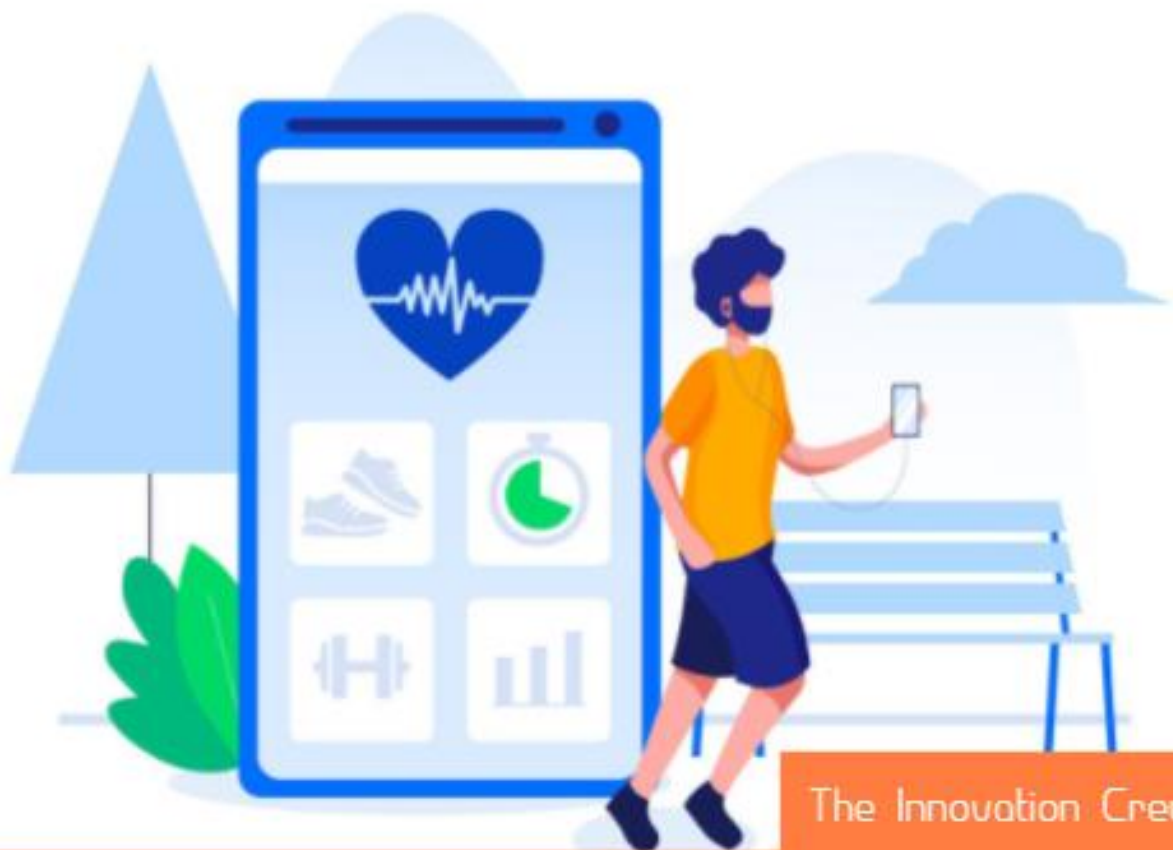


FIT ME

Everyone Needs a Tune-up.



The Innovation Crew

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Our Team



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Interface



>> The Innovation Crew



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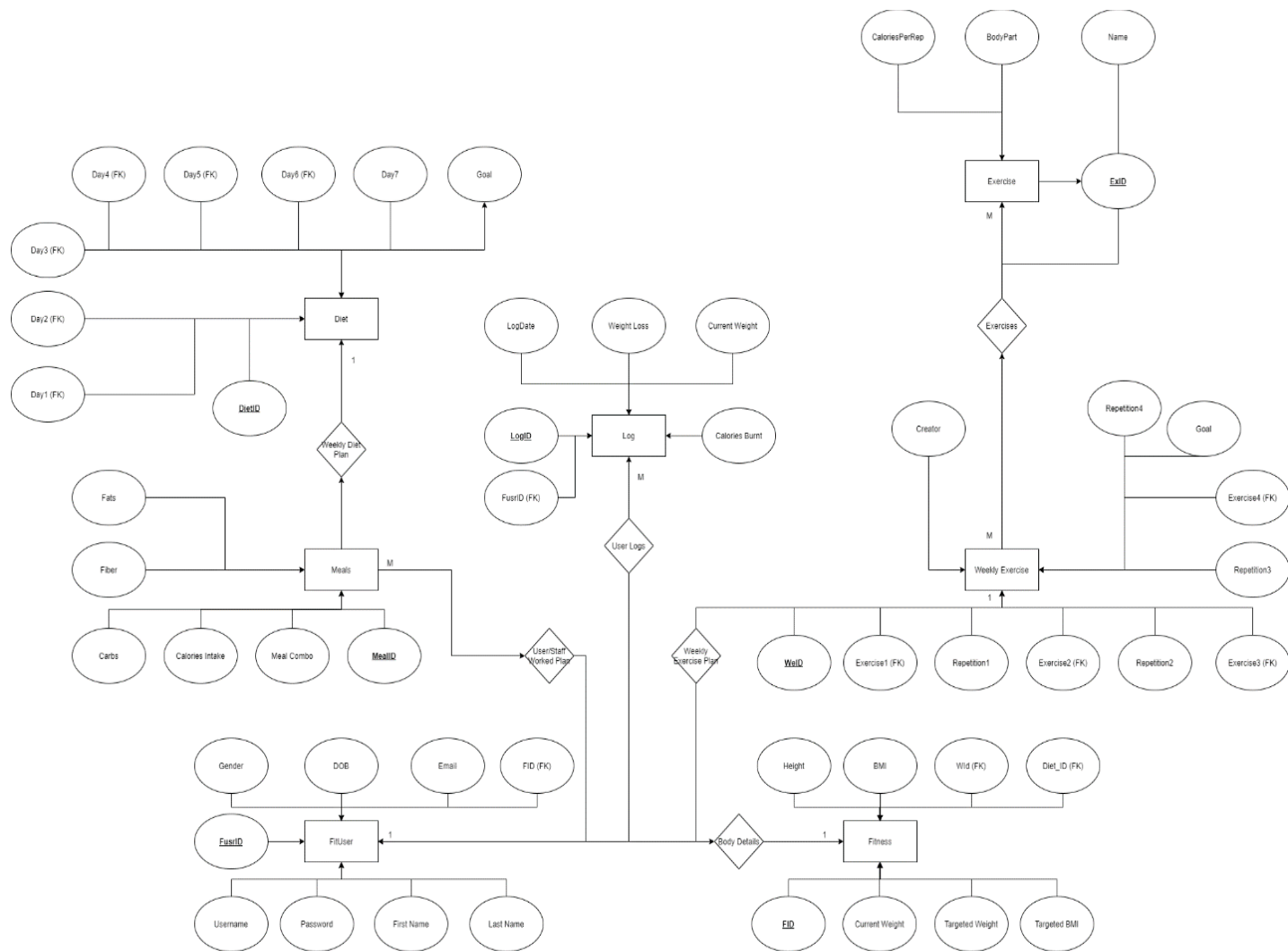
Objective



FIT ME

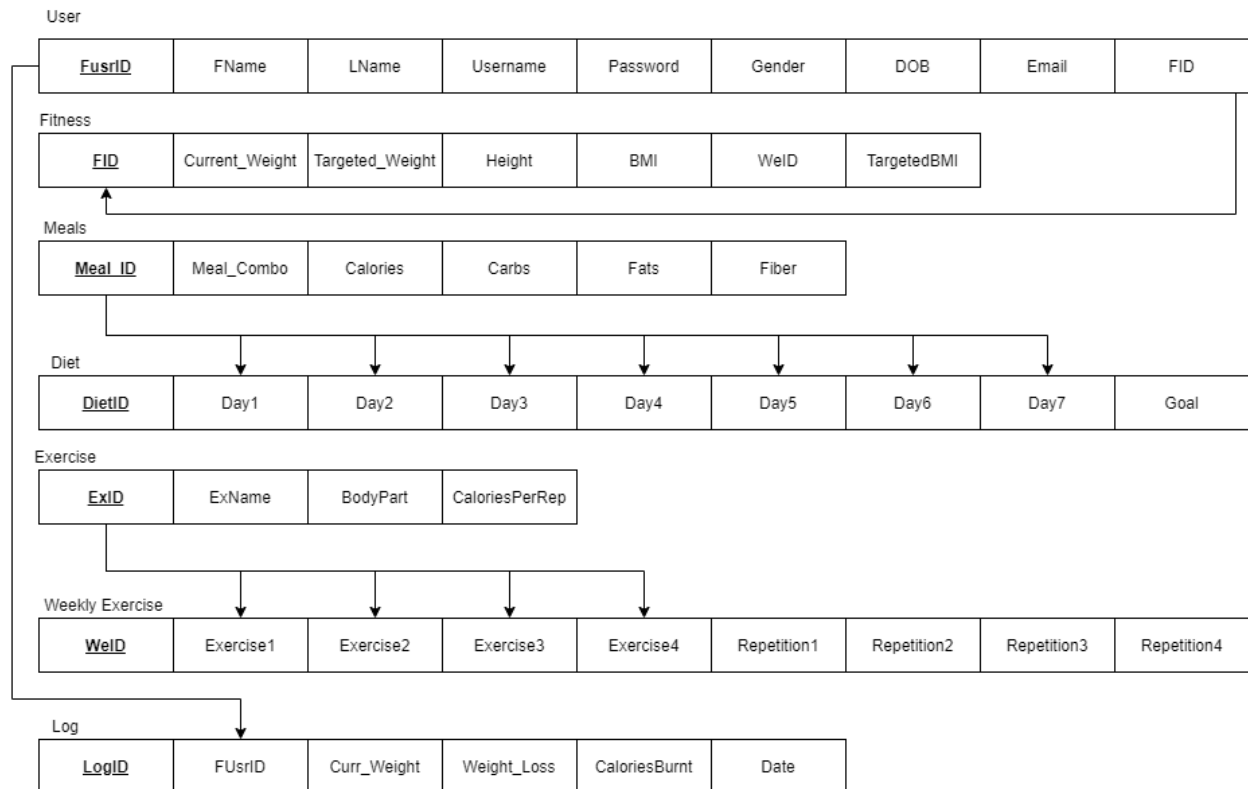
The objective of this project is to create a website with fully functional database and front end using PHP. The website is a type of fitness tracker which will keep track of our fitness and our workout plan. It will also record our diet plan and keep logs of our daily workout plus its effects and will give us comprehensive reports of our fitness in form of logs.

ERD DIAGRAM



Note: .png of ERD is also included in project folde

RELATIONAL SCHEMA



Note: .png of Relational Schema is also included in project folder.

TABLE DESCRIPTION

FITUSER

It contains the data of the user i.e. his name, age etc along with login info and FK to the Fitness Table

FITNESS

It Contains user's body details i.e. weight ,height etc along with the FK to his Diet plan and Weekly exercise routine

MEALS

It contains details on the combination of meals i.e. carbs,calories intake etc.

DIET

It contains the proper arrangement of meal combos that one needs to follow throughout the week.

EXERCISE

It contains the info of different exercises and the body part they are targeting.

WEEKLYEXERCISE

It contains the full plan of exercise that one needs to follow throughout the whole week.

LOG

It contains the daily log of the user .

QUERIES

PAGE: CREATE_DIET_PLAN PAGE

.q1

\$q = select * from meals order by mealid ASC

FUNCTION: SHOWS TABLE MEALS AND THEN SORTS IT ON MEALID ATTRIBUTE ASCENDING ORDER

.q2

\$q = select max(dietid) from diet

FUNCTION: SHOWS HIGHEST DIETID FROM DIET TABLE

.q3

\$q = "insert into diet values(";

\$q=\$q.\$id.\$c.\$goal.\$c.\$meal1.\$c.\$meal2.\$c.\$meal3.\$c.\$meal4.\$c.\$meal5.\$c.\$meal6.\$c.\$meal7;

\$q = \$q.");"

FUNCTION: INSERTS THESE VALUES IN DIET TABLE

.q4

```
$q = "update fitness set dietid = $id where fid = (select fid from fituser
where email = '$email')";
```

FUNCTION: UPDATES DIETID ATTRIBUTE ON FITNESS TABLE WHERE FID OF THAT USER IS SELECTED WHOM EMAIL IS EQUAL TO \$EMAIL

PAGE: CREATE_EXERCISE

.q1

```
$q = "select max(exid) from exercise ";
```

FUNCTION: SHOWS HIGHEST EXERCISE ID FROM EXERCISE TABLE

.q2

```
$q = "insert into exercise values( ";
$q = $q.$id.$c.$name.$c.$part.$c.$calories;
$q = $q.")";
```

FUNCTION: INSERTS THESE ATTRIBUTES VALUES IN EXERCISE TABLE

PAGE: CREATE_MEAL

.q1

```
$q = "select email, password, firstname from fituser where email =
'$email' AND password = '$password' ";
```

FUNCTION: SHOWS ON SCREEN THE USER DETAILS IF HIS EMAIL AND PASSWORD MATCHES THAT IN FITUSER TABLE

.q2

```
$q = "select max(mealid) from meals";
```

FUNCTION: SHOWS HIGHEST MEALID FROM MEALS TABLE

.q3

```
$q = "insert into meals values( ";
```

```
$q = $q.$id.$c.$name.$c.$calories.$c.$carbs.$c.$fats.$c.$fiber;
```

```
$q = $q.");";
```

FUNCTION: INSERTS THESE ATTRIBUTES VALUES INTO MEALS TABLE

PAGE: CREATE_WEEKLY_EXERCISES

.q1

```
$q = "select * from exercise order by exid ASC";
```

FUNCTION: SHOWS VALUES FROM EXERCISE TABLE SORTED BY EXID IN ASCENDING ORDER

.q2

```
$q = "select max(weid) from weeklyexercise";
```

FUNCTION: SHOWS HIGHEST WEIGHT ID FROM WEEKLYEXERCISE TABLE

.q3

```
$q = "insert into weeklyexercise values( ";
```

```
$q =
```

```
$q.$id.$c.$goal.$c.$creator.$c.$rep1.$c.$rep2.$c.$rep3.$c.$rep4.$c.$meal1.$c.$meal2.$c.$meal3.$c.$meal4;
```

```
$q = $q.");";
```

FUNCTION: INSERTS THESE ATTRIBUTES VALUE WEEKLYEXERCISE TABLE

.q4

\$q = "update fitness set weid = \$id where fid = (select fid from fituser where email = '\$email')";

FUNCTION: UPDATES WEID IN FITNESS TABLE WHERE FID MATCHES THE EMAIL OF USER WHO WANTS IT UPDATED

PAGE: ENTER_LOG

.q1

\$q = "select email, password, firstname from fituser where email = '\$email' AND password = '\$password' ";

FUNCTION: SHOWS THESE ATTRIBUTES OF THAT USER WHOSE EMAIL AND PASSWORD MATCHES IN FITUSER TABLE

.q2

\$q = 'select fusrid from fituser where email = '.\$email;

FUNCTION: SHOWS USERID FROM FITUSER TABLE WHOM EMAIL MATCHES

.q3

\$q = 'select max(logid) from log';

FUNCTION: SHOWS HIGHEST LOGID FROM LOG TABLE

.q4

\$q = "insert into log values(";

```
$q =
$q.$logid.$c.$weightloss.$c.$currweight.$c.$caloriesburnt.$c.$date.$
c.$id;

$q = $q."";
```

FUNCTION: INSERT THESE ATTRIBUTES VALUES INTO LOG TABLE

.q5

```
$q = "select height,fid from fitness where fid = (select fid from fituser
where email = $email)";
```

FUNCTION: SHOWS HEIGHT AND FID FROM FITNESS TABLE FID MATCHES THAT FROM FITUSER OF USER'S WHOM EMAIL MATCHES

.q6

```
$q = "update fitness set bmi = $bmi where fid = $fid";
```

FUNCTION: UPDATES BMI OF USER IN FITNESS TABLE

.q7

```
$q = "update fitness set current_weight = $currweight where fid =
$fid";
```

FUNCTION: UPDATES CURRENTWEIGHT OF USER ON FITNESS TABLE

.q8

```
$q = "select * from log where fusrid = (Select fusrid from fituser where
email = '$email') order by logdate ASC";
```

FUNCTION: SHOWS DATA OF USER FROM LOG TABLE SORTING IT ACCORDINGLY TO LOGDATE IN ASCENDING ORDER

PAGE: HOME

.q1

```
$q = "select email, password, firstname from fituser where email = '$email' AND password = '$password' ";
```

FUNCTION: SHOWS USER DETAILS FROM FITUSER TABLE IF USER EMAIL AND PASSWORD MATCHES

.q2

```
$q = "select * from fitness where fid = (select fid from fituser where email = '$email')";
```

FUNCTION: SHOWS DETAILS FROM FITNESS TABLE IF USER EMAIL MATCHES

.q3

```
$q = "select dietid, mealid, mealcombo, caloriesint, fats from diet join meals on mealid = day1 or mealid=day2 or mealid = day3 or mealid = day4 or mealid = day5 or mealid = day6 or mealid = day7 where dietid = (select dietid from fitness where fid = (select fid from fituser where email = '$email')) order by mealid desc";
```

FUNCTION: WE ARE JOINING MEALS AND DIET TABLE USING DAY1...DAY7 FOREIGN KEYS FROM DIET AND MEALID PRIMARY KEY FROM MEALS TABLE. AS A RESULT OF THIS QUERY, WE GET THE USER'S WEEKLY DIET PLAN

.q4

```
$q = "select exname, bodypart, caloriesperrep, goal from weeklyexercise join exercise on exercise1 = exid or exercise2 = exid or exercise3 = exid or exercise4 = exid where weid = (select weid
```

```
from fitness where fid = (select fid from fituser where email =  
'$email'))";
```

FUNCTION: WE ARE JOINING WEEKLYEXERCISE AND EXERCISE TABLES TO SHOW USER'S WEEKLY EXERCISE PLAN

PAGE: SET_FITNESS

.q1

```
$q = "select * from weeklyexercise order by weid asc";
```

FUNCTION: SHOWS ATTRIBUTES VALUES FROM WEEKLYEXERCISE TABLE SORTED ON WEIRD BY ASCENDING ORDER

.q2

```
$q = "select d.dietid, d.goal, m.mealcombo, m.caloriesint, m.carbs,  
m.fats, m.fiber from diet d join meals m on d.day1 = m.mealid order  
by d.dietid asc";
```

FUNCTION: SHOWS ATTRIBUTES FROM DIET AND MEALS TABLE WHERE DAY1 VALUE MATCHES THAT OF MEALID. THE OUTPUT IS SORTED BY DIETID IN ASCENDING ORDER.

.q3

```
$q = 'select fusrid from fituser where email = '.$email;
```

FUNCTION: SHOWS USERID IF HIS EMAIL MATCHES

.q4

```
$q = "select max(fid) from fitness";
```

FUNCTION: SHOWS HIGHEST FITNESS ID FROM USER TABLE

.q5

```
$q = "insert into
fitness(fid,current_weight,targeted_weight,height,targetedbmi,weid,
dietid) values(";
```

```
$q =
$q.$fid.$c.$currweight.$c.$targetweight.$c.$height.$c.$targetbmi.$c
.$weid.$c.$dietid;
```

```
$q = $q.');"';
```

FUNCTION: INSERTS THESE ATTRIBUTES VALUES INTO FITNESS TABLE

.q6

```
$q = "update fitness set bmi = $bmi where fid = $fid";
```

FUNCTION: UPDATES BMI IN FITNESS OF USER'S WHOS ID MATCHES

.q7

```
$q = "update fituser set fid = $fid where fusrid = $id";
```

FUNCTION: UPDATES FITNESS ID OF USER

PAGE: SIGN_IN

No queries used

PAGE: SIGN_UP

.q1

```
$query = "select max(fusrid) from fituser";
```

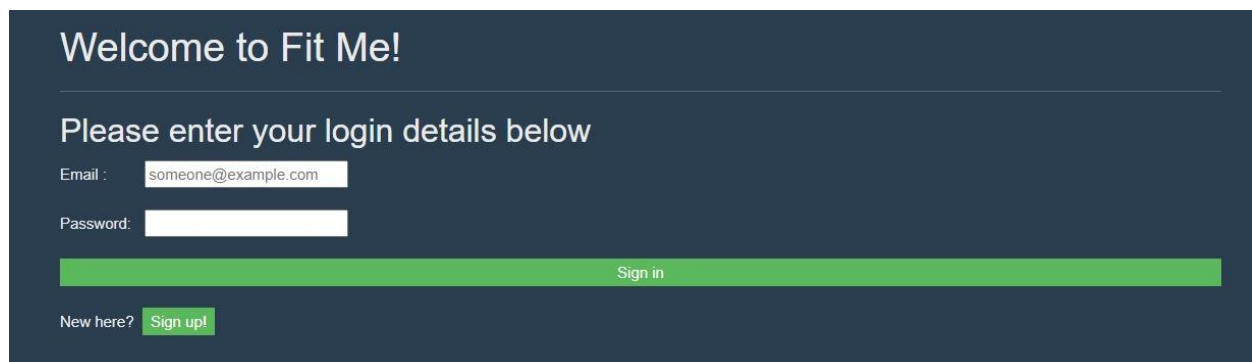
FUNCTION: SHOWS HIGHEST USERID FROM FITUSER TABLE

.q2

```
$q = "insert into  
fituser(fusrid,firstname,lastname,password,dob,gender,email,username)  
values ("  
  
$q =  
$q.$fusrid.$c.$first_name.$c.$last_name.$c.$password.$c.$dob.$c.$gender.$c.$email.$c.$username.")";
```

FUNCTION: INSERTS THESE ATTRIBUTES VALUES INTO FITUSER TABLE

INTERFACE



The screenshot shows a dark blue login interface. At the top, it says 'Welcome to Fit Me!'. Below that, it asks the user to 'Please enter your login details below'. There are two input fields: 'Email' with the placeholder 'someone@example.com' and 'Password'. A green 'Sign in' button is positioned below the password field. At the bottom left, there is a link 'New here? Sign up!' where 'Sign up!' is highlighted in green.

Page when user first opens the site, he can sign in here if he has already signed up. If not, he needs to sign up.

User not registered

Register me

Try Again

If user enters invalid sign in details.

Register for Fit me

First Name

Last Name

Email

Username

Password

Date of Birth



Gender



submit

This is what the sign up page shows if the user wants to sign up.

Enter Physical Data

Current Weight

Targeted Weight

Height

Target BMI

Weekly Exercise ID

Diet ID

Enter

After the user signs in, he is asked to input his body details and his unique diet and weekly exercise ID that he was given by his trainer to follow.

Fit Me Home

Welcome Back, Shayan

Your current fitness attributes:

Fitness:

Fitness ID	Current Weight	Targeted Weight	Height	BMI	Targeted BMI
10	75	70	6.2	21	25

Your current weekly diet plans:

Diet Plan:

Day	Fats	Calories	Meal ID	Meal combo
1	80	600	7	Chicken Tikka and Chapati
2	28	300	6	Fried Fish
3	110	550	5	Pulses and Roti
4	60	300	4	Brown Rice and Chicken
Day	Fats	Calories	Meal ID	Meal combo

Your current exercise Plan :

Exercise:

Exercise Name	Body Part	Calories/Rep	Goal
Squats	Quads	20	Weight Loss
Leg Press	Quads	26	Weight Loss
Shrugs	Traps	15	Weight Loss
Plank	Abdominal	8	Weight Loss

Update physical attributes

Create a new meal

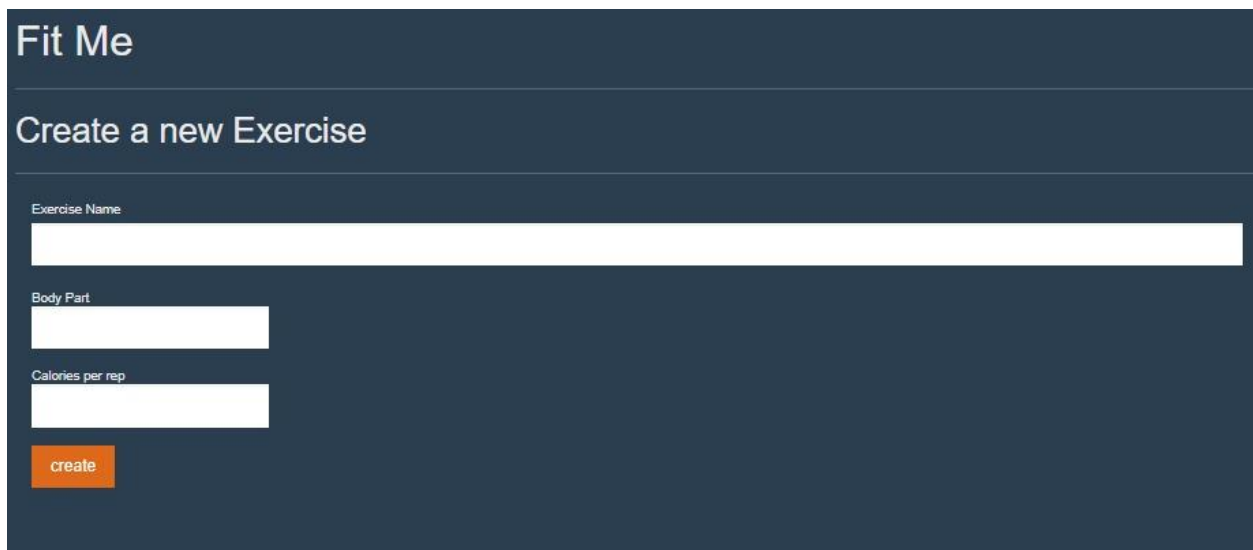
Create a new Diet Plan

Create a new exercise

Set weekly exercises

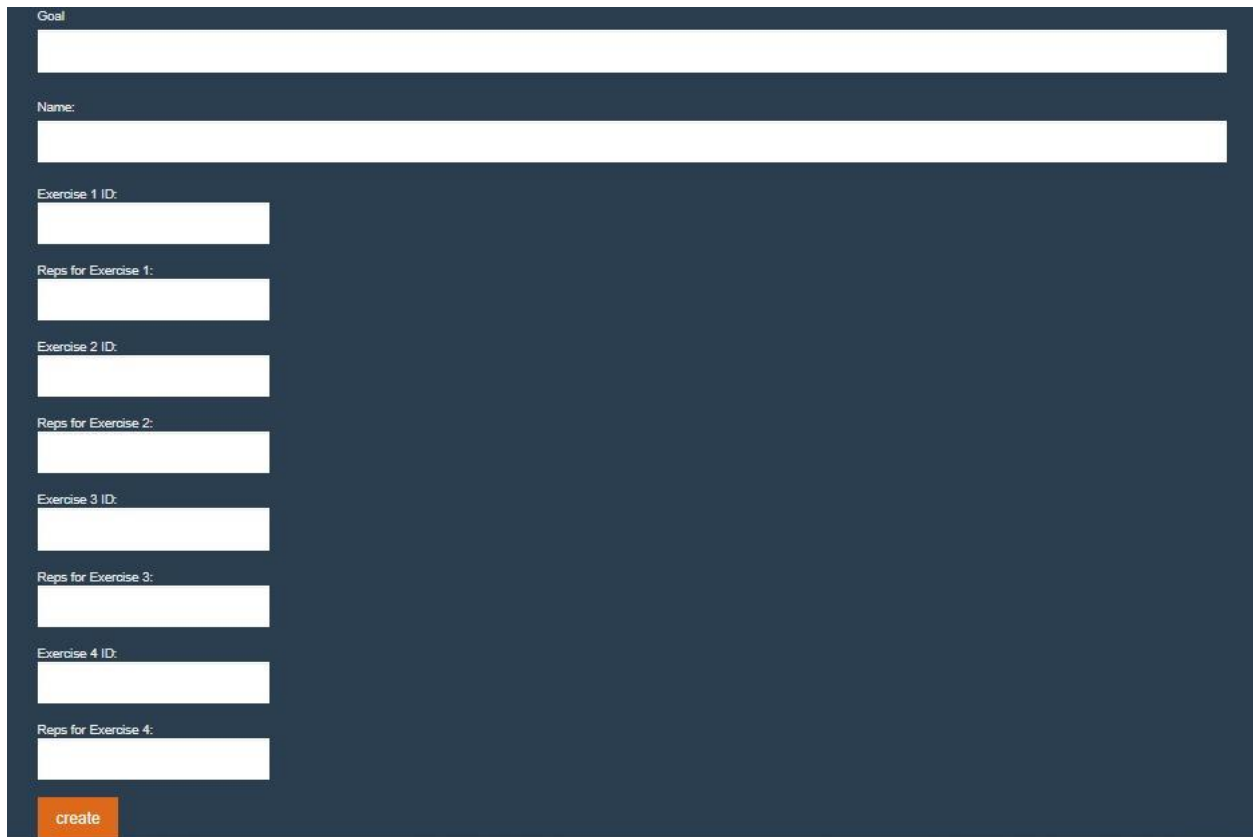
Enter Log

After getting the user's body details, this is the home page for the user. This page shows user's current body details that he has last updated as well as the diet plan and the exercise plan that he is currently following. He has also several buttons down below to do many functions e.g. creating his own custom meal, plan or enter log.



The screenshot shows a dark blue interface with the title "Fit Me" at the top. Below the title is a section titled "Create a new Exercise". This section contains three input fields: "Exercise Name" (a long white box), "Body Part" (a shorter white box), and "Calories per rep" (another shorter white box). Below these fields is an orange button labeled "create".

User can add his own custom exercise if it isn't present already as an preset.



Goal

Name:

Exercise 1 ID:

Reps for Exercise 1:

Exercise 2 ID:

Reps for Exercise 2:

Exercise 3 ID:

Reps for Exercise 3:

Exercise 4 ID:

Reps for Exercise 4:

create

User can also set his custom weekly exercise plan, selecting the exercises he wants to do in the week.

Fit Me

Add a new meal

Meal Name

Calories

Carbs

Fats

Fiber

create

User can also add his custom meal combo if it already isn't present in the preset.

Goal

Meal 1 ID:

Meal 2 ID:

Meal 3 ID:

Meal 4 ID:

Meal 5 ID:

Meal 6 ID:

Meal 7 ID:

create

User can setup his custom weekly diet plan choosing the meals he actually wants.

Fit Me

Enter Log

Weight Loss

Calories Burnt

Current Weight

Log Date
 

shayanamir98@gmail.com's current Logs:

Logs:

LOG ID	Weight Loss	Current Weight	Calories Burnt	Log date	User ID
1	4	114	3000	18-MAY-21	1
2	3	94	2400	19-MAY-21	1

User can enter in log daily or anytime he wants, it will keep account of user's weight and if he lost any weight.