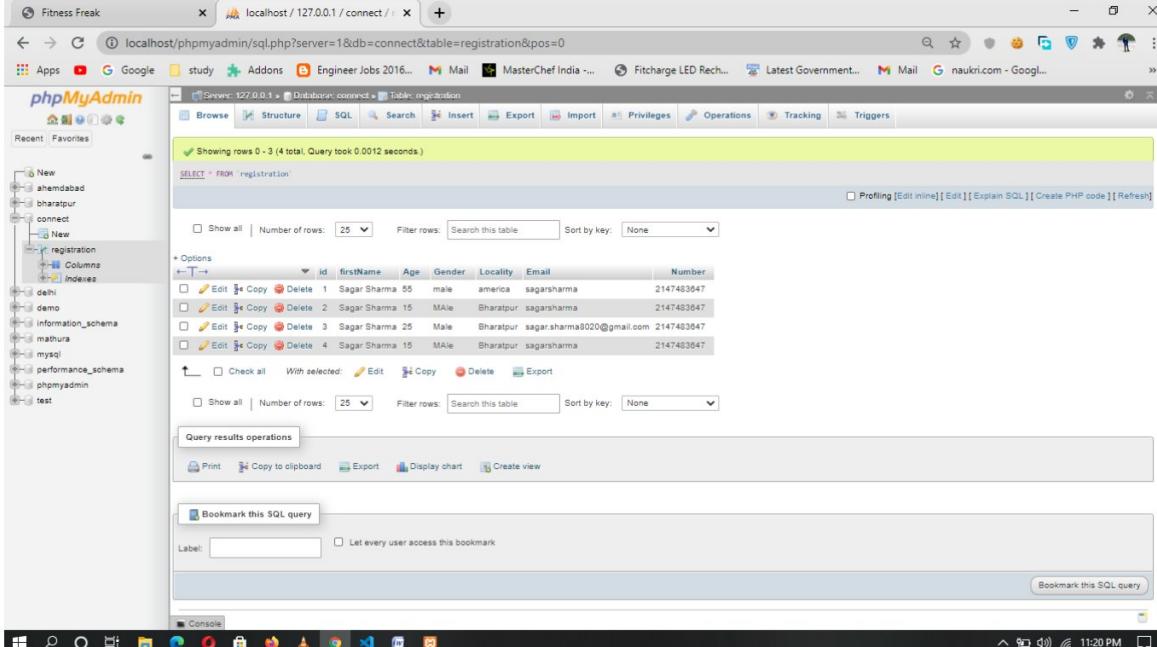
```

```
</html>
```

For Backend (Use of Php):

```
<?php  
$Name = $_POST['Name'];  
$Age = $_POST['Age'];  
$Gender = $_POST['Gender'];  
$Locality = $_POST['Locality'];  
$Email = $_POST['Email'];  
$Number = $_POST['Number'];  
  
$conn = mysqli_connect('127.0.0.1:3307','root','','connect');  
if(!$conn){  
    die('Connection Failed : '.mysqli_connect_error());  
    // console.log('test');  
}else{  
    $stmt = $conn->  
>prepare("insert into registration(Name,Age,gender,Locality,Email,Number)  
        values(?,?,?,?,?,?)");  
    $stmt->  
>bind_param("sisssi",$Name,$Age,$Gender,$Locality,$Email,$Number);  
    $stmt->execute();  
    echo "registration successfully...";  
    $stmt->close();  
    $conn->close();  
}  
?>
```

Data Base :



The screenshot shows the phpMyAdmin interface for a MySQL database named 'connect'. The left sidebar lists databases like ahmedabad, bharatpur, connect, delhi, demo, information_schema, matura, mysql, performance_schema, phpmyadmin, and test. The 'registration' table under the 'connect' database is selected. The table has columns: id, firstName, Age, Gender, Locality, Email, and Number. There are four rows of data:

| | id | firstName | Age | Gender | Locality | Email | Number |
|--------------------------|----|--------------|-----|--------|-----------|----------------------------|------------|
| <input type="checkbox"/> | 1 | Sagar Sharma | 55 | male | america | sagarsharma | 2147483647 |
| <input type="checkbox"/> | 2 | Sagar Sharma | 15 | MAle | Bharatpur | sagarsharma | 2147483647 |
| <input type="checkbox"/> | 3 | Sagar Sharma | 25 | Male | Bharatpur | sagar.sharma8020@gmail.com | 2147483647 |
| <input type="checkbox"/> | 4 | Sagar Sharma | 15 | Male | Bharatpur | sagarsharma | 2147483647 |

Extension File For CSS :

```
body{  
    margin: 0 auto;  
    background-image: url("../image/technology.jpg");  
    background-repeat: no-repeat;  
    background-size: 100% 720px;  
}  
  
.container{  
    width: 500px;  
    height: 450px;  
    text-align: center;  
    margin: 0 auto;  
    background-color: rgba(44, 62, 80,0.7);  
    margin-top: 160px;  
}  
  
.container img{  
    width: 150px;  
    height: 150px;  
    margin-top: -60px;  
}  
  
input[type="text"],input[type="password"]{
```

```
margin-top: 30px;
height: 45px;
width: 300px;
font-size: 18px;
margin-bottom: 20px;
background-color: #fff;
padding-left: 40px;
}

.form-input::before{
content: "\f007";
font-family: "FontAwesome";
padding-left: 07px;
padding-top: 40px;
position: absolute;
font-size: 35px;
color: #2980b9;
}

.form-input:nth-child(2)::before{
content: "\f023";
}

.btn-login{
padding: 15px 25px;
border: none;
background-color: #27ae60;
color: #fff;
}
```

References:

- ❖ <https://www.w3schools.com/html/default.asp>
- ❖ <https://www.w3schools.com/css/default.asp>
- ❖ <https://www.w3schools.com/js/default.asp>
- ❖ <https://www.wikipedia.org/>
- ❖ <https://www.youtube.com/>
- ❖ <https://www.google.com/>

AGREEMENT CONTRACT

We hereby declare that all the information given in this report is correct and is written by me or a team member. We acknowledge that the contents of this report are not plagiarized, and if it is found otherwise the project mentor has the right to cancel our team's project at any time and could waive our rights to warrant a justification.

We also acknowledge that all the future work done in this project would be sincere, honest and would be held to proper standards explained throughout this project, to me or my team (members) or my team leader by the project mentor.

We recognize that this project is a huge learning opportunity for me as well as my team members and we would do my utmost to not put any stakeholders in a position of jeopardy or cause problems/worries/delays, with/without justifiable intent or reason from our side for that matter.

We understand that the stakeholders in this project would be putting in a lot of effort and time that would ultimately benefit everyone. We agree to acknowledge and respect the virtues of our team and our mentor and understand that they would as well in return.