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Database Project - Fitness Management System

Objective

The objective of this project is to design and implement a **database-driven online fitness management system** that allows users to manage their fitness journey, interact with personal trainers, book appointments, and track progress. The platform will provide a personalized experience with workout and diet plans based on individual fitness levels. Additionally, it will include payment integration, reviews, and a notification system to enhance user engagement.

Application Users

1. **Unregistered Users** (Surfers) – Can explore the platform without signing in.
 2. **Members** – Registered users who can access personalized workout plans, book training sessions, and track progress.
 3. **Trainees** – Certified trainers who provide training sessions and track member progress.
 4. **Admin** – Platform administrators managing users, trainers, and overall system functionality.
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Use Cases – Unregistered Users (Surfers)

Users who land on the platform without logging in can:

1. **Explore Workout Plans**
 - Based on the requirements of the user.
 - Pricing of the plans.
 2. **Browse Trainer Profiles** with ratings and reviews.
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Use Cases – Members

Registered members can:

1. **Register & Manage Profile** (Name, email, age, weight, height, BMI, fitness level, goal, etc.).
2. **Select Workout & Diet Plans** based on their fitness level (Beginner, Intermediate, Advanced).

3. **Book Training Sessions** with available trainers.
4. **Log Fitness Progress** (weight, reps, sets, calories burned, etc.).
5. **Rate & Review Trainers** based on session effectiveness.
6. **Receive Notifications** for upcoming workouts, appointments, and payment dues.

Member Registration

To register, members provide:

- Member Id (Unique)
 - Member Name
 - Password
 - Gender
 - Age
 - Weight
 - Height
 - BMI
 - Fitness Level (Beginner, Intermediate, Advanced)
 - Contact Information
 - Account Status
 - etc
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Use Cases – Trainers

Certified trainers can:

1. **Register & Manage Profile** (Experience, Specialization, Ratings).
2. **Provide Workout & Diet Recommendations** for members.
3. **Track Member Progress** by reviewing their workout logs.
4. **Receive Payments** from personal training sessions.

Trainer Registration

To register, trainers provide:

- Trainer Id(Unique)
- Trainer Name
- Email
- Password
- Specialization (e.g., Strength Training, Yoga, Cardio)
- Experience (Years)
- Ratings (Can be empty)
- Certifications (Optional)
- Account Status
- Contact Information
- Etc

Use Cases – Admin

Admins oversee the entire platform and can:

1. **Manage Users & Trainers** (Activate, Deactivate accounts).
 2. **Monitor Payments & Transactions** for membership fees and personal training.
 3. **Oversee Reviews & Ratings** for trainers to maintain quality.
 4. **Generate Reports** (User engagement, financial statistics, most booked trainers).
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Key Features & Functionalities

1. Workout & Diet Plans

- Members choose a plan based on fitness level.
- Trainers recommend modifications based on progress.

2. Appointment System

- Members can schedule sessions with trainers.

3. Payment Integration

- Tracks membership fees and personal training fees.
- Supports multiple payment statuses: **Pending**, **Completed**.

4. Progress Tracking

- Members log weight, reps, sets, and calories burned.
- Trainers review progress and adjust plans accordingly.

5. Notification System

- Reminders for upcoming workouts plans, offers, and sessions.

6. Reviews & Ratings

- Members can rate trainers (1-5 stars) and give feedback.
 - Reviews help other members choose trainers and their workout plans.
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Reports & Queries

◆ For Members

1. Track personal progress (weight, workouts, and diet adherence).
 2. View total workouts plans completed.
 3. Find members whose weight increased instead of decreased.
 4. View total payments made for membership and training sessions.
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◆ For Trainers

7. Find the top 3 most popular trainers (highest number of appointments).
 8. Find trainers who have the most experienced clients (advanced members).
 9. Find the average rating of trainers along with the total reviews they received.
 10. Find trainers who have never received a review.
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◆ For Admins

13. Find members who have not taken any appointments.
 14. Find the total revenue generated by each trainer.
 15. Find the most popular workout plan (assigned to the most members).
 16. Find members who have spent the most on payments.
 17. Find the monthly revenue breakdown.
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Conclusion

This **Fitness Management System** is a **comprehensive online platform** that helps users manage their fitness journey effectively. By integrating **appointment booking, workout tracking, payments, and notifications**, it ensures a seamless experience for members, trainers, and administrators.