

# **FITNESS MANAGEMENT**

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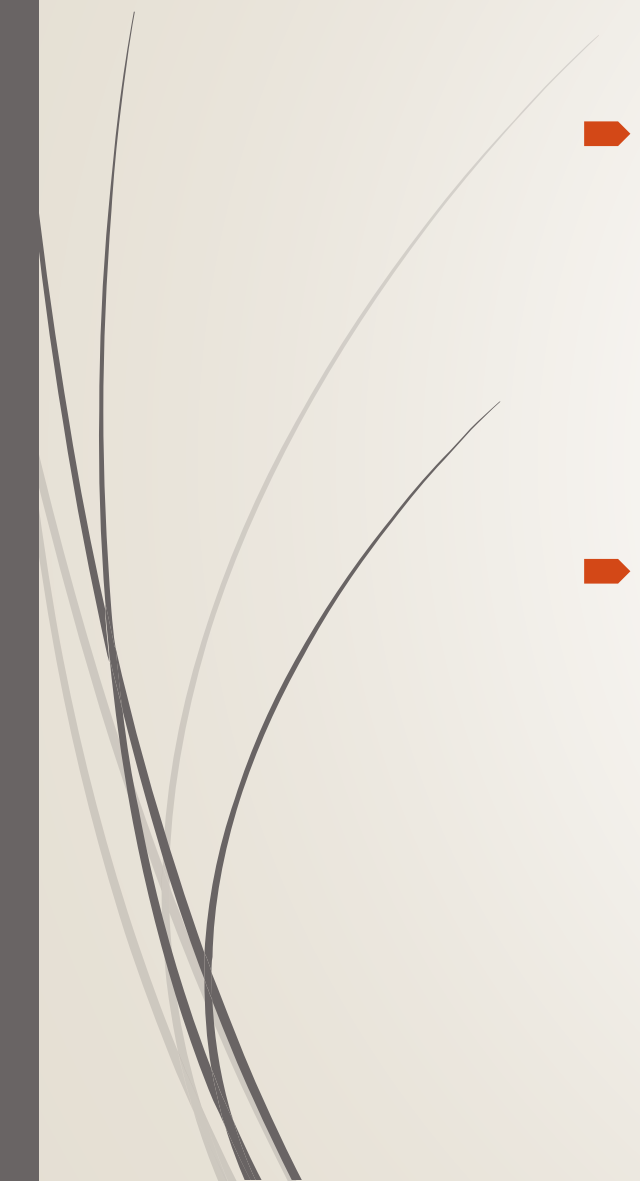


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# PROBLEM STATEMENT

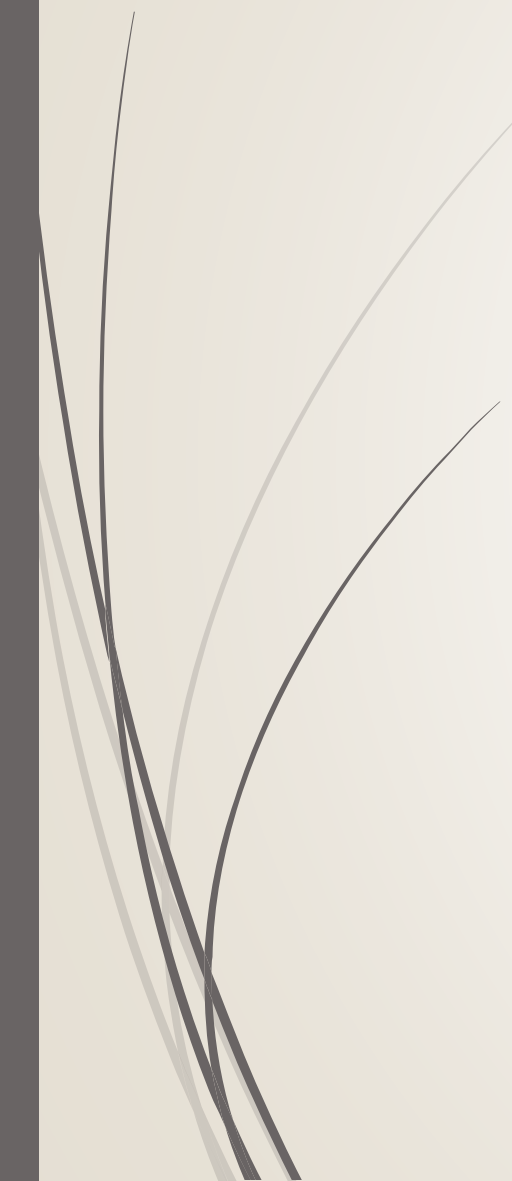
- Most people want to track their fitness but lack a simple system to do so. They often forget to log their daily weight, cannot track BMI progress, or don't know what workout suits their category. Manual tracking is inconsistent, and most apps are either paid or complex.
  - This project solves that by providing an easy-to-use web system to log, track, and visualize user fitness data.
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# OBJECTIVE OF THE PROJECT








- The main objective of this project is to develop a personalized Fitness Management System where users can:
- Register and log in securely 
- Enter and update their daily weight
- Automatically calculate BMI and determine their health category 
- Receive customized diet and workout tips based on BMI 
- Track progress using visual summaries and workout history
- Stay motivated by monitoring daily activity status



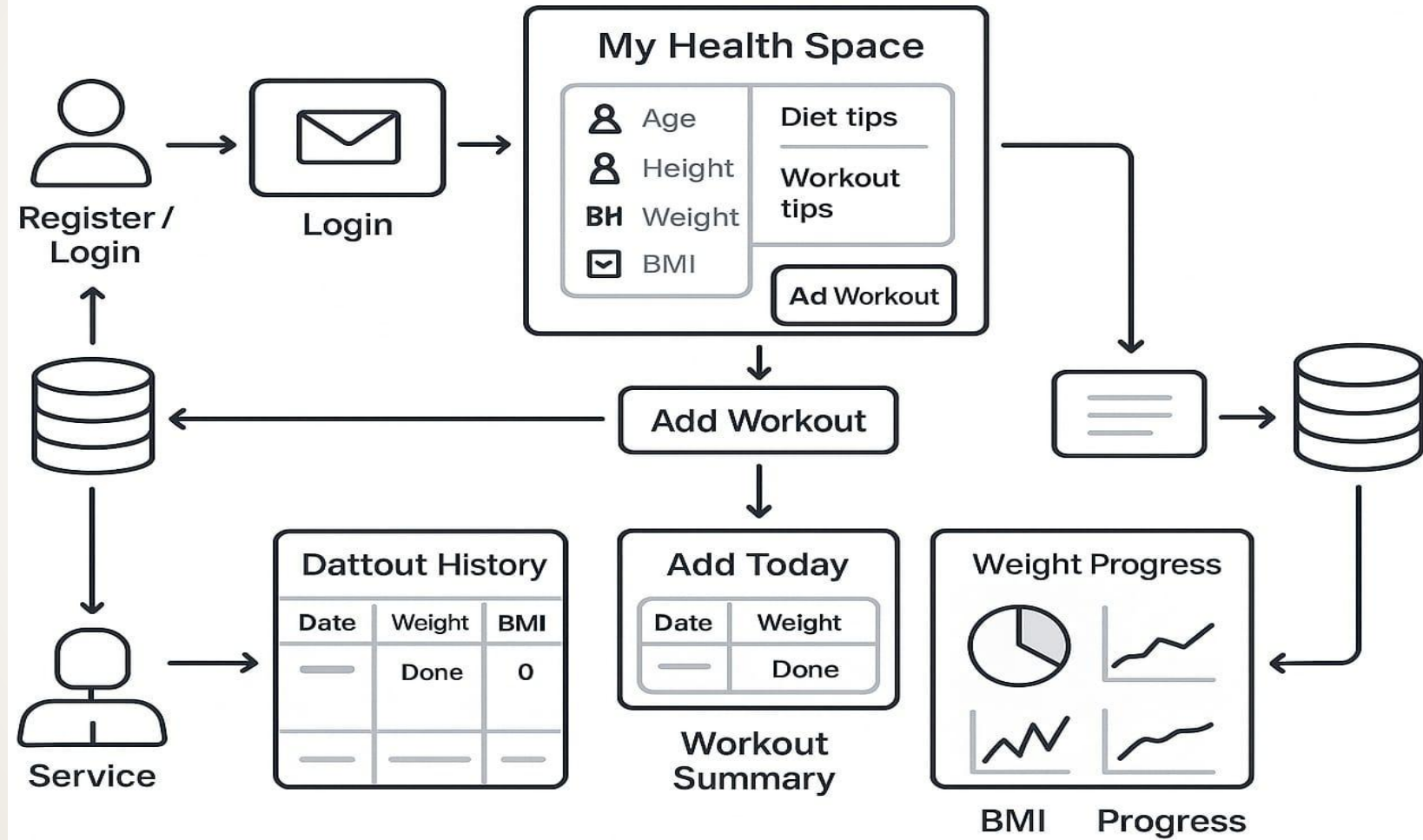
# TECH STACK USED

- Frontend: JSP (Java Server Pages) – Used to design the user interface
  - Backend: Java Servlets – Used to handle all business logic
  - Server: Apache Tomcat – Runs Java web project
  - Database: MySQL (using XAMPP/phpMyAdmin) – Stores user info, weight, BMI, etc.
  - IDE: Eclipse – Used to write and run the code
  - Version Control: GitHub – To store the project online
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# KEY FEATURES

-  User Registration & Login – Secure login system using email and password
-  BMI Calculation – Auto-calculates BMI and assigns health category
-  Diet & Workout Tips – Personalized suggestions based on BMI
-  Daily Workout Tracking – Log daily weight and track progress
-  Workout Visualization – Pie chart, weight graph, and BMI graph
-  Workout Summary – Displays days active, skipped, and progress
-  Real-time Data Update – Instant updates after each entry

# SYSTEM ARCHITECTURE





# ACTIVITY DIAGRAM





# SCREENSHOTS

## Fitness Management

[Home](#) [My Profile](#) [Logout](#)

Workout for today already exists!

All Workout Entries:

Date	Weight (kg)	BMI	Status
2025-05-07	44.0	18.31	Done
2025-05-28	46.0	19.15	Done
2025-05-30	49.0	20.4	Done
2025-05-31	47.0	19.56	Done
2025-07-23	44.0	18.31	Done

Workout Summary:

Days Active: 5 / 30

## Workout Summary:

Days Active: 5 / 30

👏 Great job staying consistent! Keep pushing forward!

Days Skipped: 73 / 30

📅 Missed a few days? No worries! Start again and stay strong!

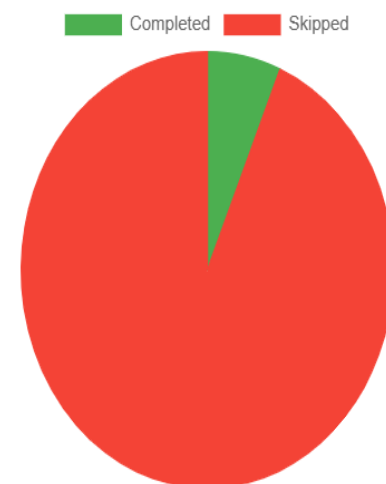
🎉 **Workout plan successfully completed. Congratulations!**

Start Weight: 44 kg

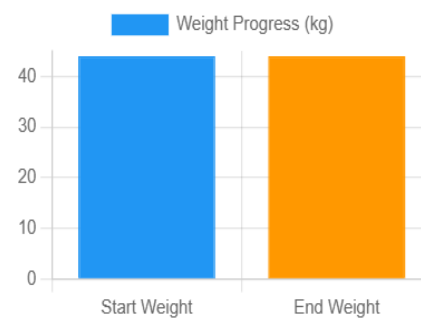
End Weight: 44 kg

## Workout Visualization:

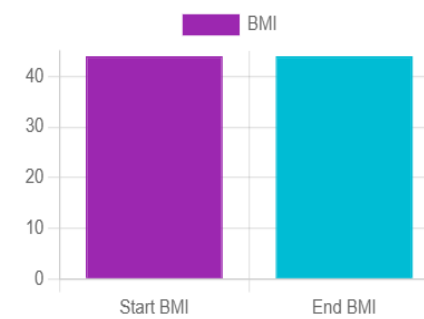
Workout Status



Weight Progress



BMI Progress



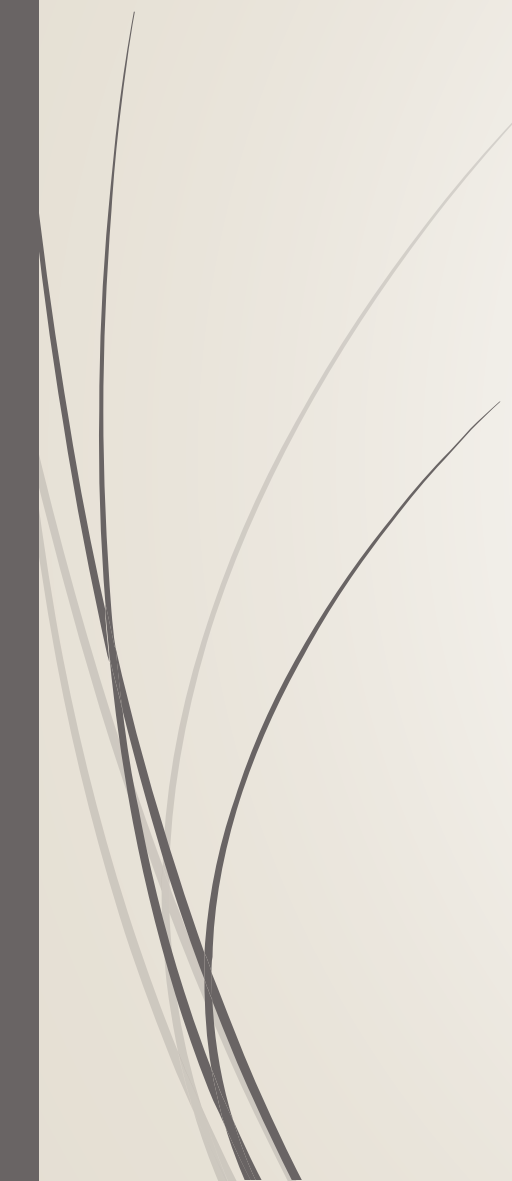
## Admin Dashboard - Client Details

Name	Gender	Address	Email	Mobile	Status	Delete
anusha	female	nizamabad	anusha@gmail.com	9123748563	Accepted	Delete
hasini	female	hyderabad	hasini@gmail.com	9587436452	Accepted	Delete
kavya	female	nirmal	kavya@gmail.com	9635741156	Accepted	Delete
sri	female	hyderabad	pqr@gmial.com	9528746370	Accepted	Delete
satwika	female	adilabad	satwika@gmail.com	9874561475	Accepted	Delete
srinukhi	female	nizamabad	srinukhi@gmail.com	9123456780	Accepted	Delete
vineela	female	warangal	vineela@gmail.com	9457812638	Waiting	Delete

[Back to Home](#)

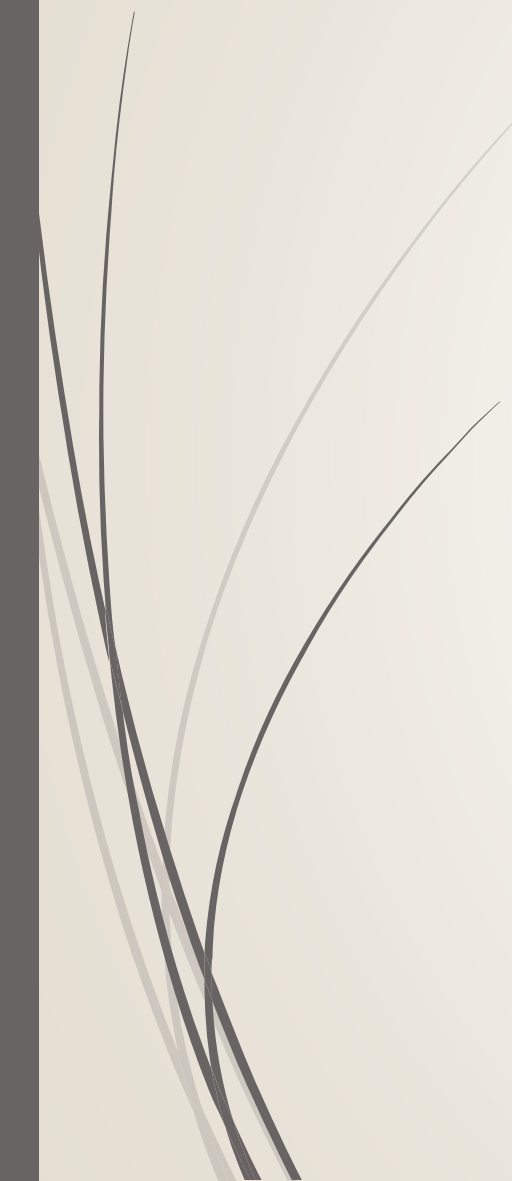


# FUTURE ENHANCEMENTS

- Add notifications/reminders for workouts
  - Connect with smart fitness devices (like FitBit)
  - Include calorie tracking and meal plans
  - Enable admin analytics dashboard
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# CONCLUSION

- Developed a user-friendly fitness management system using Java and MySQL
  - Helps users track BMI, weight changes, and get personalized workout/diet tips
  - Visual charts give users motivation and progress tracking
  - Project improved skills in web development, database handling, and user experience design
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***THANK YOU***