

**JAYPEE INSTITUTE OF INFORMATION TECHNOLOGY**

**NOIDA-SEC.62**

**CSE**



**ALPHA FITNESS**

**WORKOUT MANAGEMENT SYSTEM**

**ADITYA JAMWAL**

**20103283**

**SRIJAN GUPTA**

**20103286**

**UTKARSH PATHAK**

**20103289**



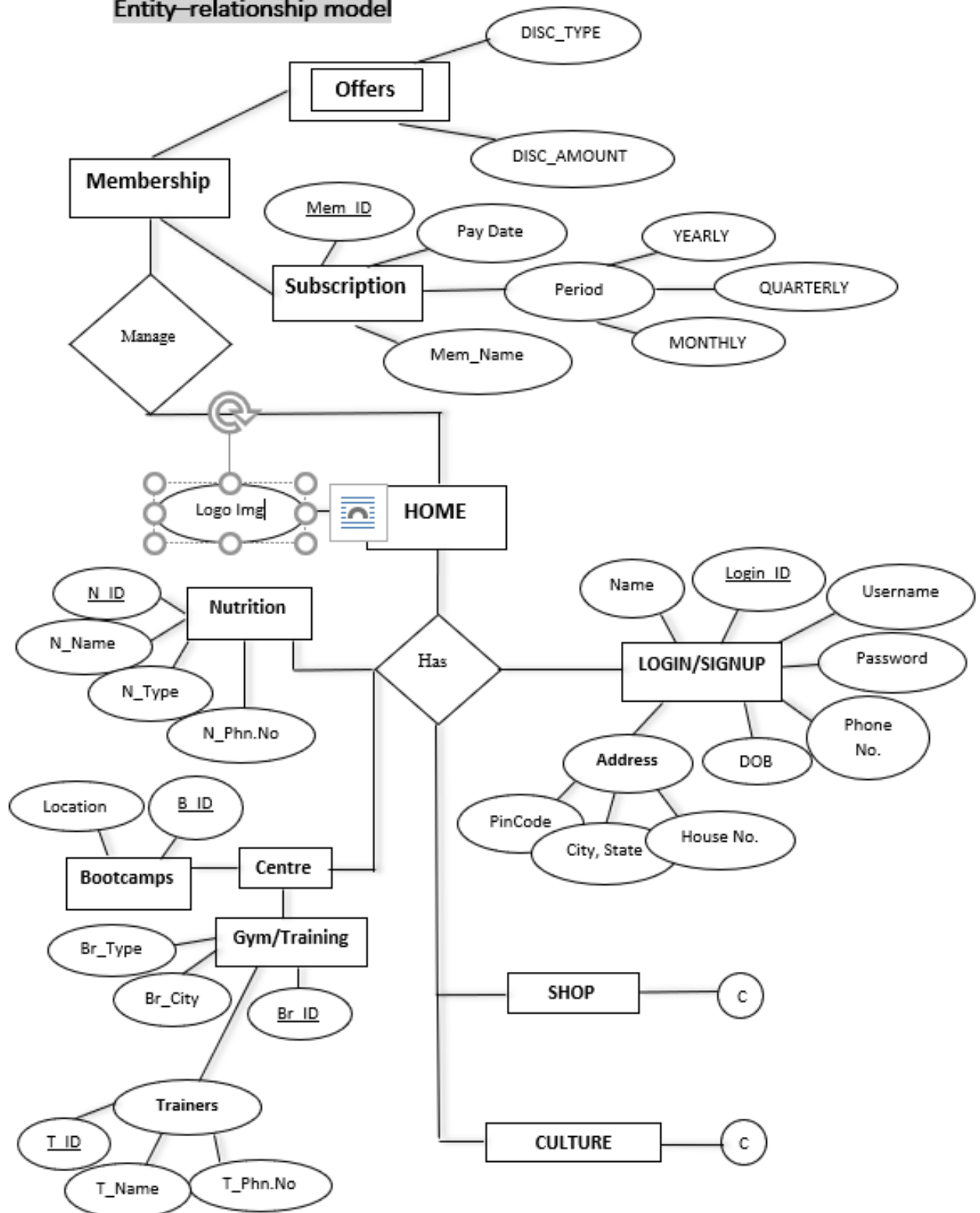
## Introduction

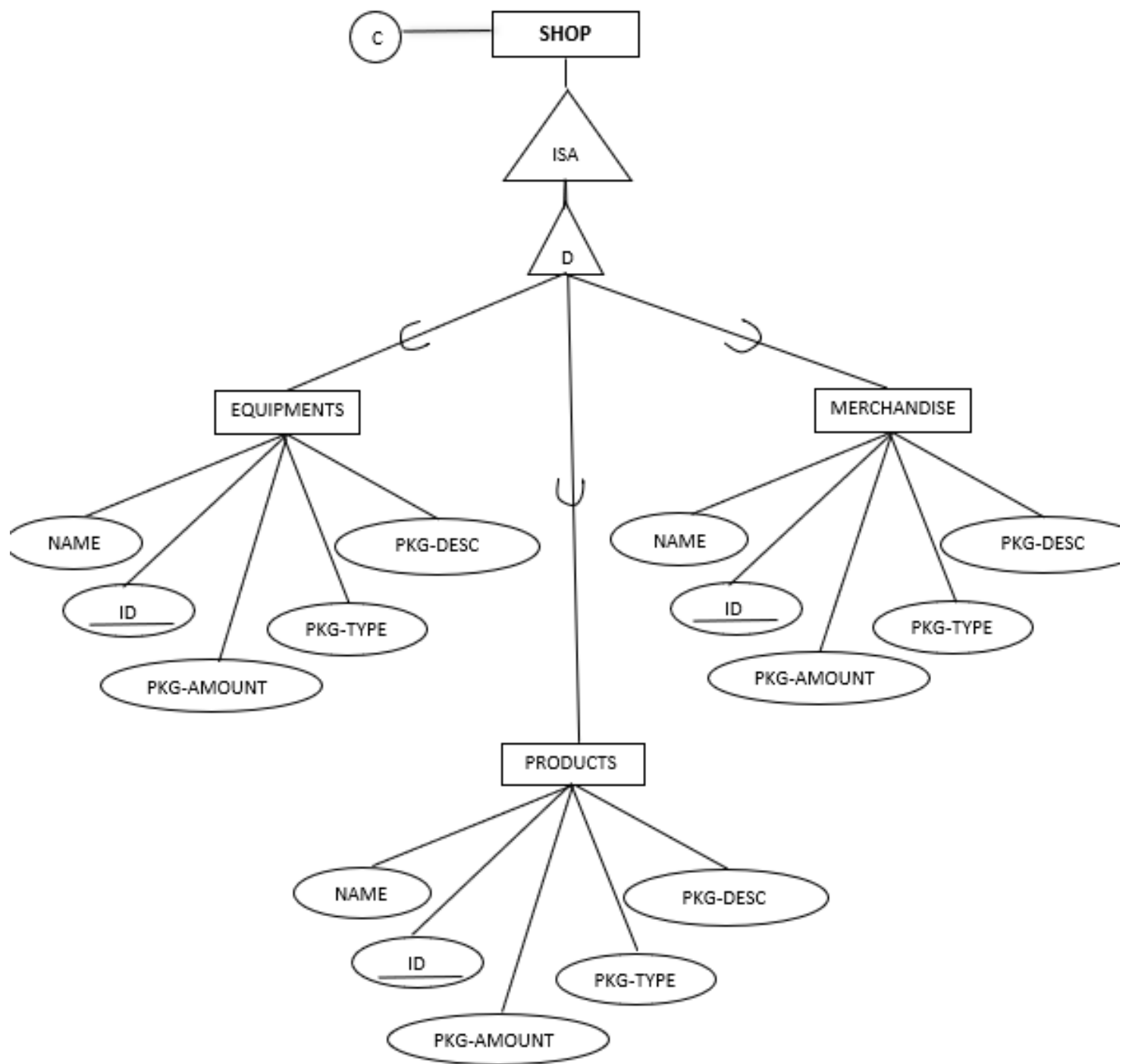
Fitness management is an interdisciplinary software field that blends scientific knowledge of exercise physiology and fitness studies with practical business skills. Nowadays, people are living longer than ever before and are increasingly concerned about maintaining their health and physical fitness. Our project deals with various records over our members, their membership subscription over the website along with gym centres. It includes many details regarding training sessions, bootcamps, travel and nutrition with the ease methods on purchasing equipment and supplements. It also provides various offers over our merchandise and subscription plans. Furthermore, it has quick and easy customer care service with reference mail and hands on contact number for query solving.

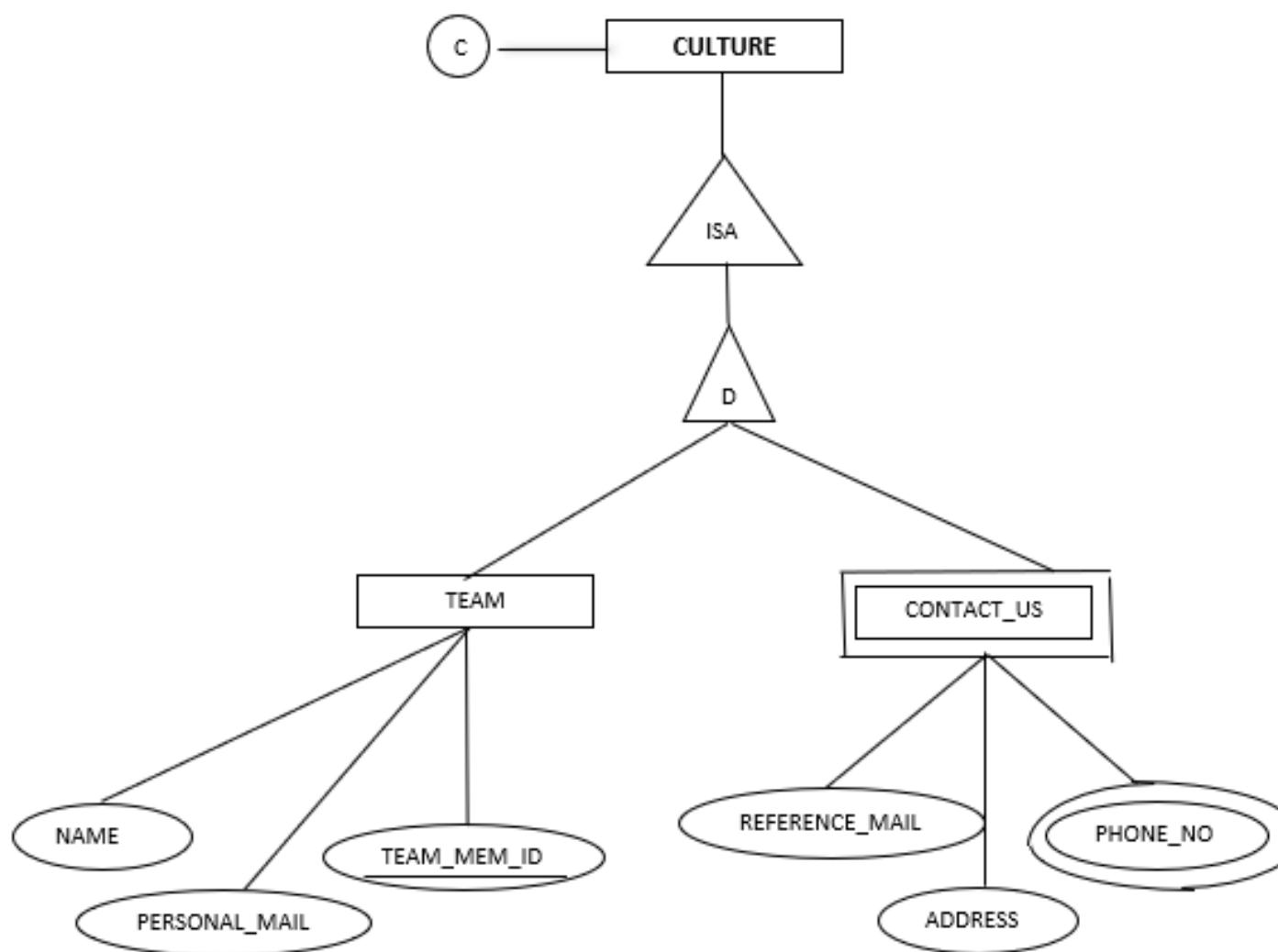
## Objectives

- The main objective of the project is to develop software that facilitates data storage, data maintenance and its retrieval for the website in an igneous way.
- To develop software which is capable to handle customer and trainers' relationship in effective way.
- To develop website helping the customers for their very own basic requirements to stay healthy both physically and mentally.
- Only the team has the privilege to access and edit database (if necessary).
- Developing a user-friendly system that requires minimal user training.

## Entity-relationship model







## **TOOLS AND TECHNOLOGIES:**

This project is developed using web programming and it's components like HTML, CSS, JAVASCRIPT, SQL and PHP.

### **Tools required to developed the application:**

**HTML:** It defines the content of the application.

**CSS:** It specifies the layout of the application. The styling of the application like you see in the Login and Register page is done using CSS.

**JavaScript:** It is used to program the behaviour of the application. This is used for authentication purposes in the application.

**PHP:** It is a server-side language. Connect the webpages to the database.

**SQL:** Used to create database and store data received from clients in form tables

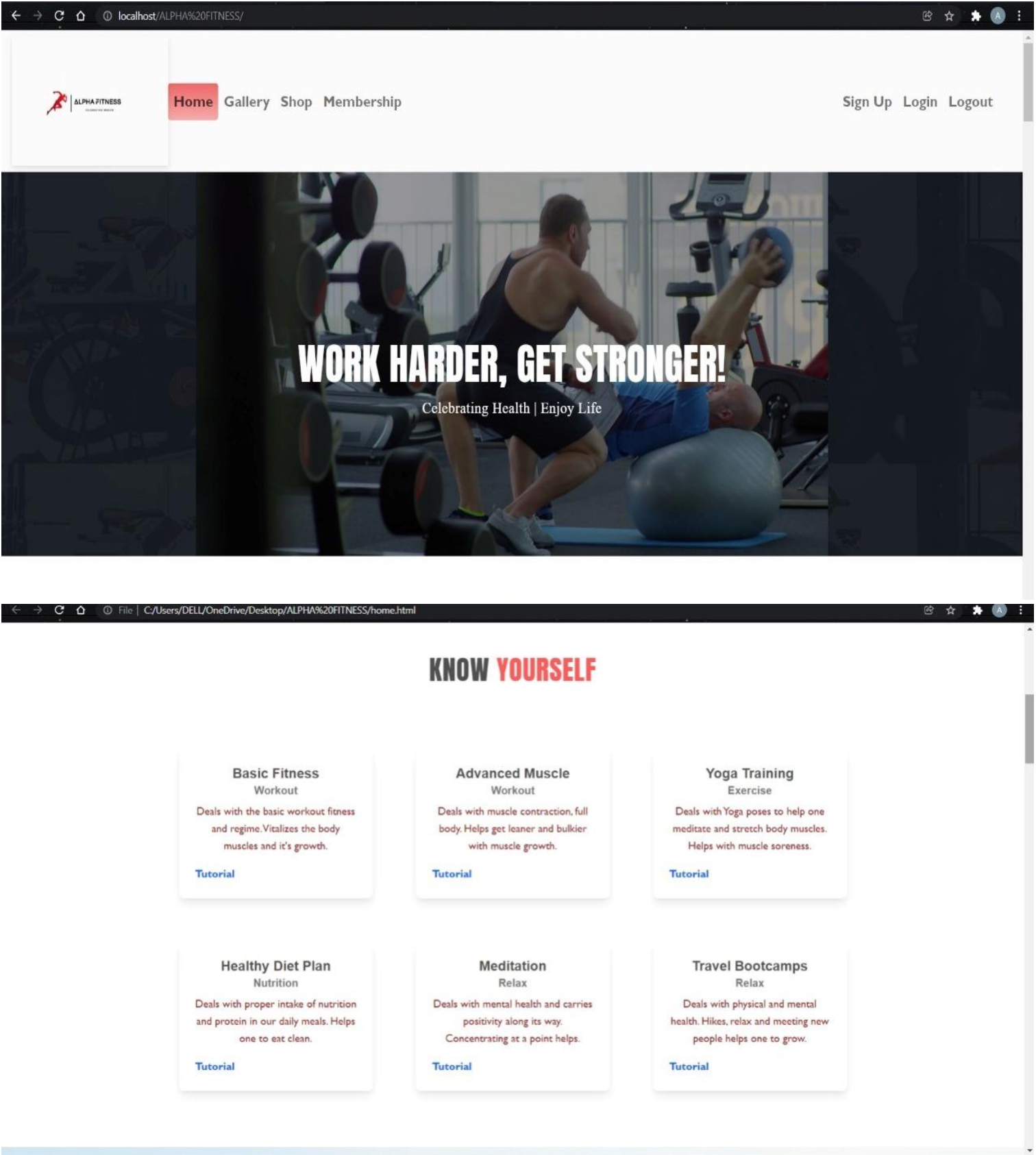
**XAMPP:** Provides a platform to use php and MySQL.

**Web Browser:** A web browser (commonly referred to as browser) is a software application for retrieving, presenting and traversing information resources on the World Wide Web.

**Pc/System:** All operations are performed on this device. It falls under the category of hardware requirements required for carrying out the project.

# OUTPUT SCREENSHOTS OF PROJECT

## HOME PAGE:



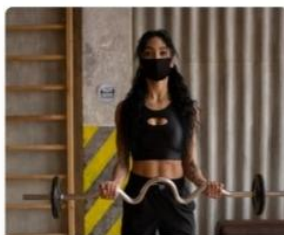
## OUR TRAINERS



**Jessie James**

Youtuber | Gym Enthusiast |  
Bodybuilder | Ripped

CONTACT



**Andrea Shaw**

Female Gym Trainer | Passionate |  
Nationalist Builder

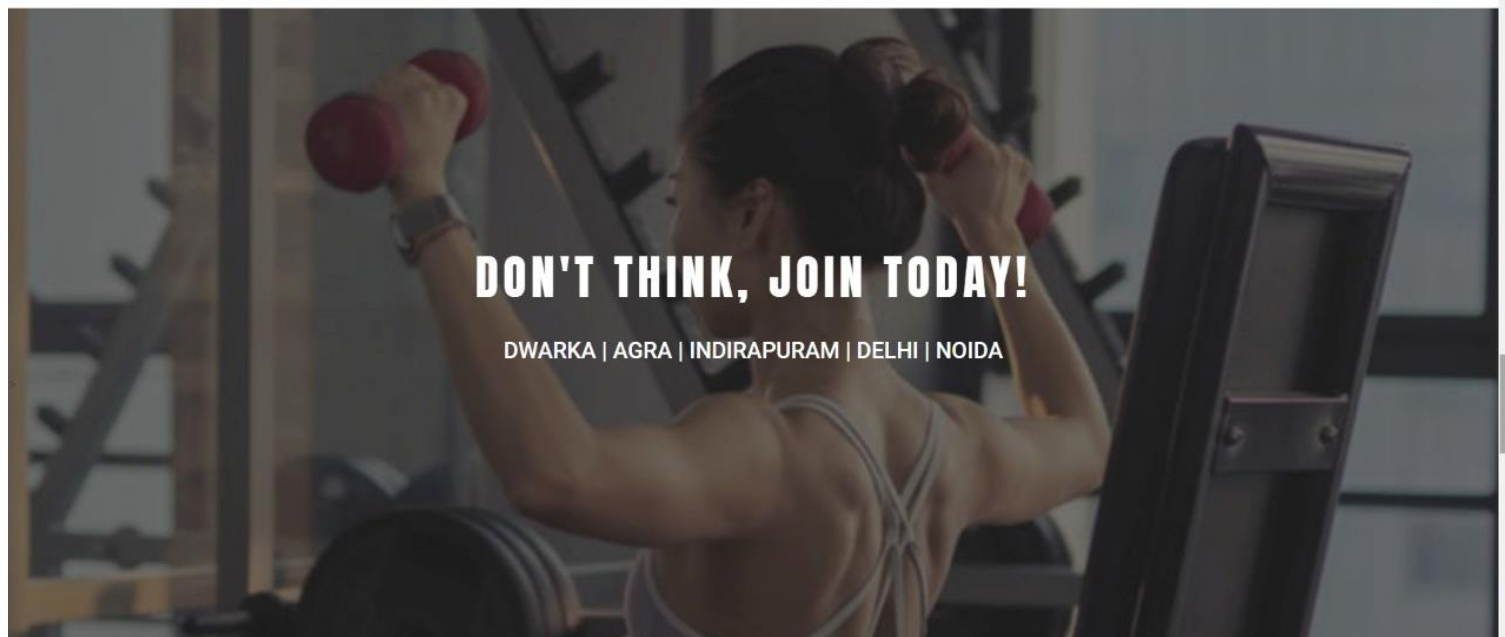
CONTACT



**Chris Heria**

Bodybuilder | Ripped | Traveller |  
Nutritionist

CONTACT

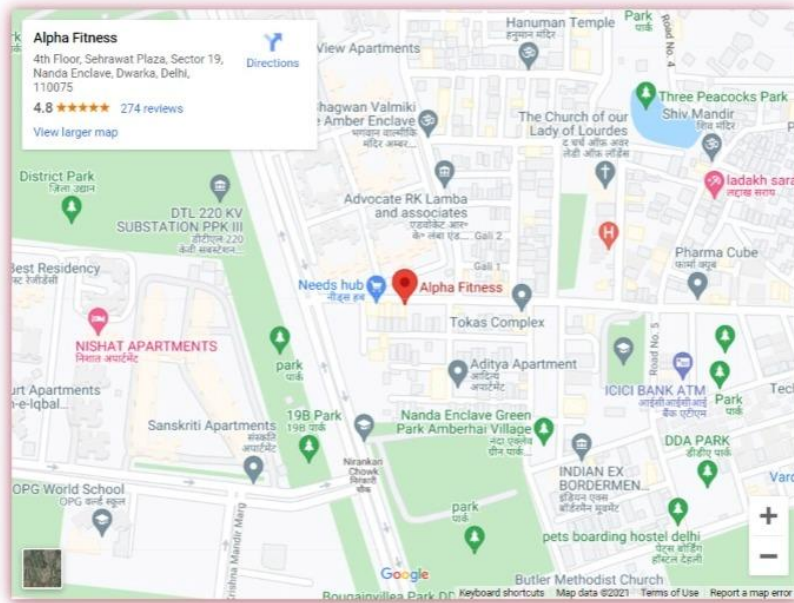


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## FIND US HERE!



## OUR TEAM



**SRIJAN GUPTA**

Student at IIIT Noida  
20103286 | B10 | CSE | Prayagraj



**ADITYA JAMWAL**

Student at IIIT Noida  
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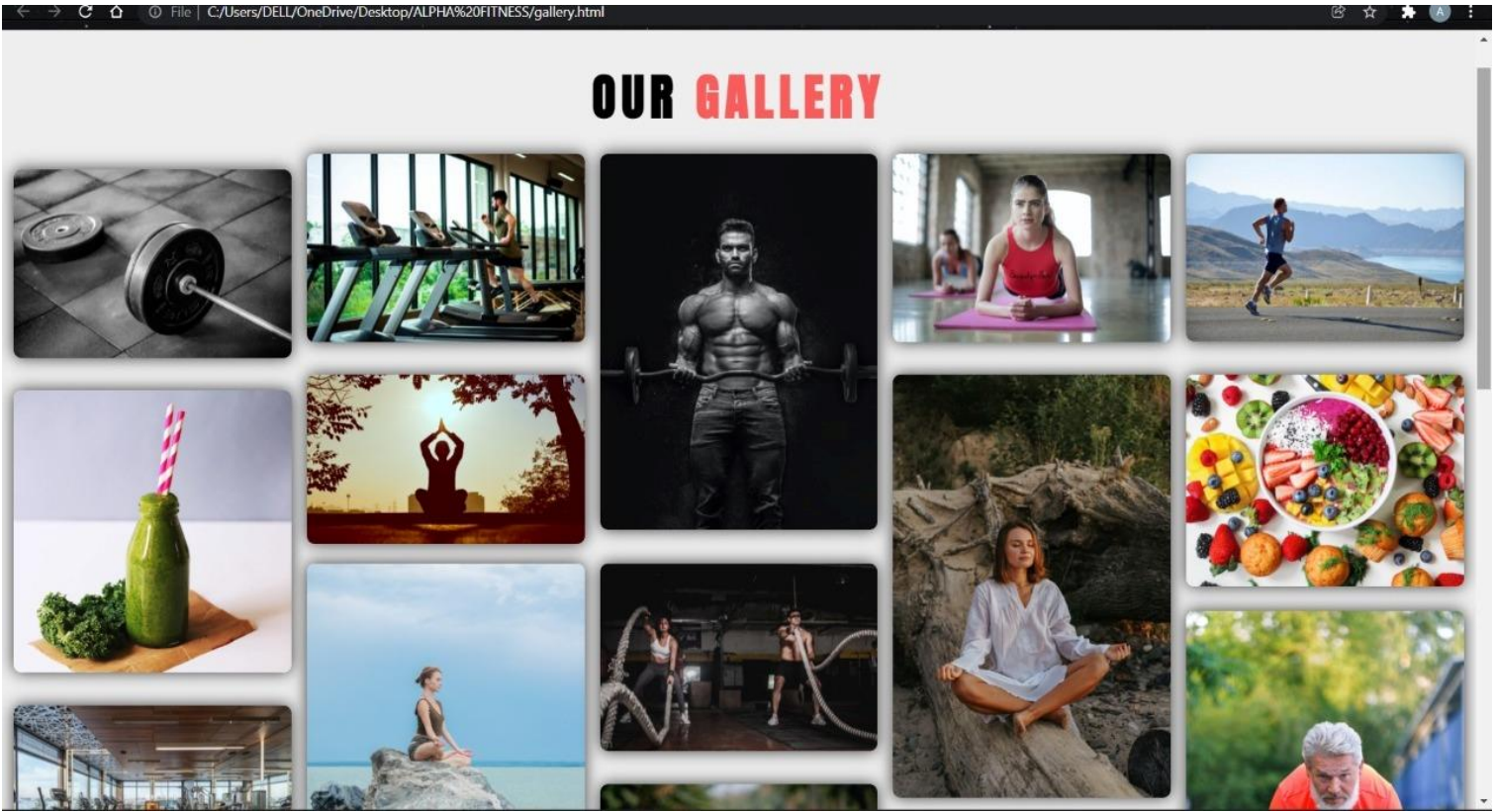


**UTKARSH PATHAK**

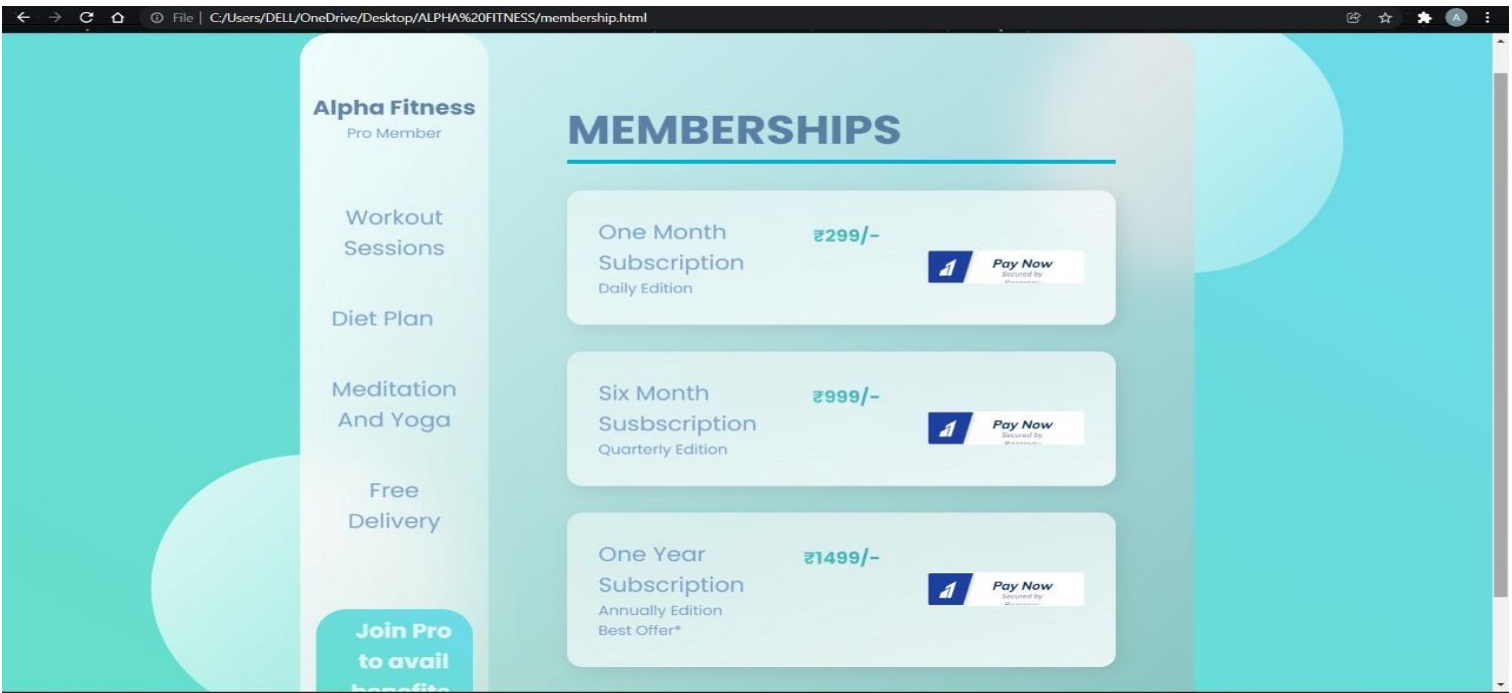
Student at IIIT Noida  
20103289 | B10 | CSE | Agra




GALLERY:



MEMBERSHIP:



MERCHANDISE:



Max Air Impact

Soft Cushion |Reducing Weight |Light Foam |Rapid Boost


8

9

10

11

Purchase



Nike Running

Iconic Sole | Stitched Overlays | Light Weight | Speed Boost


8

9

10

11

Purchase



Bel Air Jordan

Iconic Sole | Stitched Overlays | Light Weight | Speed Boost

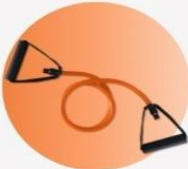
8

9

10

11


Purchase



Resistance Tube

Iconic Sole | Stitched Overlays | Light Weight | Speed Boost


Purchase



Skipping Rope

Iconic Sole | Stitched Overlays | Light Weight | Speed Boost

Purchase



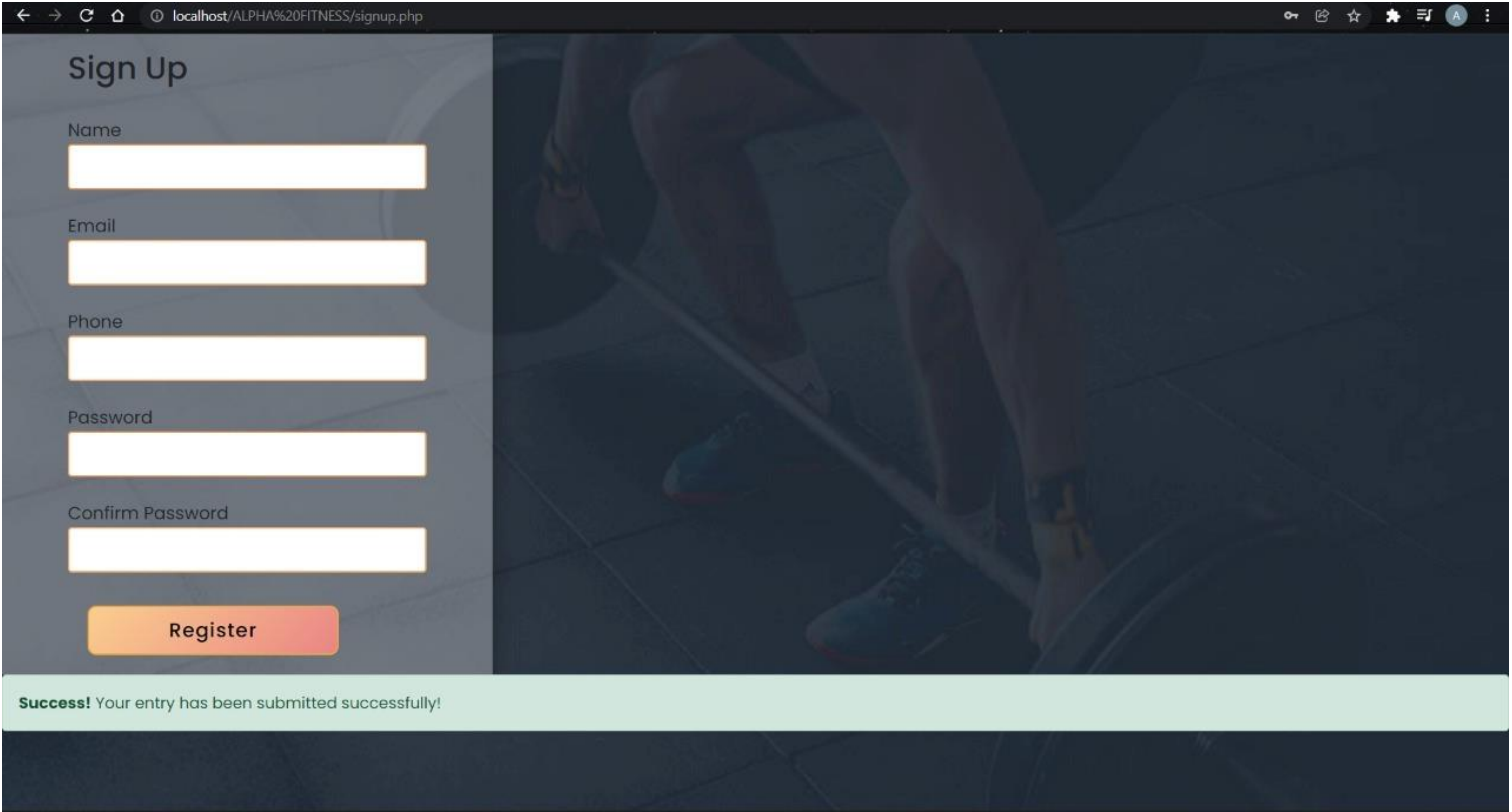
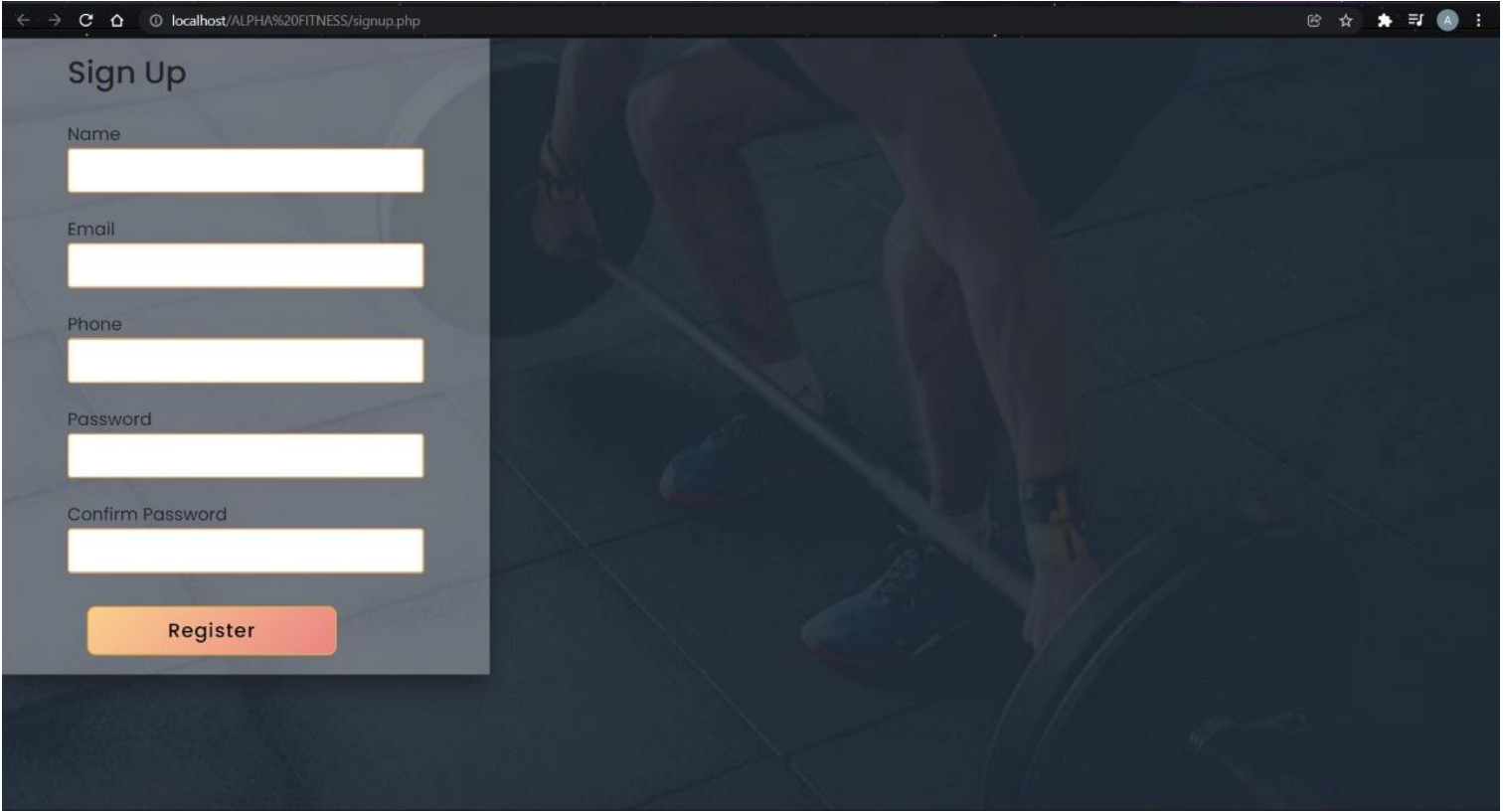
Resistance Band

Iconic Sole | Stitched Overlays | Light Weight | Speed Boost

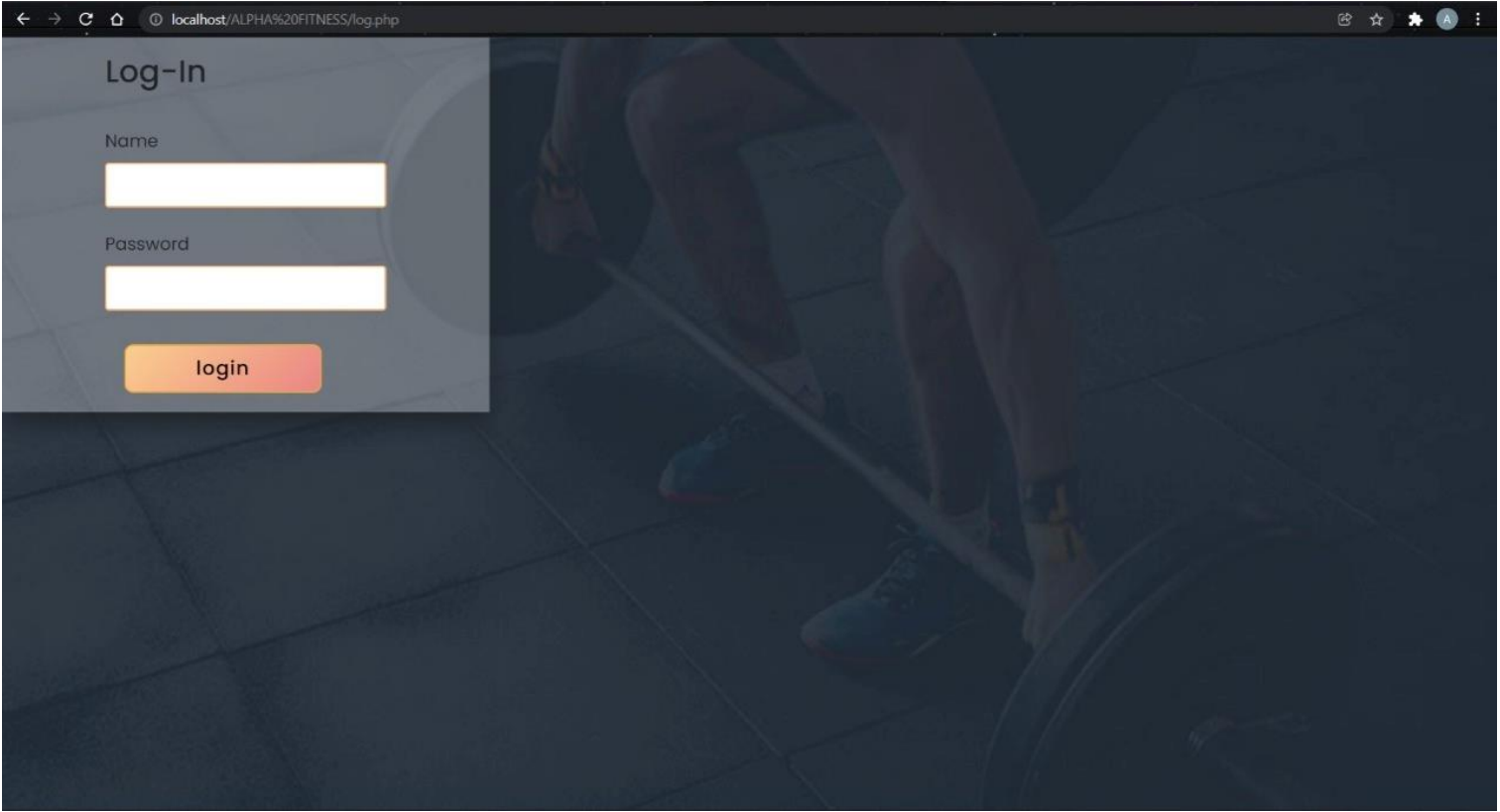
Purchase



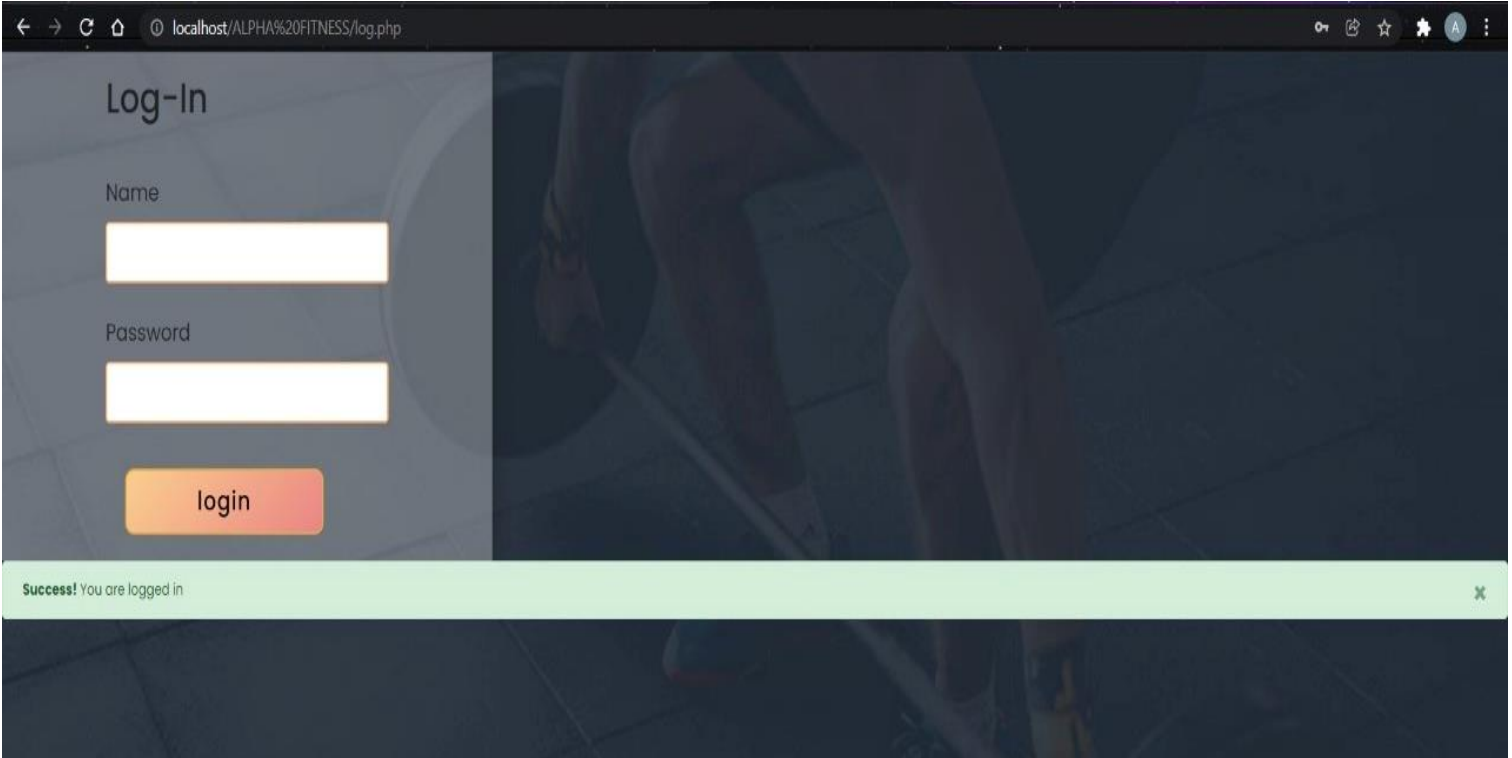
# SIGNUP PAGE:



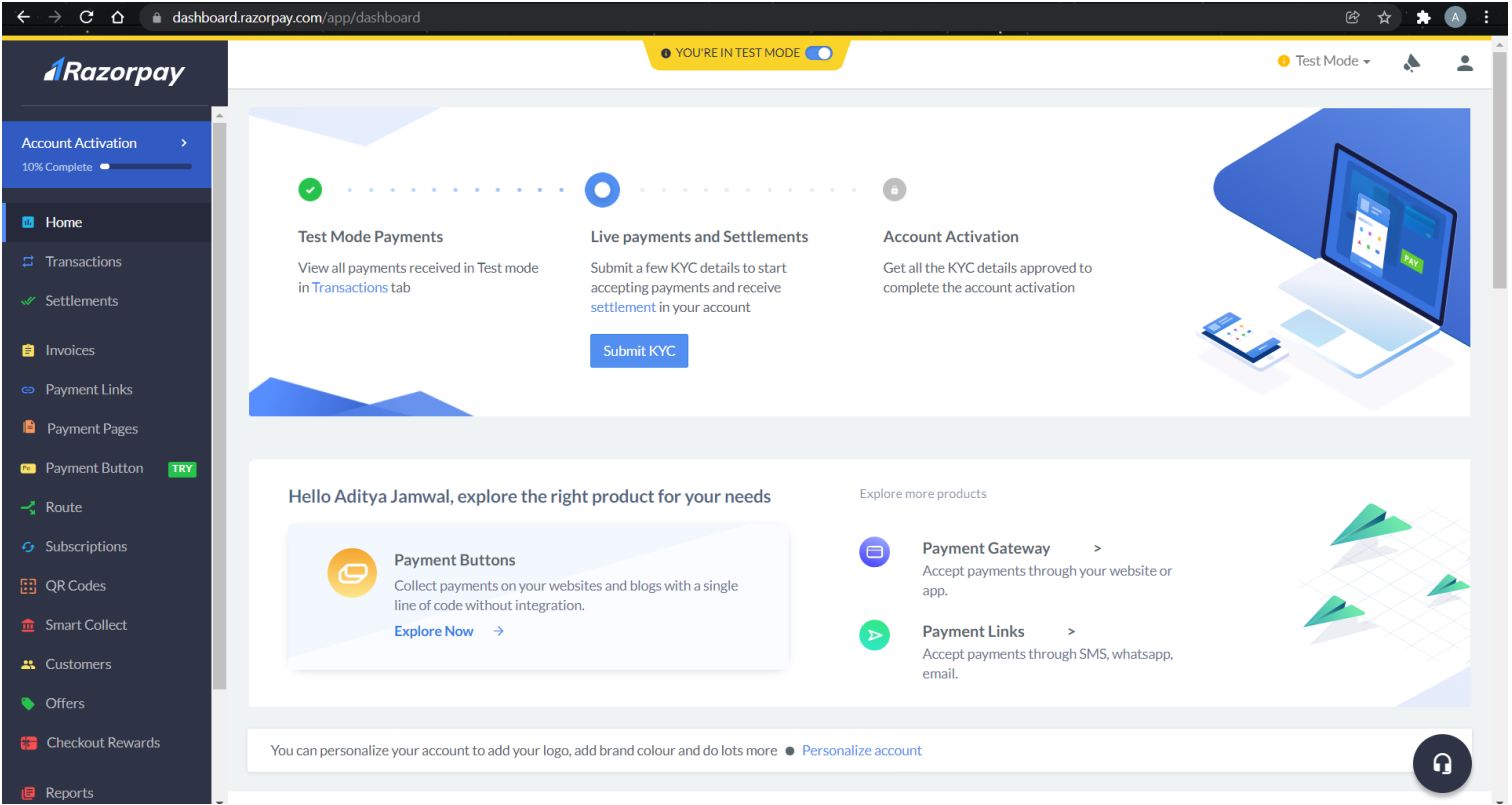
LOGIN PAGE:



VALID CREDENTIAL



# Razorpay Payment Gateway

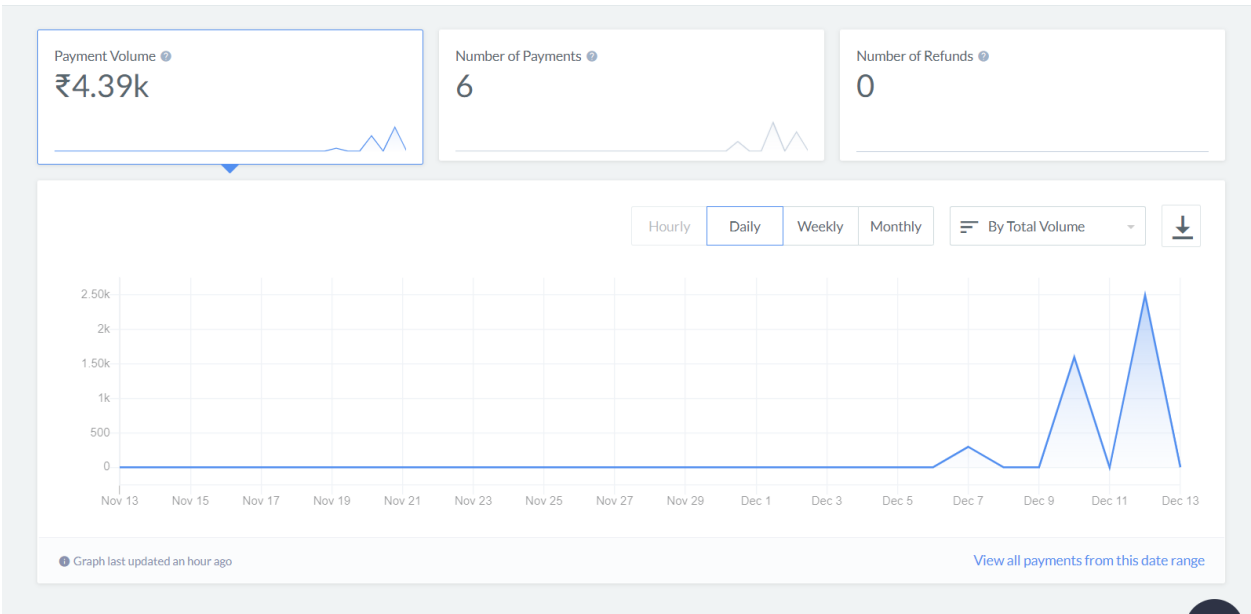


## Buttons (Memberships)

Title	Status	Count		
<input type="text"/>	All	25	<button>Search</button>	<button>Clear</button>

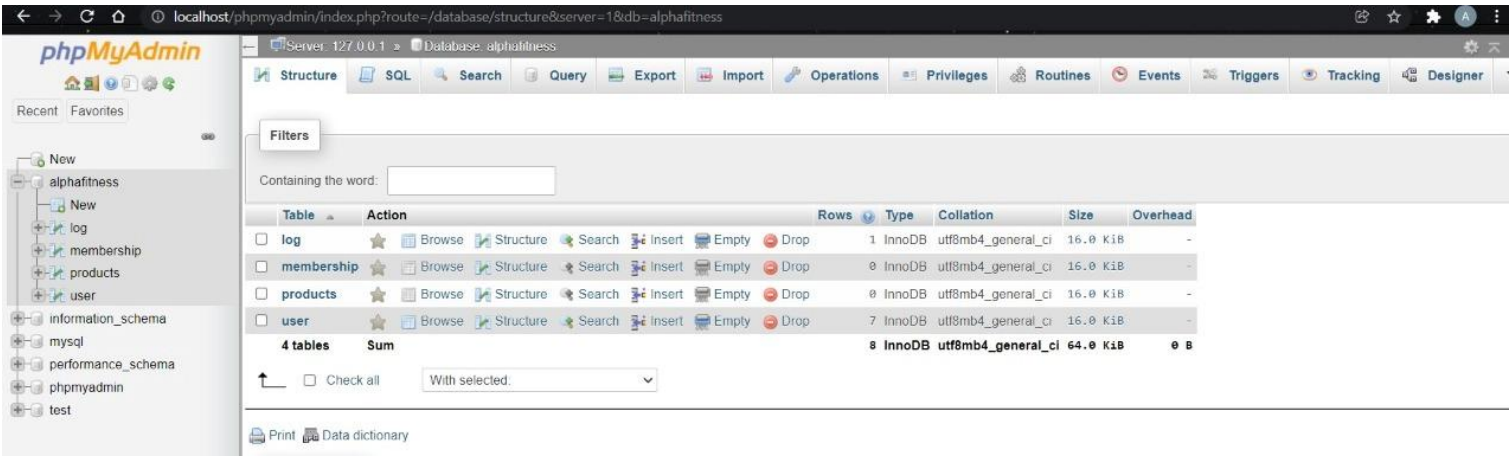
Title	Total Sales	Item Name	Units Sold	Created At	Status	Actions
One Year Subs.	₹ 1,499.00	Amount	1	07 Dec 2021, 06:09:15 am	Active	<a href="#">GET BUTTON CODE</a>
Six Month Subs.	₹ 1,998.00	Amount	2	07 Dec 2021, 06:01:22 am	Active	<a href="#">GET BUTTON CODE</a>
One Month Subs.	₹ 897.00	Amount	3	07 Dec 2021, 05:50:10 am	Active	<a href="#">GET BUTTON CODE</a>

Showing 1 - 3

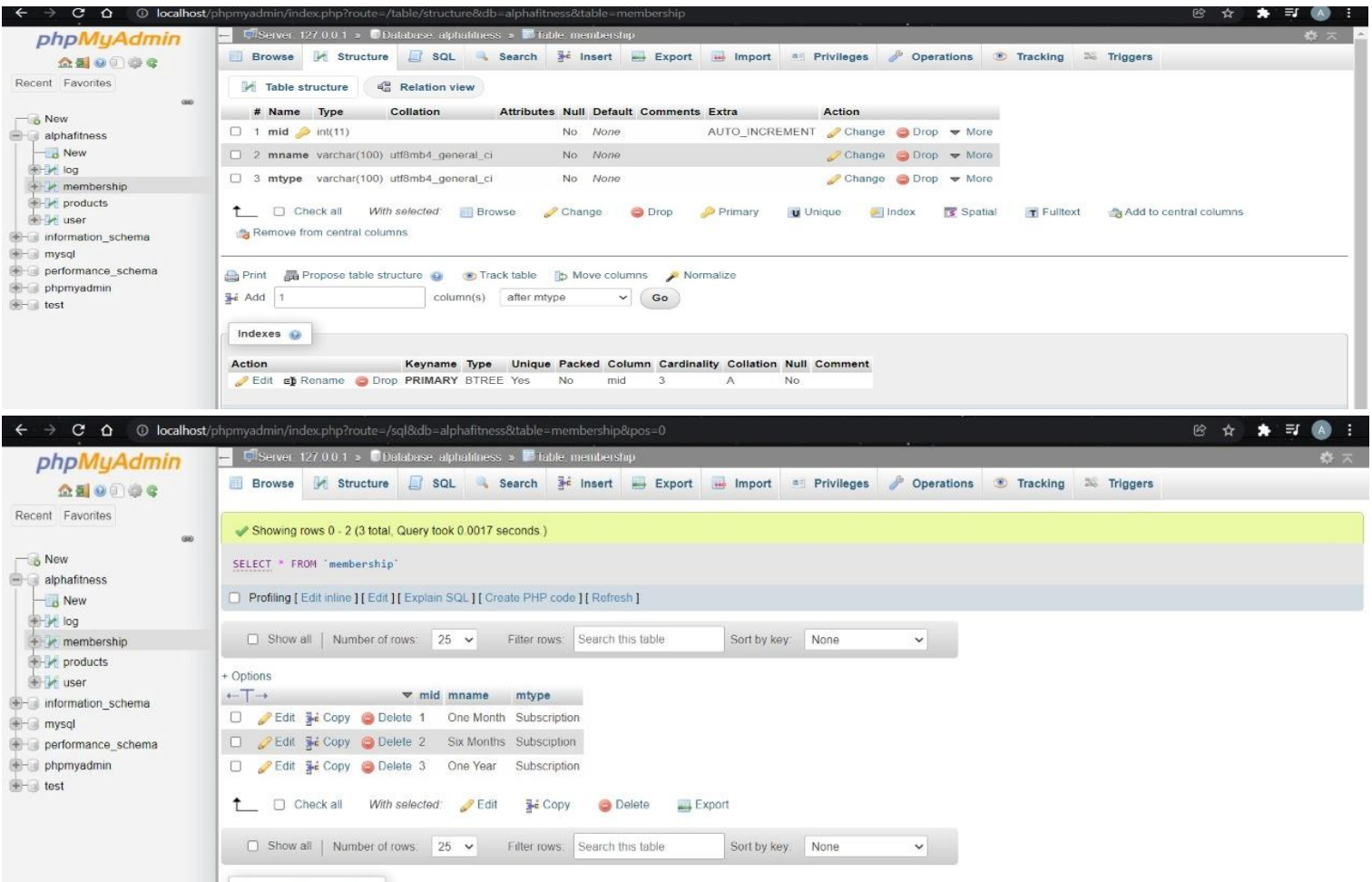


In this project various tables have been used for maintaining the information.

**Alphafitness database:** This database contains 4 different tables (Customers, Login-id page, Membership, Products).



**Membership Table:** This table contains information regarding various membership plans provided by our company.



**Customer Table:** This table contains information about the users who sign-up on our website.

localhost/phpmyadmin/index.php?route=/table/structure&db=alphafitness&table=user

Server: 127.0.0.1 » Database: alphafitness » Table: user

Table structure

#	Name	Type	Collation	Attributes	Null	Default	Comments	Extra	Action
1	sno	int(11)			No	None		AUTO_INCREMENT	Change Drop More
2	name	text	utf8mb4_general_ci		No	None			Change Drop More
3	email	varchar(255)	utf8mb4_general_ci		No	None			Change Drop More
4	phone	varchar(14)	utf8mb4_general_ci		No	None			Change Drop More
5	password	varchar(255)	utf8mb4_general_ci		No	None			Change Drop More

Indexes

Action	Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
Edit Rename Drop	PRIMARY	BTREE	Yes	No	sno	6	A	No	

localhost/phpmyadmin/index.php?route=/sql&db=alphafitness&table=user&pos=0

Server: 127.0.0.1 » Database: alphafitness » Table: user

Showing rows 0 - 6 (7 total, Query took 0.0010 seconds)

SELECT \* FROM `user`

Profiling [ Edit inline ] [ Edit ] [ Explain SQL ] [ Create PHP code ] [ Refresh ]

Show all | Number of rows: 25 | Filter rows: Search this table | Sort by key: None

	sno	name	email	phone	password
<input type="checkbox"/> Edit <input type="checkbox"/> Copy <input type="checkbox"/> Delete	1	ADITYA	aditya.vicky01@gmail.com	9910633782	Aditya123
<input type="checkbox"/> Edit <input type="checkbox"/> Copy <input type="checkbox"/> Delete	2	UTKARSH	utkarsh.pathak@gmail.com	8899113345	Utkarsh123
<input type="checkbox"/> Edit <input type="checkbox"/> Copy <input type="checkbox"/> Delete	3	SIMRAN	simran2397@gmail.com	9205393661	A12345
<input type="checkbox"/> Edit <input type="checkbox"/> Copy <input type="checkbox"/> Delete	5	HARSH	harsh.dhanwani@gmail.com	7456981023	Harsh980
<input type="checkbox"/> Edit <input type="checkbox"/> Copy <input type="checkbox"/> Delete	6	SRIJAN	srijan.gupta@gmail.com	7890657832	Srijan@123
<input type="checkbox"/> Edit <input type="checkbox"/> Copy <input type="checkbox"/> Delete	7	SRIJAN	srijan.gupta@gmail.com	7890657832	Srijan@123
<input type="checkbox"/> Edit <input type="checkbox"/> Copy <input type="checkbox"/> Delete	8	DHRUV	taneja.dhruv@gmail.com	7890765432	Tanny120

Query results operations

Print Copy to clipboard Export Display chart Create view

Bookmark this SQL query

Label:  ☐ Let every user access this bookmark



**Product Table:** This table contains products which we offer as our merchandise on our website to shop.

localhost/phpmyadmin/index.php?route=/table/structure&db=alphafitness&table=products

Server: 127.0.0.1 » Database: alphafitness » Table: products

Table structure

#	Name	Type	Collation	Attributes	Null	Default	Comments	Extra	Action
1	pid	int(11)			No	None		AUTO_INCREMENT	Change Drop More
2	pname	varchar(50)	utf8mb4_general_ci		No	None			Change Drop More
3	pamount	int(6)			No	None			Change Drop More
4	pptype	varchar(50)	utf8mb4_general_ci		No	None			Change Drop More
5	sno	int(11)			No	None			Change Drop More
6	logid	int(11)			No	None			Change Drop More

Indexes

Action	Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
Edit Rename Drop	PRIMARY	BTREE	Yes	No	pid	5	A	No	

Partitions

No partitioning defined!

localhost/phpmyadmin/index.php?route=/sql&db=alphafitness&table=products&pos=0

Server: 127.0.0.1 » Database: alphafitness » Table: products

Showing rows 0 - 4 (5 total, Query took 0.0010 seconds)

```
SELECT * FROM `products`
```

Query results

	pid	pname	pamount	pptype	sno	logid
<input type="checkbox"/> Edit <input type="checkbox"/> Copy <input type="checkbox"/> Delete	1	Max Air Impact	7999	Shoes	0	0
<input type="checkbox"/> Edit <input type="checkbox"/> Copy <input type="checkbox"/> Delete	2	Nike Running	3999	Shoes	0	0
<input type="checkbox"/> Edit <input type="checkbox"/> Copy <input type="checkbox"/> Delete	3	Bel Air Jordan	9999	Shoes	0	0
<input type="checkbox"/> Edit <input type="checkbox"/> Copy <input type="checkbox"/> Delete	4	Resistance Tube	300	Gym Equip	0	0
<input type="checkbox"/> Edit <input type="checkbox"/> Copy <input type="checkbox"/> Delete	5	Skipping Rope	450	Gym Equip	0	0

Query results operations

Bookmark this SQL query

Label:  ☐ Let every user access this bookmark

Bookmark this SQL query

**Login Table:** This table contains the name of persons who have logged in after signing up on our website.

phpMyAdmin

Recent Favorites

New

alphafitness

New

log

membership

products

user

information\_schema

mysql

performance\_schema

phpmyadmin

test

Server: 127.0.0.1 » Database: alphafitness » Table: log

Browse

Structure

SQL

Search

Insert

Export

Import

Privileges

Operations

Tracking

Triggers

Table structure

Relation view

#	Name	Type	Collation	Attributes	Null	Default	Comments	Extra	Action
<input type="checkbox"/>	1	logid	int(11)		No	None		AUTO_INCREMENT	<a href="#">Change</a> <a href="#">Drop</a> <a href="#">More</a>
<input type="checkbox"/>	2	name	varchar(50) utf8mb4_general_ci		No	None			<a href="#">Change</a> <a href="#">Drop</a> <a href="#">More</a>
<input type="checkbox"/>	3	password	varchar(50) utf8mb4_general_ci		No	None			<a href="#">Change</a> <a href="#">Drop</a> <a href="#">More</a>
<input type="checkbox"/>	4	mid	int(11)		No	None			<a href="#">Change</a> <a href="#">Drop</a> <a href="#">More</a>
<input type="checkbox"/>	5	pid	int(11)		No	None			<a href="#">Change</a> <a href="#">Drop</a> <a href="#">More</a>

☐ Check all    With selected: [Browse](#) [Change](#) [Drop](#) [Primary](#) [Unique](#) [Index](#) [Spatial](#) [Fulltext](#) [Add to central columns](#)  
[Remove from central columns](#)

[Print](#) [Propose table structure](#) [Track table](#) [Move columns](#) [Normalize](#)

[Add](#)  column(s) [after pid](#) [Go](#)

Indexes

Action	Keyname	Type	Unique	Packed	Column	Cardinality	Collation	Null	Comment
<a href="#">Edit</a> <a href="#">Rename</a> <a href="#">Drop</a>	PRIMARY	BTREE	Yes	No	logid	4	A	No	

Create an index on  columns [Go](#)

Partitions

No partitioning defined!

localhost/phpmyadmin/index.php?route=/table/structure&db=alphafitness&table=log

phpMyAdmin

Recent Favorites

New

alphafitness

New

log

membership

products

user

information\_schema

mysql

performance\_schema

phpmyadmin

test

Server: 127.0.0.1 » Database: alphafitness » Table: log

Browse

Structure

SQL

Search

Insert

Export

Import

Privileges

Operations

Tracking

Triggers

Showing rows 0 - 4 (5 total, Query took 0.0011 seconds)

SELECT \* FROM `log`

[Profiling](#) [Edit inline](#) [Edit](#) [Explain SQL](#) [Create PHP code](#) [Refresh](#)

☐ Show all | Number of rows: 25 | Filter rows:  | Sort by key: None

+ Options

	logid	name	password	mid	pid
<input type="checkbox"/> <a href="#">Edit</a> <a href="#">Copy</a> <a href="#">Delete</a>	1	DHRUV	Tanny120	0	0
<input type="checkbox"/> <a href="#">Edit</a> <a href="#">Copy</a> <a href="#">Delete</a>	2	ADITYA	Aditya123	0	0
<input type="checkbox"/> <a href="#">Edit</a> <a href="#">Copy</a> <a href="#">Delete</a>	3	ADITYA	Aditya123	0	0
<input type="checkbox"/> <a href="#">Edit</a> <a href="#">Copy</a> <a href="#">Delete</a>	5	ARYAN	Aryan567	0	0

☐ Check all    With selected: [Edit](#) [Copy](#) [Delete](#) [Export](#)

☐ Show all | Number of rows: 25 | Filter rows:  | Sort by key: None

Query results operations

[Print](#) [Copy to clipboard](#) [Export](#) [Display chart](#) [Create view](#)

Bookmark this SQL query

Label:  ☐ Let every user access this bookmark

[Bookmark this SQL query](#)

Console

## **SCOPE**

The user of this system is being able to manage and control all necessary activities of our website. The information management provided by the system has a great advantage to reduce records errors associated with merchandise shop of our branch. The system is handling all aspects of the inventory control function. It allows the Administrator, delete and modify the current items in the shop as well as include new items through queries in database.

Furthermore, the system will make the process of signing up and logging in/out convenient than any before. On other hand, our project displays various different means to promote one's health both physically and mentally. Keeping detailed records of customers who have enrolled in our membership programs and subsequently updating the admin dashboard.

Also, a system allows to know the who have logged in to our website through valid credentials. Form validation is on point with case sensitive and minimum requirements of passwords to be fulfilled. The authority to update/delete/modify details is only to the administrators involved. Future scopes for this project may involve cart system to print out invoice via payment gateway where the customer can buy gym equipment and supplements.

## **REFERENCES**

**W3schools**

**Geekforgeeks**

**Javapoint**

**Thank You**