

A graphic of a web browser window with a dark blue border and rounded corners. It features three small colored circles (orange, yellow, green) in the top-left corner, mimicking a macOS window. A lighter blue window is visible behind it, slightly offset to the top-left. The main content area is white.

# Fitness Planner Website

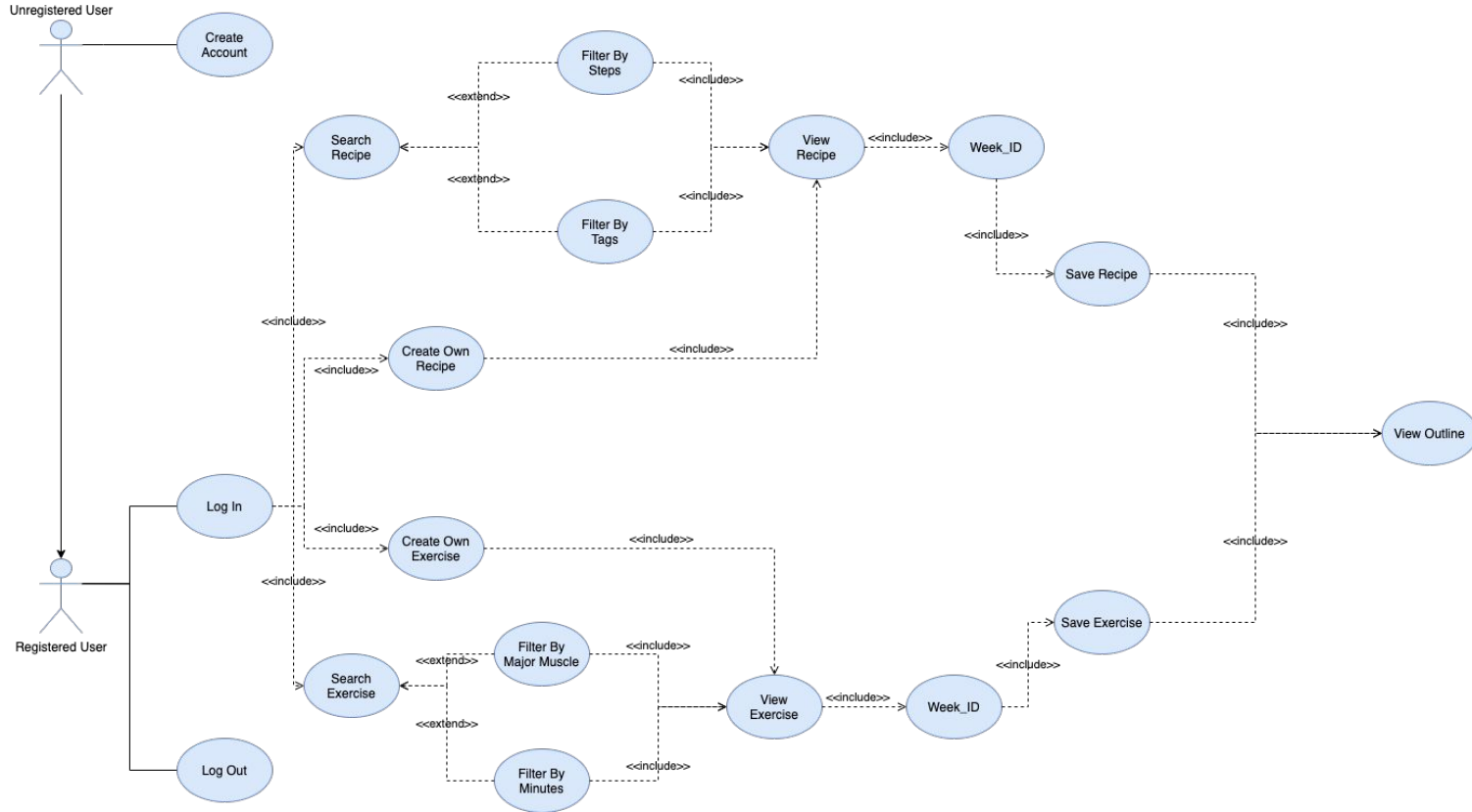
Kirankumar Ashokkumar & Hannah Joyce Villasin



# 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

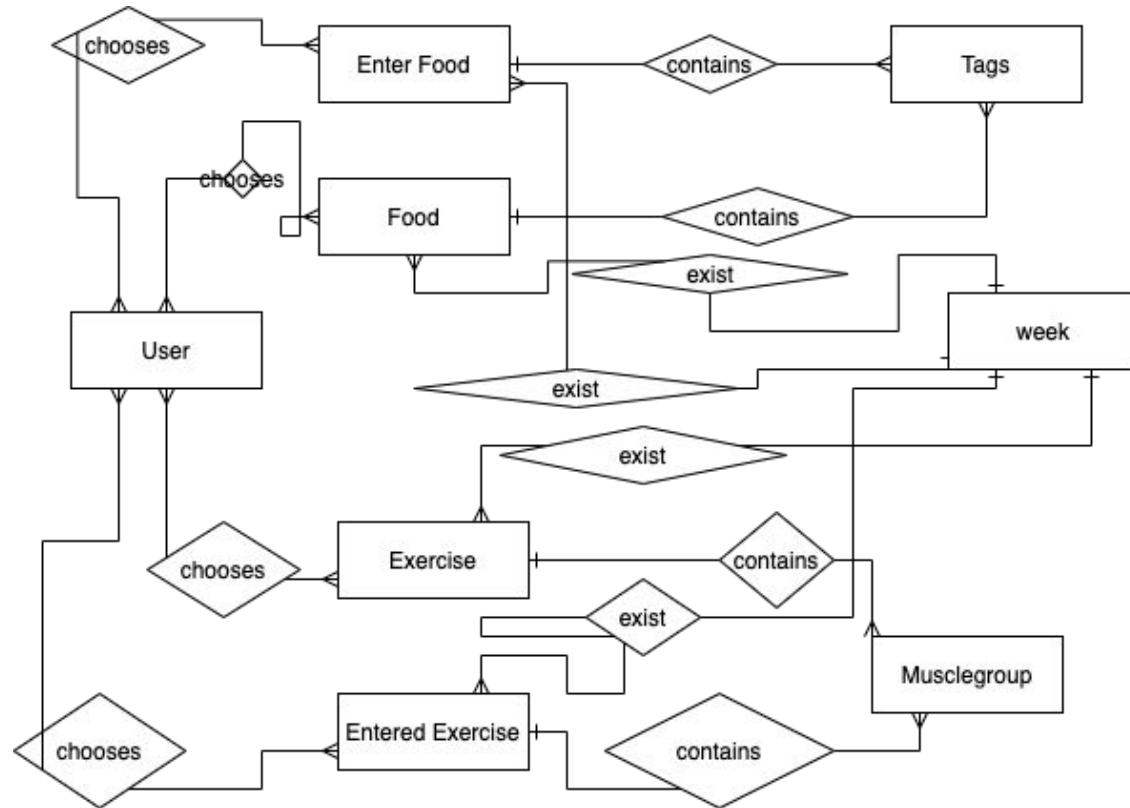
# Use Case Diagram



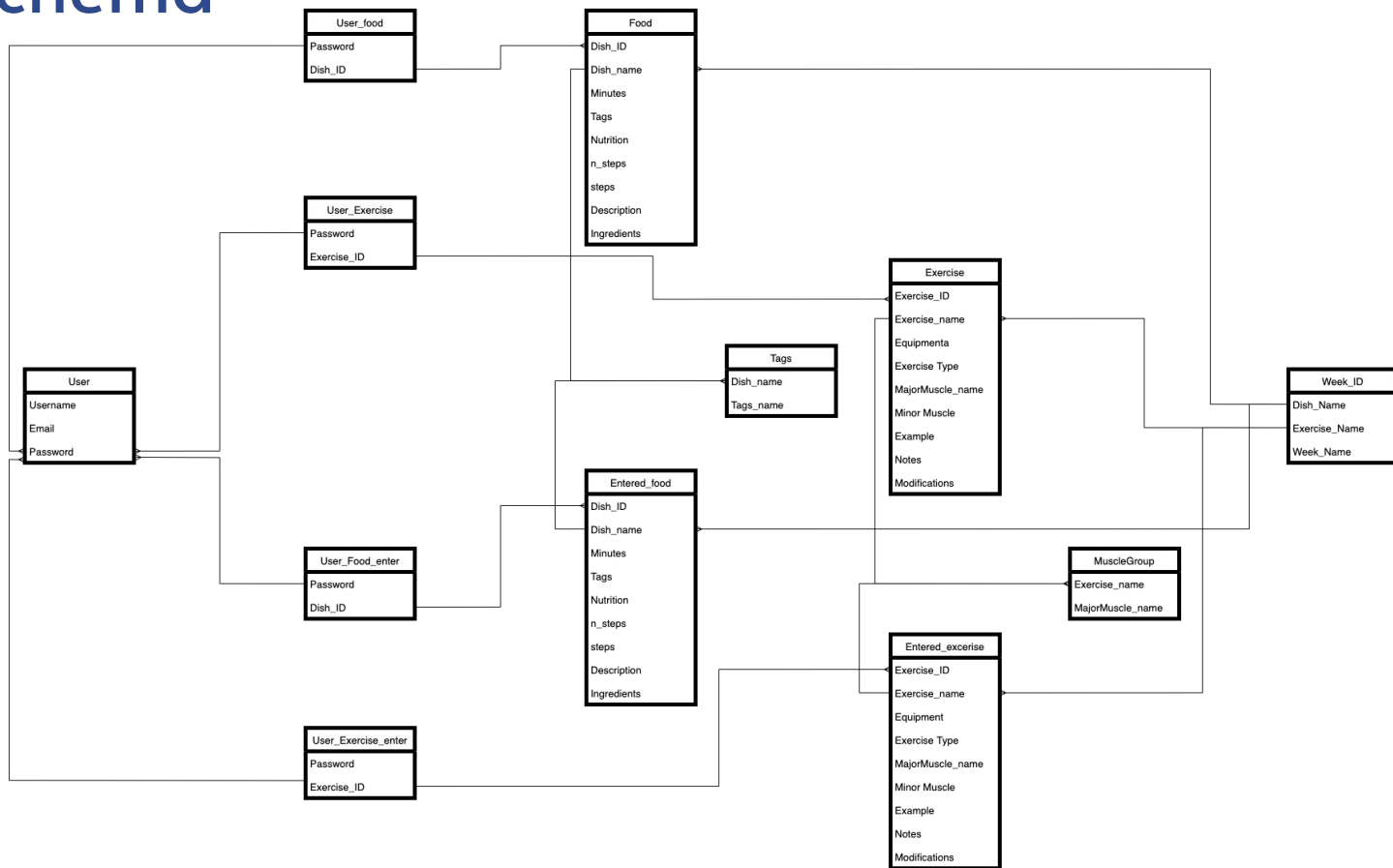
# Use Case Description

- 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