

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

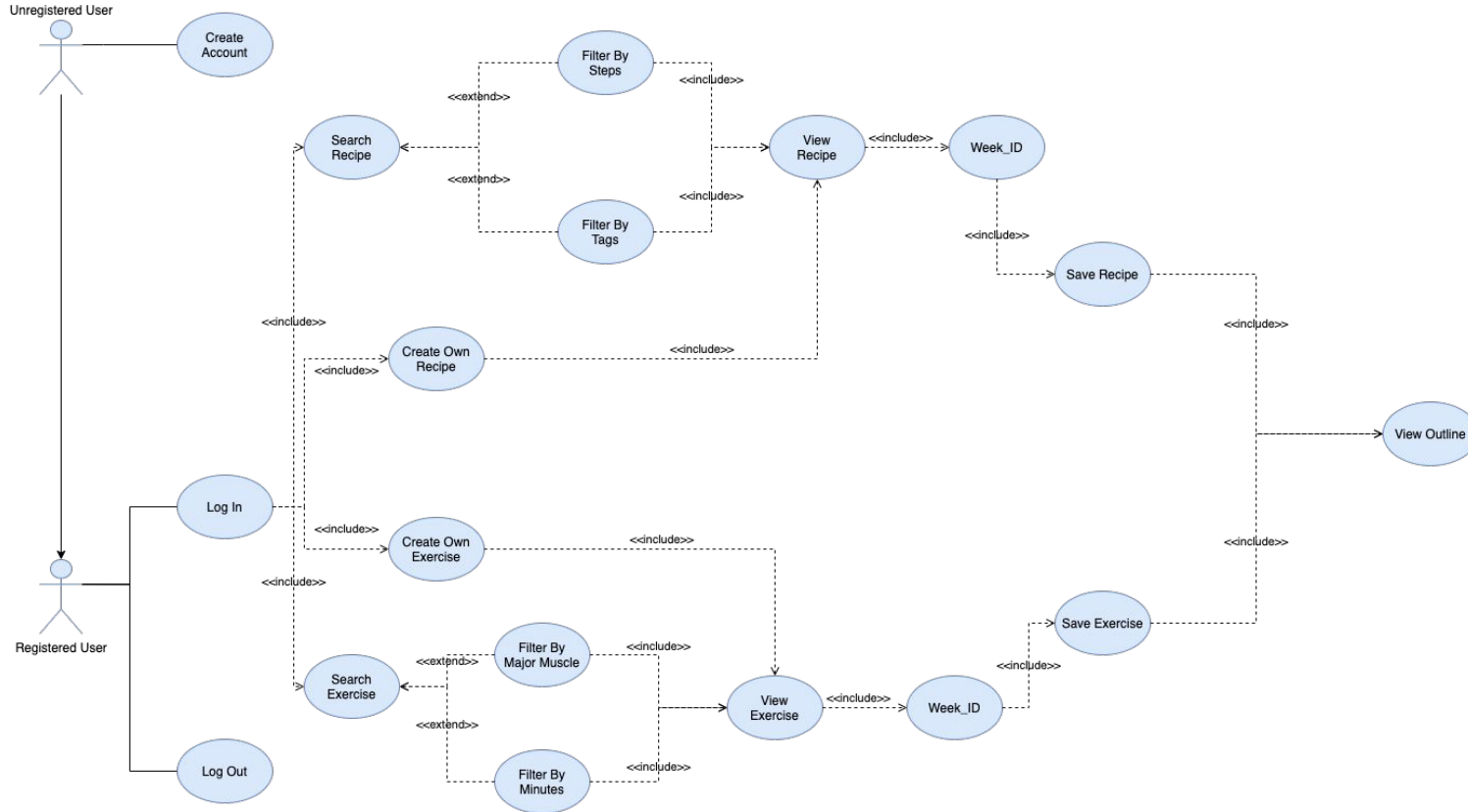
Kirankumar Ashokkumar & Hannah Joyce Villasin



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

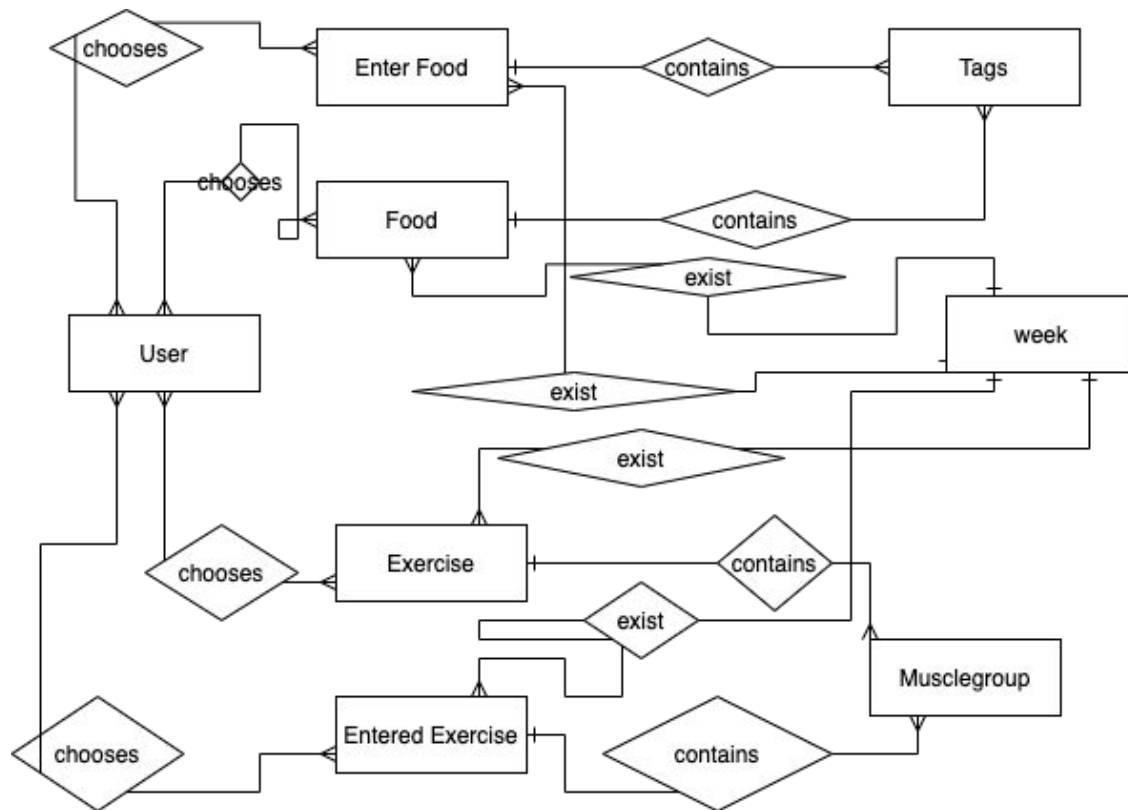
Use Case Diagram



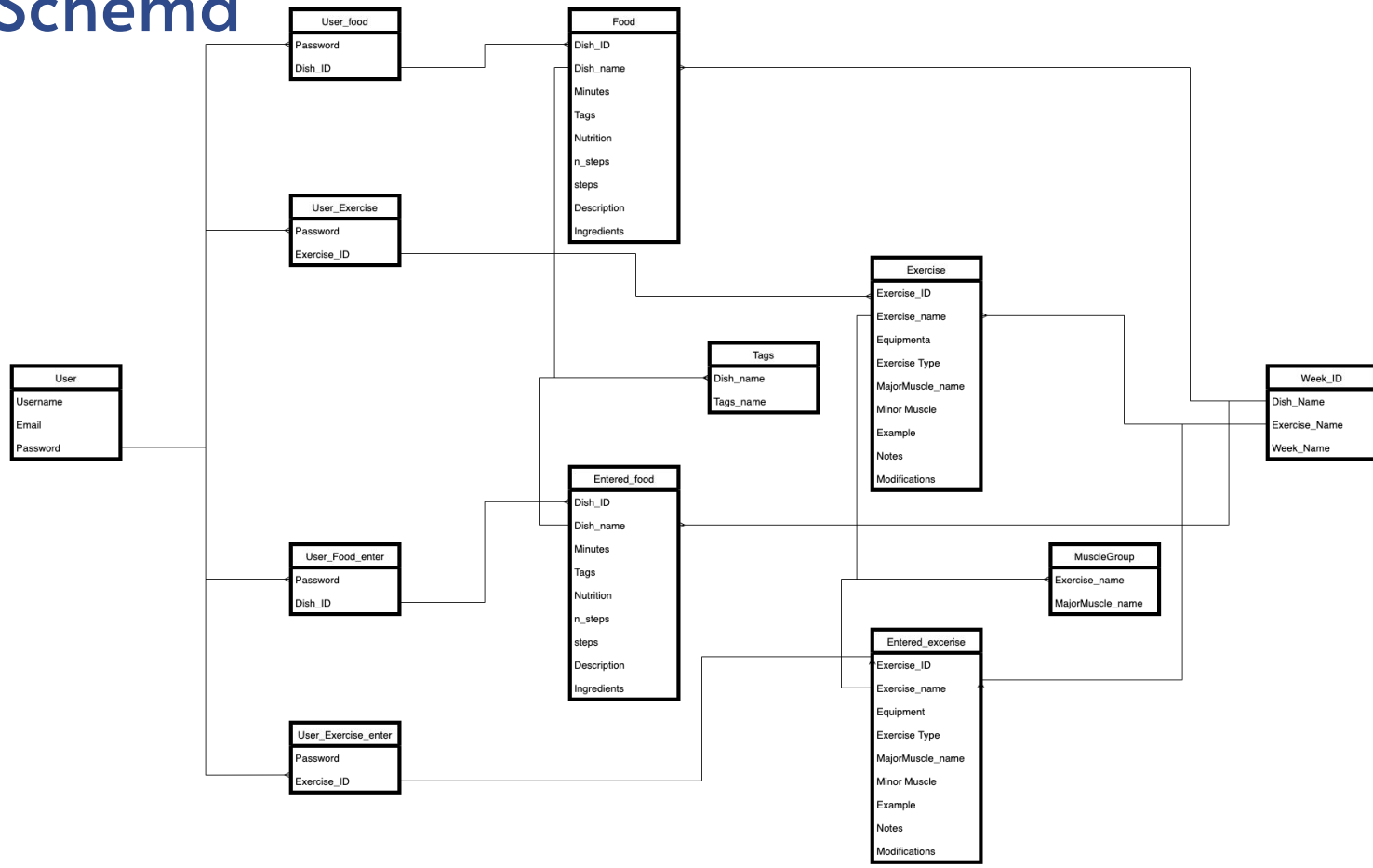
Use Case Description

- 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.
- While searching for recipe, search results can be filtered by tags and steps.
- While searching for exercise, search results can be filtered by major muscle and minutes.
- Once a user pick a specific recipe/exercise, they can view that and save it to their profile by first inputting the Week_ID. Then, the saved exercises/recipes 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