

A stylized graphic of a web browser window. It features a light blue header bar with three white dots on the left. Below this is a dark blue border. The main content area is white and contains the title and authors. The title 'Fitness Planner Website' is in a large, bold, dark blue font. The authors 'Kirankumar Ashokkumar & Hannah Joyce Villasin' are in a smaller, grey font below the title. The browser window is slightly offset to the right and bottom, showing a light blue shadow of another window behind it.

Fitness Planner Website

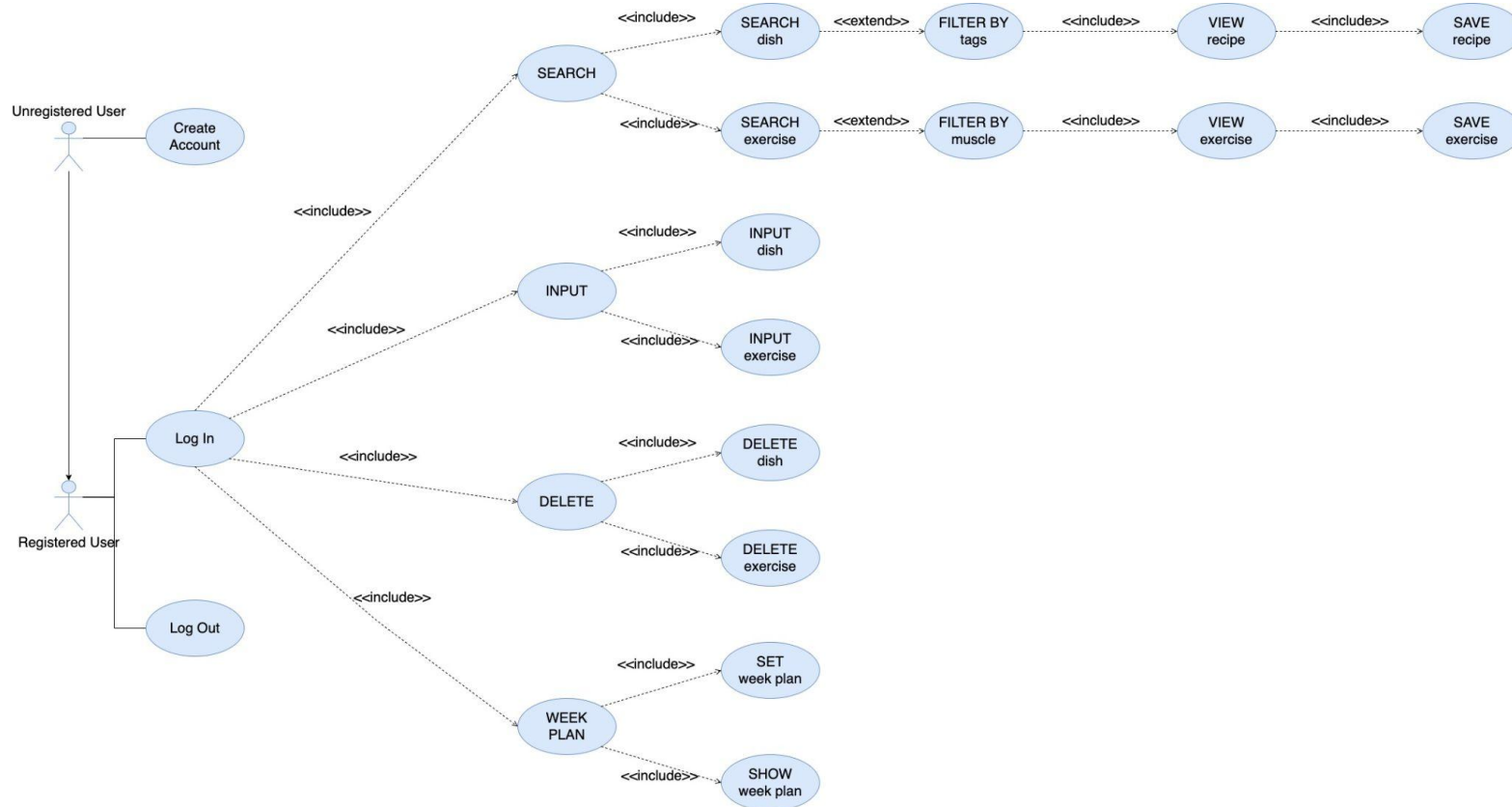
Kirankumar Ashokkumar & Hannah Joyce Villasin



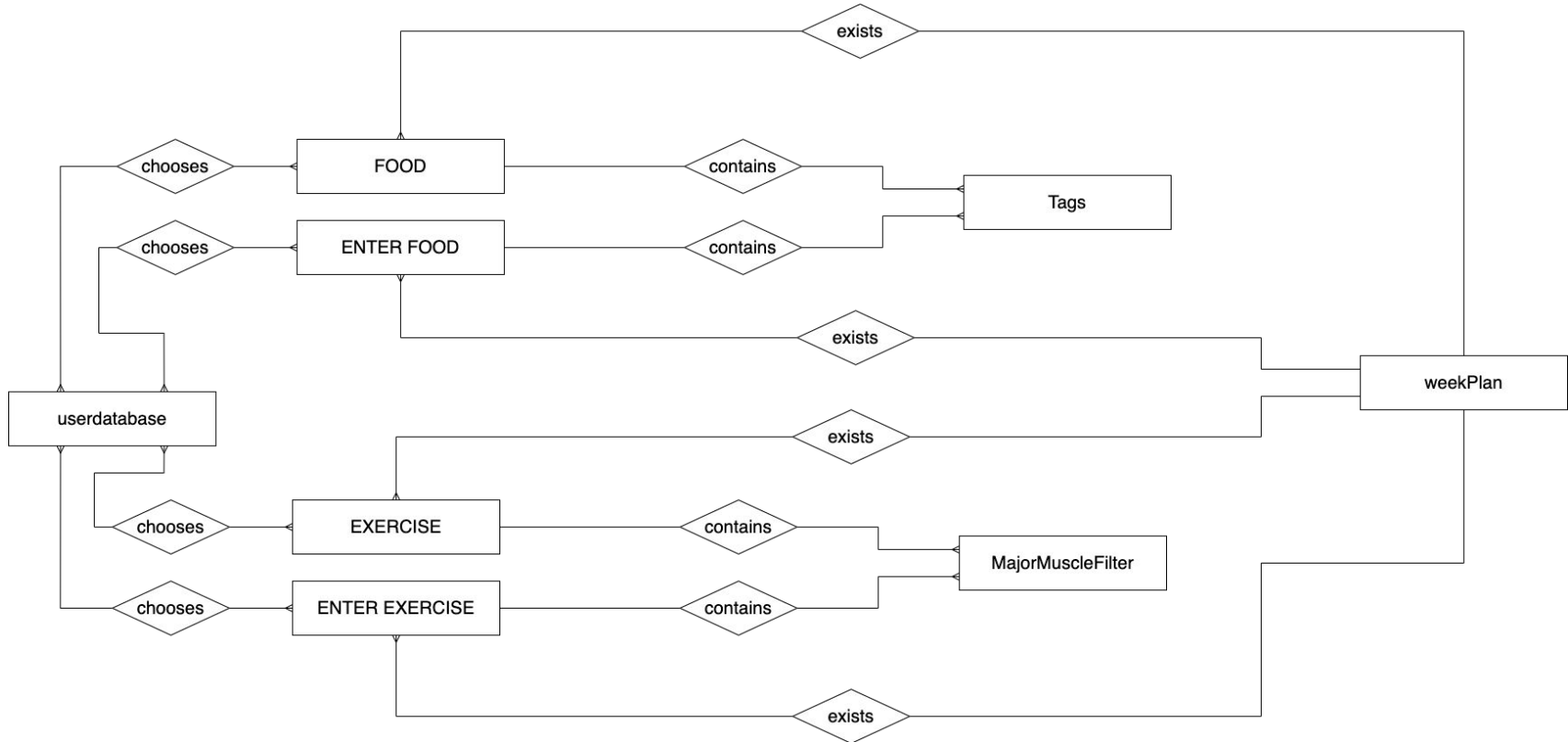
System Description

- A website where users can plan exercises and meals for the week by searching or adding exercises and recipes
- To have a fully access to the website, users have to create an account
- Once account is created, users can:
 - Search and view recipes and exercises
 - Input their own recipes and exercises
 - Delete recipes and exercises
 - Create and see weekplan

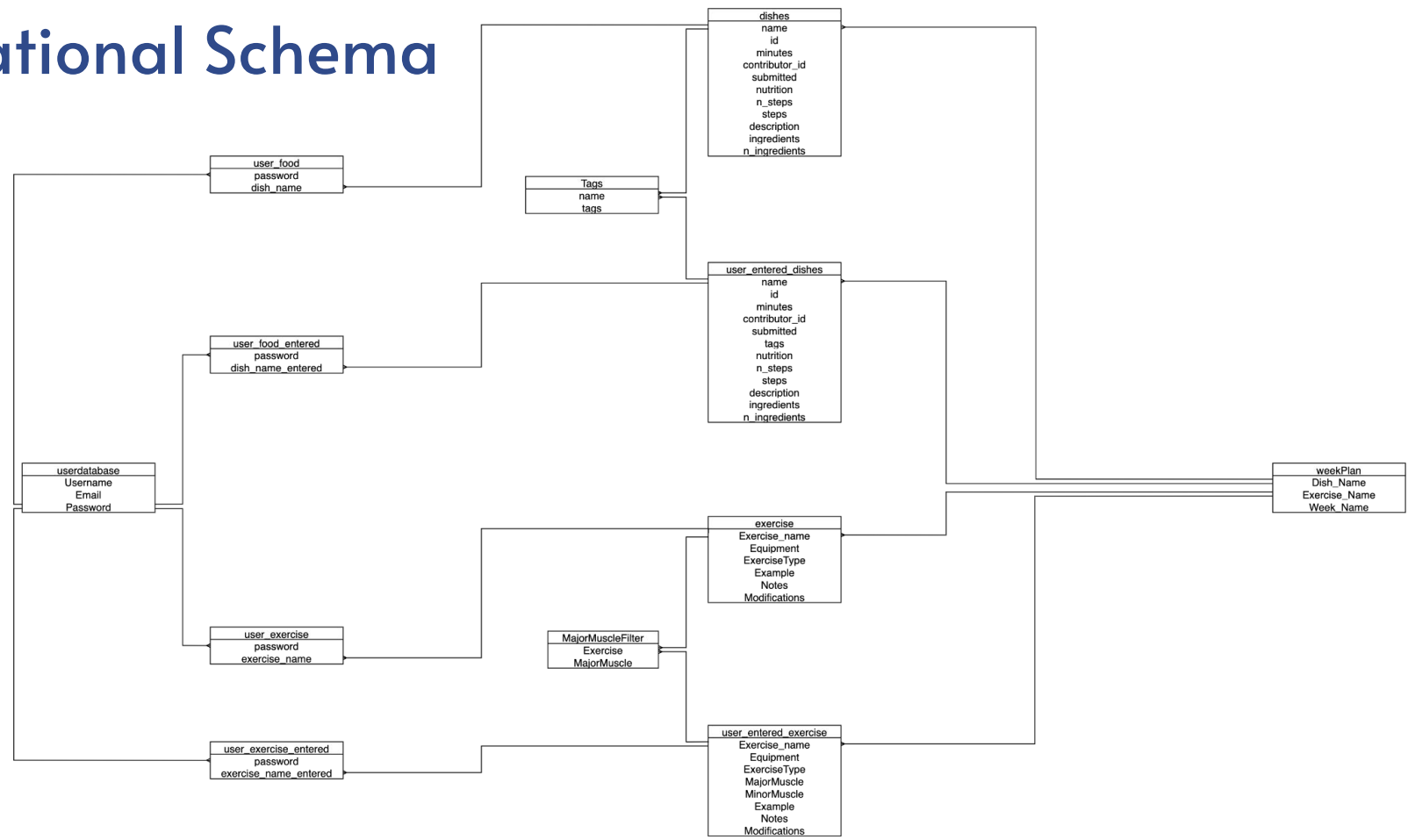
Use Case Diagram



E/R Diagram



Relational Schema



Implementation Details

- Backend
 - Python
 - Imported Flask
- Frontend
 - HTML
 - CSS (Flask-Bootstrap)
- Database
 - SQLite3





[https://github.com/akira
n703/schoolWork](https://github.com/akira
n703/schoolWork)

GitHub Link