

Department of Computer Science & Engineering Artificial Intelligence & Machine Learning

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FUEL UP

**Computer Science & Engineering Artificial
Intelligence and Machine Learning**

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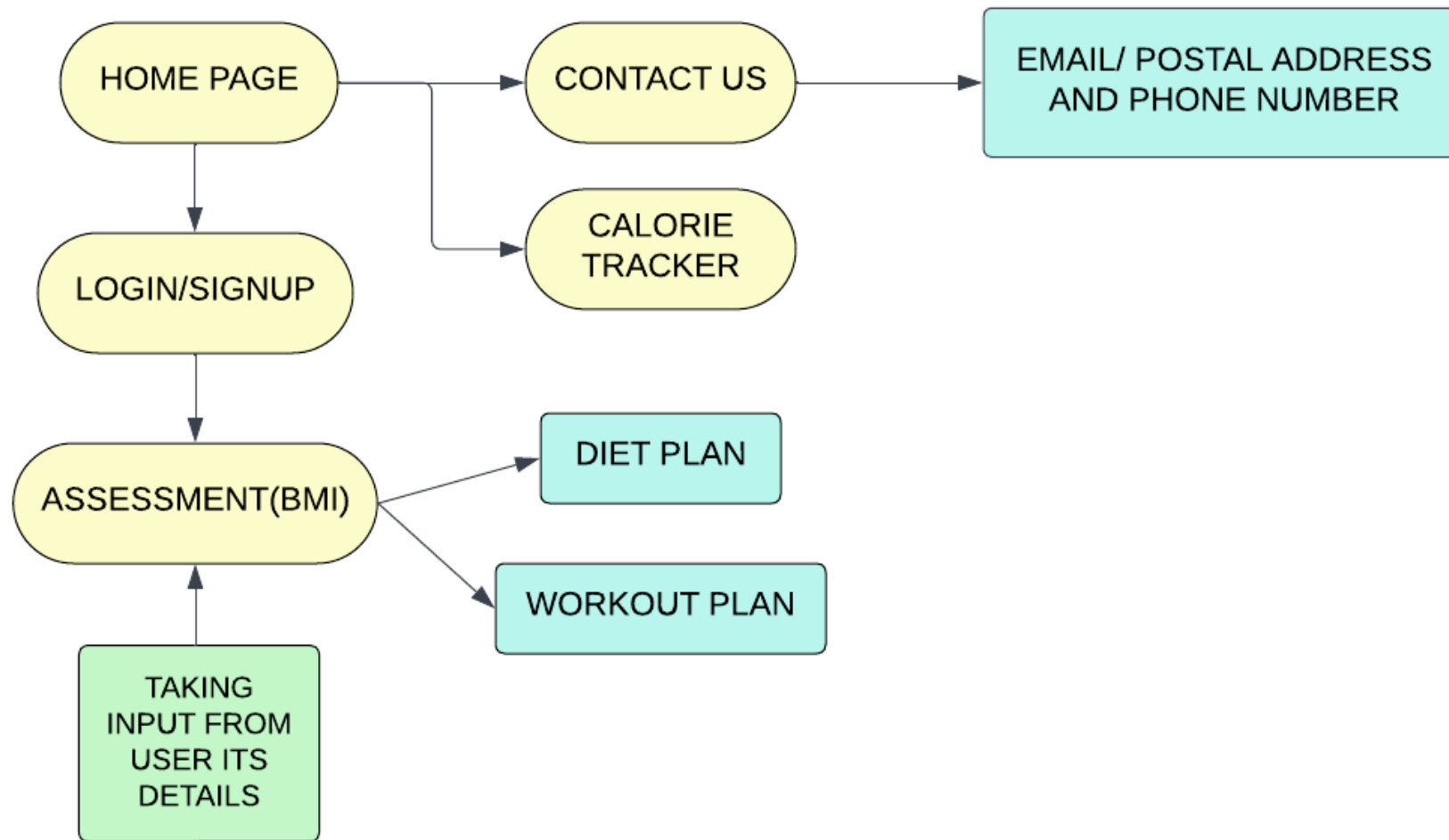
Introduction

- Our Fitness website is a user-centric solution designed to empower users on their journey towards a healthier and more active lifestyle.
- By inputting crucial data users gain access to a wealth of diet and workout recommendations that cater to their specific needs.
- With busy lifestyles and increasing health concerns, prioritizing well-being is essential. Our website offers a timely solution for personal wellness, helping individuals take control of their health, make informed choices.

Objective

- Provide valuable information about fitness, health, and nutrition thus calculating and interpret users' BMI for health assessment.
- Provide a specialized diet and workout plan regarding the users needs and current state of body.
- Implement a calorie tracking system for monitoring daily intake.
- Offer a way for users to provide feedback and seek customer support in case of issues or questions.
- Ensure data security and privacy for user information.

Block Diagram



Tools/software, Languages used

- VISUAL STUDIO
- SQL
- PHP
- PHPMYADMIN SERVER
- JAVASCRIPT
- CSS
- HTML




PROJECT WORK


Implementation

fuel up

home plans contact login

login

username 

password 

☐ remember me

login

new user?? [signup](#)

Activate Windows
Go to Settings to activate Windows.

BMI Calculator

Height (in cm):
Enter height

Weight (in kg):
Enter weight

Gender:
Male

Calculate

Activate Windows
Go to Settings to activate Windows.

Welcome, Baljeet!

[Contact](#)

[Logout](#)

FuelUp Your Personal Fitness Website

Achieve Your Fitness Journey With Us!

[Assessment](#)

e, Sujal!



Diet Plan

Tailored Nutritional Guidance To Help Users Meet Their Fitness Goals Through Healthy And Personalized Meal Recommendations

Enter



Workout Plan

Customized Exercise Routines Designed To Suit Individual Needs, Enhancing Fitness And Well-Being

Enter

Welcome, Sujal!

[Contact](#)

[Logout](#)

Contact Us

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Conclusion

- FUEL UP strives to empower users to take control of their health and fitness.
- It fills critical gaps in existing health apps, making health assessment, dietary planning, and exercise recommendations accessible and personalized.
- Later in our project we plan to add a progress report page, and various other premium features.

THANK YOU