MINI PROJECT REPORT

On

GYM AND FITNESS WEBSITE

Submitted by

Name of Student: ANKITA KUSHWAHA

Roll No: 171500050

Name of Student: HAIMANGI SAHGAL

Roll No: 171500117

Department of Computer Engineering & Applications

Institute of Engineering & Applications

GLA University

MATHURA-281406, INDIA

2019

Department of Computer Engineering and Applications
GLA University, Mathura
17 km. Stone NH#2, Mathura-Delhi Road, P.O. – Chaumuha,
Mathura – 281406

Declaration

I hereby declare that the work which is being presented in the Mini Project **"Gym and Fitness Website",** in partial fulfillment of the requirements for Mini Project viva voice, is an authentic record of my own work carried under the supervision of **Mr. Pankaj Sharma**.

Signature of Candidates: Ankita Kushwaha

Haimangi Sahgal

Name of Candidate: Ankita Kushwaha

Haimangi Sahgal

Roll. No. : 171500050,171500117

Course: B.Tech(CSE)

Year: 3rd

Semester: VI

ACKNOWLEDGEMENT

It is my pleasure to acknowledge the assistance of a number of people without whose help this project would not have been possible.

First and foremost, I would like to express our gratitude to **Mr. Pankaj Sharma** my project guides, for providing invaluable Encouragement, guidance and assistance.I would like to thank the lab staff for the operation extended to us throughout the project. After doing this project I can confidently say that this experience has not only enriched me with technical knowledge but also has unparsed the maturity of thought and vision. The attributes required being a successful professional.

ABSTRACT

Gymnasium is a large room with equipment for exercising the body and increasing strength or a club where you can go to exercise and keep fit. A **gym** is a gymnasium, also known as health club and **fitness** centre. Gymnasiums have moved away just being a location for gymnastics.

Gymnasia apparatus such as barbells, jumping board, running path, tennis-balls, cricket field, and fencing area are used as exercises. In safe weather, outdoor locations are the most conducive to health.[2] Gyms were popular in ancient Greece. Their curricula included self-defense, gymnastica medica, or physical therapy to help the sick and injured, and for physical fitness and sports, from boxing to dancing to skipping rope.

.

Contents

CHAPTER 1

Introduction

This stores employee, member, payroll, receipts, and products information. It also provides the facility of search & advanced search for searching the records efficiently & immediately. This system provides data storing & report generation with graphical user interface (GUI).

It is always necessary to study and recognize the problems of existing system, which will help in finding out the requirements for the new system. System study helps in finding different alternatives for better solution. The project study basically deals with different operations and steps involved in generation of examination mark sheets. Ti includes:

1. Data gathering

2. Study of existing system

3. Analyzing problem

4. Studying various documents

5. Feasibility study for further improvements

Motivation and Overview

Features

The system proposed has many advantages.

1. The proposed system is highly secured, because for login the system it requires the username and password which is different for each department therefore providing each department a different view of the customer information.

2. It provides wide range of certain criteria in each window the client is working for better and quicker solution.

3. It maintains report for all criteria and transactions.

4. Manages member information separately for all exercise and employee information separately for considering the requirements of gym.

5. Stores information about regular products.

6. This system can run on any windows operating system.

Objective

¬ The main objective of the project is to design and develop a user friendly system.

¬ Easy to use and efficient computerized system.

¬ To develop an accurate and flexible system, it will eliminate data redundancy.

¬ Computerization can be helpful as means of saving time & money.

¬ To provide better graphical user interface.

¬ Less chances of information leakage.

¬Provides security to data by using login & password.

CHAPTER 2

TECHNOLOGY USED

2.1 HTML

What is HTML?

- HTML stands for Hyper Text Markup Language
- HTML describes the structure of a Web page
- HTML consists of a series of elements
- HTML elements tell the browser how to display the content
- HTML elements are represented by tags
- HTML tags label pieces of content such as "heading", "paragraph", "table", and so on
- Browsers do not display the HTML tags, but use them to render the content of the page

2.1.1 HTML Attributes

- All HTML elements can have **attributes**
- Attributes provide **additional information** about an element
- Attributes are always specified in **the start tag**
- Attributes usually come in name/value pairs like: **name="value"**

2.1.2 The HTML Style Attribute

Setting the style of an HTML element, can be done with the `style` attribute.

2.2 CSS

What is CSS?

- **CSS** stands for **C**ascading **S**tyle **S**heets
- CSS describes how HTML elements are to be displayed on screen, paper, or in other media
- CSS saves a lot of work. It can control the layout of multiple web pages all at once
- External stylesheets are stored in CSS files.

2.2.1 How To Add Icons

The simplest way to add an icon to your HTML page, is with an icon library, such as Font Awesome.

Add the name of the specified icon class to any inline HTML element (like <i> or).

All the icons in the icon libraries below, are scalable vectors that can be customized with CSS (size, color, shadow, etc.)

2.2.2 The display Property

The display property specifies if/how an element is displayed.

Every HTML element has a default display value depending on what type of element it is. The default display value for most elements is block or inline.

2.3 JS

One of many JavaScript HTML methods is getElementById().

This example uses the method to "find" an HTML element (with id="demo") and changes the element content (innerHTML) to "Hello JavaScript":

2.3.1 JavaScript Strings

A JavaScript string is zero or more characters written inside quotes.

Example:

```
var x = "John Doe";
```

2.3.2 JavaScript Objects

In JavaScript, almost "everything" is an object.

- Booleans can be objects (if defined with the new keyword)
- Numbers can be objects (if defined with the new keyword)
- Strings can be objects (if defined with the new keyword)
- Dates are always objects
- Maths are always objects
- Regular expressions are always objects
- Arrays are always objects
- Functions are always objects
- Objects are always objects

All JavaScript values, except primitives, are objects.

2.4.Hardware Requirements Specification

Processor : Intel Pentium III or later

Main Memory(RAM) : 256 MB

Cache Memory : 512 KB

Monitor : 14 inch Color Monitor

Keyboard : 108 Keys

Mouse : Optical Mouse

Hard Disk : 160 GB

2.5.Software Requirements Specification

Front End/Language : Tkinter

Additional Tools : XAPM Server

Operating System : Windows 7, 8, 9, 10, XP

CHAPTER-3

CODE

```
<!DOCTYPE html>
<html lang="en">
   <head>
      <meta charset="UTF-8">
      <meta name="viewport" content="width=device-width, initial-scale=1.0">
      <link href="https://fonts.googleapis.com/css?family=Ubuntu" rel="stylesheet">
      <!-- <link href="https://fonts.googleapis.com/css?family=Bangers" rel="stylesheet"> -->
      <link href="https://fonts.googleapis.com/css?family=Lato:100,300,400,700,900"
rel="stylesheet">
      <link href="https://fonts.googleapis.com/css?family=Roboto+Condensed" rel="stylesheet">
      <!-- <link href="https://fonts.googleapis.com/css?family=Chela+One" rel="stylesheet"> -->
      <link rel="stylesheet" href="css/icon-font.css">
      <link rel="stylesheet" href="css/style.css">
      <link rel="apple-touch-icon" sizes="180x180" href="/apple-touch-icon.png">
      <link rel="icon" type="image/png" sizes="32x32" href="/logo.png">
      <link rel="icon" type="image/png" sizes="16x16" href="/logo.png">
      <link rel="manifest" href="/site.webmanifest">
      <link rel="mask-icon" href="/safari-pinned-tab.svg" color="#5bbad5">
      <meta name="msapplication-TileColor" content="#da532c">
      <meta name="theme-color" content="#ffffff">
      <title>Fitness Tips and Tricks</title>
   </head>
   <body>
     <header class="top-nav">
      <h2>Fitness Tips and Tricks</h2>
      <div class="dropdown">
        <div class="dropdown-btn" onclick="toggleMobileMenu()">
          <img src="src/images/drop-down.svg" alt="drop-down">
```

```
        </div>
        <div id="mobile-dropdown-menu" class="dropdown-content">
          <a href="#">Home</a>
          <a href="#">Content</a>
          <a href="/about.html">About</a>
        </div>
      </div>
      <ul class="no_select">
        <li><a href="">Home</a></li>
        <li><a href="">Content</a></li>
        <li><a href="/about.html">About</a></li>
      </ul>
    </header>

        <div class="main-body">
      <div class="header-background-image">
        <h1 class="heading no_select">
          <span class="heading-main">Welcome</span>
          <span class="heading-main-sub">Get everything here</span>
          <div>
            <a onclick="scrollIdIntoView('diets')">Go to Exercises and Diets</a>
          </div>
        </h1>
      </div>
<h2>EXERCISES</h2>
      <div id="Exercises" class="Exercise-section exercise-plan no_select">
        Physical activity is not just for some people. It's for everyone. Being active can help you stay healthy, control your weight, and get the most out of life. No matter what your age or condition, there is a type of exercise that's right for you:-
        <ul>
```

```
      <li onclick="scrollIdIntoView('aerobic')">Aerobic Exercise</li>
      <li onclick="scrollIdIntoView('strength')">Strength Exercise</li>
      <li onclick="scrollIdIntoView('balance')">Balance Exercise</li>
      <li onclick="scrollIdIntoView('flexibility')">Flexibility Exercise</li>
    </ul>
  </div>

  <div id="aerobic" class="exercise-plan">
    <h2>Aerobic Exercise</h2>
    <img src='C:\Users\pradeep kushwah\Desktop\aerobic.jpg' alt="aerobic"/>
    <div class="exercise-plan-desc">
      <div>
        <span class="sub-heading"><b>Defined as:</b></span>
        <span class="sub-heading-desc">Aerobic exercises, such as running, swimming or
dancing, are activities that work your cardiovascular system — they get your heart rate up and
make you breathe harder. This type of exercise can reduce the risk of cardiovascular disease,
type 2 diabetes and high blood pressure, and may even lower the risk of cancer</span>
      </div>
      <div>
        <span class="sub-heading"><b>Benifits of Aerobic Exercises:</b></span>
        <span class="sub-heading-desc">Improved health of heart, lungs and circulatory
system. Aerobic exercise strengthens the heart so it pumps blood more efficiently and increases
levels of "good" cholesterol and lowers levels of "bad" cholesterol, which, in turn, can reduce the
buildup of plaque in the arteries.Reduced risk of cardiovascular disease, including
stroke.Lowered risk of type 2 diabetes.Lowered blood pressure and improved blood fat
levels.</span>
      </div>

      <div>
        <span class="sub-heading"><b>Examples:</b></span>
```

```
          <span class="sub-heading-desc">Brisk walking,Running or jogging,Swimming,Playing a sport such as tennis, soccer or basketball,Dancing</span>
        </div>
       </div>
      </div>

        <div id="strength" class="exercise-plan">
       <h2>Strength Exercise</h2>
       <img src='C:\Users\pradeep kushwah\Desktop\strength.jpg' alt="strength"/>
       <div class="exercise-plan-desc">
        <div>
          <span class="sub-heading"><b>Defined as:</b></span>
          <span class="sub-heading-desc">Regular strength training will help you feel more confident and capable of daily tasks like carrying groceries, gardening, and lifting heavier objects around the house. Strengthening your muscles not only makes you stronger, but also stimulates bone growth, lowers blood sugar, assists with weight control, improves balance and posture, and reduces stress and pain in the lower back and joints.</span>
        </div>

        <div>
          <span class="sub-heading"><b>Benifits of strength</b></span>
          <span class="sub-heading-desc">Strength exercise helps in muscle mass naturally decreases with age, but strength training can help reverse the trend.Strength training increases bone density and reduces the risk of fractures.Strength training helps joints stay flexible and can reduce the symptoms of arthritis. As you gain muscle, your body begins to burn calories more easily, making it easier to control your weight. Strengthening exercises can increase flexibility and balance as people age, reducing falls and injuries.</span>
        </div>

        <div>
          <span class="sub-heading"><b>Examples</b></span>
```

```
 <span class="sub-heading-desc">Abdominal crunch,lungs,step exercise,squats,pushups.</span>
          </div>
         </div>
        </div>

            <div id="balance" class="exercise-plan">
           <h2>Balance Exercise</h2>
        <img src='C:\Users\pradeep kushwah\Desktop\balanceee.jpg' alt="strength"/>
        <div class="exercise-plan-desc">
          <div>
            <span class="sub-heading"><b>Defined as:</b></span>
            <span class="sub-heading-desc">Improving your balance makes you feel steadier on your feet and helps prevent falls. It's especially important as we get older, when the systems that help us maintain balance—our vision, our inner ear, and our leg muscles and joints—tend to break down.Typical balance exercises include standing on one foot or walking heel to toe, with your eyes open or closed. The physical therapist may also have you focus on joint flexibility, walking on uneven surfaces, and strengthening leg muscles with exercises such as squats and leg lifts. Get the proper training before attempting any of these exercises at home.</span>
          </div>

          <div>
            <span class="sub-heading"><b>Benifits of balance</b></span>
            <span class="sub-heading-desc">Balance Exercises helps in building better postures,reserving age related loss of balance,preventing falls,allowing faster recoevry from injury,improve coordination,improve your running technique,increasing your muscular power.</span>
          </div>

          <div>
            <span class="sub-heading"><b>Examples</b></span>
```

```
          <span class="sub-heading-desc">Single leg lift,single leg side lift,leg lift with dumbbells,balance on a stability ball,balance walk and balance on one foot.</span>
        </div>
       </div>
      </div>

        <div id="flexibility" class="exercise-plan">
       <h2>Flexibility Exercise</h2>
       <img src='C:\Users\pradeep kushwah\Desktop\stretch.jpg' alt="strength"/>
       <div class="exercise-plan-desc">
        <div>
          <span class="sub-heading"><b>Defined as:</b></span>
          <span class="sub-heading-desc">Flexibility helps maintain stretching.We often overlook that in youth, when our muscles are healthier. But aging leads to a loss of flexibility in the muscles and tendons. Muscles shorten and don't function properly. That increases the risk for muscle cramps and pain, muscle damage, strains, joint pain, and falling, and it also makes it tough to get through daily activities, such as bending down to tie your shoes.Warm up your muscles first, with a few minutes of dynamic stretches—repetitive motion such as marching in place or arm circles. That gets blood and oxygen to muscles, and makes them amenable to change.</span>
        </div>

        <div>
          <span class="sub-heading"><b>Benifits of flexibility</b></span>
          <span class="sub-heading-desc">Stretching the muscles routinely makes them longer and more flexible, which increases your range of motion and reduces pain and the risk for injury.It helps in fewer injury,less pain,improved posture,a positive state of mind ,greater strength,improved physical performance.</span>
        </div>
```

```
          <div>
           <span class="sub-heading"><b>Examples</b></span>
           <span class="sub-heading-desc">Standing hamstring stretch,lung with spinal twist,side band stretch,seated shoulder squeeze,butterfly stretch,frog stretch,figure four stretch,90/90 stretch and triseps stretch.<br></span>
          </div>
         </div>
        </div>

<h2>DEIT</h2>
        <div id="diets" class="diets-section diets-item no_select">
         There are various diet one can follow in his day to day life but there are always certain pros and cons that are related to the approach we follow. These are some common diets which one can follow in order to loose weight overtime:-
          <ul>
           <li onclick="scrollIdIntoView('low-calorie')">Low-calorie diet</li>
           <li onclick="scrollIdIntoView('low-fat')">Low-fat diet</li>
           <li onclick="scrollIdIntoView('low-carb')">Low-carb diet</li>
           <li onclick="scrollIdIntoView('ketogenic')">Ketogenic diet</li>
           <li onclick="scrollIdIntoView('high-protein')">High-protein diet</li>
          </ul>
        </div>

        <div id="low-calorie" class="diets-item">
          <h2>Low-calorie Diet</h2>
          <img src='/src/images/low-calorie-diet.jpg' alt="low-calorie"/>
          <div class="diet-item-desc">
           <div>
            <span class="sub-heading"><b>Defined as:</b></span>
            <span class="sub-heading-desc">Only consuming 800 to 1,200 calories a day.</span>
           </div>
```

```
        <div>
          <span class="sub-heading"><b>Pros:</b></span>
          <span class="sub-heading-desc">The sole purpose of limiting your daily calories (and pushing the boundaries of sanity) is to lose weight ASAP—and the study analysis says it works, while also preserving as much lean muscle mass as possible.</span>
        </div>

        <div>
          <span class="sub-heading"><b>Cons:</b></span>
          <span class="sub-heading-desc">In our experience, capping your calories low will probably mean a lot of internal strife and stress. Plus, we're big fans of enjoying food instead of fearing it, and 800 calories doesn't leave much room for satisfied taste buds. Lastly, if you're currently eating double to triple this amount of food, dropping to a daily caloric intake this low can tank your metabolism and actually slow weight loss more than switching to one of these other diets might.</span>
        </div>
      </div>
    </div>

    <div id="low-fat" class="diets-item">
      <h2>Low-fat Diet</h2>
      <img src='/src/images/low-fat-diet.jpg' alt="low-calorie"/>
      <div class="diet-item-desc">
        <div>
          <span class="sub-heading"><b>Defined as:</b></span>
          <span class="sub-heading-desc">Getting only 20–30% of daily calories from fat; the remaining 80–70% are split between protein and carbs, typically with an emphasis on carbs.</span>
        </div>
```

```
          <div>
          <span class="sub-heading"><b>Pros:</b></span>
          <span class="sub-heading-desc"> Advocated by the Institute of Medicine, a low-fat diet (or high-carb, depending on your perspective) is based around the idea that cutting back on the most calorie-dense macro will help you eat fewer calories overall. And studies do show switching to a low-fat diet can help you lose body fat quickly, though not necessarily long-term.</span>
          </div>

          <div>
            <span class="sub-heading"><b>Cons:</b></span>
            <span class="sub-heading-desc">Eating this way perpetuates the outdated idea that dietary fat is the enemy of body fat. And it isn't necessarily better than other diets: One study in the American Journal of Clinical Nutrition Opens a New Window. compared high-protein, normal protein, high-fat, and low-fat diets, and found no significant difference in fat loss among the groups at six months or two years (though all did result in some fat loss). What's more, while the low-fat group was supposed to keep its intake of the macro at 20%, actual intake was closer to 26-28%, suggesting that sticking to a strict low-fat diet is rather difficult and potentially unrealistic for most.</span>
          </div>
        </div>
      </div>

      <div id="low-carb" class="diets-item">
        <h2>Low-carb Diet</h2>
        <img src='/src/images/low-carb-diet.jpg' alt="low-calorie"/>
        <div class="diet-item-desc">
          <div>
            <span class="sub-heading"><b>Defined as:</b></span>
            <span class="sub-heading-desc">Getting 15–40% of daily calories from carbs; the remaining 85-60% is split between protein and fat.</span>
```

```
</div>

<div>
  <span class="sub-heading"><b>Pros:</b></span>
  <span class="sub-heading-desc"> Compared to eating a traditional diet, switching to a low-carb diet can significantly reduce body fat, studies show. Cap your carb intake at 20% of daily calories and the weight-loss results are even stronger—plus, you can reduce your risk for heart disease and stroke. Some research suggests low-carb diets are even better than low-fat diets: One study in Annals of Internal Medicine Opens a New Window.  found that people who limited their carbs lost eight more pounds than those who cut back on fat. If you cut back on carbs enough, your body learns to burn fat as fuel instead. Studies are mixed on how low-carb diets affect performance, but some evidence suggests that endurance performance can actually improve among people whose bodies adapt to fat-burning fairly easily.</span>
</div>

<div>
  <span class="sub-heading"><b>Cons:</b></span>
  <span class="sub-heading-desc">Teaching your body to burn fat instead of carbs takes time, so you have to be patient while you feel sluggish during the weeks it takes to become fat-adapted. And not every body burns fat as efficiently as carbs, so your endurance may never measure up (though, as we said before, others actually see an improvement here.) Without carbs, your body's ability to generate explosive energy will most likely decline, so if you love sprinting Opens a New Window.  or HIIT Opens a New Window. , you might need to consume more carbs than other low-fat dieters. And while you'll probably lose body fat, this kind of diet is actually keeping you focused on the wrong macro: Studies Opens a New Window.  have proven that the higher protein aspect of a low-carb diet helps promote weight loss, rather than the lower carb count.</span>
  </div>
</div>
```

```
</div>
  <div id="ketogenic" class="diets-item">
  <h2>Ketogenic Diet</h2>
  <img src='/src/images/keto-diet.jpg' alt="low-calorie"/>
  <div class="diet-item-desc">
   <div>
    <span class="sub-heading"><b>Defined as:</b></span>
    <span class="sub-heading-desc">Less than 10% of daily calories from carbs, 10-30% from protein, 60-80% from fat.</span>
   </div>

   <div>
    <span class="sub-heading"><b>Pros:</b></span>
    <span class="sub-heading-desc"> Technically a subtype of low-carb diet, the keto diet is unique Opens a New Window. : By depriving your body of carbohydrates, you not only force your body to become fat-adapted, but also, if you keep protein low as well, elevate your levels of ketone bodies, which is basically a sign your body is running on fat Opens a New Window. . The keto diet puts you in a unique metabolic state called ketosis wherein your brain burns ketones instead of glucose—and, in doing so, supposedly leads to clearer thinking. Physically, eating such a high amount of fat significantly increases your body's ability to burn body fat, according to the study analysis. Research also shows keto athletes have a higher VO2 max, and are able to lose fat without losing strength or power.</span>
   </div>

   <div>
    <span class="sub-heading"><b>Cons:</b></span>
    <span class="sub-heading-desc">That same study on the perks of being a keto athlete also found those same dieters had a lower exercise economy (how efficiently you use oxygen while moving). And whereas pretty much every other diet offers flexibility in the macro range, eating a few too many grams of carbs or protein will knock your body out of ketosis, so you have to be pretty committed to see the perks of this one Opens a New Window. . Lastly, the low
```

protein count required to stay in ketosis may be holding you back here: A study analysis in Nutrition, Metabolism, and Cardiovascular Diseases Opens a New Window. found upping protein on a keto diet by just 5% tripled fat loss.

```
        </div>
      </div>
    </div>

    <div id="high-protein" class="diets-item">
      <h2>High Protein Diet</h2>
      <img src='/src/images/high-protein-diet.jpg' alt="low-calorie"/>
      <div class="diet-item-desc">
        <div>
          <span class="sub-heading"><b>Defined as:</b></span>
          <span class="sub-heading-desc">At least 25% of daily calories from protein.</span>
        </div>

        <div>
          <span class="sub-heading"><b>Pros:</b></span>
          <span class="sub-heading-desc"> The most consistently beneficial of all diets here,
```

study after study shows that upping your protein intake can help significantly reduce body fat and build lean muscle. For example: Guys who ran sprint intervals, did resistance training, and ate a diet of 2.4g of protein per kg of bodyweight per day (roughly 1g per lb of bodyweight) gained 1.2kg of lean muscle and lost almost 5kg of fat in just four weeks, according to a study in the American Journal of Clinical Nutrition Opens a New Window. . If you cut calories but eat high protein, the macro can help prevent your metabolism from plummeting and help keep hunger at bay, since protein is so satiating. The study analysis also confirmed that eating a ton of protein stuff doesn't cause you to gain weight or harm any internal systems, despite myths Opens a New Window.

```
        </div>
```

```
        <div>
          <span class="sub-heading"><b>Cons:</b></span>
          <span class="sub-heading-desc"> With the focus on protein, it’s easy to forget you need to eat enough fat or carbs to fuel your workouts, so keep an eye on your energy levels and other macros. And that’s the only real downside. The only other con the study analysis found: High protein is so effective in making you less hungry that it might hurt your efforts to gain weight.</span>
        </div>
      </div>
    </div>
  </div>

  <footer class="footer no_select">
    <span class="copyright-text">Copyright&copy;2018</span>
    <span class="links">
      <a href="https://www.facebook.com/ankita.kushwaha.737" target="_blank"><img src="src/images/facebook.svg"/></a>
          <a href="https://www.facebook.com/maahi.sahgal.10" target="_blank"><img src="src/images/facebook.svg"/></a>
      <a href="https://github.com/anku157501" target="_blank"><img src="src/images/github.svg"/></a>
          <a href="https://github.com/haimangi19" target="_blank"><img src="src/images/github.svg"/></a>
      <!-- <a href="ankita.kushwaha_cs17@gla.ac.in" target="_blank"><img src="src/images/gmail.svg"/></a> -->
          <!-- <a href="haimangi.sahgal_cs17@gla.ac.in" target="_blank"><img src="src/images/gmail.svg"/></a> -->
      <a href="https://www.linkedin.com/in/ankita-kushwaha-017134176" target="_blank"><img src="src/images/linkedin.svg"/></a>
          <a href="https://www.linkedin.com/in/haimangi-sahgal-b13852137" target="_blank"><img src="src/images/linkedin.svg"/></a>
```

```
        </span>
        <span class="author-text" title="made by me">Ankita Kushwaha and Haimangi
Sahgal</span>
      </footer>
    </body>
</html>


* {
  margin: 0px;
  padding: 0px;
  box-sizing: border-box;
}


html,body{
  margin: 0;
  width: 100%;
  height: 100%;
  overflow-x: hidden;
}
no_select {
  -webkit-touch-callout: none;
  -webkit-user-select: none;
```

```
  -khtml-user-select: none;
  -moz-user-select: none;
  -ms-user-select: none;
  user-select: none;
  -webkit-tap-highlight-color: transparent;
}
.top-nav li a {
  color: #fff;
}

.top-nav li:hover a, top-nav li:hover a:link {
  color: #000;
}

a:link, a:visited {
  text-decoration: none;
  outline: none;
  color: #67008B;
.copyright-text, .author-text {
  font-family: 'Roboto Condensed';
  font-size: 14px;
  letter-spacing: 2px;
}
```

```
.diets-section {
  padding: 20px 10px;
font-family: 'Ubuntu', sans-serif;
  line-height: 1.4;
}

.diets-section ul {
  list-style-position: inside;
}

.diets-section li {
  cursor: pointer;
}
.diets-item {
  border: 1px solid #00000026;
  box-shadow: 0 1px 6px rgba(32, 33, 36, 0.28);
  margin: 10px;
  padding: 15px;
  line-height: 1.8;
}
.diets-item img {
  display: block;
height: auto;
  width: 870px;
  max-width: 100%;
```

```
}
.diets-item h2 {
  padding-bottom: 5px;
  font-family: 'Roboto Condensed';
}

.diet-item-desc {
  font-family: 'Ubuntu', sans-serif;
}
.footer {
  background:#254f9c;
  color: white;
  position: fixed;
  bottom: 0;
  left: 0;
  right: 0;
  height: 50px;
  width: 100%;
  font-size: 10px;
  padding: 10px;
  display: flex;
  justify-content: center;
  align-items: center;
  font-family: 'Roboto Condensed';
```

```
}
.main-body {
position: fixed;
  top: 60px;
  bottom: 50px;
  left: 0;
  right: 0;
  overflow: auto;
}
.sub-heading {
  font-weight: 700;
}
.sub-heading-desc {
  opacity: 0.8;
}
.top-nav {
  position: fixed;
  top: 0;
  left: 0;
  right: 0;
  height: 100px;
  /* background-color: #abcdef; */
width: 100%;
  display: flex;
```

```
  background:#254f9c;
  color: #fff;

z-index: 1;
  height: 60px;
  max-height: 60px;
}
.top-nav ul {
  display: inline-block;
  margin-left: auto;
}
.top-nav li {
  display: inline-block;
  padding: 18px;
  font-size: 20px;
  font-family: 'Roboto Condensed';
  cursor: pointer;
}
.top-nav li:hover {
  color: black;
  background: #fff;
}
.top-nav h2 { display: inline-block;
  font-family: 'Ubuntu';
  align-self: center;
```

```
  padding: 20px 4px;
}

.header-background-image {
  background-image: linear-gradient(to right bottom,rgba(23, 114, 227, 0.28), rgba(40, 77, 180, 0.01)),url('/src/images/background.jpg');
  background-position:bottom;
  background-size: cover;
  height: 82vh;

  clip-path: polygon(0 0 , 100% 0, 100% 90%, 0 100%);
}
.heading {
  position: relative;
  text-align: center;
  top: 40%;
  color: #fff;
  text-transform: uppercase;
  font-family: 'Roboto Condensed';
}
.heading-main { letter-spacing: 17px;
  display: block;
  font-size: 80px;
  animation-name: moveInLeft;
```

```
  animation-duration: 800ms;
  backface-visibility: hidden;
}

.heading-main-sub {
  display: block;
  letter-spacing: 5px;
  font-size: 30px;
  animation-name: moveInRight;
  animation-duration: 800ms;
}
@keyframes moveInLeft {
  0% {
    opacity: 0;
    transform: translateX(-100px);
  }
  80% {
    transform: translateX(10px);
  }
  100% {
    opacity: 1;
    transform: translate(0);
  }
}
@keyframes moveInRight {
```

```
  0% {
    opacity: 0;
    transform: translateX(100px);
  }
  80% {
    transform: translateX(-10px);
  }
  100% {
    opacity: 1;
    transform: translate(0);
  }
}
.dropdown-btn {
  display: none;
}
@media screen and (max-width: 600px) {
  .heading-main {
    font-size: 45px;
  }
  .heading-main-sub {
    font-size: 20px;
  }
.header-background-image {
    height: 82vh;
```

```
  }
  .heading a {
    font-size: 25px;
  }

.top-nav h2 {
    margin: 0 auto;
  }
  .top-nav ul {
    display: none;
  }

  .dropdown-btn {
    display: inherit;
  }
}


@media screen and (min-width: 601px) {
  .diets-item img {
    margin: 0 auto;
  }
}
/*  DropDown Style  */
.dropdown-btn img{
```

```
  height: 25px;
  position: absolute;
  right: 10px;
  top: 15px;
}

/* The container <div> - needed to position the dropdown content */
.dropdown {
  position: relative;
  display: inline-block;
}

/* Dropdown Content (Hidden by Default) */
.dropdown-content {
  /* display: none; */
  position: absolute;
  top: 45px;
  right: 10px;
  width: 0;
  height: 0;
  opacity: 0;
  box-shadow: 0px 8px 16px 0px rgba(0,0,0,0.2);

z-index: 1;
```

```
  border: 1px solid white;
  border-radius: 4px;
  transition: all 0.3s ease-in-out;
}
.dropdown-content a{
  display: none;
}

.display-mobile-menu {
  width: 150px;
  height: 131px;
  opacity: 1;
  background-color:#254f9c;
  /* display: inherit; */
}

.display-mobile-menu a {
  display: inherit;
}
/* Links inside the dropdown */
.dropdown-content a {
  color: #fff;
  padding: 12px 16px;
  text-decoration: none;
```

```
  font-family: 'Roboto Condensed';
}
.dropdown-content a:hover {
  background-color: #FFF;
  color: black;
}
/* Show the dropdown menu on hover */
.dropdown-btn:hover .dropdown-content {
  display: block;
}
/* Change the background color of the dropdown button when the dropdown content is shown */
.dropdown:hover .dropbtn {
  background-color: #3e8e41;
}
.links {
  margin: 0 auto;
}
.links a {
  padding: 4px;
  cursor: pointer;
}
.links a img {
 height: 20px;
}
```

CHAPTER 4

TESTING

Introduction:

The implementation phase of software development is concerned with translating design specification into source code. The preliminary goal of implementation is to write source code and internal documentation so that conformance of the code to its specifications can be easily verified, and so that debugging, testing and modifications are eased. This goal can be achieved by making the source code as clear and straightforward as possible. Simplicity, clarity and elegance are the hallmark of good programs, obscurity, cleverness, and complexity are indications of inadequate design and misdirected thinking.

Source code clarity is enhanced by structured coding techniques, by good coding style, by, appropriate supporting documents, by good internal comments, and by feature provided in modern programming languages.

The implementation team should be provided with a well-defined set of software requirement, an architectural design specification, and a detailed design description. Each team member must understand the objectives of implementation.

Terms in Testing Fundamental

4.1. Error

The term error is used in two ways. It refers to the difference between the actual output of software and the correct output, in this interpretation, error is essential a measure of the difference between actual and ideal. Error is also to used to refer to human action that result in software containing a defect or fault.

4.2. Fault

Fault is a condition that causes to fail in performing its required function. A fault is a basic reason for software malfunction and is synonymous with the commonly used term Bug.

4.3. Failure

Failure is the inability of a system or component to perform a required function according to its specifications. A software failure occurs if the behavior of the software is the different from the specified behavior. Failure may be caused due to functional or performance reasons.

a. Unit Testing

The term unit testing comprises the sets of tests performed by an individual programmer prior to integration of the unit into a larger system.

A program unit is usually small enough that the programmer who developed it can test it in great detail, and certainly in greater detail than will be possible when the unit is integrated into an evolving software product. In the unit testing the programs are tested separately, independent of each other. Since the check is done at the program level, it is also called program teasing.

b. Module Testing

A module and encapsulates related component. So can be tested without other system module.

c. Subsystem Testing

Subsystem testing may be independently design and implemented common problems are sub-system interface mistake in this checking we concenton it.

There are four categories of tests that a programmer will typically perform on a program unit.

i Functional test

ii Performance test

iii Stress test

iv Structure test

4.4 Functional Test

Functional test cases involve exercising the code with Nominal input values for which expected

results are known; as well as boundary values (minimum values, maximum values and values on and just outside the functional boundaries) and special values.

4.5 Performance Test

Performance testing determines the amount of execution time spent in various parts of the unit, program throughput, response time, and device utilization by the program unit. A certain amount of avoid expending too much effort on fine-tuning of a program unit that contributes little to the over all performance of the entire system. Performance testing is most productive at the subsystem and system levels.

4.6 Stress Test

Stress test are those designed to intentionally break the unit. A great deal can be learned about the strengths and limitations of a program by examining the manner in which a program unit breaks.

4.7 Structure Test

Structure tests are concerned with exercising the internal logic of a program and traversing particular execution paths. Some authors refer collectively to functional performance and stress testing as “black box” testing. While structure testing is referred to as “white box” or “glass box” testing. The major activities in structural testing are deciding which path to exercise, deriving test date to exercise those paths, determining the test coverage criterion to be used, executing the test, and measuring the test coverage achieved when the test cases are exercised.

FUTURE SCOPE OF THE PROJECT

Regular exercise and physical activity promotes strong muscles and bones. It improves respiratory, cardiovascular health, and overall health. Staying active can also help you maintain a healthy weight, reduce your risk for type 2 diabetes, heart disease, and reduce your risk for some cancers.Exercise consists of cardiovascular conditioning, strength and resistance training, and flexibility

CHAPTER 5

Applications

Exercise is essential for improving overall health, maintaining fitness, and helping to prevent the development of obesity , hypertension , and cardiovascular disease. Surveys conducted by the Centers for Disease Control and Prevention (CDC) indicate that 61.5 percent of children aged nine to 13 years do not participate in any organized physical activity (for example, sports , dance classes) and 22.6 percent are not physically active during their free time. According to the American Obesity Association, approximately 30 percent of children and adolescents aged six to 19 years are overweight and 15 percent are obese.

A sedentary lifestyle and excess caloric consumption are the primary causes of this increase in overweight and obesity; regular exercise is considered an important factor in controlling weight. Overweight and obese children and adolescents are at higher risk of developing several medical conditions, including the following:

- asthma
- diabetes
- hypertension
- orthopedic complications, such as hip and knee pain and limited range of motion
- cardiovascular disease
- high cholesterol
- sleep apnea
- psychosocial disorders, such as depression, negative body image, and eating disorders

Clinical studies have shown that regular exercise has numerous benefits, including the following:

- preventing weight gain and maintaining healthy weight
- reducing blood pressure and cholesterol
- improving coordination
- improving self-esteem and self-confidence

- decreasing the risk of developing diabetes, cardiovascular disease, and certain types of cancer
- increased life expectancy

CHAPTER -6

BIBLIOGRAPHY

WEBSITES: -

- https://home.openweathermap.org/api_keys
- https://www.geeksforgeeks.org/python-real-time-weather-detection-
- https://stackoverflow.com/

SEARCH ENGINES: - YAHOO, MSN, GOOGLE etc.