# **Title:** Fitness Pal

# **Team**

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Objectives

Fitness is one of the main issues in today’s modern society. The WHO (World Health Organisation) data shows some of the shocking facts about the overall health of the world we are living in.

This data shows facts that – (Source: World Health Organisation)

* Worldwide obesity has nearly tripled since 1975.
* In 2016, more than 1.9 billion adults, 18 years and older, were overweight. Of these over 650 million were obese.
* 39% of adults aged 18 years and over were overweight in 2016, and 13% were obese.
* Most of the world's population live in countries where overweight and obesity kills more people than underweight.
* 41 million children under the age of 5 were overweight or obese in 2016.
* Over 340 million children and adolescents aged 5-19 were overweight or obese in 2016.
* Obesity is preventable.

This project aims at developing a free, cost-effective solution for all people who want to keep their fitness in check.

Whether you want are underweight and trying to gain weight, overweight and trying to lose weight, or just want to become more healthy by checking what you eat.

Fitness Pal provides powerful tools that make it easier for anyone to live a healthier life by tracking their meals and what they eat.

Modules

The different types of modules of this site is going to be as follows:

* Registration Module
* Login Module
* Personal Information
* Security Module
* Admin Module
* User Goals
* User Diary
* Dashboard Module
* Nutrition Module
* Search Module

Category

This project falls under web application category.

Language and Tools

The project is developed in asp.net and C# along with HTML 5, CSS 3, Bootstrap, and Jquery.

Hardware Requirements

* **Processor:** Intel Core i3 or above
* **Processor Speed:** 1.4 GHZ or above
* **RAM:** 2 GB RAM or above
* **Storage:** 20 GB or above

Software Requirement

* **Software:** Visual Studio 2010 or above
* **Database:** MySQL

Conclusion

Fitness Pal is an ambitious project which allows its users to track and log their physical activity and their meals. After that, the user can see their daily calorie intake along with other essential nutrition intakes.

Along with this, users can also set their personal goals, and it will help them decide what to eat and help reach their goals faster. As it is a web application, users can access it on any platform and help them live a better and healthier life.