REPORT FOR FITNESS TRACKING &WORKOUT PLANNER APPLICATION

As a Project Work for Course: **CSE326 INTERNET PROGRAMMING LABORATORY**

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TABLE OF CONTENTS

S.NO	Particulars	Page No:
1.	Introduction	03
2.	Technologies Used	04 - 05
3.	Modules	06 - 10
4.	Website Snapshots	11 - 13
5.	HTML,CSS, JAVA SCRIPT CODES	14 - 30

INTRODUCTION

Fitness Club Website is One Stop Solution Where Any Fitness Enthusiastic Can Track and Plan There Workout Easily. On Our Site We Have Provided Links of BMI Calculator, Calorie Calculator, Body Fat Calculator, & BMR Calculator.

Theme of the site:

When We Were Drafting the Site for The Project Topic **Fitness Tracking & Workout Planner Web Application,** We Decided to Create A website of a gym. We named The Gym as Fitness Club and then Proceeded with Drafting the Basic Structure of the site Using HTML5.

As Discussed Above the Website Theme is Based on a Gym Website so, We Tried to Keep the Home Page/ Landing Page Attractive and User Interactive and We Have also Added One Joining Form Through Which User Can Fill the Form and After Receiving the Data the Gym Owner will Contact the Customers. Other Than This We Have Added Other Pages Such as:

1. **About Our Gym:** In This Page We Have Added Detailed Information About the Gym Through Which any User/Customer Will Come to Know About the Fitness Club Gym.

2. **BMI Calculators:** On This Page We Have Added BMI Calcultors Which Will Calculate and Show BMI of the Person by Taking User Input for Weight and Height

3. **Fitness Planner:** On This Page User Can Enter the Fitness Activity Name and Duration Time He Want to Do and It Will Show Below the Form and Through this He Can Monitor and Plan His/her Fitness Activity

4. **Contact Page:** At The End We Have Given a contact Page on Which There Is One Contact Form by Filling That User Can Share / ask Any Doubt or Query They have Related to Fitness Club Gym. Other Than This on Home Page We have Added Two Option Call Us Now/ Email Us, on Clicking This also Users Can Contact the Gym Owner.

Technologies used

To Create the Fitness Club Website, We Have Used HTML5, CSS & Java Script Functions.

1.   HTML5 (Hyper Text Markup Language)

HTML, or Hyper Text Markup Language, is the standard language used to create and design webpages. To Create the Website, We Used **HTML5** to Draft the Basic Structure of the site. We have used many HTML tags to create this website such as:

- div
- label
- img
- p
- a

- ul
- header
- h1
- form
- input

2.   CSS(Cascading Style Sheets)

To Enhance the look and feel of the Fitness Club Website We Have Used CSS (Cascading Style Sheets) Properties. The CSS Properties That We have used to Design the site are:-

I.   To set the background image of our website perfectly, we have used these types of properties such as:-

- background-color
- Background-Image
- Background-Position
- Background-Size
- Background-Repeat

II. For Text decoration, we have used these types of properties such as:-

- color
- font-size
- font-weight
- text-align
- text-decoration
- font-family

III. For setting out the width, height, logo, headings we have used these types of properties such as:-

- Padding
- margin
- width
- height
- Position
- Display
- outline

- left
- top
- border-radius
- box-shadow
- backdrop-filter
- flex-wrap
- border

3. Java Script

JavaScript is also used to give Brain of Any Website. We have used Java Script to Create Two Function and One BMI Calculator and one Fitness Planner on our Website These are Mentioned Below:

1. On Our Home Page and on contact Us Page We Have Created Form to collect data on Clicking Submit Button User Will be Informed That the Data has Been Received Successfully in the backend for giving this alert we have used alert() function of Java Script.

2. To make sure that all The Fields of the Form on Home and Contact Us page are filled properly we have used checkvalidity() function of Java Script.

3. To Create the BMI Calculator, we have used Mathematics Functions of Java Script and for Fitness Planner We Have used List Function of Java Script.

Modules

In Our Fitness Club Website, We Have Integrated Java Script Module on our Two Forms Which are available on Home Page and Contact Us Page and Have Created BMI Calculator & Fitness Activity Planner.

1. Home Page

After Filling the form When the user Will Click on Submit Button. The Browser will Pop Up with a Message "***Thank You, Data Received".*** Which Will inform The User That Their Data Have Been Successfully Submitted to us. To add This Function, We Have used Java Script using ID that We have Given to Form and added **onclick="submitForm()"** in Submit Button and then added alert() Function to Provide Alert as Pop Up

Code Snaps:

    i.   Form ID

```
<form id="myForm">
```

ii. Submit Button

```html
<button class="btn" type="button" onclick="submitForm()" >Submit</button>
```
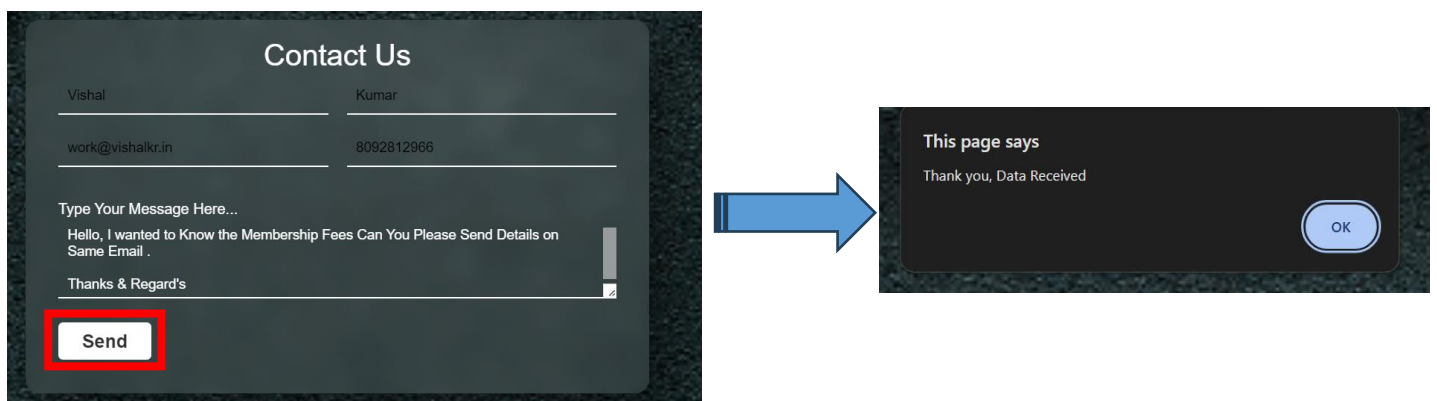
iii. Java Script

```html
<script>
        function submitForm() {
            var form = document.getElementById("myForm");
            if (form.checkValidity())
             {
                alert("Thank you, Data Received");
                form.reset();
            } else {
                form.reportValidity();

            }
        }
</script>
```

2. Contact Us:

After Filling the Contact form When the user Will Click on Send Button. The Browser will Pop Up with a Message "***Thank You, Data Received".*** Which Will inform The User That Their Form Have Been Successfully Submitted to us. To add This Function, We Have used Java Script using ID that We have Given to Form and added **onclick="submitForm()"** in Submit Button and then added alert() Function to Provide Alert as Pop Up

Code Snaps:

i. Form ID

```
<form id="contactForm">
```

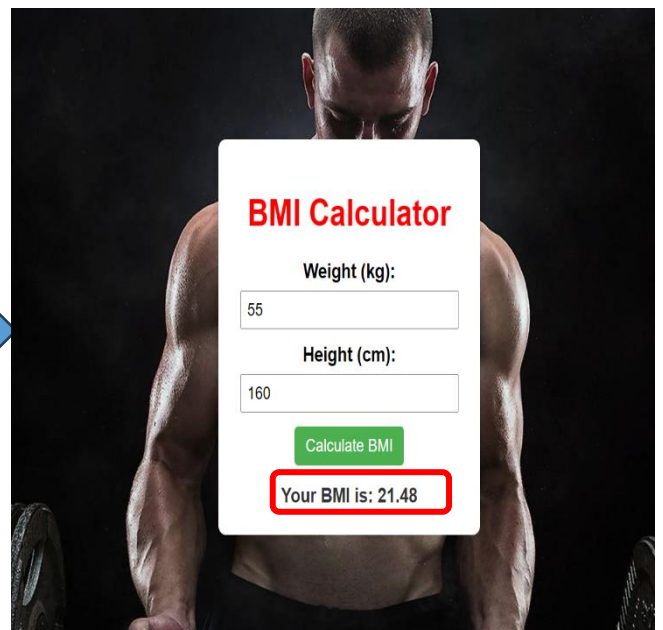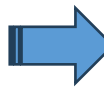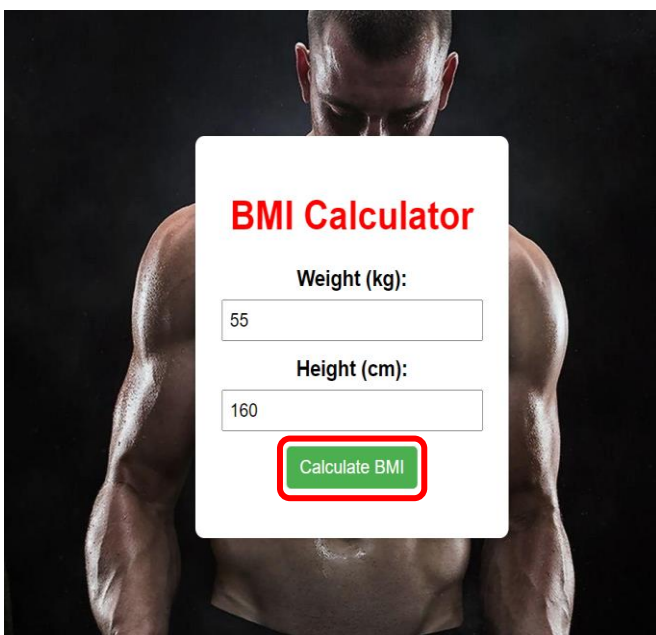ii. Submit Button

```
<input type="submit" value="Send" id="button" onclick="submitForm()">
```

iii. Java Script

```
<script>
        function submitForm() {
            var form = document.getElementById("contactForm");
            if (form.checkValidity()) {
                alert("Thank you, Data Received");
                form.reset();
            } else {
                form.reportValidity();
            }
        }
    </script>
```

3. BMI Calculator:

After Filling Weight and Height When User Will Click on Calculate BMI, The Page Will Show a Text Message as "**Your BMI Is: (BMI**)" The Basic Structure Is Drafted Using HTML and For Beauty We Have used CSS. For The Calculation Part we Have used Functions of Java Script.

Code Snaps:

I.   Java Script:

```html
<script>
    function bmire() {
        var weight = document.getElementById("weight").value;
        var height = document.getElementById("height").value;
        if (weight === "" || height === "") {
            alert("Please enter both weight and height.");
            return;
        }
        var bmi = (weight / ((height / 100) * (height / 100))).toFixed(2);
        var resultElement = document.getElementById("result");
        resultElement.innerHTML = "Your BMI is: " + bmi;
    }
</script>
```

4. Fitness Planner:
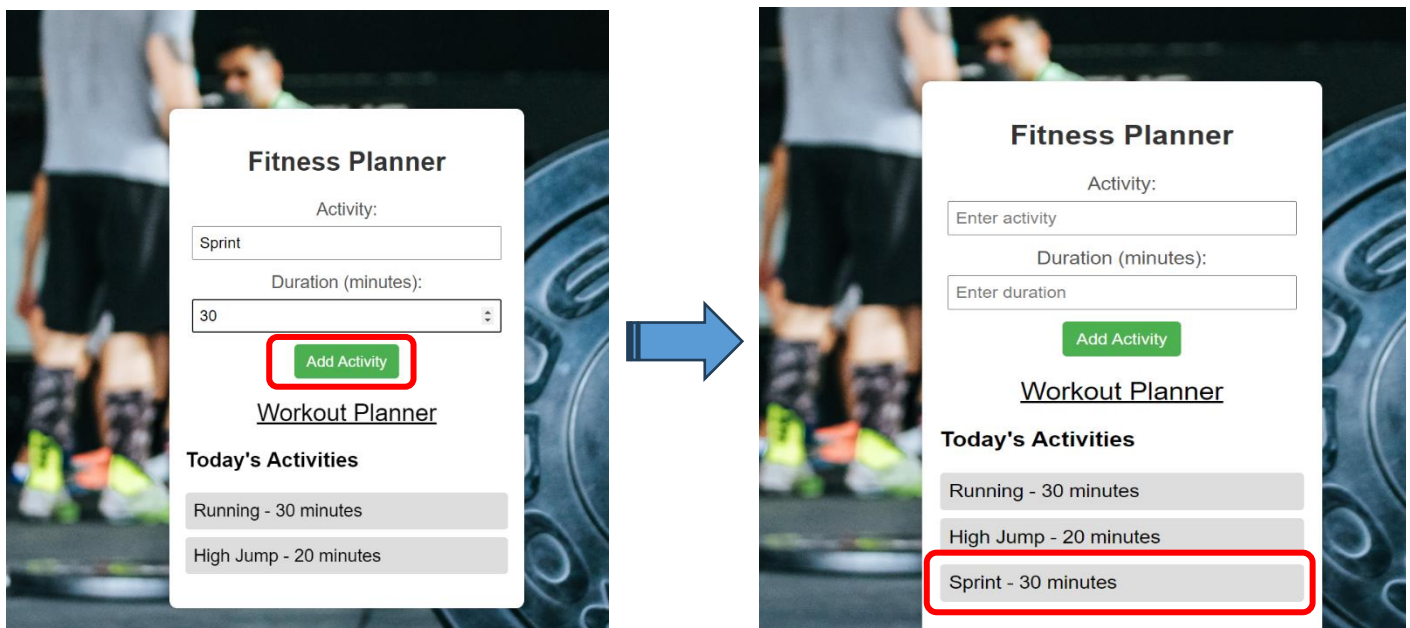
We Have Created One Fitness Planner Page Where User Can Plan and Enter the Details of Exercise, He or She Have done with Time Duration in Minutes. To Add the Activity User Just have To Enter Activity Name and Duration in Minutes and Have to just click on Add Activity and it will be added Below **Today's Activity** Section. The Basic Structure Is Drafted Using HTML and For Beauty We Have used CSS. For Showing the Activity Below **Today's Activity** Section We Have used **List Function** of Java Script.
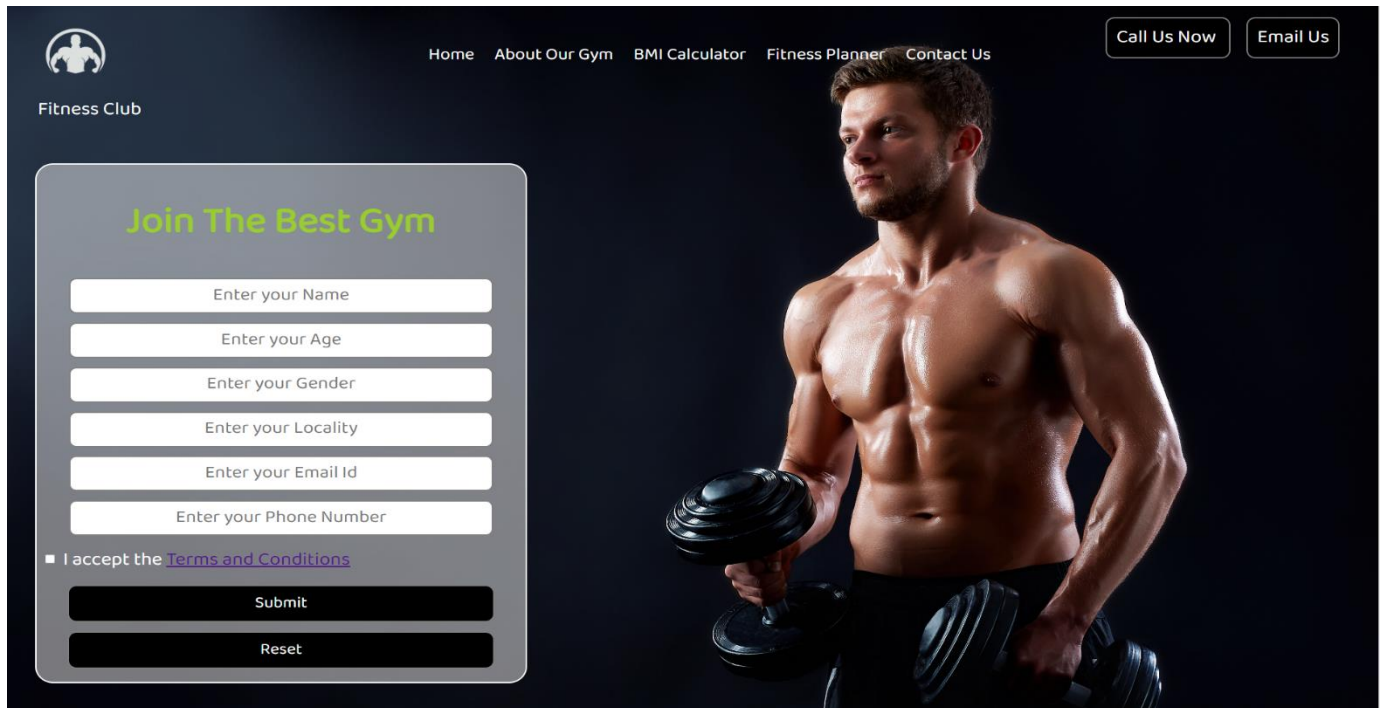
Code Snaps:

    i.   Java Script

```html
<script>
    function add() {
        var activity = document.getElementById("activity").value;
        var duration = document.getElementById("duration").value;
        if (activity === "" || duration === "") {
            alert("Please enter both activity and duration.");
            return;
        }
        var activityList = document.getElementById("activityList");
        var listItem = document.createElement("li");
        listItem.textContent = activity + " - " + duration + " minutes";
        activityList.appendChild(listItem);
        document.getElementById("activity").value = "";
        document.getElementById("duration").value = "";
    }
</script>
```
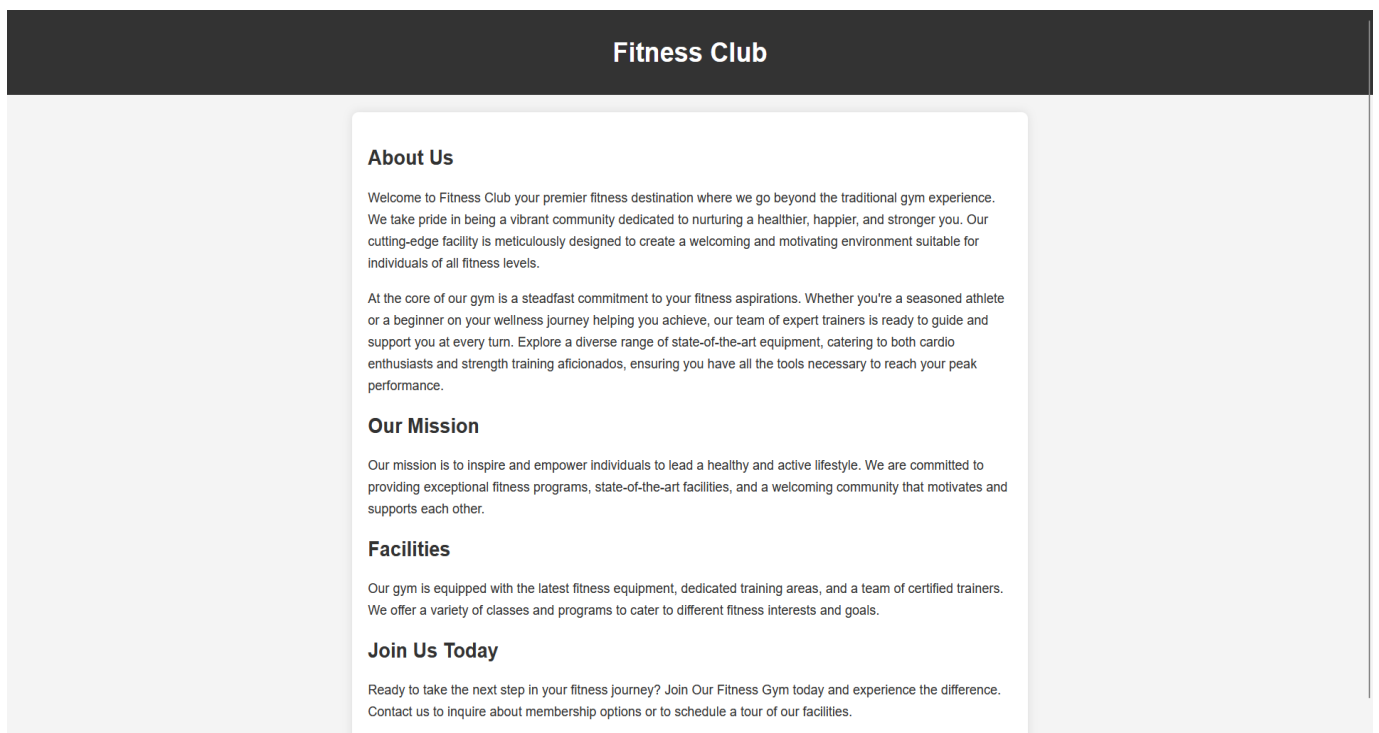
Website Snapshots:

1. Home Page

2. About Our Gym Page

3. BMI Calculator Page

4. Fitness Planner Page

5. Contact Us Page

Website Code

1. Home Page (Index.html):

- ## HTML:

```html
<!DOCTYPE html>
<html lang="en">

<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Fitness Club</title>
</head>
<link href="https://fonts.googleapis.com/css2?family=Baloo+Bhaijaan+2&display=swap"
rel="stylesheet">

<body>
    <header class="header">
        <div class="left"> <!--Left Box for Logo-->
            <img src="Images/gym remove.png" alt="">
            <div>Fitness Club</div>
        </div>
        <div class="mid"> <!--Mid Box for Navbar-->
            <ul class="navbar">
                <li><a href="#">Home</a></li>
                <li><a href="about gym.html">About Our Gym</a> </li>
                <li><a href="/BMICalculator.html" target="blank">BMI
Calculator</a></li>
                <li><a href="/fitness_planner.html" target="blank">Fitness
Planner</a></li>
                <li><a href="contactus.html">Contact Us</a></li>
            </ul>
        </div>
        <div class="right"> <!--Right box for buttons-->
            <a href="tel:8092812966" class="btn">
                Call Us Now
            </a>

            <a href="mailto:work@vishalkr.in" class="btn">
                Email Us
            </a>
        </div>
    </header>
```
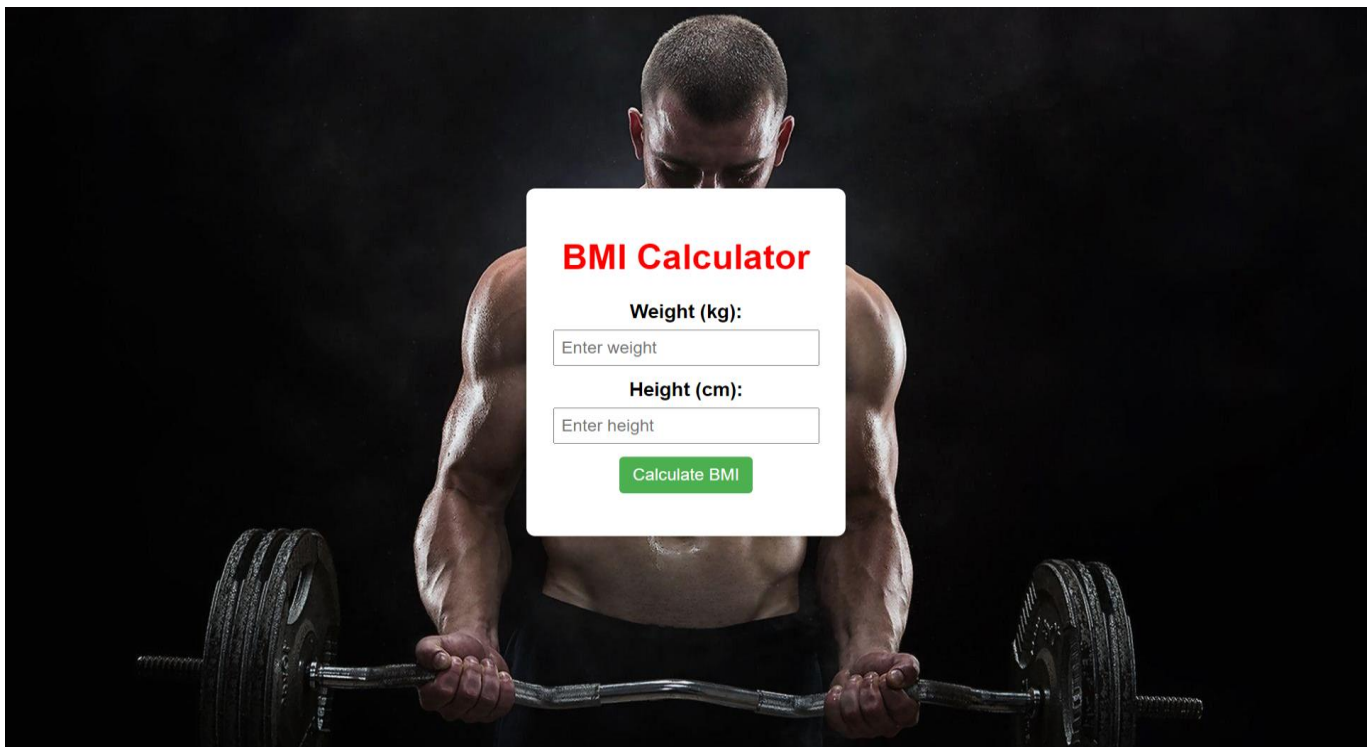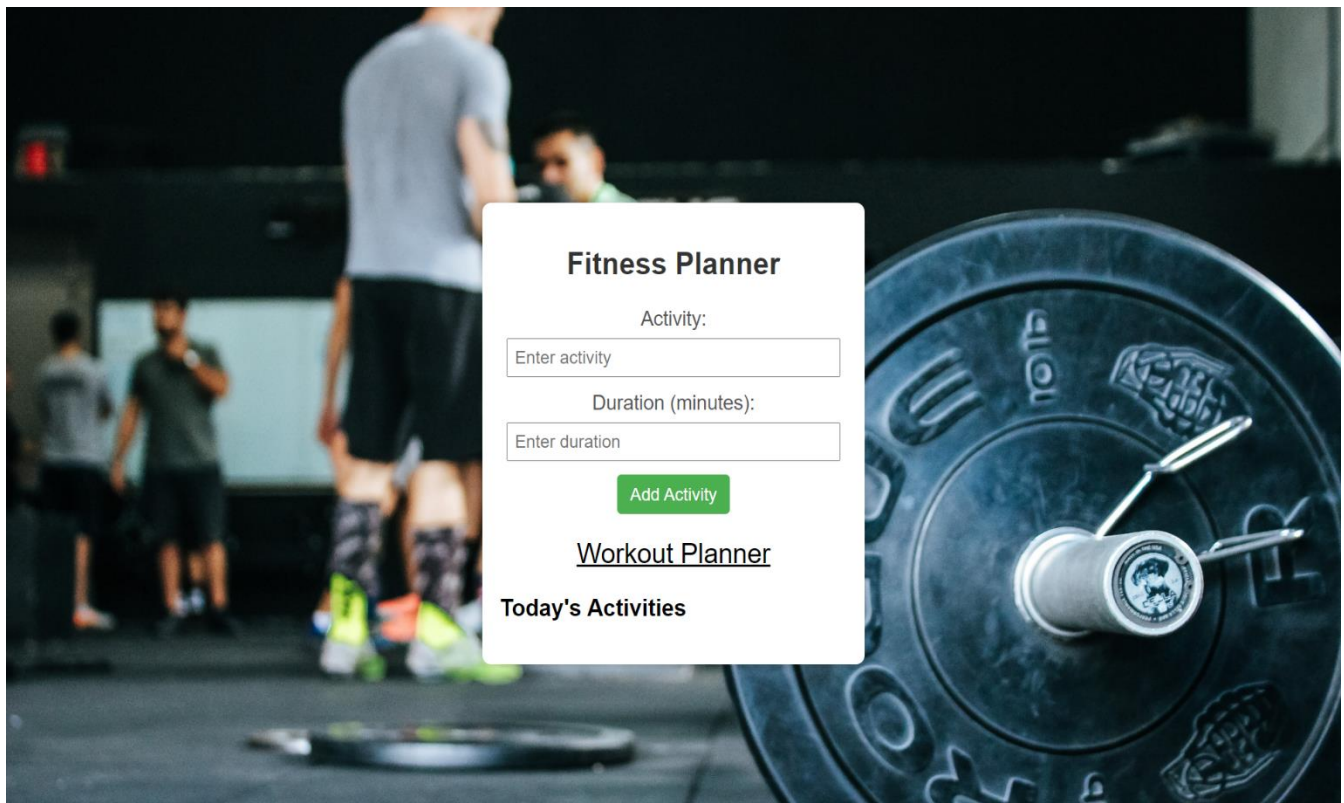
```html
    <div class="container">
        <h1 id="co">Join The Best Gym</h1>
        <form id="myForm">
            <div class="form-group">
                <input type="text" name="" placeholder="Enter your Name" required>
            </div>
            <div class="form-group">
                <input type="text" name="" placeholder="Enter your Age" required>
            </div>

            <div class="form-group">
                <input type="text" name="" placeholder="Enter your Gender" required>
            </div>
            <div class="form-group">
                <input type="text" name="" placeholder="Enter your Locality" required>
            </div>
            <div class="form-group">
                <input type="text" name="" placeholder="Enter your Email Id" required>
            </div>
            <div class="form-group">
                <input type="text" name="" placeholder="Enter your Phone Number"
required>
            </div>
            <label>
                <input type="checkbox" name="terms" required>
                I accept the <a href="#">Terms and Conditions</a>
            </label>

            <button class="btn" type="button" onclick="submitForm()">Submit</button>
            <button type="reset" class="btn">Reset</button>

        </form>

    </div>
</body>

</html>
```

- **CSS:**

```
<style>
        body {
            margin: 0px;
            padding: 0px;
            background-image: url('Images/3.jpg');
            height: 100vh;
            background-repeat: no-repeat;
            width: 100%;
            background-size: cover;
            background-position: top center;
            color: white;
            font-family: 'Baloo Bhaijaan 2', sans-serif;
        }

        .left {

            display: inline-block;
            position: absolute;
            left: 34px;
            top: 19px;

        }

        .left img {
            width: 84px;
            filter: invert(100%);
            /*Changes image color from black to white and vice-versa*/
        }

        .left div {
            text-align: center;

        }

        .mid {
            display: block;
            width: 45%;
            margin: 19px auto;


        }

        .right {
            position: absolute;
            right: 34px;
            top: 20px;
            display: inline-block;
        }
```

```css
.navbar {
        display: inline-block;
        /*we have choosen inline block because in this we can adjust the width and
height also*/

    }

    .navbar li {
        display: inline-block;
        font-size: 20px;
    }

    .navbar li a {
        color: white;
        text-decoration: none;
        padding: 20px 9px;
    }

    .navbar li a:hover,
    .navbar li a.active {
        text-decoration: underline;
        color: grey;
    }

    .btn {
        margin: 0px 9px;
        background-color: black;
        color: white;
        padding: 5px 10px;
        border: 2px solid grey;
        border-radius: 10px;
        cursor: pointer;
        font-family: 'Baloo Bhaijaan 2', sans-serif;
        text-decoration: none;

    }

    .btn:hover {
        background-color: rgb(31, 30, 30);
    }

    .container {
        border: 2px solid white;
        margin: 91px 31px;
        padding: 75px;
        width: 30%;
        border-radius: 24px;
    }
```

```css
.form-group input {
        text-align: center;
        display: block;
        width: 463px;
        padding: 2px;
        border: 2px solid gray;
        margin: 11px auto;
        font-size: 21px;
        border-radius: 8px;
        font-family: 'Baloo Bhaijaan 2', sans-serif;


    }

    .container h1 {
        text-align: center;
    }

    .container button {
        text-align: center;
        display: block;
        width: 89%;
        margin: 11px auto;
        font-size: 19px;
    }

    .container {
        background-color: rgba(255, 255, 255, 0.465);
        width: 532px;
        padding: 5px;
        border-radius: 20px;
    }

    .form-group input:focus {
        background-color: bisque;
    }

    #co {
        color: yellowgreen;
    }
</style>
```

- **Java Script:**

```
<script>
        function submitForm() {
            var form = document.getElementById("myForm");
            if (form.checkValidity()) {
                alert("Thank you, Data Received");
                form.reset();
            } else {
                form.reportValidity();


            }
        }
    </script>
```

About Our Gym:

- **HTML:**

```
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
 <title>About Our Gym</title>
</head>
<body>

    <header>
        <h1>Fitness Club</h1>
    </header>

    <section>
        <h2>About Us</h2>
        <p>Welcome to Fitness Club your premier fitness destination where we go beyond
the traditional gym experience. We take pride in being a vibrant community dedicated to
nurturing a healthier, happier, and stronger you. Our cutting-edge facility is
meticulously designed to create a welcoming and motivating environment suitable for
individuals of all fitness levels.</p>

        <p>At the core of our gym is a steadfast commitment to your fitness
aspirations. Whether you're a seasoned athlete or a beginner on your wellness journey
helping you achieve, our team of expert trainers is ready to guide and support you at
every turn. Explore a diverse range of state-of-the-art equipment, catering to both
cardio enthusiasts and strength training aficionados, ensuring you have all the tools
necessary to reach your peak performance.</p>
```

```html
<h2>Our Mission</h2>
        <p>Our mission is to inspire and empower individuals to lead a healthy and
active lifestyle. We are committed to providing exceptional fitness programs, state-of-
the-art facilities, and a welcoming community that motivates and supports each
other.</p>

        <h2>Facilities</h2>
        <p>Our gym is equipped with the latest fitness equipment, dedicated training
areas, and a team of certified trainers. We offer a variety of classes and programs to
cater to different fitness interests and goals.</p>

        <h2>Join Us Today</h2>
        <p>Ready to take the next step in your fitness journey? Join Our Fitness Gym
today and experience the difference. Contact us to inquire about membership options or
to schedule a tour of our facilities.</p>



    </section>

</body>
</html>
```

- **CSS:**

```css
<style>
        body {
            font-family: Arial, sans-serif;
            margin: 0;
            padding: 0;
            background-color: #f4f4f4;
            color: #333;
        }

        header {
            background-color: #333;
            color: #fff;
            text-align: center;
            padding: 10px;
        }
        section {
            max-width: 800px;
            margin: 20px auto;
            padding: 20px;
            background-color: #fff;
            box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
            border-radius: 8px;
        }
```

```
h2 {
        color: #333;
    }

    p {
        line-height: 1.6;
    }

  </style>
```

BMI Calculator:

- ### HTML:

```
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>BMI Calculator</title>
</head>
<body>

<div id="calculator">
    <h2><b id="t1">BMI Calculator</b></h2>
    <label for="weight"><b id="t2">Weight (kg):</b></label>
    <input type="number" id="weight" placeholder="Enter weight" required>

    <label for="height"><b id="t2">Height (cm):</b></label>
    <input type="number" id="height" placeholder="Enter height" required>

    <button onclick="bmire()">Calculate  BMI</button>

    <div id="result"></div>
</div>
</body>
</html>
```

- **CSS:**

```
<style>
        body {
            font-family: 'Arial', sans-serif;
            background-color: #f4f4f4;
            background-image: url('/Images/2.jpg');
            background-repeat: no-repeat;
            background-size: cover;
            text-align: center;
            margin: 80px;
            padding: 80px;
            height: 100px;
        }

        #calculator {
            background-color: #fff;
            width: 300px;
            margin: 50px auto;
            padding: 30px;
            border-radius: 10px;
            box-shadow: 0 0 10px rgba(0, 0, 0, 0.2);
        }

        h2 {
            color: #333;
        }

        label {
            display: block;
            margin-bottom: 8px;
            color: #555;
        }

        input {
            width: 100%;
            padding: 8px;
            margin-bottom: 15px;
            box-sizing: border-box;
        }

        button {
            background-color: #4caf50;
            color: #fff;
            padding: 10px 15px;
            border: none;
            border-radius: 5px;
            cursor: pointer;
        }
```

```css
button:hover {
        background-color: #45a049;
    }

    #result {
        margin-top: 20px;
        font-weight: bold;
        color: #333;
    }
    #t1{
        color: red;
        font-size: 40px;
        font-family: 'Baloo Bhaijaan 2', sans-serif;
    }
    #t2 {
        color: black;
        font-weight: bold;
    }
</style>
```

- **Java Script:**

```javascript
<script>
    function bmire() {
        var weight = document.getElementById("weight").value;
        var height = document.getElementById("height").value;
        if (weight === "" || height === "") {
            alert("Please enter both weight and height.");
            return;
        }
        var bmi = (weight / ((height / 100) * (height / 100))).toFixed(2);
        var resultElement = document.getElementById("result");
        resultElement.innerHTML = "Your BMI is: " + bmi;
    }
</script>
```

Fitness Planner:

- ### HTML:

```html
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Fitness Planner</title>
</head>
<body>
<div id="planner">
    <h2>Fitness Planner</h2>
    <label for="activity_id">Activity:</label>
    <input type="text" id="activity" placeholder="Enter activity" required>
    <label for="duration">Duration (minutes):</label>
    <input type="number" id="duration" placeholder="Enter duration" required>
    <button onclick="add()">Add Activity</button> <br> <br>
    <a id="fit3" href="Images/work.pdf" download="Fitness_Planner.pdf"
target="blank">Workout Planner
    </a>
    <div id="activities">
        <h3>Today's Activities</h3>
        <ul id="activityList"></ul>
    </div>
</div>
</body>
</html>
```

- ### Java Script:

```javascript
<script>
    function add() {
        var activity = document.getElementById("activity").value;
        var duration = document.getElementById("duration").value;
        if (activity === "" || duration === "") {
            alert("Please enter both activity and duration.");
            return;
        }
        var activityList = document.getElementById("activityList");
        var listItem = document.createElement("li");
        listItem.textContent = activity + " - " + duration + " minutes";
        activityList.appendChild(listItem);
        document.getElementById("activity").value = "";
        document.getElementById("duration").value = "";
    }
</script>
```

- ## CSS:

```
<style>
    body {
        font-family: 'Arial', sans-serif;
        background-color: #f4f4f4;
        background-image: url('/Images/background.jpg');
        background-repeat: no-repeat;
        background-size: cover;
        text-align: center;
        margin: 80px;
        padding: 80px;
        height: 100px;
    }

    #planner {
        background-color: #fff;
        width: 400px;
        margin: 50px auto;
        padding: 20px;
        border-radius: 10px;
        box-shadow: 0 0 10px rgba(0, 0, 0, 0.2);
    }

    h2 {
        color: #333;
    }

    label {
        display: block;
        margin-bottom: 8px;
        color: #555;
    }

    input {
        width: calc(100% - 16px);
        padding: 8px;
        margin-bottom: 15px;
        box-sizing: border-box;
    }
    button {
        background-color: #4caf50;
        color: #fff;
        padding: 10px 15px;
        border: none;
        border-radius: 5px;
        cursor: pointer;
    }
```

```css
    button:hover {
        background-color: #45a049;
    }

    #activities {
        text-align: left;
        margin-top: 20px;
    }

    #activities ul {
        list-style-type: none;
        padding: 0;
    }

    #activities li {
        margin-bottom: 10px;
        background-color: #ddd;
        padding: 10px;
        border-radius: 5px;
    }
    #fit3{
        color: black;
        text-align: center;
        font-size: 30px;
    }
</style>
```

Contact US:

- ### HTML:

```html
<!DOCTYPE html>
<html lang="en">

<head>
    <meta charset="UTF-8">
    <meta http-equiv="X-UA-Compatible" content="IE=edge">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Form Contact Us</title>
</head>

<body>
    <div class="container">
        <form id="contactForm">
            <h1>Contact Us</h1>
            <input type="text" id="firstName" placeholder="First Name" required>
            <input type="text" id="lastName" placeholder="Last Name" required>
            <input type="email" id="email" placeholder="Email" required>
            <input type="text" id="mobile" placeholder="Mobile" required>
            <h4>Type Your Message Here...</h4>
            <textarea id="message" required></textarea>
            <input type="submit" value="Send" id="button" onclick="submitForm()">
        </form>
    </div>
</body>

</html>
```

- ### Java Script:

```html
  <script>
        function submitForm() {
            var form = document.getElementById("contactForm");
            if (form.checkValidity()) {
                alert("Thank you, Data Received");
                form.reset();
            } else {
                form.reportValidity();
            }
        }
    </script>
```

- **CSS:**

```
<style>
    * {
        margin: 0;
        padding: 0;
        box-sizing: border-box;
        font-family: 'Poppins', sans-serif;
    }

    .container {
        min-height: 100vh;
        background: #08071d;
        display: flex;
        justify-content: center;
        align-items: center;
        background-image: url(Images/contact.jpg);
        background-repeat: no-repeat;
        background-size: cover;
        background-position: top center;
    }

    .container form {
        width: 670px;
        height: 400px;
        display: flex;
        justify-content: center;
        box-shadow: 20px 50px rgba(0, 0, 0, 0.5);
        border-radius: 15px;
        background: rgba(255, 255, 255, 0.1);
        backdrop-filter: blur(10px);
        flex-wrap: wrap;
    }

    .container form h1 {
        color: #fff;
        font-weight: 500;
        margin-top: 20px;
        width: 500px;
        text-align: center;
    }
```

```css
.container form input {
        width: 290px;
        height: 40px;
        padding-left: 10px;
        outline: none;
        border: none;
        font-size: 15px;
        margin-bottom: 10px;
        background: none;
        border-bottom: 2px solid #fff;
    }

    .container form input::placeholder {
        color: #ddd;
    }

    .container form #lastName,
    .container form #mobile {
        margin-left: 20px;
    }

    .container form h4 {
        color: #fff;
        font-weight: 300;
        width: 600px;
        margin-top: 20px;
    }

    .container form textarea {
        background: none;
        border: none;
        border-bottom: 2px solid #fff;
        color: #fff;
        font-weight: 200;
        font-size: 15px;
        padding: 10px;
        outline: none;
        min-width: 600px;
        max-width: 600px;
        min-height: 80px;
        max-height: 80px;
    }

    textarea::-webkit-scrollbar {
        width: 1em;
    }

    textarea::-webkit-scrollbar-thumb {
        background-color: rgba(194, 194, 194, 0.713);
    }
```

```css
.container form #button {
        border: none;
        background: #fff;
        border-radius: 5px;
        margin-top: 20px;
        font-weight: 600;
        font-size: 20px;
        color: #333;
        width: 100px;
        padding: 0;
        margin-right: 500px;
        margin-bottom: 30px;
        transition: 0.3s;
    }

    .container form #button:hover {
        opacity: 0.7;
    }
</style>
```