

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. Inside the border, the text 'Fitness Planner Website' is centered in a large, dark blue font. At the bottom, the authors' names 'Kirankumar Ashokkumar & Hannah Joyce Villasin' are written in a smaller, grey font. The window has rounded corners and a slight shadow effect.

Fitness Planner Website

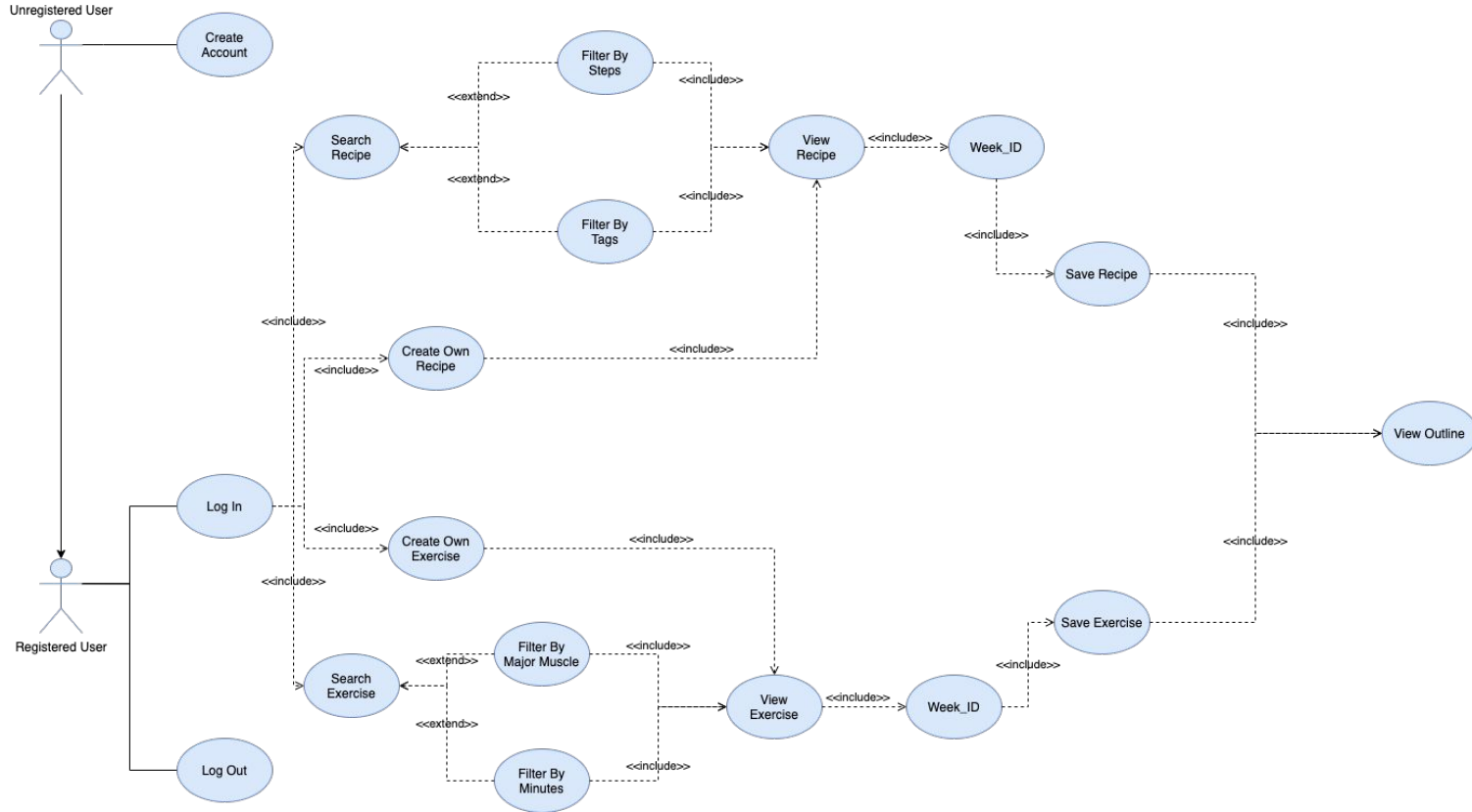
Kirankumar Ashokkumar & Hannah Joyce Villasin



System Description

- A website where users can search recipes and exercises according to their diet plan
- To have a fully access to the website, users have to create an account
- Once account is created, users can:
 - Search various dishes from our database
 - Look up different exercises to meet their health goals
 - Have a detailed plan for that week on what they will be eating and working on
 - If the user does not find something they like, they are allowed to put their own dishes and exercises

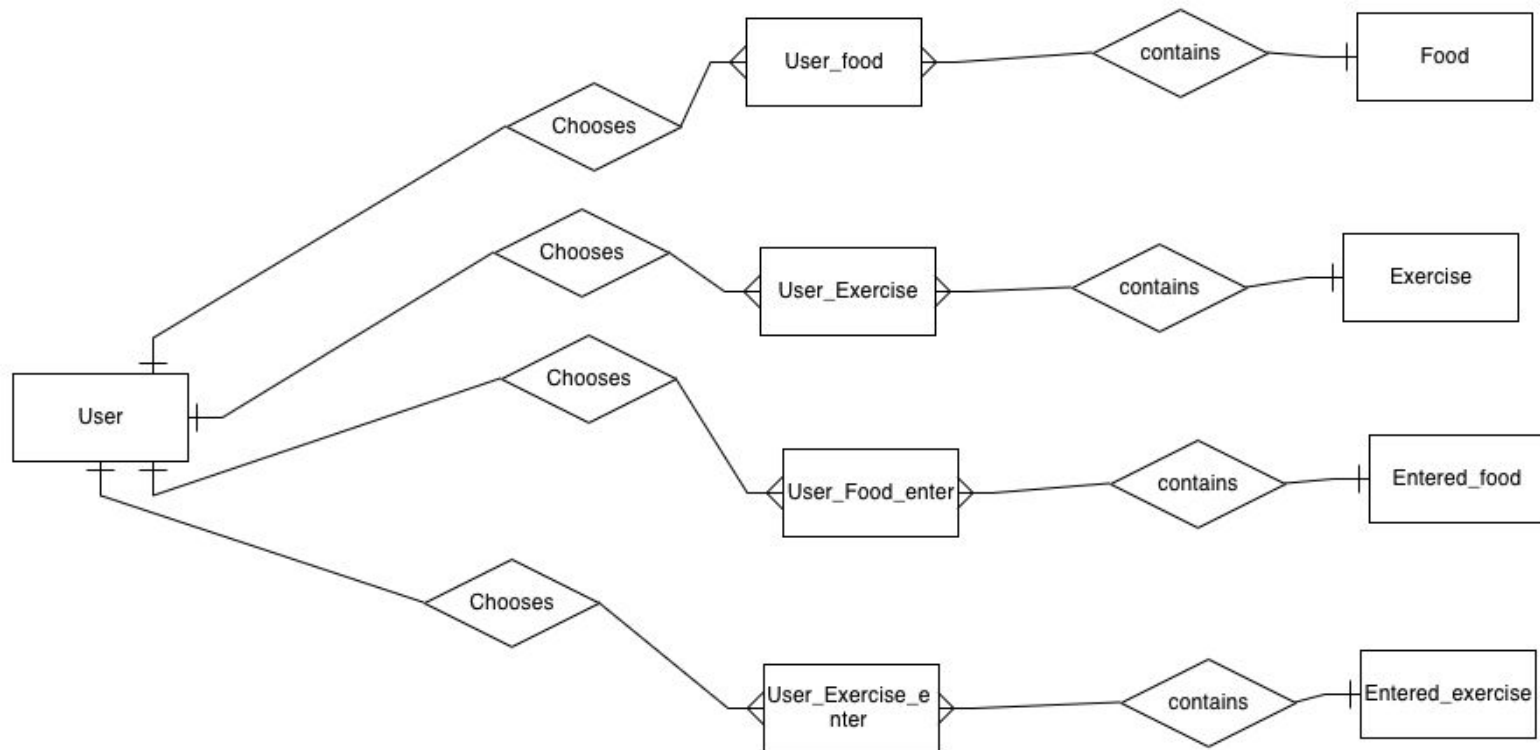
Use Case Diagram



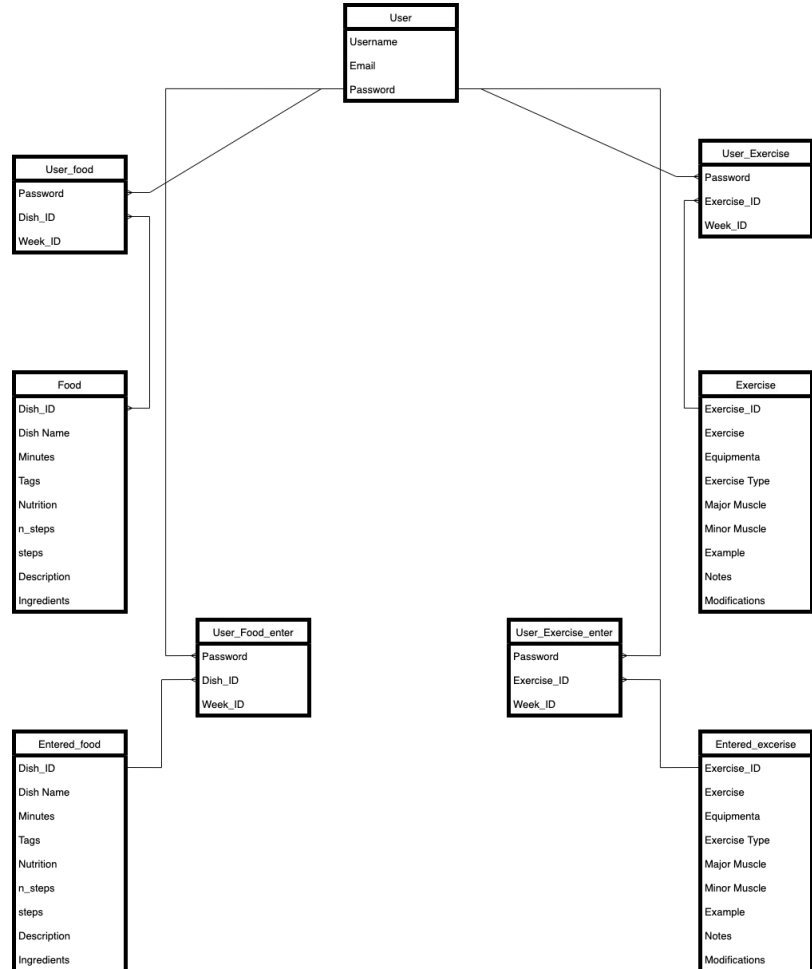
Use Case Description

- A first-time user needs to create an account first before having an access to the website. Once logged in, user can either search for recipe or exercise, or input their own recipe or exercise
- **Flow 1:** If user wants to search for recipe, user can filter the search results by the recipes tags and number of steps. Some of the tags are vegan, time-to-make, lactose, and etc while the number of steps range from. Then, a user will view a recipe. User can save a recipe but they should specify the Week_ID (day of the week) first of the specific recipe before saving it. Then, the save recipe will be then available on the view outline page
- **Flow 2:** If user wants to search for exercise, user can filter the search results by the exercise's major muscle and exercise length in minutes. Once a user pick an exercise, they can view the exercise and save it to their profile by first inputting the Week_ID. Then, the save exercise will be then available on the view outline page
- **Flow 3:** If user wants to search for recipe, user can filter the search results by the recipes tags and number of steps. Some of the tags are vegan, time-to-make, lactose, and etc while the number of steps range from. Then, a user will view a recipe. User can save a recipe but they should specify the Week_ID (day of the week) first of the specific recipe before saving it. Then, the save recipe will be then available on the view outline page
- **Flow 4:** User can create/input their own recipe. Once a user created an recipe, they can view the recipe and save it to their profile by first inputting the Week_ID. Then, the saved recipe will be then available on the view outline page
- **Flow 5:** User can create/input their own exercise. Once a user created an exercise, they can view the recipe and save it to their profile by first inputting the Week_ID. Then, the saved exercise will be then available on the view outline page

E/R Diagram



Relational Schema



Implementation Details

- Use PHP to build our website/user interface
- PHP will allow us to retrieve our information from the database
- PHPMYAdmin will allow us to host our PHP website and SQL database
- Use MYSQL to contain our data about the user, dishes exercises