GLA UNIVERSITY, MATHURA-2020

MINI PROJECT-I (2020-21)
MID-TERM REPORT

"FITNESS FREAK"

TEAM DETAILS

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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.

<u>Gym</u> – A place where physical exercises and activities are performed,often using the 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 diet plans 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 `<ul>` tag.

- Each list item starts with the `<li>` tag.

- The `<a>` tag defines a hyperlink.

- The `<img>` tag is used to embed an image in an HTML page.
  The `<img>` 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 `<br>` 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 to-day'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.

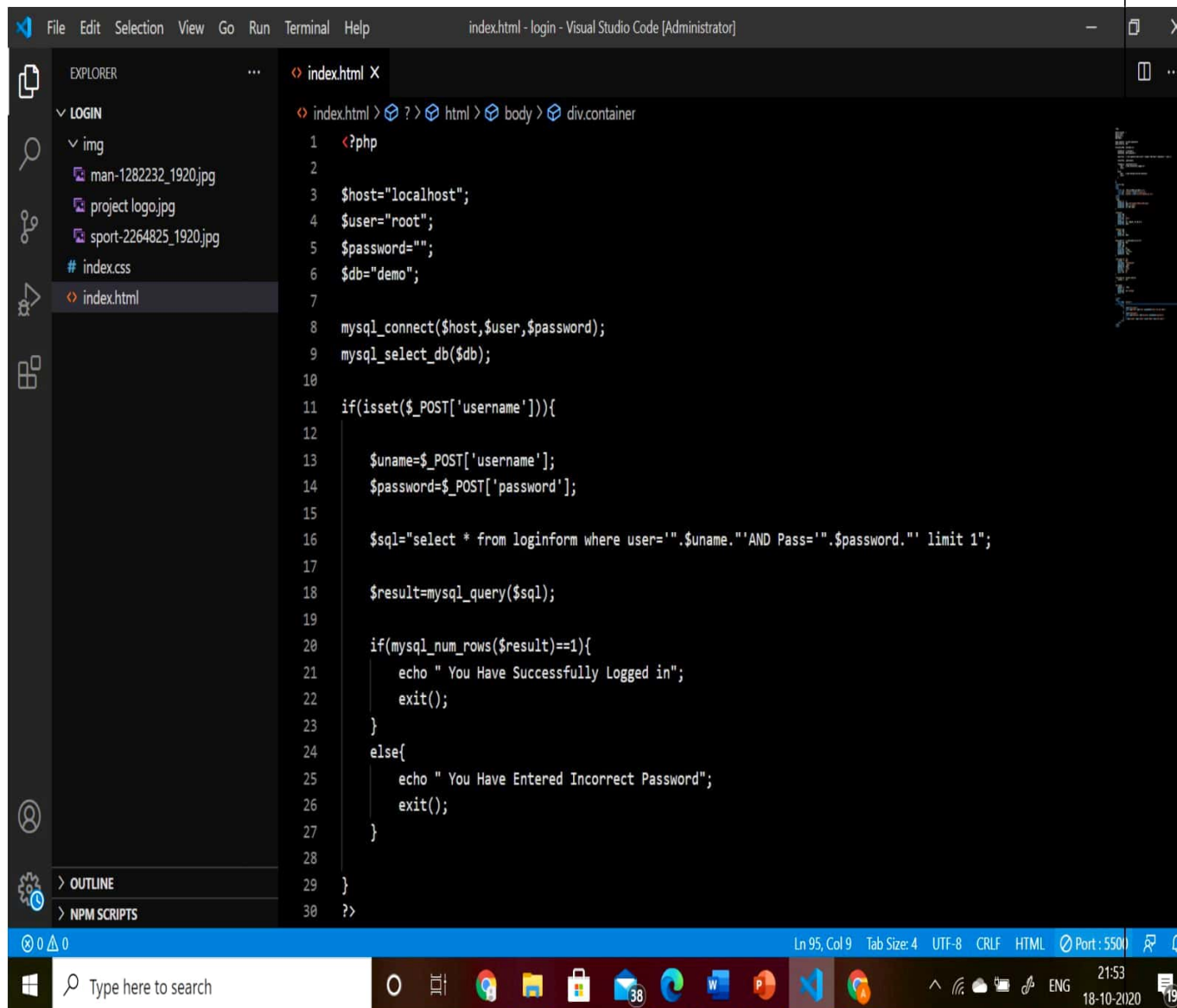### The objectives of this study are summarized below:

- 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:


```php
<?php

$host="localhost";
$user="root";
$password="";
$db="demo";

mysql_connect($host,$user,$password);
mysql_select_db($db);

if(isset($_POST['username'])){

    $uname=$_POST['username'];
    $password=$_POST['password'];

    $sql="select * from loginform where user='".$uname."'AND Pass='".$password."' limit 1";

    $result=mysql_query($sql);

    if(mysql_num_rows($result)==1){
        echo " You Have Successfully Logged in";
        exit();
    }
    else{
        echo " You Have Entered Incorrect Password";
        exit();
    }

}
?>
```

```html
<!DOCTYPE html>
<html>
<head>
    <title> Login Form in HTML5 and CSS3</title>
    <link rel="stylesheet" a href="css\style.css">
    <link rel="stylesheet" a href="css\font-awesome.min.css">
</head>
<style>
  body{
    margin: 0 auto;
    background-image: url("img/man-1282232_1920.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;
  }
```

EXPLORER   ···   ◇ index.html X   ▯ ···

∨ LOGIN   ◇ index.html ⟩ ⊘ ? ⟩ ⊘ html ⟩ ⊘ body ⟩ ⊘ div.container

  ∨ img   60
    🖻 man-1282232_1920.jpg   61   input[type="text"],input[type="password"]{
    🖻 project logo.jpg   62   margin-top: 30px;
    🖻 sport-2264825_1920.jpg   63   height: 45px;
    # index.css   64   width: 300px;
    ◇ index.html   65   font-size: 18px;
                                           66   margin-bottom: 20px;
                                           67   background-color: ⬜#fff;
                                           68   padding-left: 40px;
                                           69   }
                                           70
                                           71   .form-input::before{
                                           72   content: "\f007";
                                           73   font-family: "FontAwesome";
                                           74   padding-left: 07px;
                                           75   padding-top: 40px;
                                           76   position: absolute;
                                           77   font-size: 35px;
                                           78   color: ⬛#2980b9;
                                           79   }
                                           80
                                           81   .form-input:nth-child(2)::before{
                                           82   content: "\f023";
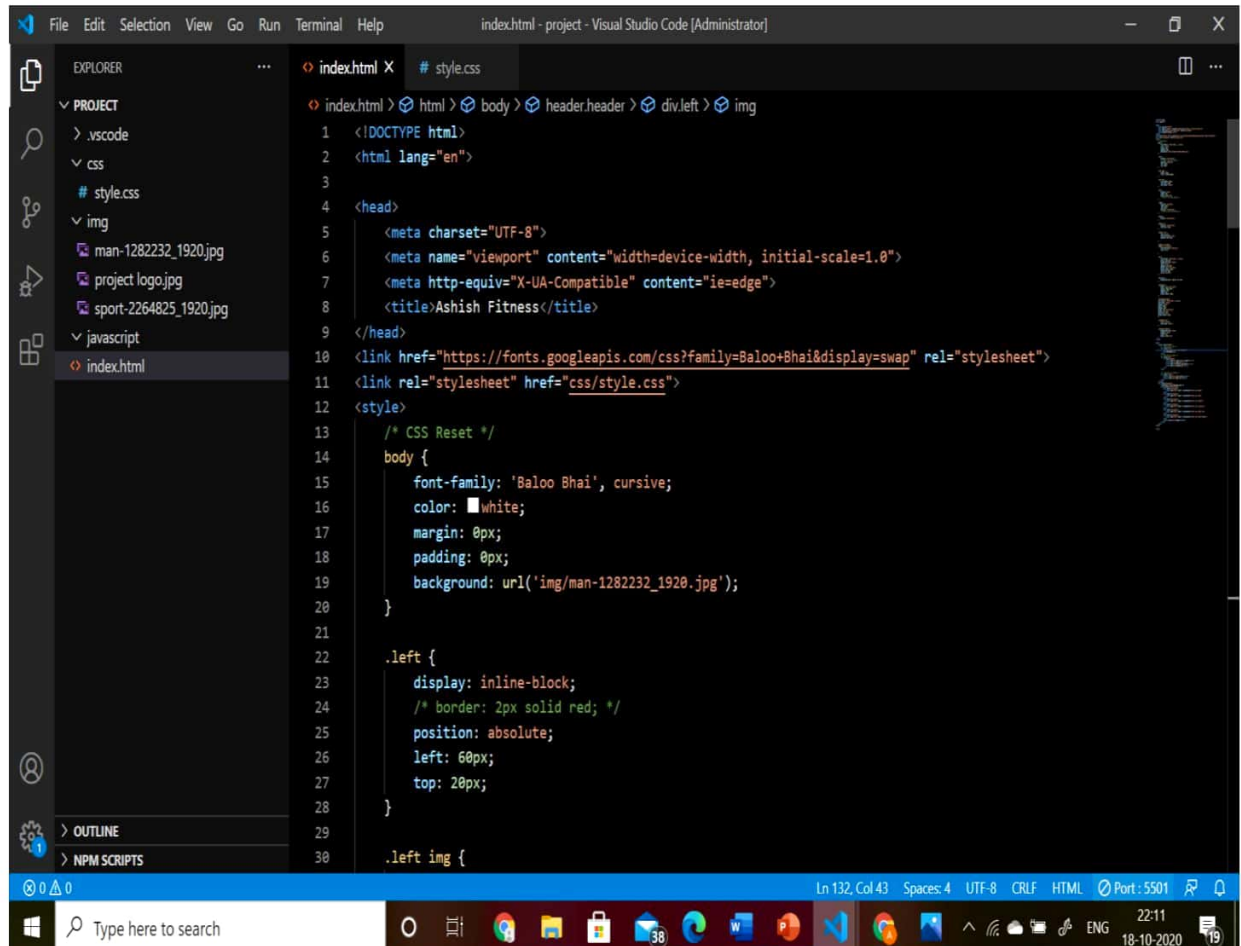   83   }
                                           84
                                           85   .btn-login{
                                           86   padding: 15px 25px;
                                           87   border: none;
                                           88   background-color: ⬛#27ae60;
                                           89   color: ⬜#fff;

> OUTLINE
> NPM SCRIPTS

⊗ 0 ⚠ 0   Ln 95, Col 9   Tab Size: 4   UTF-8   CRLF   HTML   ⊘ Port : 5500   ⌨ ⌂

⊞ 🔍 Type here to search   O ⊞ 🔴 🗔 🏢 📧₃₈ 🌐 ⚪ 🅦 🅟 🅫 🔴   ∧ 🔊 ☁ 🗖 ♂ ENG   21:53
                                                                                                        18-10-2020

```
index.html - login - Visual Studio Code [Administrator]
```

```
<> index.html > ? > html > body > div.container
83      }
84
85      .btn-login{
86          padding: 15px 25px;
87          border: none;
88          background-color: #27ae60;
89          color: #fff;
90      }
91
92      </style>
93      <body>
94          <div class="container">
95
96              <form>
97                  <div class="form-input">
98                      <input type="text" name="text" placeholder="Enter the User Name"/>
99                  </div>
100                 <div class="form-input">
101                     <input type="password" name="password" placeholder="password"/>
102                 </div>
103                 <input type="submit" type="submit" value="LOGIN" class="btn-login"/>
104             </form>
105         </div>
106     </body>
107     </html>
```
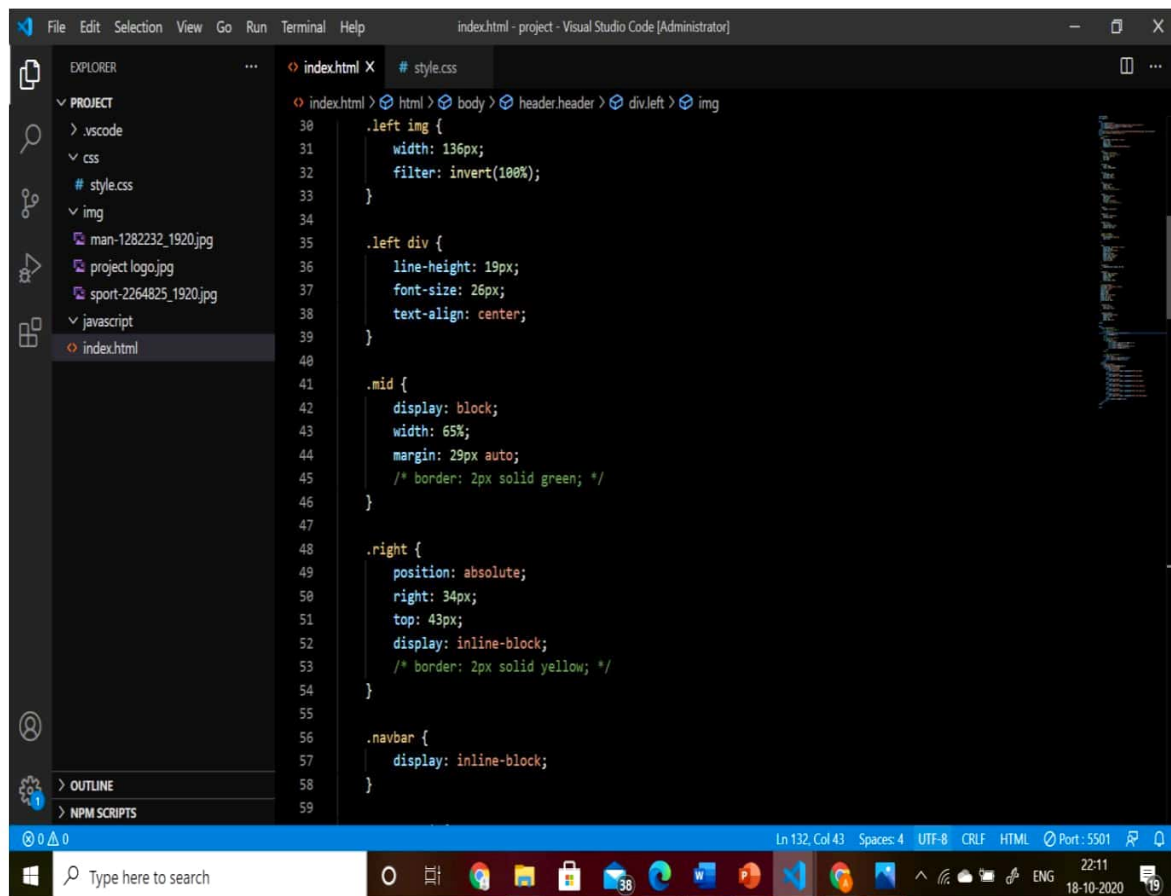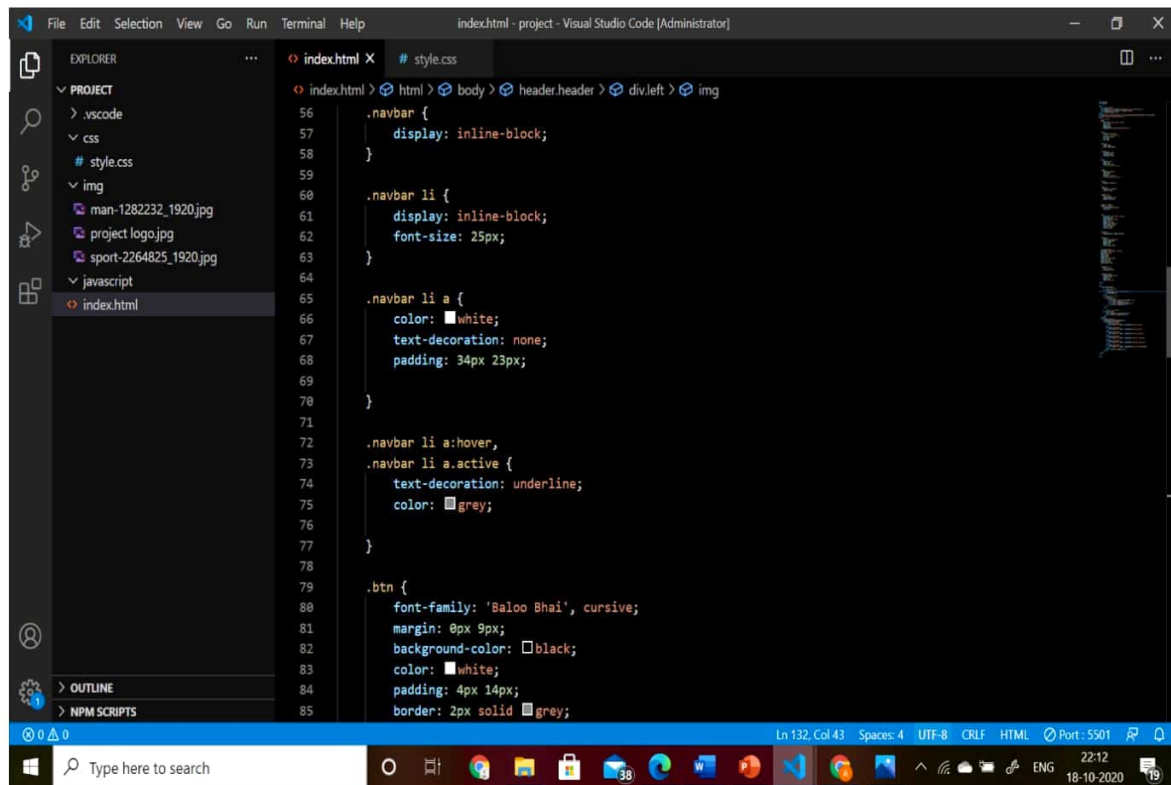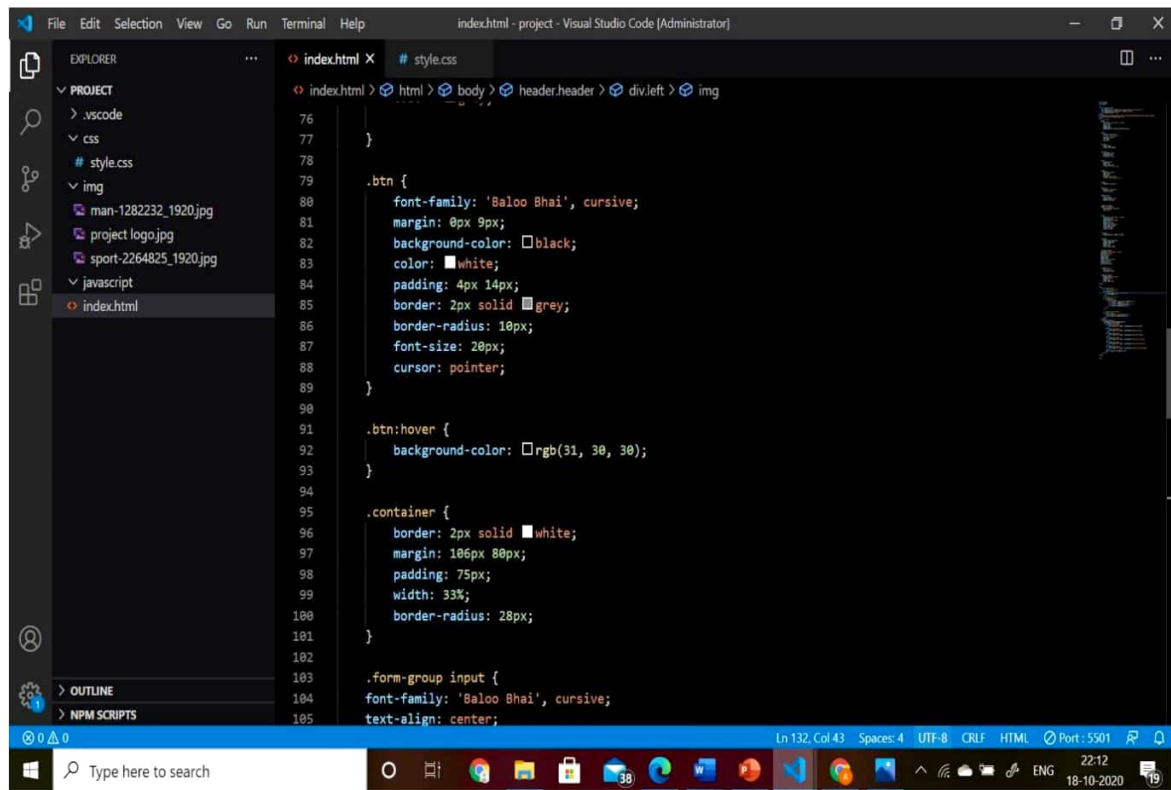
EXPLORER

LOGIN
- img
  - man-1282232_1920.jpg
  - project logo.jpg
  - sport-2264825_1920.jpg
- index.css
- index.html

OUTLINE
NPM SCRIPTS

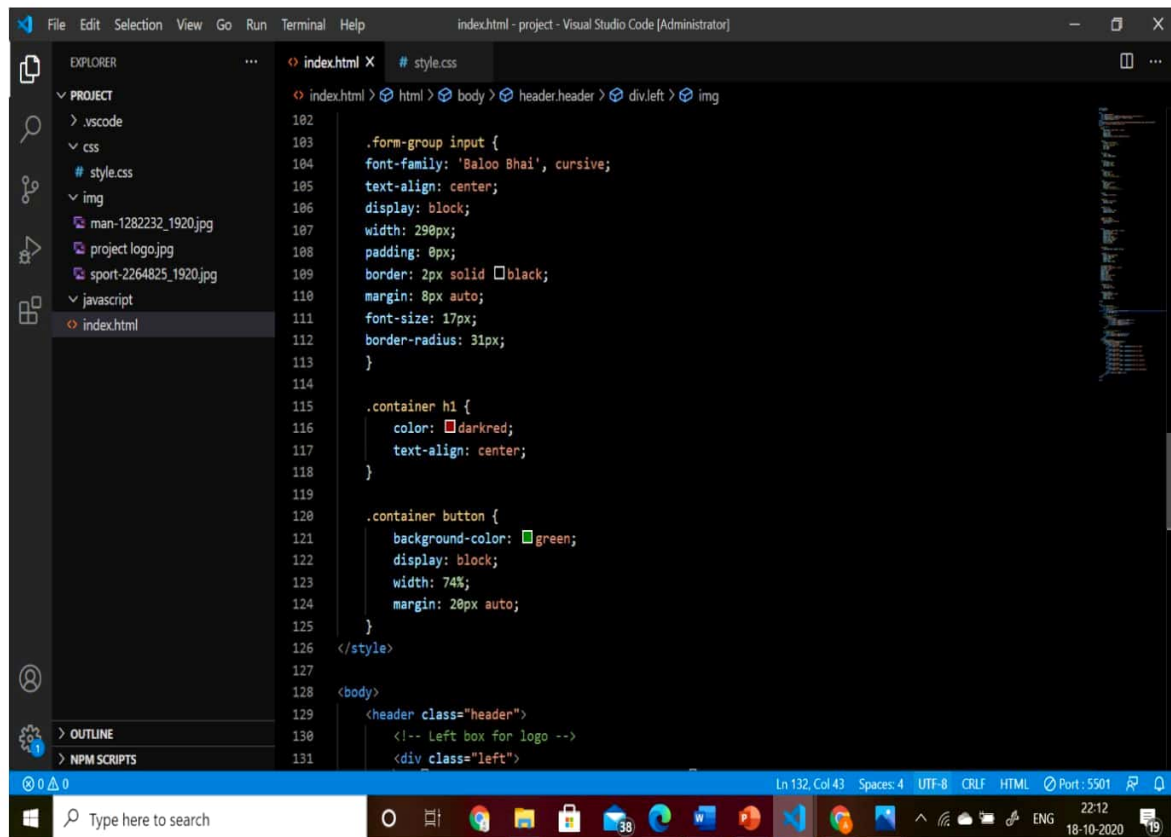Ln 95, Col 9   Tab Size: 4   UTF-8   CRLF   HTML   Port : 5500

LOGIN PAGE:
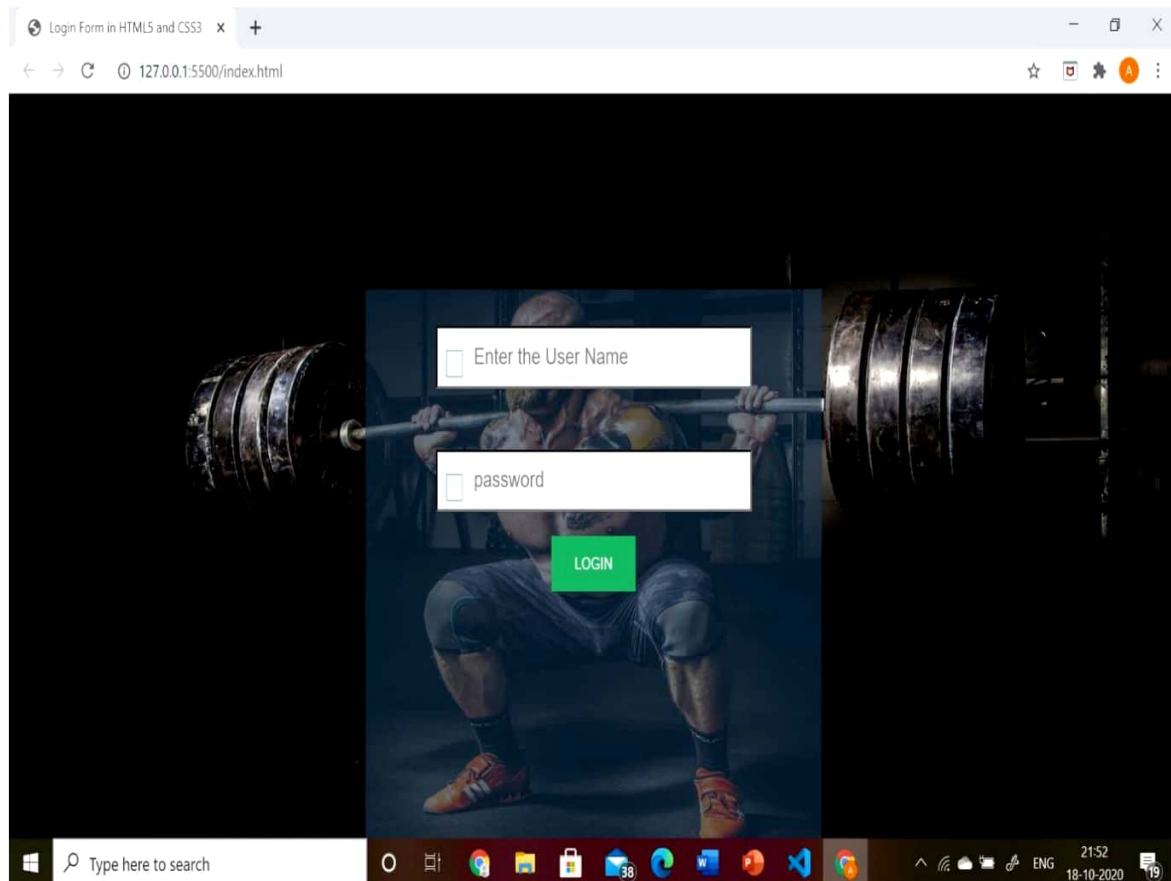
FRONT PAGE CODE SCREENSHOTS:


```
File  Edit  Selection  View  Go  Run  Terminal  Help          index.html - project - Visual Studio Code [Administrator]                    —  □  X

EXPLORER                    ···      ◇ index.html ×    # style.css                                                                    ▯  ···

∨ PROJECT                            ◇ index.html 〉 ⊘ html 〉 ⊘ body 〉 ⊘ header.header 〉 ⊘ div.left 〉 ⊘ img
  〉 .vscode                       1    <!DOCTYPE html>
  ∨ css                           2    <html lang="en">
    # style.css                   3
  ∨ img                           4    <head>
    man-1282232_1920.jpg          5        <meta charset="UTF-8">
    project logo.jpg              6        <meta name="viewport" content="width=device-width, initial-scale=1.0">
    sport-2264825_1920.jpg        7        <meta http-equiv="X-UA-Compatible" content="ie=edge">
  ∨ javascript                    8        <title>Ashish Fitness</title>
  ◇ index.html                    9    </head>
                                 10    <link href="https://fonts.googleapis.com/css?family=Baloo+Bhai&display=swap" rel="stylesheet">
                                 11    <link rel="stylesheet" href="css/style.css">
                                 12    <style>
                                 13        /* CSS Reset */
                                 14        body {
                                 15            font-family: 'Baloo Bhai', cursive;
                                 16            color: ■white;
                                 17            margin: 0px;
                                 18            padding: 0px;
                                 19            background: url('img/man-1282232_1920.jpg');
                                 20        }
                                 21
                                 22        .left {
                                 23            display: inline-block;
                                 24            /* border: 2px solid red; */
                                 25            position: absolute;
                                 26            left: 60px;
                                 27            top: 20px;
                                 28        }
  〉 OUTLINE                      29
  〉 NPM SCRIPTS                   30        .left img {

⊗ 0 ⚠ 0                                                                       Ln 132, Col 43   Spaces: 4   UTF-8   CRLF   HTML   ⊘ Port : 5501
```
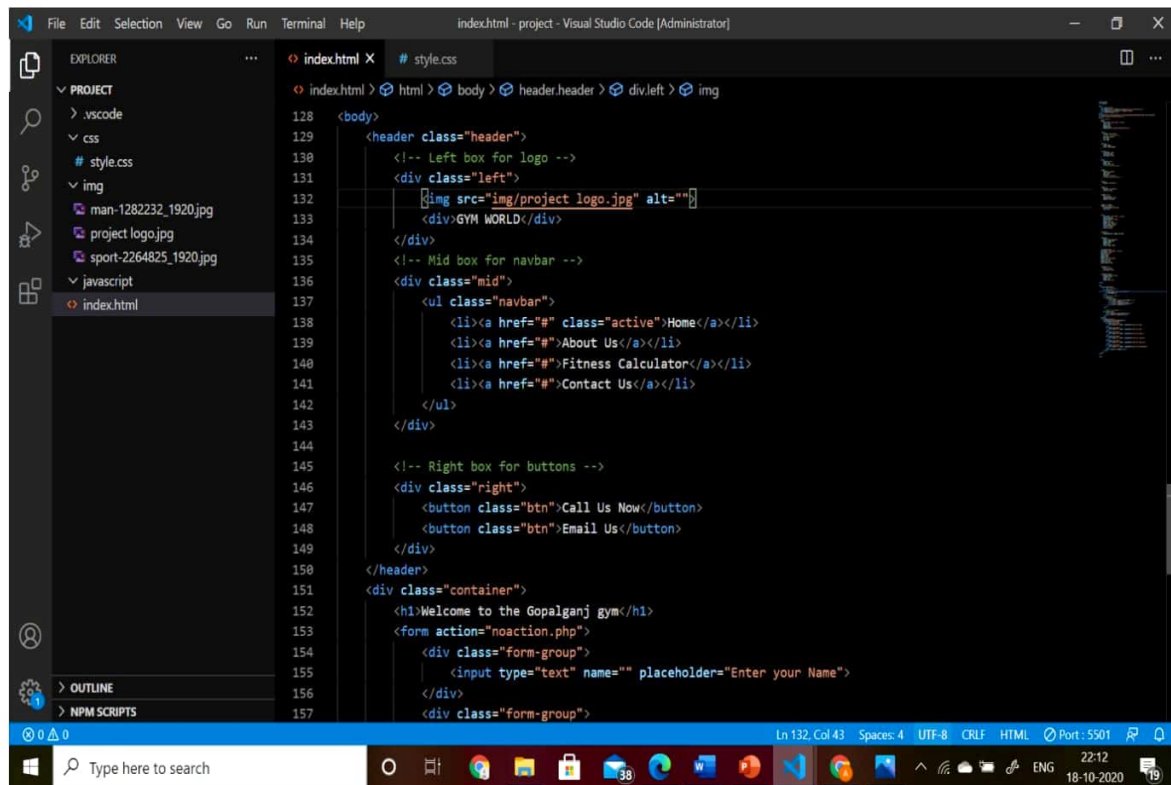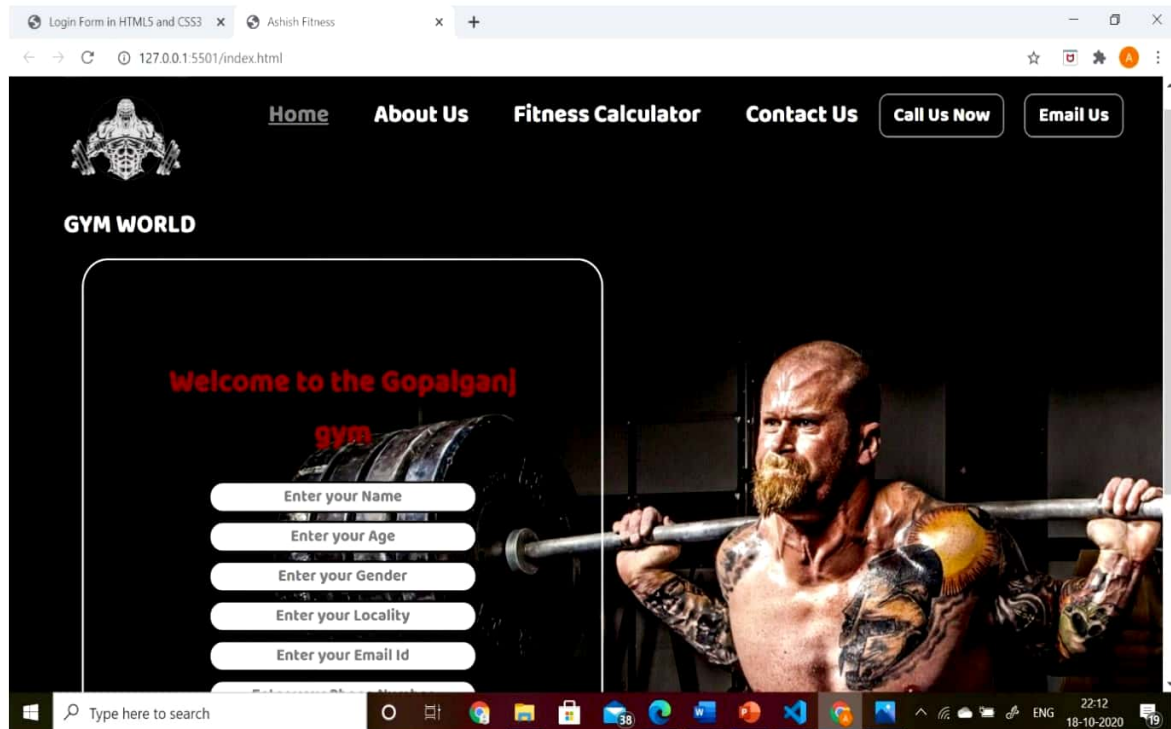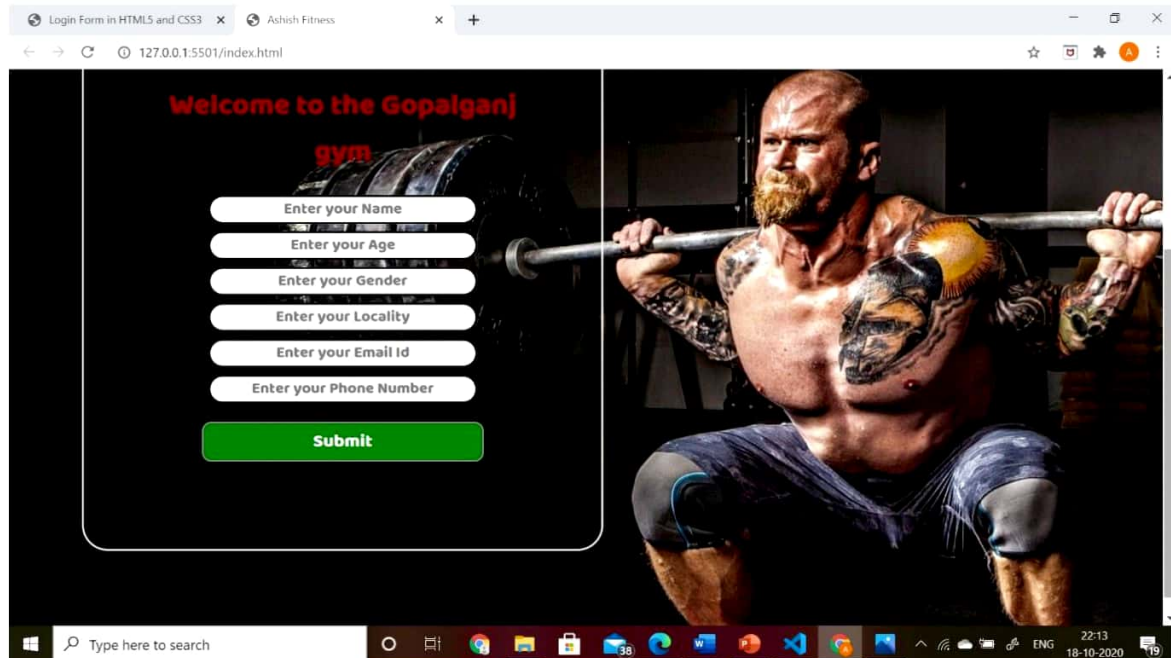
```css
.left img {
    width: 136px;
    filter: invert(100%);
}

.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;
}
```

```css
.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: grey;

}

.btn {
    font-family: 'Baloo Bhai', cursive;
    margin: 0px 9px;
    background-color: black;
    color: white;
    padding: 4px 14px;
    border: 2px solid grey;
```

```css
}

.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;
```

FRONT PAGE:

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/