CALORIFY-A HEALTH TRACKING WEBSITE

A CAL J-COMPONENT PROJECT REPORT

For Internet and Web Programming (ITA6003)

of

Master of Computer Application

In

Computer Application

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ABSTRACT

Balanced Diet is a control of eating habits for someone to achieve the objectives of the diet itself, either to lose weight or to gain weight. The number of calories from the food we eat every day determines whether a diet that we do may lose body weight or increase body weight. But not everyone can calculate their daily calorie consumption, because of that, many people have problems with being overweight or underweight. Therefore, a website that can calculate a person's daily caloric intake, can help someone to achieve their diet goal.

We conducted a study to identify the key topics and issues that users highlight in their reviews of diet-tracking apps on Google Play Store. Identifying the topics that users frequently mention in their reviews of these apps, along with the user ratings for each of these apps, allowed us to identify areas where further improvement of the apps could facilitate app use, and support users' weight loss and intake management efforts.

It was found that nutritionists provide the food details in the morning and people are not able to cope up with the ingredients and even in the premium membership there is a delayed response in most of the health websites.

HTML and CSS has been used for frontend with other technologies like JavaScript. PHP will be used for backend with SQL as a Database.

This website has five main features, namely the calorie tracker, diet chart, blog page and food calorie list. Therefore, users can get a variety of information about diets and calories, so it can help them to achieve their weight loss goal.

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INTRODUCTION

Globally, the prevalence of obesity has increased from 28.8 to 36.9 per cent in men and from 29.8 to 38.0 per cent in women between 2008 and 2013. Physical inactivity and nutritional transition along with increased consumption of refined carbohydrates, processed foods, change in the type and amount of fats has led to the increased prevalence of overweight and obesity in India over the past decade. While on one hand proliferation of information and communication technologies (ICTs), more profusely that of mobile phones, is blamed in part for physical inactivity and associated lifestyle diseases, on the other, researchers have been increasingly documenting the use of mobile phones as Behaviours Change Communication (BCC) tools for encouraging physical activity and healthy diets, fight depression, quit smoking and manage diabetes and other non-communicable diseases (NCDs). The advances in mobile technology have led to the concept of mobile-health (mHealth) and use of mobile phones as an important platform for the delivery of health communication interventions. Multiple studies have shown the successful use of mHealth in managing various health conditions.

With 220 million users, India ranks second in the world smartphone market surpassing the US market. Indian Council for Research on International Economic Relations has reported that 90 percent of smartphone users use apps (mobile applications). It was estimated that the number of mobile health applications available to consumers was more than 165,000 in 2015.Thousands of calorie counting apps developed in various countries are available in the mobile play stores claiming to help in weight management. However, the number of studies that analysed their quality and effectiveness is very limited in developing countries, and no such study has been done in India. Using the following research, we had developed an app using html, CSS, java script as frontend and php and MySQL as backend.

1.1 Motivation

Proper nutrition is a means of ingesting conduct for a person to obtain the goals of the food regimen itself, both to shed pounds or to gain weight. The quantity of energy from the food we devour each day determines whether a diet that we do may additionally lose body weight or growth frame weight. but no longer anybody can calculate their daily calorie consumption, due to that, many human beings have issues with being overweight or underweight. Therefore, a website which can calculate a person's daily caloric consumption, can assist someone to acquire their weight loss plan purpose. This is the main motive of the site.

1.2 Issues

The main issue with other websites targeting Western food culture is to consider. Calorify has added food types to suit local needs. Even the ingredients and premium membership experience lags behind most health websites. That's why we created a website based on the needs of our users.

Problem Definition

2.1 Critical Issues

People with intellectual disabilities (ID) have a high prevalence of physical inactivity and high rates of preventable health conditions, including obesity and cardiovascular disease. Increased participation in fitness and wellness activities can improve their overall health and well-being. However, many fitness and wellness organizations do not know how to effectively serve this population nor how fitness and wellness organizations do not know how to effectively serve this population nor how to support their inclusion into their programs.

Obesity is a complex disease involving an excessive amount of body fat. Obesity isn't just a cosmetic concern. It's a medical problem that increases the risk of other diseases and health problems, such as heart disease, diabetes, high blood pressure and certain cancers.

There are many reasons why some people have difficulty losing weight. Usually, obesity results from inherited, physiological and environmental factors, combined with diet, physical activity and exercise choices.

Being inactive can lead to fatty material building up in your arteries (the blood vessels that carry blood to your organs). If the arteries that carry blood to your heart get damaged and clogged, it can lead to a heart attack. If this happens in the arteries that carry blood to your brain it can lead to a stroke. The good news is there are many ways to reduce the risk of this happening.

2.2 Problem Description

The main problem with other website it is designed with western food culture keep in mind, with Calorify we added the type of food according to local needs. It was found that nutritionists provide the food details in the morning and people are not able to cope up with the ingredients and even in the premium membership there is a delayed response in most of the health websites. So we haver created a website for keeping health record of the persons.

Project Description

3.1 List of Modules

1. Customer/Client
2. UI/UX designer
3. Database administrator
4. Nutritionist
5. Blogger
6. Admin

3.2 Requirement Specification

3.2.1 Software Requirement

1. Text Editor
2. MySQL
3. Xampp
4. Web browser

3.2.2 Hardware Requirement

1. Personal Computer

   operating system requirements → windows xp and above

   ram-> 4gb and above

2. Mobile

   ram->1 gb and above

   browser-> chrome browser or Firefox browser required

3. Internet

   250kbps + required for fast loading

3.3 Module Description (Stakeholders)

1. CUSTOMER/CLIENT

The customer inputs the weight and height frequently to let the nutritionist know about what to prescribe next.

People who track food achieve more than double the average weight loss and members lose weight 3x faster when doing it with friends. Calorify combines these to create the most powerful solution for healthy, sustainable weight loss.

2. UX Designers

A UI designer is responsible for creating interactive programs that enhance a customer's experience with a brand and facilitate an enjoyable experience on the business's website. UI designers also need to have a working understanding of coding and transfer the brand's strength through the interface of a product.

3. DATABASE ADMINISTRATOR

Database administrators are responsible for accurately and securely using, maintaining and developing computerised databases within a wide range of public and private sector organisations. . Maintaining the PHP and MySQL connection .It is responsible for securing customer login data and personal info. And maintaining the information if the user is revisiting the website.

4. NUTRITIONIST

- If clients require further assistance, they can contact the nutritionist.
- Nutritionists will provide a brief information about how much calories need to be buried and different methods by which calories can be burnt or increased.
- Advising and presenting a balanced nutritional strategy.
- Discussing and advising on weight-management plans.
- Assisting clients with nutritional goals and offering a sound nutritional plan for optimising health.
- Recognizing appropriate behavioural-change modifications and dietary approaches for different ages and populations.

5. Blogger

It adds latest blogs about the food related thing and also updates what are the myths and reality of diet. It is mainly responsible for maintaining the blog page of the website. Blog page contents are created and managed by the blogger, the person who was hired.

6. Admin

He is the person maintaining the whole site, if anything has gone wrong every other stakeholder will go through admin for help. Any data published or being added to website is done after being supervised by the admin.

ARCHITECTURE DIAGRAM

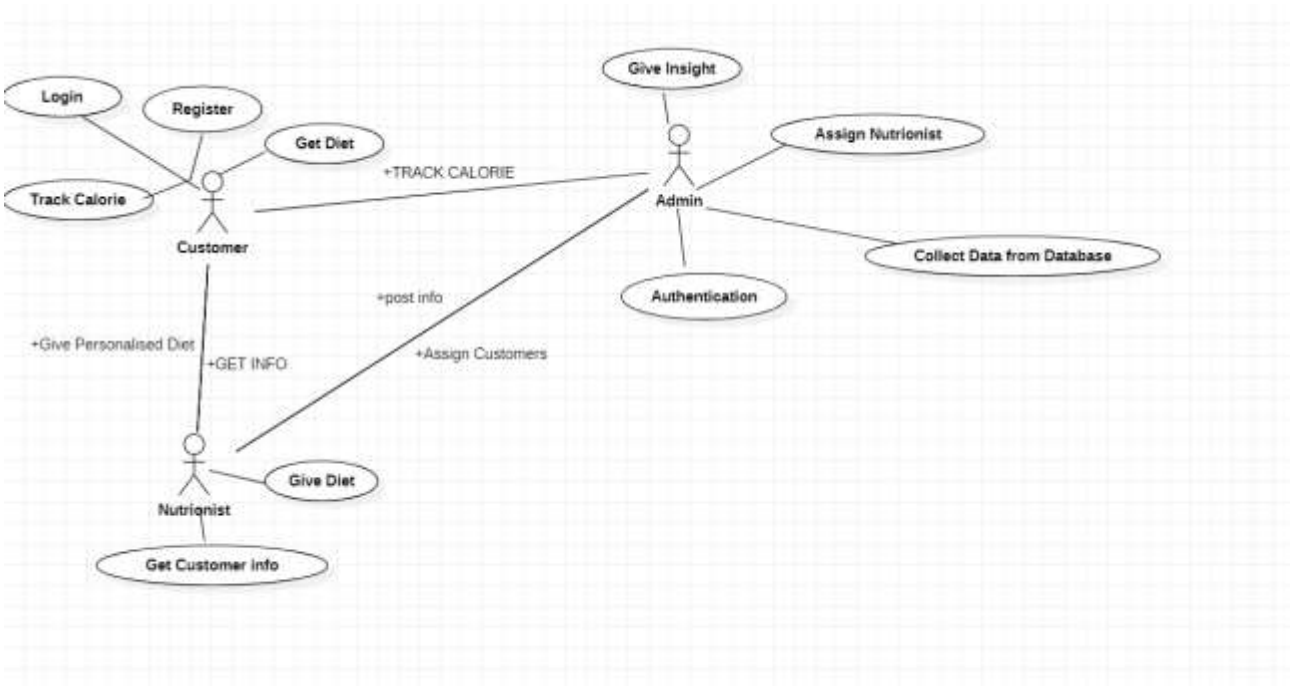


Fig 1

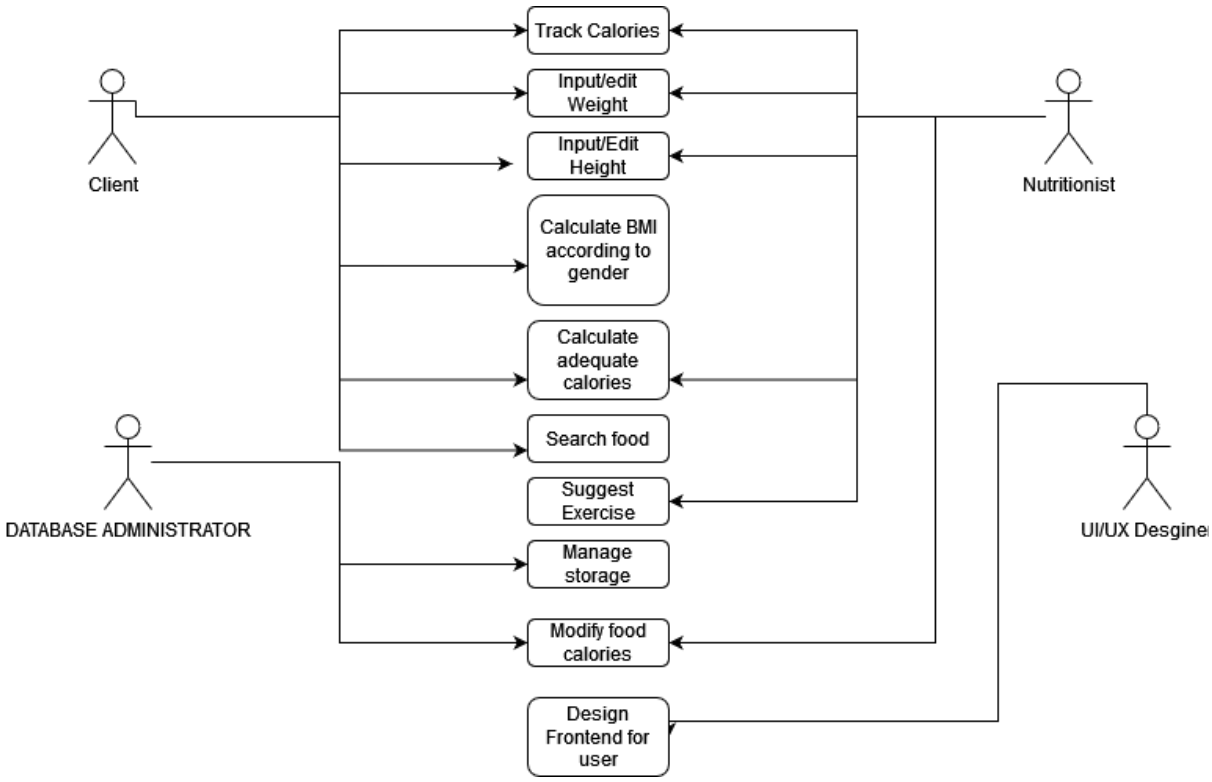

Track Calories
Input/edit Weight
Input/Edit Height
Calculate BMI according to gender
Calculate adequate calories
Search food
Suggest Exercise
Manage storage
Modify food calories
Design Frontend for user
Client
Nutritionist
DATABASE ADMINISTRATOR
UI/UX Desginer

Fig 2

DATABASE DESIGN

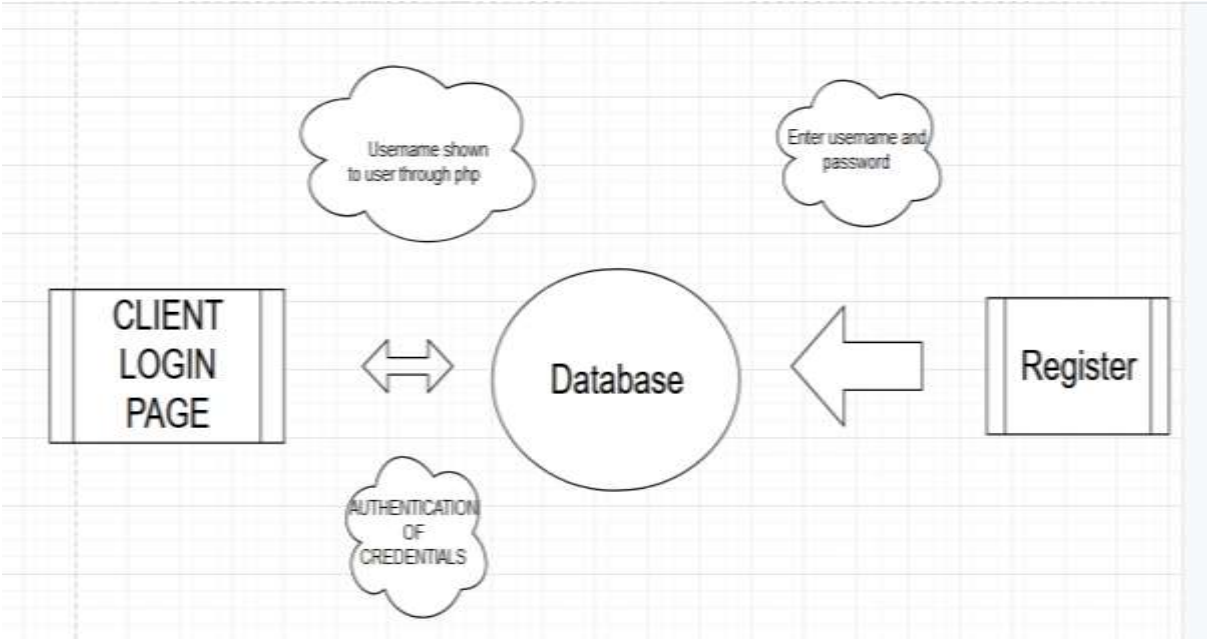


Fig3

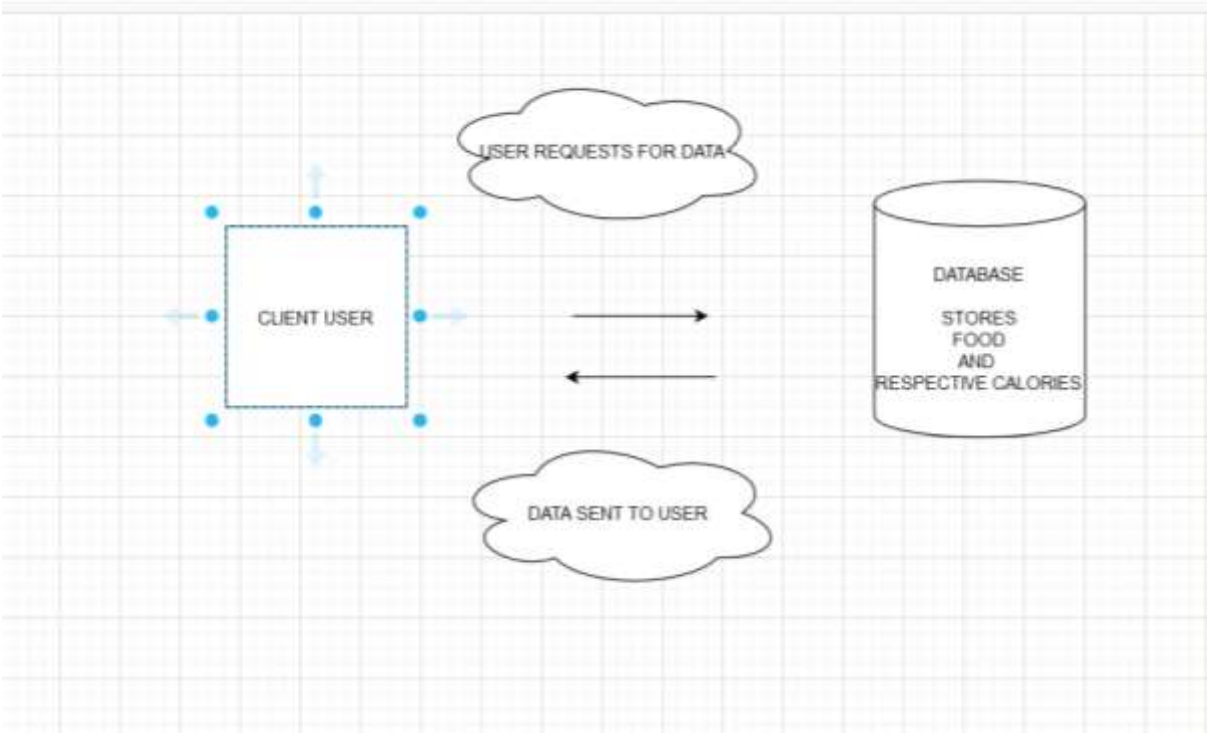


Fig4

IMPLEMENTATION OF PROJECT

4.1 Sample Code

Login.php

```php
<?php

session_start();



  include("connection.php");
  include("functions.php");


  if($_SERVER['REQUEST_METHOD'] == "POST")
  {
    //something was posted
    $user_name = $_POST['login'];
    $password = $_POST['password'];
    $_SESSION['user']=$_POST['login'];


    if(!empty($user_name) && !empty($password) && !is_numeric($user_name))
    {

      //read from database
      $query = "select * from users where user_name = '$user_name' limit 1";
      $result = mysqli_query($con, $query);

      if($result)
      {
        if($result && mysqli_num_rows($result) > 0)
        {

          $user_data = mysqli_fetch_assoc($result);

          if($user_data['password'] === $password)
          {
            $_SESSION['user_name']=$_POST['login'];
            $_SESSION['user_id'] = $user_data['user_id'];
            header("Location: terminal.php");
```

```
            die;
          }
        }
      }

      echo "wrong username or password!";
    }else
    {
      echo "wrong username or password!";
    }
  }

?>

<html>
    <head>
       <meta name="viewport" content="with=device-width,intial-scale=1.0">
       <title>Login</title>
       <link rel="stylesheet" href="s.css">
       <link rel="preconnect" href="https://fonts.googleapis.com">
<link rel="preconnect" href="https://fonts.gstatic.com" crossorigin>
<link rel="icon" type="image/png" href="C:\Users\avnee\Desktop\cr\PR2\favicon-
16x16.png">
<link
href="https://fonts.googleapis.com/css2?family=BIZ+UDPMincho&display=swap"
rel="stylesheet">




<style type="text/css">

  body {
  font: 13px/20px "Lucida Grande", Tahoma, Verdana, sans-serif;
  color: #404040;
  background: #0ca3d2;
}

.login {
  height: 350px;
  position: relative;
  margin: 30px auto;
  padding: 20px 20px 20px;
  width: 310px;
  background: white;
  border-radius: 3px;
```

```
  -webkit-box-shadow: 0 0 200px rgba(255, 255, 255, 0.5), 0 1px 2px rgba(0, 0, 0, 0.3);
   box-shadow: 0 0 200px rgba(255, 255, 255, 0.5), 0 1px 2px rgba(0, 0, 0, 0.3);
}

.login:before {
  content: '';
  position: absolute;
  top: -8px;
  right: -8px;
  bottom: -8px;
  left: -8px;
  z-index: -1;
  background: rgba(0, 0, 0, 0.08);
  border-radius: 4px;
}

.login h1 {

  margin: -20px -20px 21px;
  line-height: 40px;
  font-size: 15px;
  font-weight: bold;
  color: #555;
  text-align: center;
  text-shadow: 0 1px white;
  background: #f3f3f3;
  border-bottom: 1px solid #cfcfcf;
  border-radius: 3px 3px 0 0;
  background-image: -webkit-linear-gradient(top, whiteffd, #eef2f5);
  background-image: -moz-linear-gradient(top, whiteffd, #eef2f5);
  background-image: -o-linear-gradient(top, whiteffd, #eef2f5);
  background-image: linear-gradient(to bottom, whiteffd, #eef2f5);
  -webkit-box-shadow: 0 1px whitesmoke;
  box-shadow: 0 1px whitesmoke;
}

.login p {
  margin: 20px 0 0;
}

.login p:first-child {
  margin-top: 0;
}

.login input[type=text], .login input[type=password] {
  width: 278px;
```

```
}

.login p.remember_me {
  float: left;
  line-height: 31px;
}

.login p.remember_me label {
  font-size: 12px;
  color: #777;
  cursor: pointer;
}

.login p.remember_me input {
  position: relative;
  bottom: 1px;
  margin-right: 4px;
  vertical-align: middle;
}

.login p.submit {
  text-align: right;
}

.login-help {
  margin: 20px 0;
  font-size: 11px;
  color: white;
  text-align: center;
  text-shadow: 0 1px #2a85a1;
}

.login-help a {
  color: #cce7fa;
  text-decoration: none;
}

.login-help a:hover {
  text-decoration: underline;
}

:-moz-placeholder {
  color: #c9c9c9 !important;
  font-size: 13px;
}

::-webkit-input-placeholder {
  color: #ccc;
```

```
  font-size: 13px;
}

input {
  font-family: 'Lucida Grande', Tahoma, Verdana, sans-serif;
  font-size: 14px;
}

input[type=text], input[type=password] {
  margin: 5px;
  padding: 0 10px;
  width: 200px;
  height: 34px;
  color: #404040;
  background: white;
  border: 1px solid;
  border-color: #c4c4c4 #d1d1d1 #d4d4d4;
  border-radius: 2px;
  outline: 5px solid #eff4f7;
  -moz-outline-radius: 3px;
  -webkit-box-shadow: inset 0 1px 3px rgba(0, 0, 0, 0.12);
  box-shadow: inset 0 1px 3px rgba(0, 0, 0, 0.12);
}

input[type=text]:focus, input[type=password]:focus {
  border-color: #7dc9e2;
  outline-color: #dceefc;
  outline-offset: 0;
}

input[type=submit] {

  width: 250px;
  padding: 0 18px;
  height: 29px;
  font-size: 12px;
  font-weight: bold;
  color: #527881;
  text-shadow: 0 1px #e3f1f1;
  background: #cde5ef;
  border: 1px solid;
  border-color: #b4ccce #b3c0c8 #9eb9c2;
  border-radius: 16px;
  outline: 0;
  -webkit-box-sizing: content-box;
  -moz-box-sizing: content-box;
  box-sizing: content-box;
  background-image: -webkit-linear-gradient(top, #edf5f8, #cde5ef);
```

```
  background-image: -moz-linear-gradient(top, #edf5f8, #cde5ef);
  background-image: -o-linear-gradient(top, #edf5f8, #cde5ef);
  background-image: linear-gradient(to bottom, #edf5f8, #cde5ef);
  -webkit-box-shadow: inset 0 1px white, 0 1px 2px rgba(0, 0, 0, 0.15);
  box-shadow: inset 0 1px white, 0 1px 2px rgba(0, 0, 0, 0.15);
}

input[type=submit]:active {
  background: #cde5ef;
  border-color: #9eb9c2 #b3c0c8 #b4ccce;
  -webkit-box-shadow: inset 0 0 3px rgba(0, 0, 0, 0.2);
  box-shadow: inset 0 0 3px rgba(0, 0, 0, 0.2);
}

.lt-ie9 input[type=text], .lt-ie9 input[type=password] {
  line-height: 34px;
}
.signup{
  top:570px;
  position: absolute;
  left: 660px;
  }
  .signup a{
    color: #51bec8 ;
  }
</style>









</head>
  <body>
      <section class="header">
      <nav>
            <a class="logo" href="index.html">Calo<span>rify</span></a>
            <div class="nav-links">
               <ul>
               <li><a href="terminal.php">HOME</a></li>
          <li><a href="about.php">ABOUT</a></li>
          <li><a href="search.php">TRACK CALORIE</a></li>
          <li><a href="blogpage.php">BLOG</a></li>
```

```
          <li><a href="Contact.html">CONTACT</a></li>
              </ul>
         </nav>

         <div class="login">
          <h1>Login to Web App</h1>
          <form method="post">
            <p><input type="text" name="login" value="" placeholder="Username
or Email"></p>
                      <p><input   type="password"   name="password"   value=""
placeholder="Password"></p>
            <p class="remember_me">
              <label>
                <input type="checkbox" name="remember_me" id="remember_me">
                Remember me on this computer
              </label>
            </p>
                    <p   class="submit"><input   type="submit"   name="commit"
value="Login"></p>
          </form>
        </div>
        <div>
           <p class="signup">New User <a id="whitest" href="signup.php">Sign
Up</a></p>
        </div>
        <div class="login-help">
                                    <p>Forgot      your      password?      <a
href="C:\Users\avnee\Desktop\cr\PR2\forgot.html">Click    here    to    reset
it</a>.</p>
        </div>









      <footer>
        <div class="row primary">
          <div class="column about">

          <h3>CALORIFY</h3>

           <p class="foot">
             Calorify is an Indian digital health and wellness platform that
provides services such as calorie tracking, one-on-one nutrition and fitness
coaching, and diet and workout plans. Developed for both Android and iOS
```

```
platforms, the app takes a holistic lifestyle tracking approach to keep users
engaged and motivated.
          </p>

          <div class="social">
            <i class="fa-brands fa-facebook-square"></i>
            <i class="fa-brands fa-instagram-square"></i>
            <i class="fa-brands fa-twitter-square"></i>
            <i class="fa-brands fa-youtube-square"></i>
            <i class="fa-brands fa-whatsapp-square"></i>
          </div>
        </div>

        <div class="column links">
        <h3>Links</h3>

         <ul class="foot">

          <li>
          <li><a href="terminal.php">HOME</a></li>
           <li><a href="about.php">ABOUT</a></li>
           <li><a href="search.php">TRACK CALORIE</a></li>
           <li><a href="blogpage.php">BLOG</a></li>
           <li><a href="Contact.html">CONTACT</a></li>
         </ul>

        </div>


        <div class="column links">
          <h3>Links</h3>
           <ul class="foot">
            <li>
             <a href="#faq">F.A.Q</a>
            </li>
            <li>
             <a href="#cookies-policy">Cookies Policy</a>
            </li>
            <li>
            <a href="#terms-of-services">Terms Of Service</a>
            </li>
            <li>
            <a href="#support">Support</a>
            </li>
          </ul>
        </div>

        <div class="column subscribe">
```

```
          <h3>Newsletter</h3>
           <div>
            <input type="email" placeholder="Your email id here" />
            <button class="b1">Subscribe</button>
           </div>

         </div>

         </div>
         <div class="row copyright">
           <div class="footer-menu">
         <!--


           <a href="">Home</a>
           <a href="">About</a>
           <a href="">Contact</a>
           <a href="">Blog</a>
           <a href="">Social</a>

           </div>-->
            <p id="pari">Copyright &copy; 2022 Calorify</p>
         </div>
         </footer>
     </div>
   </body>
</html>
```

Signup.php

```
<?php
session_start();

  include("connection.php");
  include("functions.php");


  if($_SERVER['REQUEST_METHOD'] == "POST")
  {
    //something was posted
    $user_name = $_POST['user_name'];
    $password = $_POST['password'];

    if(!empty($user_name) && !empty($password) && !is_numeric($user_name))
    {

      //save to database
      $user_id = random_num(20);
         $query  =  "insert  into  users  (user_id,user_name,password)  values
('$user_id','$user_name','$password')";

      mysqli_query($con, $query);

      header("Location: login.php");
      die;
    }else
    {
      echo "Please enter some valid information!";
    }
  }
?>

<html>
    <head>
       <meta name="viewport" content="with=device-width,intial-scale=1.0">
       <title>Sign up</title>
       <link rel="stylesheet" href="s.css">
       <link rel="preconnect" href="https://fonts.googleapis.com">
<link rel="preconnect" href="https://fonts.gstatic.com" crossorigin>
<link rel="icon" type="image/png" href="C:\Users\avnee\Desktop\cr\PR2\favicon-
16x16.png">
```

```
<link
href="https://fonts.googleapis.com/css2?family=BIZ+UDPMincho&display=swap"
rel="stylesheet">




<style type="text/css">

  body {
  font: 13px/20px "Lucida Grande", Tahoma, Verdana, sans-serif;
  color: #404040;
  background: #0ca3d2;
}

.login {
  height: 350px;
  position: relative;
  margin: 30px auto;
  padding: 20px 20px 20px;
  width: 310px;
  background: white;
  border-radius: 3px;
  -webkit-box-shadow: 0 0 200px rgba(255, 255, 255, 0.5), 0 1px 2px rgba(0, 0,
0, 0.3);
   box-shadow: 0 0 200px rgba(255, 255, 255, 0.5), 0 1px 2px rgba(0, 0, 0,
0.3);
}

.login:before {
  content: '';
  position: absolute;
  top: -8px;
  right: -8px;
  bottom: -8px;
  left: -8px;
  z-index: -1;
  background: rgba(0, 0, 0, 0.08);
  border-radius: 4px;
}

.login h1 {

  margin: -20px -20px 21px;
  line-height: 40px;
  font-size: 15px;
```

```
  font-weight: bold;
  color: #555;
  text-align: center;
  text-shadow: 0 1px white;
  background: #f3f3f3;
  border-bottom: 1px solid #cfcfcf;
  border-radius: 3px 3px 0 0;
  background-image: -webkit-linear-gradient(top, whiteffd, #eef2f5);
  background-image: -moz-linear-gradient(top, whiteffd, #eef2f5);
  background-image: -o-linear-gradient(top, whiteffd, #eef2f5);
  background-image: linear-gradient(to bottom, whiteffd, #eef2f5);
  -webkit-box-shadow: 0 1px whitesmoke;
  box-shadow: 0 1px whitesmoke;
}

.login p {
  margin: 20px 0 0;
}

.login p:first-child {
  margin-top: 0;
}

.login input[type=text], .login input[type=password] {
  width: 278px;
}

.login p.remember_me {
  float: left;
  line-height: 31px;
}

.login p.remember_me label {
  font-size: 12px;
  color: #777;
  cursor: pointer;
}

.login p.remember_me input {
  position: relative;
  bottom: 1px;
  margin-right: 4px;
  vertical-align: middle;
}

.login p.submit {
  text-align: right;
}
```

```
.login-help {
  margin: 20px 0;
  font-size: 11px;
  color: white;
  text-align: center;
  text-shadow: 0 1px #2a85a1;
}

.login-help a {
  color: #cce7fa;
  text-decoration: none;
}

.login-help a:hover {
  text-decoration: underline;
}

:-moz-placeholder {
  color: #c9c9c9 !important;
  font-size: 13px;
}

::-webkit-input-placeholder {
  color: #ccc;
  font-size: 13px;
}

input {
  font-family: 'Lucida Grande', Tahoma, Verdana, sans-serif;
  font-size: 14px;
}

input[type=text], input[type=password] {
  margin: 5px;
  padding: 0 10px;
  width: 200px;
  height: 34px;
  color: #404040;
  background: white;
  border: 1px solid;
  border-color: #c4c4c4 #d1d1d1 #d4d4d4;
  border-radius: 2px;
  outline: 5px solid #eff4f7;
  -moz-outline-radius: 3px;
  -webkit-box-shadow: inset 0 1px 3px rgba(0, 0, 0, 0.12);
  box-shadow: inset 0 1px 3px rgba(0, 0, 0, 0.12);
}
```

```
input[type=text]:focus, input[type=password]:focus {
  border-color: #7dc9e2;
  outline-color: #dceefc;
  outline-offset: 0;
}

input[type=submit] {

  width: 250px;
  padding: 0 18px;
  height: 29px;
  font-size: 12px;
  font-weight: bold;
  color: #527881;
  text-shadow: 0 1px #e3f1f1;
  background: #cde5ef;
  border: 1px solid;
  border-color: #b4ccce #b3c0c8 #9eb9c2;
  border-radius: 16px;
  outline: 0;
  -webkit-box-sizing: content-box;
  -moz-box-sizing: content-box;
  box-sizing: content-box;
  background-image: -webkit-linear-gradient(top, #edf5f8, #cde5ef);
  background-image: -moz-linear-gradient(top, #edf5f8, #cde5ef);
  background-image: -o-linear-gradient(top, #edf5f8, #cde5ef);
  background-image: linear-gradient(to bottom, #edf5f8, #cde5ef);
  -webkit-box-shadow: inset 0 1px white, 0 1px 2px rgba(0, 0, 0, 0.15);
  box-shadow: inset 0 1px white, 0 1px 2px rgba(0, 0, 0, 0.15);
}

input[type=submit]:active {
  background: #cde5ef;
  border-color: #9eb9c2 #b3c0c8 #b4ccce;
  -webkit-box-shadow: inset 0 0 3px rgba(0, 0, 0, 0.2);
  box-shadow: inset 0 0 3px rgba(0, 0, 0, 0.2);
}

.lt-ie9 input[type=text], .lt-ie9 input[type=password] {
  line-height: 34px;
}
.signup{
  top:550px;
  position: absolute;
  left: 308px;
  }
  .signup a{
```

```
    color: #51bec8 ;
  }
</style>









</head>
  <body>
      <section class="header">
         <nav>
         <a href="terminal.php" class="logo"><span>Calo</span>rify</a>
             <div class="nav-links">
                <ul>
                    <li><a href="terminal.php">HOME</a></li>
                    <li><a href="about.php">ABOUT</a></li>
                    <li><a href="search.php">TRACK CALORIE</a></li>
                    <li><a href="blogpage.php">BLOG</a></li>
                    <li><a href="Contact.html">CONTACT</a></li>
                </ul>
         </nav>

         <div class="login">
          <h1>Register</h1>
          <form method="post" action="">
                          <p><input   type="text"   name="user_name"   value=""
placeholder="Username" pattern="[A-Za-z]{3,10}" min=3 required></p>

                        <p><input   type="password"   name="password"   value=""
placeholder="Password" pattern="[A-Za-z]{3,10  }" required></p>



                     <p   class="submit"><input   type="submit"   name="commit"
value="Login"></p>
           </form>
        </div>
        <div>
```

```
    <footer>
      <div class="row primary">
        <div class="column about">

        <h3>CALORIFY</h3>

         <p class="foot">
          Calorify is an Indian digital health and wellness platform that
provides services such as calorie tracking, one-on-one nutrition and fitness
coaching, and diet and workout plans. Developed for both Android and iOS
platforms, the app takes a holistic lifestyle tracking approach to keep users
engaged and motivated.
         </p>

         <div class="social">
           <i class="fa-brands fa-facebook-square"></i>
           <i class="fa-brands fa-instagram-square"></i>
           <i class="fa-brands fa-twitter-square"></i>
           <i class="fa-brands fa-youtube-square"></i>
           <i class="fa-brands fa-whatsapp-square"></i>
         </div>
       </div>

       <div class="column links">
       <h3>Links</h3>

        <ul class="foot">

         <li>
           <li><a href="terminal.php">HOME</a></li>
           <li><a href="about.php">ABOUT</a></li>
           <li><a href="search.php">TRACK CALORIE</a></li>
           <li><a href="blogpage.php">BLOG</a></li>
           <li><a href="Contact.html">CONTACT</a></li>
        </ul>

       </div>


       <div class="column links">
         <h3>Links</h3>
          <ul class="foot">
           <li>
```

```
            <a href="#faq">F.A.Q</a>
           </li>
           <li>
            <a href="#cookies-policy">Cookies Policy</a>
           </li>
           <li>
           <a href="#terms-of-services">Terms Of Service</a>
           </li>
           <li>
           <a href="#support">Support</a>
           </li>
         </ul>
       </div>

       <div class="column subscribe">
        <h3>Newsletter</h3>
         <div>
          <input type="email" placeholder="Your email id here" />
          <button class="b1">Subscribe</button>
         </div>

       </div>

       </div>
       <div class="row copyright">
         <div class="footer-menu">
       <!--


         <a href="">Home</a>
         <a href="">About</a>
         <a href="">Contact</a>
         <a href="">Blog</a>
         <a href="">Social</a>

         </div>-->
         <p id="pari">Copyright &copy; 2022 Calorify</p>
       </div>
       </footer>
   </div>
  </body>
</html>
```

Terminal.php

```php
<?php

session_start();

// echo "<table border='1px'>";

// print_r($_SESSION['user']);

// echo "</table>";
?>

<html>
    <head>
       <meta name="viewport" content="with=device-width,intial-scale=1.0">
       <title>Home </title>
       <link rel="stylesheet" href="s.css">
       <link rel="preconnect" href="https://fonts.googleapis.com">

<link rel="icon" type="image/png" href="C:\Users\avnee\Desktop\cr\PR2\favicon-16x16.png">
<link rel="manifest" href="/site.webmanifest">
<link
href="https://fonts.googleapis.com/css2?family=BIZ+UDPMincho&display=swap"
rel="stylesheet">
<script>(function(w, d) { w.CollectId = "62a0956c7fd5da5e20c63630"; var h = d.head || d.getElementsByTagName("head")[0]; var s = d.createElement("script"); s.setAttribute("type", "text/javascript"); s.async=true; s.setAttribute("src", "https://collectcdn.com/launcher.js"); h.appendChild(s); })(window, document);</script>
    </head>
  <body>
      <section class="header">
         <nav>
         <a href="terminal.php" class="logo"><span>Calo</span>rify</a>
             <div class="nav-links">
                <ul>
                    <li><a href="terminal.php">HOME</a></li>
                    <li><a href="logout.php">LOG OUT</a></li>
                    <li><a href="search.php">TRACK CALORIE</a></li>
```

```
                    <li><a href="blogpage.php">BLOG</a></li>
                    <li><a href="about.php">ABOUT</a></li>
                              <li><a  href="terminal.php">Hi  <?php  print_r("
".$_SESSION['user'])?></a></li>
                </ul>
            </nav>

              <div class="text-box">

              <h1>Calorie Tracking Website</h1>
                <p>Making people to learn about the amount of calorie<br> people
eat in one place</p>
                     <br><br><a  href="C:\Users\avnee\Desktop\cr\PR2\track.html"
class="hero-btn" align="center">Visit Us To Know More</a>
        </section>
        <section class="course">
            <h1>Our Success Stories</h1>

            <div class="row">
                <div class="course-col">
                    <h3>Rachna Vadhera</h3>
                    <p>
                      27-year old Homemaker. Mother. Lost post-pregnancy weight
                       "I had made up my mind that I had to lose weight. I was
seeking guidance when I found Calorify online</p>
                </div>
                <div class="course-col">
                  <h3>Rashi Kathuria</h3>
                    <p>
                      An online entrepreneur and homemaker who lost 17 kg while
struggling with PCOD

                     "If I could do it, I believe anybody can. All you need is
dedication and the right kind of guidance like Calorify."</p>
              </div>
              <div class="course-col">
                  <h3>Shashank Shekhar</h3>
                    <p>
                        32-year old, IT professional who lost 12 kg and ran a
marathon!

                         "Once I started training under Calorify's coaches, I
realised how easy it was to lose weight"</p>
              </div>

            </div>
```

```
      </section>



      <footer>
        <div class="row primary">
          <div class="column about">

          <h3 class="foot">CALORIFY</h3>

           <p class="foot">
             <br>

             Calorify is an Indian digital health and wellness platform that
provides services such as calorie tracking, one-on-one nutrition and fitness
coaching, and diet and workout plans. Developed for both Android and iOS
platforms, the app takes a holistic lifestyle tracking approach to keep users
engaged and motivated.
          </p>

          <div class="social">
            <i class="fa-brands fa-facebook-square"></i>
            <i class="fa-brands fa-instagram-square"></i>
            <i class="fa-brands fa-twitter-square"></i>
            <i class="fa-brands fa-youtube-square"></i>
            <i class="fa-brands fa-whatsapp-square"></i>
          </div>
        </div>

        <div class="column links">
        <h3>Links</h3>

         <ul class="foot">

          <li>
            <li><a href="terminal.php">HOME</a></li>
            <li><a href="about.php">ABOUT</a></li>
            <li><a href="search.php">TRACK CALORIE</a></li>
            <li><a href="blogpage.php">BLOG</a></li>
            <li><a href="Contact.html">CONTACT</a></li>
         </ul>

        </div>



        <div class="column links">
          <h3>Links</h3>
           <ul class="foot">
```

```
            <li>
             <a href="payment.html">PAYMENT</a>
            </li>
            <li>
             <a href="DIET.php">DIET</a>
            </li>
            <li>
            <a href="#terms-of-services"></a>
            </li>
            <li>
            <a href="#support"></a>
            </li>
          </ul>
        </div>

        <div class="column subscribe">
         <h3>Newsletter</h3>
          <div>
           <input type="email" placeholder="Your email id here" />
           <button class="b1">Subscribe</button>
          </div>

        </div>

        </div>
        <div class="row copyright">
          <div class="footer-menu">
        <!--


          <a href="">Home</a>
          <a href="">About</a>
          <a href="">Contact</a>
          <a href="">Blog</a>
          <a href="">Social</a>

          </div>-->
           <p id="pari">Copyright &copy; 2022 Calorify</p>
        </div>
        </footer>
    </div>
  </body>
</html>
```

S.css

```
:root{
  --teal:#30d2be;
  --blue:#3584a7;
  --light-color:#777;
  --border:.1rem solid rgba(0,0,0,.2);
  --box-shadow:0 .5rem 1rem rgba(0,0,0,.1);
}
*{
    margin: 0;
    padding: 0;
}
.header{
    min-height: 100vh;
    width: 100%;
                                        background-image:                  linear-
gradient(#5B7FFF,#33CCFC),url("C:\Users\avnee\Desktop\food.jpg");
    background-position: center;
    background-size: cover;
    position: relative;
}
.track
{
border:2px solid red;
padding: 10px;
text-align: center;
}

#legen
{
    margin-left: 45%;
}

nav{
    display: flex;
    padding: 2% 6%;
    justify-content: space-between;
    align-items: center;
```

```
}
nav-img{
    width: 150px;
}
nav-links{
    flex: 1;
    text-align: right;

}
#pari
{
  color:white;
}

.nav-links li{
    list-style: none;
    display: inline-block;
    padding: 8px 12px;
    position: relative;


}
.nav-links ul li a{
    color: #fff;
    text-decoration: none;
    font-size:13px ;
}
.nav-links ul li::after{
    content: '';
    width: 0%;
    height:2px;
    background: #f44336;
    display: block;
    margin: auto;
    transition: 0.5s;
}
.nav-links ul li:hover::after{
    width:100%;
    color:#c7940a;
}
.text-box{
    width: 90%;
    color: #fff;
    position: absolute;
    top: 50%;
    left: 50%;
    transform: translate(-50%,-50%);
    text-align: center;
```

```
}
.text-box h1{
    font-size: 57px;
}
.text-box p{
    margin: 10px 0 40 px;
    font-size: 14px;
    color: #fff;
}
.hero-btn{
    display: inline-block;
    text-decoration: none;
    color: #fff;
    border: 1px solid #fff;
    padding: 12px 34px;
    font-size: 13px;
    background: transparent;
    position: relative;
    cursor: pointer;
}
.hero-btn:hover{
    border: 1px solid #f13628;
    background: #ee3629;
    transition: 1s ;
}

/*----------footer----------------*/
footer {
    background-image:linear-gradient(black,GREY);
    color: #a7a7a7;
    font-size: 16px;
  }
  footer * {
    font-family: "Poppins", sans-serif;
    box-sizing: border-box;
    border: none;
    outline: none;
  }
  .row {
    padding: 1em 1em;
  }
  .row.primary {
    display: grid;
    grid-template-columns: 2fr 1fr 1fr 2fr;
    align-items: stretch;
  }
  .column {
    width: 100%;
```

```
  display: flex;
  flex-direction: column;
  padding: 0 2em;
  min-height: 15em;
}
h3 {
  width: 100%;
  text-align: left;
  color: white;
  font-size: 1.4em;
  white-space: nowrap;
}
.foot{
  list-style: none;
  display: flex;
  flex-direction: column;
  padding: 0;
  margin: 0;
  color: white;
}
li:not(:first-child) {
  margin-top: 0.8em;
}
#whitest
{
  color: white;
}
ul li a {
  color: #a7a7a7;
  text-decoration: none;
}
ul li a:hover {
  color: greenyellow;
}
.about p {
  text-align: justify;
  line-height: 2;
  margin: 0;
}
input,
.b1 {
  font-size: 1em;
  padding: 1em;
  width: 100%;
  border-radius: 5px;
  margin-bottom: 5px;
}
.b1 {
```

```
  background-color: #c7940a;
  color: #ffffff;
}
div.social {
  display: flex;
  justify-content: space-around;
  font-size: 2.4em;
  flex-direction: row;
  margin-top: 0.5em;
}
.logo{
  color: #ebe7e0;
  font-size: 2.5rem;
  margin-right: auto;
  font-weight: 400;
}

.logo span{
  color:#69debb;
  font-weight: 400;
}
.social i {
  color: #bac6d9;
}

.copyright {
  color: #bac6d9;
  padding: 0.3em 1em;
  background-color: #25262e;
}
.footer-menu{
  float: left;
    margin-top: 10px;
}

.footer-menu a{
  color: #cfd2d6;
  padding: 6px;

  text-decoration: none;
}
.footer-menu a:hover{
  color: #27bcda;
}
.copyright p {
  font-size: 0.9em;
  text-align: right;
}
```

```
  /* @media screen and (max-width: 850px) {
    .row.primary {
      grid-template-columns: 1fr;
    } */




/*-------course-------*/
.course{
    width: 80%;
    margin: auto;
    text-align: center;
    padding-top: 100px;

}
h1{
    font-size: 36px;
    font-weight: 600;
}
p{
    color: #000;
    font-size: 14px;
    font-weight: 300;
    line-height: 22px;
    padding: 10px;
}
.row{
    margin-top:5%;
    display: flex;
    justify-content: space-between;

}
.course-col{
    flex-basis: 31%;
    background: #fff3f3;
    border-radius: 10px;
    margin-bottom: 5%;
    padding: 20px 12px;
    box-sizing: border-box;
    transition: 0.5s;
}
h3{
    text-align: center;
    font-weight: 600;
    margin: 10px 0;
    color: #000;
```

```
}
.course-col:hover{
  box-shadow: 0 0 20px 0px rgba(0,0,0,0.2);
}

/*------About us page----*/
.sub-header{
    height: 50vh;
    width: 100%;

                                                background-image:          linear-
gradient(#5B7FFF,#33CCFC),url("C:\Users\avnee\Desktop\food.jpg");
   height: 50%;
}
#heads
{

    font-size: 20px;
    color: red;
    background-color:rgb(60, 183, 183);
    border: 2px black solid;
}
```

Blogpage.php

```
<header class="header">

    <a href="#" class="logo">Calorify</a>

    <nav class="navbar">
        <ul>
            <a href="terminal.php">HOME</a>
            <a href="about.php">ABOUT</a>
            <a href="search.php">TRACK CALORIE</a>
            <a href="blogpage.php">BLOG</a>
            <a href="Contact.html">CONTACT</a>
            <!--<a href="">Hi <?php print_r(" ".$_SESSION['user'])?>-->
        </ul>
    </nav>


    <form action="" class="search-form">
```

```
        <input type="search" name="" placeholder="search here..." id="search-box">
        <label for="search-box" class="fas fa-search"></label>
    </form>

</header>

<!-- header section ends -->

<!-- banner section starts  -->

<section class="hero-section">

    <div class="content-left">
        <h3>Welcome To</h3>
        <h1> Calo<span>rify</span> Food Blog</h1>
        <br>
          <p>Improve your health holistically,more consistent and experience change like never before</p>
        <button class="btn">Contact Us</button>
    </div>

    <div class="content-right">
        <img class="hero-img" src="./images/hero_img.png" alt="">
    </div>

</section>

<!-- banner section ends -->




<!-- posts section starts  -->

<section class="container" id="posts">

    <div class="posts-container">
        <div class="b_title"><h1>Blog</h1></div>
        <div class="post">
            <img src="images/blog-1.jpg" alt="" class="image">
            <div class="date">
                <i class="far fa-clock"></i>
                <span>1 May, 2022</span>
            </div>
            <h3 class="title">Food52</h3>
             <p class="text">  When it comes to the ‘official version’, so to speak, of food blogging, the culinary magazines are on top. This is literary
```

```
the case with Food52, which ranks amongst the gods of the social media food show with no less than 2.7m followers on Instagram. Like all the respected magazines out there, Food52 has its “how to” perks – we can assure you, you won’t get enough of it.

                Here you can find how you can preserve your favorite type of pumpkin, the latest trends in home design, and a hearty recipe for a cheesy green Shakshuka – all packed into beautiful stories, sufficiently long enough to keep you company over your morning coffee, and delivered to you directly by expert chefs and artistic decorators.</p>
             <p class="text"> And when you’d have had enough of indulging in the mouth-watering recipes and heart-stealing pictures, Food52 has a shop area prepared for you, also packed with home and kitchen goodies.</p>
            <div class="links">
                <a href="#" class="user">
                    <i class="far fa-user"></i>
                    <span>by calorify</span>
                </a>
                <a href="#" class="icon">
                    <i class="far fa-comment"></i>
                    <span>(45)</span>
                </a>
                <a href="#" class="icon">
                    <i class="far fa-share-square"></i>
                    <span>(29)</span>
                </a>
            </div>
        </div>

        <div class="post">
            <img src="images/blog-2.jpg" alt="" class="image">
            <div class="date">
                <i class="far fa-clock"></i>
                <span>2 May, 2021</span>
            </div>
            <h3 class="title">Budget Bytes</h3>
            <p class="text">
                   A self-proclaimed "food lover and number cruncher," Beth Moncel created Budget Bytes in 2009 after earning a college degree in nutritional science and working a low-paying job. She found herself unwilling to sacrifice healthy eating on a tight budget and began tracking the cost of her food, which cut her grocery bill in half.

                    More than 10 years later, Moncel's Budget Bytes boasts countless healthy, budget-friendly recipes, instructional how-tos, pantry staples, and meal prep content. Budget Bytes became a cookbook in 2014, and in 2016, the blog won the Best How-To Food Blog Award from Saveur magazine.
```

```
                Every Budget Bytes recipe includes the cost per recipe and
cost per serving. There's also a Budget Bytes app that includes features like
step-by-step photos, built-in timers, and adjustable serving sizes.</p>

            <div class="links">
                <a href="#" class="user">
                    <i class="far fa-user"></i>
                    <span>by parichay</span>
                </a>
                <a href="#" class="icon">
                    <i class="far fa-comment"></i>
                    <span>(45)</span>
                </a>
                <a href="#" class="icon">
                    <i class="far fa-share-square"></i>
                    <span>(29)</span>
                </a>
            </div>
        </div>

        <div class="post">
            <img src="images/blog-3.jpg" alt="" class="image">
            <div class="date">
                <i class="far fa-clock"></i>
                <span>1st april, 2022</span>
            </div>
            <h3 class="title">BUILDING WELLNESS</h3>
             <p class="text">This is a blog for the average person who cares
about health and fitness.
                From interval training to running, kickboxing to Zumba, food
journaling and calorie counting, this blog will explore the methods (and
madness) of the everyday person trying to get in – and stay in – shape.
                This is not just about reaching a weight goal by a certain
deadline – although we can talk about that. This is not just about training
for a big-time event like a marathon – although we will look at that, too.
                This blog is about the daily steps on the road to health and
fitness for all of us, whether it began years ago in youth sports – or just in
the last five minutes. It’s about going to the gym, or going outside, and
getting a good workout. It’s about finding ways to shop, cook and dine in a
way that supports a healthier lifestyle.
               A warning: This blog is not written by that perfect, beautiful
trainer who bench presses Priuses and never eats Pringles. This blog will be
coming from a place of countless Weight Watchers meetings, failed attempts at
fad diets and an undiagnosed but certainly real fear of the scale.
                And yet there is always the need, after falling, to get back
up and get back to the gym. In other words, keep your Chin Up. Don’t get down
and stay down. Keep fighting.After years of covering the best professional,
```

```
collegiate and prep school athletes as a sports writer, I wanted a fitness blog for the rest of us.
</p>
            <p class="text">So, if you've ever sought a bike ride to clear your head…

                Or thrilled in the delight of finishing your first 5K ahead of the street sweepers…

                If you've ever gone to the gym instead of MC DONALDS

                Or gone to the gym after your trip to MC DONALDS

                If you've ever been so sore after working your triceps that it hurt to shampoo the next day…Or thought burpee was a brand of garden seed and planks were for pirates…Then I invite you to come back here and check out the blog, post your comments and suggestions and share your struggles and triumphs. Or, just laugh at and make fun of mine.</p>
            <div class="links">
                <a href="#" class="user">
                    <i class="far fa-user"></i>
                    <span>by avneet</span>
                </a>
                <a href="#" class="icon">
                    <i class="far fa-comment"></i>
                    <span>(45)</span>
                </a>
                <a href="#" class="icon">
                    <i class="far fa-share-square"></i>
                    <span>(29)</span>
                </a>
            </div>
        </div>

    </div>

    <div class="sidebar">



        <div class="box">
            <h3 class="title">popular posts</h3>
            <div class="p-post">
                <a href="#">
                    <h3>01. Food52</h3>
                    <span><i class="far fa-clock"></i>1st may, 2021</span>
                </a>
                <a href="#">
```

```
                    <h3>02. Budget Bytes</h3>
                    <span><i class="far fa-clock"></i>1st may, 2021</span>
                </a>
                <a href="#">
                    <h3>03. BUILDING WELLNESS</h3>
                    <span><i class="far fa-clock"></i>1st may, 2021</span>
                </a>

            </div>
        </div>

        <div class="box">
            <h3 class="title">popular tags</h3>
            <div class="tags">
                <a href="#">Italian</a>
                <a href="#">Japanese</a>
                <a href="#">Chinese</a>
                <a href="#">Indian</a>
                <a href="#">American</a>
            </div>
        </div>

    </div>

</section>

<!-- posts section ends -->

<!-- contact section starts  -->

<section class="contact" id="contact">

    <form action="">
        <h3>contact us</h3>
        <div class="inputBox">
            <input type="text" placeholder="name">
            <input type="email" placeholder="email">
        </div>
        <div class="inputBox">
            <input type="number" placeholder="number">
            <input type="text" placeholder="subject">
        </div>
                <textarea   name=""   placeholder="message"   id=""   cols="30"
rows="10"></textarea>
        <input type="submit" value="send message" class="btn">
    </form>

</section>
```

```
<!-- contact section ends -->

<!-- footer section starts  -->

<section class="footer">

    <div class="follow">
        <a href="#" class="fab fa-facebook-f"></a>
        <a href="#" class="fab fa-twitter"></a>
        <a href="#" class="fab fa-instagram"></a>
        <a href="#" class="fab fa-linkedin"></a>
    </div>

     <div class="credit">created by <span> Calorify</a></span> | All rights
reserved</div>

</section>

<!-- footer section ends -->









<!-- custom js file link  -->
<script src="script2.js"></script>
```

```
</body>
</html>
```

About.php

```
<?php
session_start();
?>

<html>
    <head>
       <meta name="viewport" content="with=device-width,intial-scale=1.0">
       <title>About us </title>
       <link rel="stylesheet" href="s.css">
       <link rel="preconnect" href="https://fonts.googleapis.com">
      <link rel="preconnect" href="https://fonts.gstatic.com" crossorigin>
                              <link         rel="icon"         type="image/png"
href="C:\Users\avnee\Desktop\cr\PR2\favicon-16x16.png">
                                                                          <link
href="https://fonts.googleapis.com/css2?family=BIZ+UDPMincho&display=swap"
rel="stylesheet">
      <style type="text/css">
      .sub-header
      {
                                              background-image:          linear-
gradient(#5B7FFF,#33CCFC),url("C:\Users\avnee\Desktop\food.jpg");
      }
      .about{
        padding: 30px;
      }

         </style>


</head>
  <body>
      <section class="header">
         <nav>
         <a href="terminal.php" class="logo"><span>Calo</span>rify</a>
             <div class="nav-links">
                <ul>
                    <li><a href="terminal.php">HOME</a></li>
```

```
                    <li><a href="about.php">ABOUT</a></li>
                    <li><a href="search.php">TRACK CALORIE</a></li>
                    <li><a href="blogpage.php">BLOG</a></li>
                    <li><a href="Contact.php">CONTACT</a></li>
                                <!--  <li><a  href="">Hi  <?php  print_r("
".$_SESSION['user'])?></li>-->
                </ul>
            </nav>
            <div class="">
               <h1>About Us</h1>
               <div class="about-section">

                 <p>

                <h3     style="text-align:     center;">Welcome     To     <span
id="W_Name1">Calorify</span></h3>
           <p><span   id="W_Name2">Calorify</span>   is   a   Professional   <span
id="W_Type1">Calorie tracking</span> Platform. Here we will provide you only
interesting content, which you will like very much. We're dedicated to
providing you the best of <span id="W_Type2">Calorie tracking</span>, with a
focus on dependability and <span id="W_Spec">Calorie tracking</span>. We're
working to turn our passion for <span id="W_Type3">Calorie tracking</span>
into   a   booming   <a   href="https://www.blogearns.com"   rel="do-follow"
style="color:inherit; text-decoration: none;">online website</a>. We hope you
enjoy our <span id="W_Type4">Calorie tracking</span> as much as we enjoy
offering them to you.
I will keep posting more important posts on my Website for all of you. Please
give your support and love.</p>
<p  style="font-weight:  bold;  text-align:  center;">Thanks  For  Visiting  Our
Site<br><br>
<span  style="color:  blue;  font-size:  16px;  font-weight:  bold;  text-align:
center;">Have a nice day !</span></p>
    </p>
            </div>









          </div>
      </section>
    </div>
    <footer>
      <div class="row primary">
        <div class="column about">

        <h3>CALORIFY</h3>
```

```
        <p class="foot">
          Calorify is an Indian digital health and wellness platform that
provides services such as calorie tracking, one-on-one nutrition and fitness
coaching, and diet and workout plans. Developed for both Android and iOS
platforms, the app takes a holistic lifestyle tracking approach to keep users
engaged and motivated
        </p>

        <div class="social">
          <i class="fa-brands fa-facebook-square"></i>
          <i class="fa-brands fa-instagram-square"></i>
          <i class="fa-brands fa-twitter-square"></i>
          <i class="fa-brands fa-youtube-square"></i>
          <i class="fa-brands fa-whatsapp-square"></i>
        </div>
      </div>

      <div class="column links">
      <h3>Links</h3>

       <ul class="foot">

        <li>
          <li><a href="terminal.html">HOME</a></li>
          <li><a href="about.html">ABOUT</a></li>
          <li><a href="track.html">TRACK CALORIE</a></li>
          <li><a href="blog.html">BLOG</a></li>
          <li><a href="Contact.html">CONTACT</a></li>
       </ul>

      </div>


      <div class="column links">
        <h3>Links</h3>
         <ul class="foot">
          <li>
           <a href="#faq">F.A.Q</a>
          </li>
          <li>
           <a href="#cookies-policy">Cookies Policy</a>
          </li>
          <li>
          <a href="#terms-of-services">Terms Of Service</a>
          </li>
          <li>
          <a href="#support">Support</a>
```

```
          </li>
        </ul>
      </div>

      <div class="column subscribe">
       <h3>Newsletter</h3>
        <div>
         <input type="email" placeholder="Your email id here" />
         <button class="b1">Subscribe</button>
        </div>

      </div>

      </div>
      <div class="row copyright">
        <div class="footer-menu">
      <!--


        <a href="">Home</a>
        <a href="">About</a>
        <a href="">Contact</a>
        <a href="">Blog</a>
        <a href="">Social</a>

        </div>-->
         <p id="pari">Copyright &copy; 2022 Calorify</p>
      </div>
      </footer>
  </div>
  </body>
</html>
```

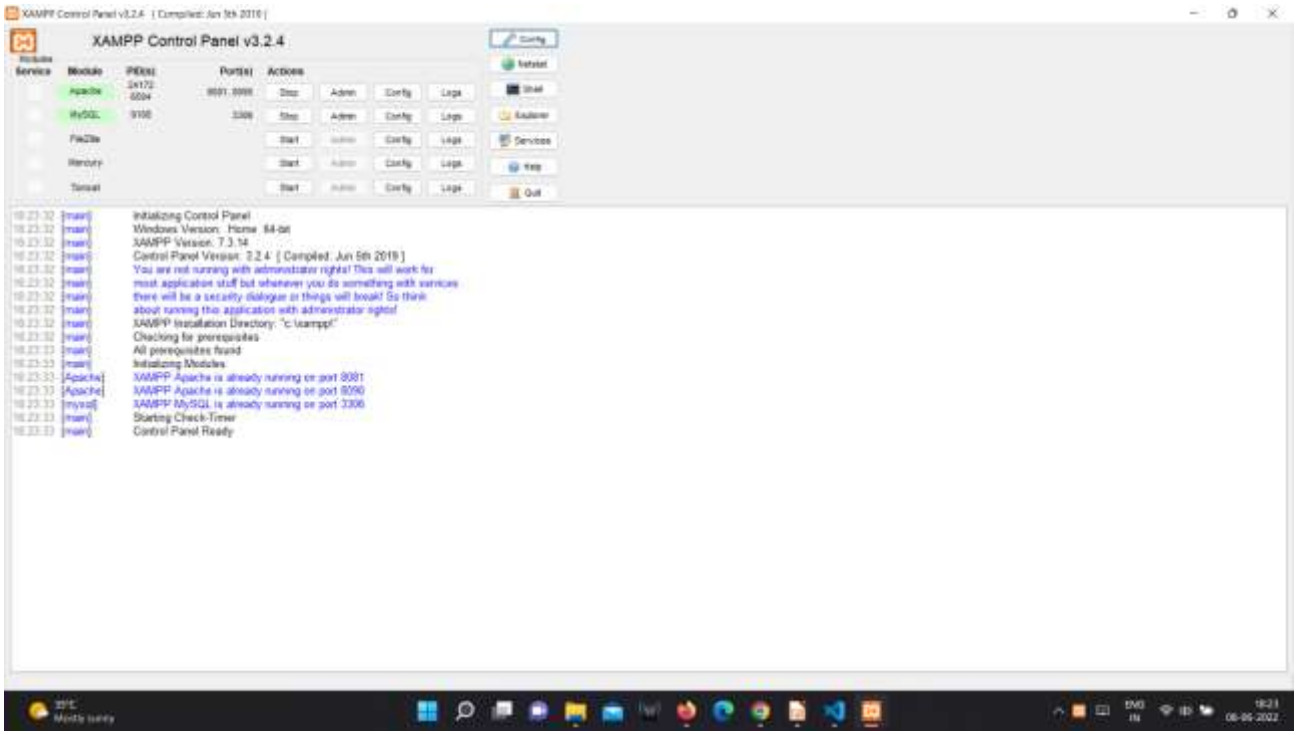
Connection.php

```
<?php

$dbhost = "localhost";
$dbuser = "root";
$dbpass = "";
$dbname = "login_sample_db";

if(!$con = mysqli_connect($dbhost,$dbuser,$dbpass,$dbname))
{

    die("failed to connect!");
}
```

Functions.php

```php
<?php

function check_login($con)
{

    if(isset($_SESSION['user_id']))
    {

        $id = $_SESSION['user_id'];
        $query = "select * from users where user_id = '$id' limit 1";

        $result = mysqli_query($con,$query);
        if($result && mysqli_num_rows($result) > 0)
        {

            $user_data = mysqli_fetch_assoc($result);
            return $user_data;
        }
    }

    //redirect to login
    header("Location: login.php");
    die;

}

function random_num($length)
{

    $text = "";
    if($length < 5)
    {
        $length = 5;
    }

    $len = rand(4,$length);

    for ($i=0; $i < $len; $i++) {
        # code...

        $text .= rand(0,9);
```

```
    }

    return $text;
}
```


XAMPP Control Panel v3.2.4
Initializing Control Panel
Windows Version: Home 64-bit
XAMPP Version: 7.3.14
Control Panel Version: 3.2.4 [Compiled: Jun 5th 2019]
You are not running with administrator rights! This will work for most application stuff but whenever you do something with services there will be a security dialogue or things will break! So think about running this application with administrator rights!
XAMPP Installation Directory: "c:\xampp\"
Checking for prerequisites
All prerequisites found
Initializing Modules
XAMPP Apache is already running on port 8081
XAMPP Apache is already running on port 8090
XAMPP MySQL is already running on port 3306
Starting Check-Timer
Control Panel Ready

table

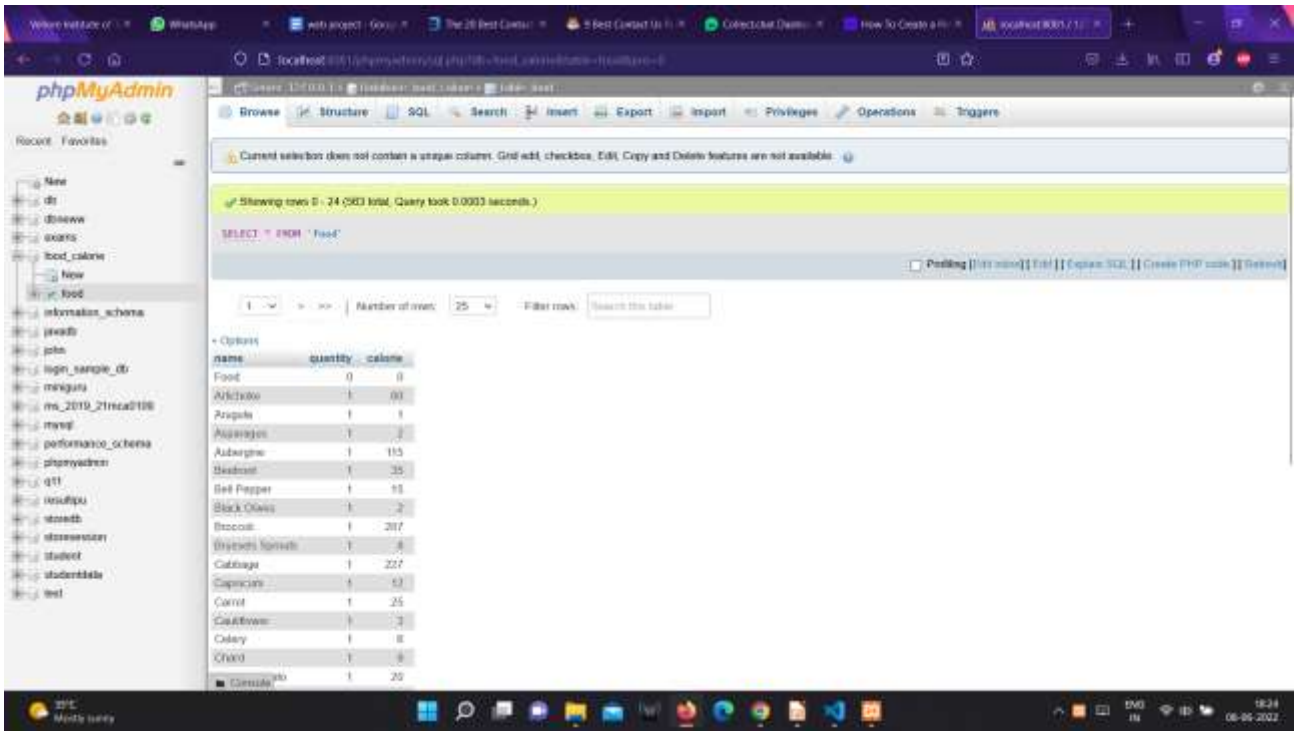


Table 1

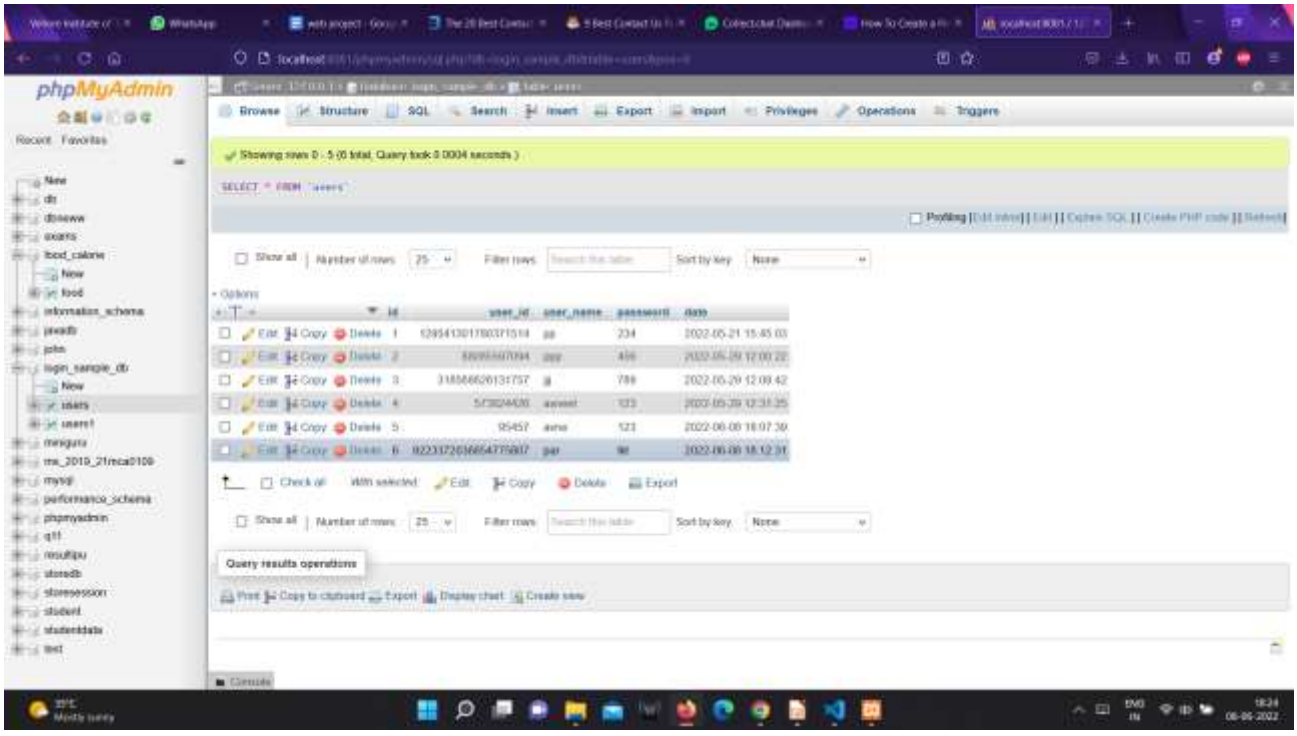
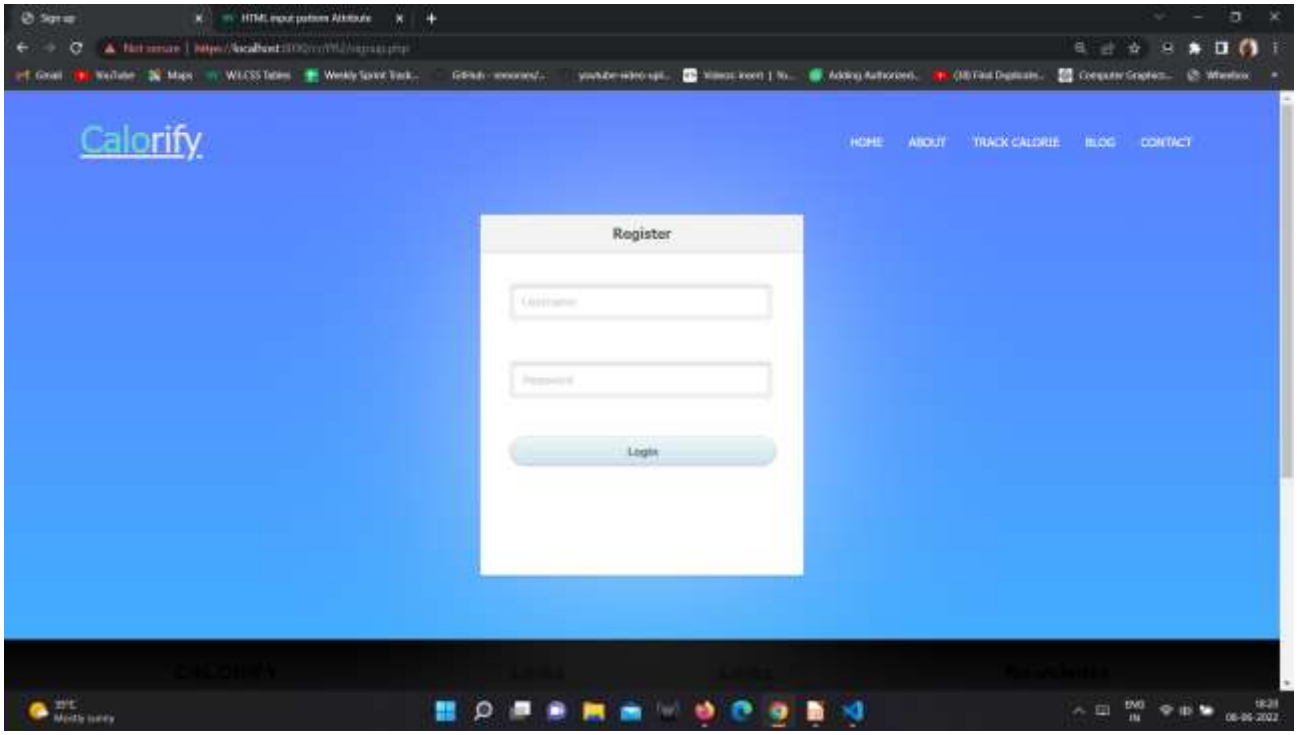
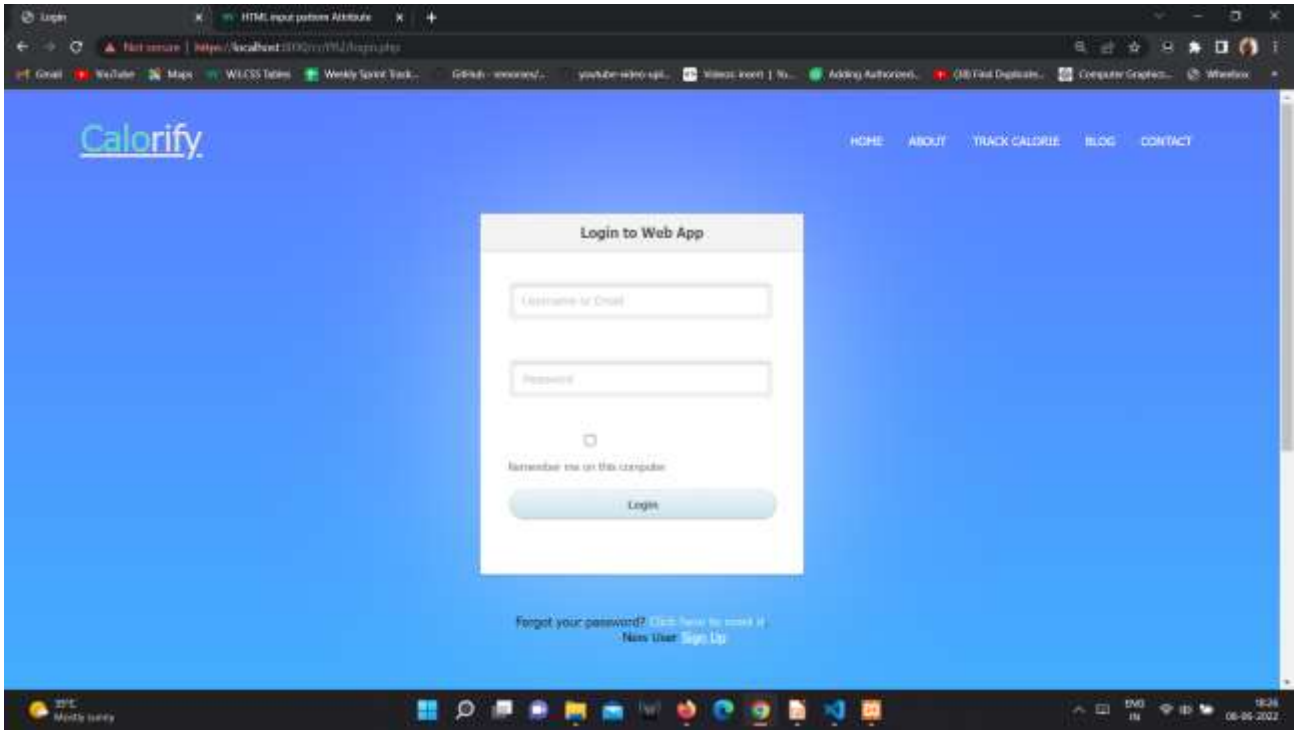
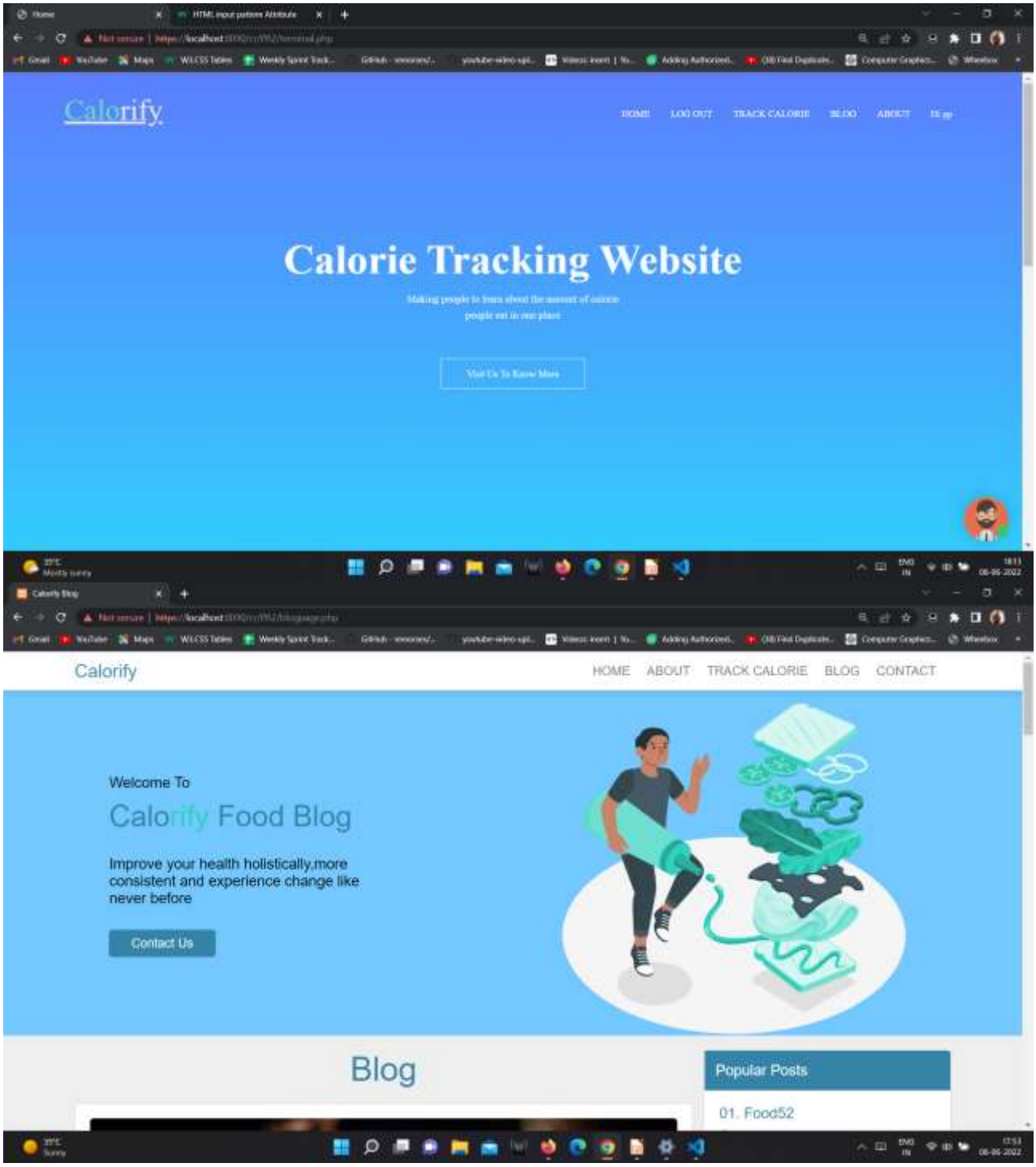


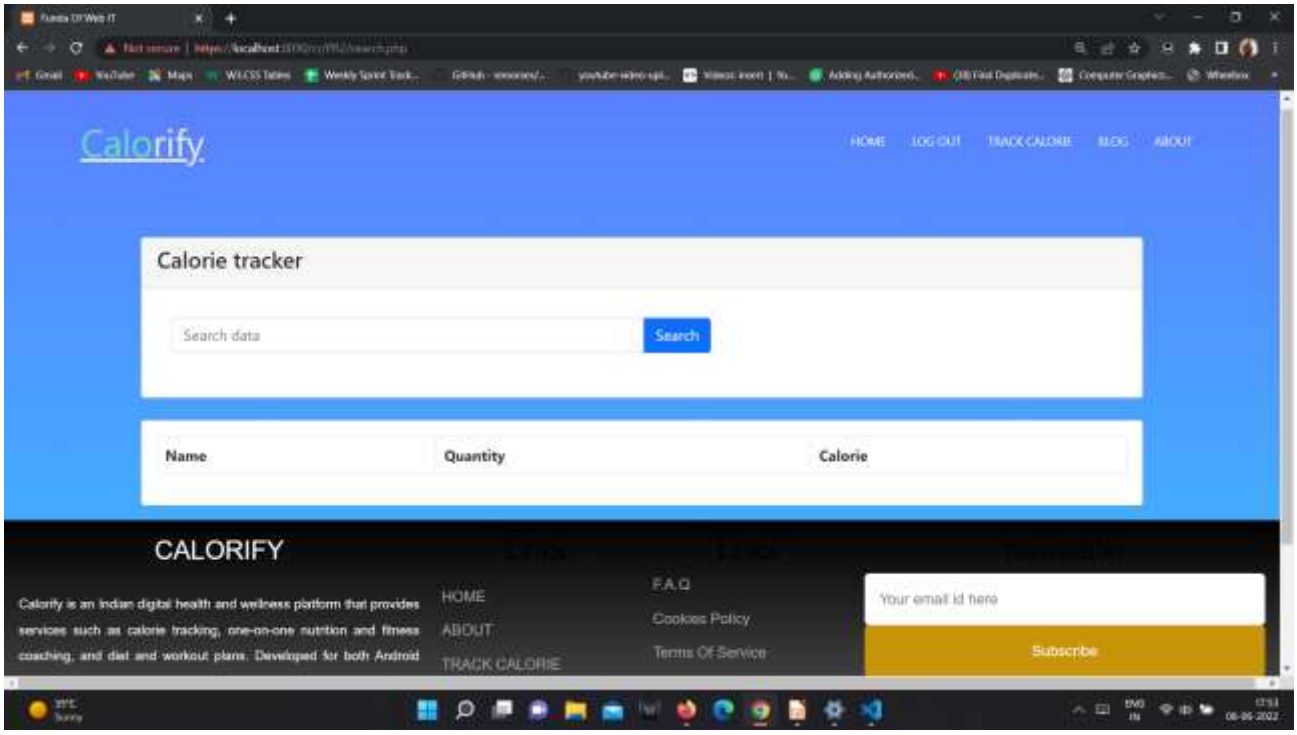
Table-2

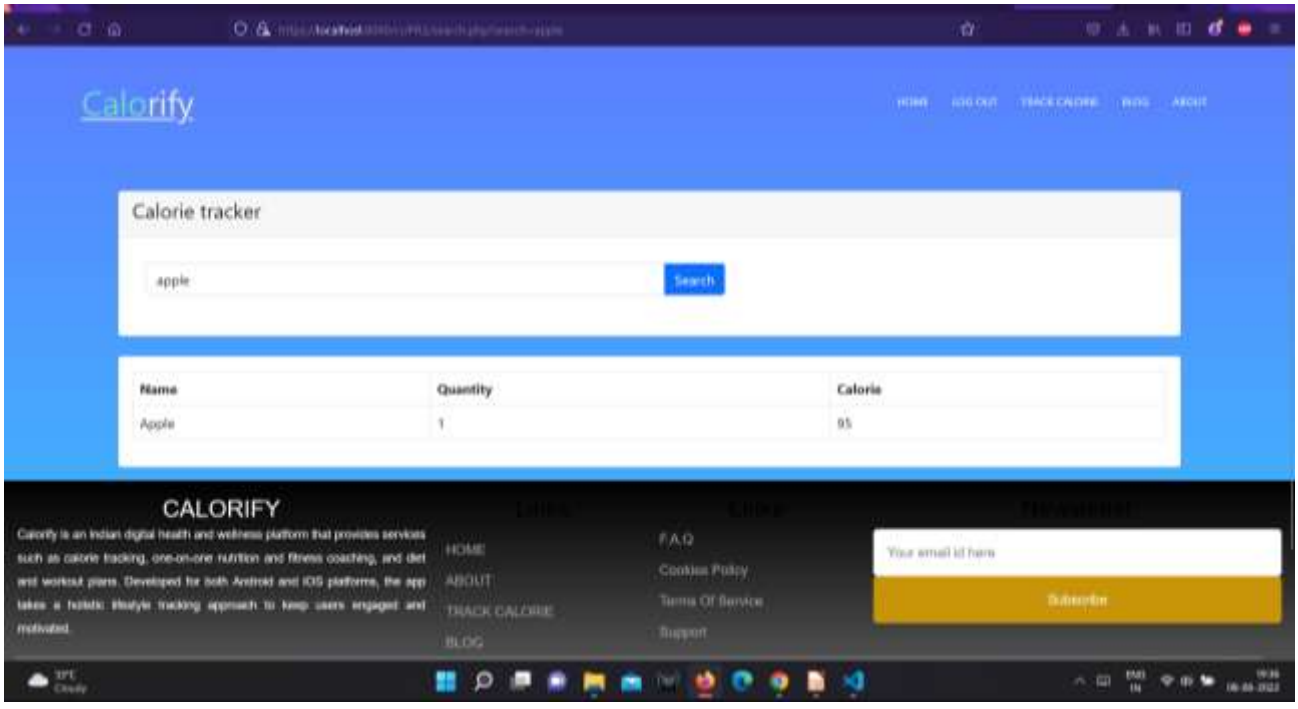
4.2 Screenshots

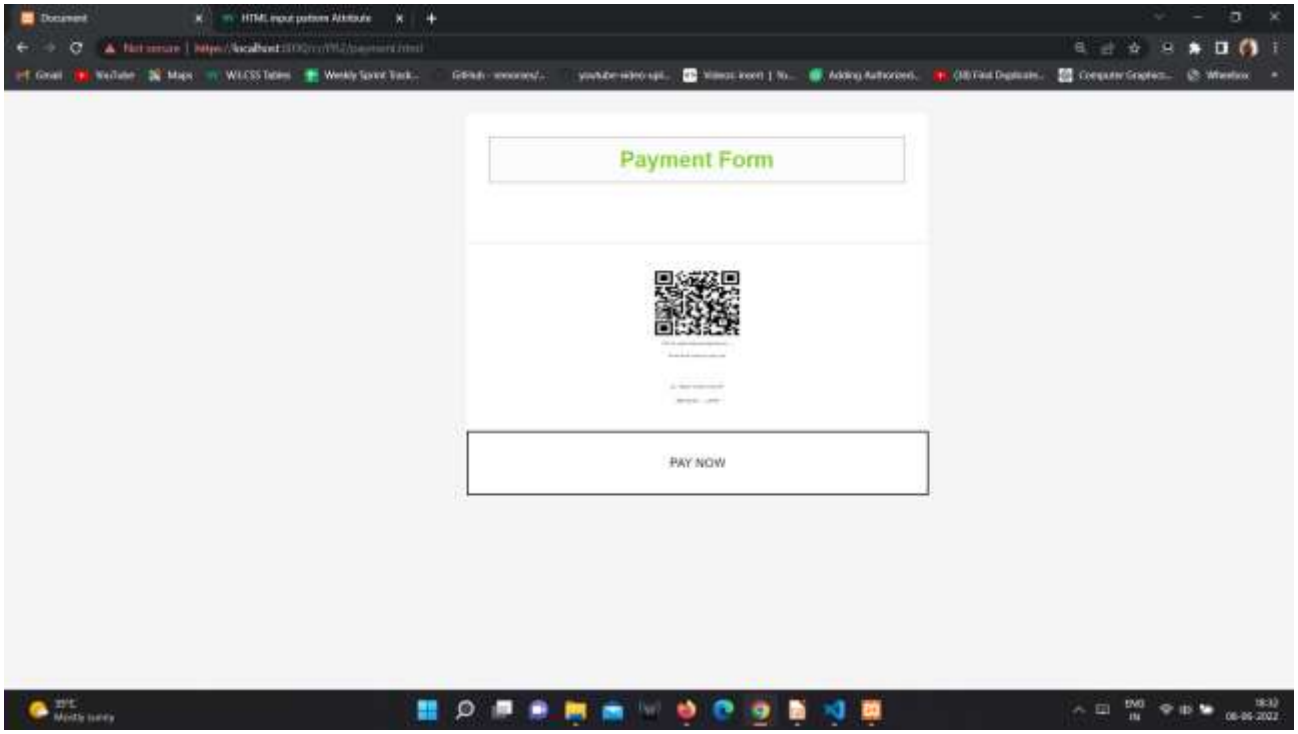


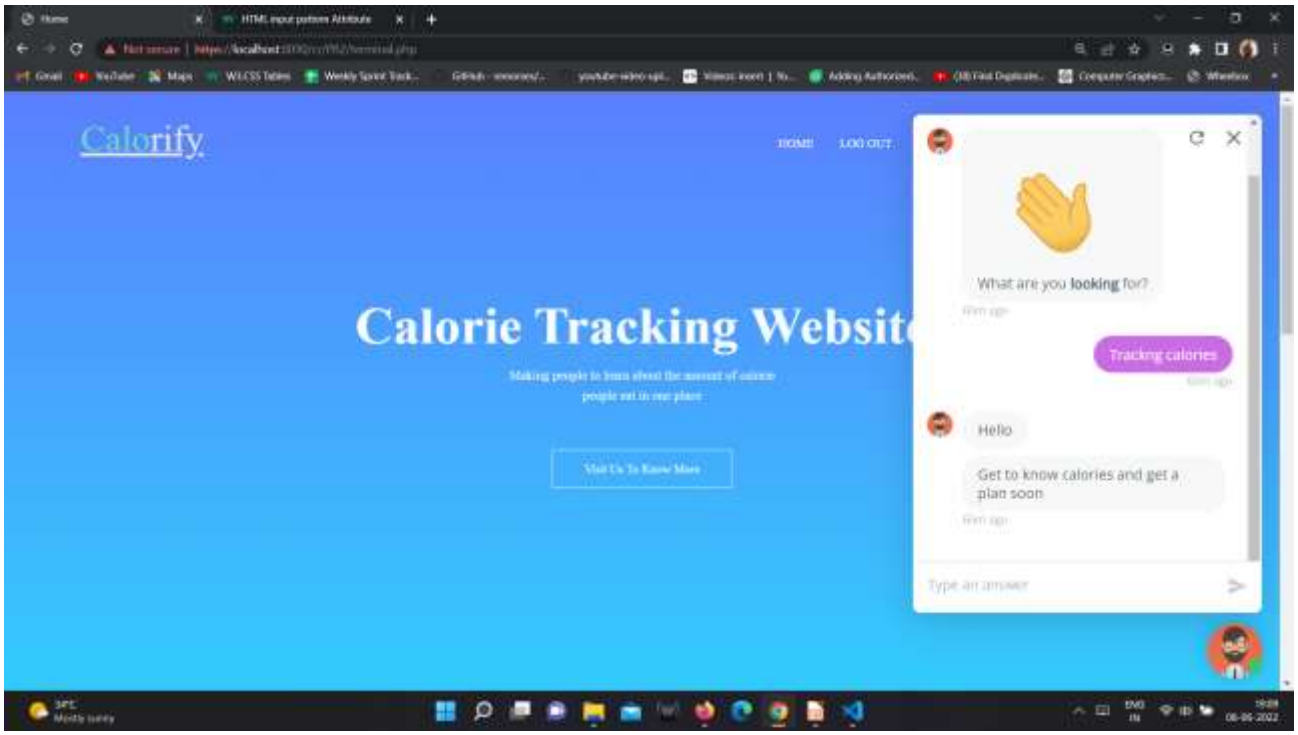


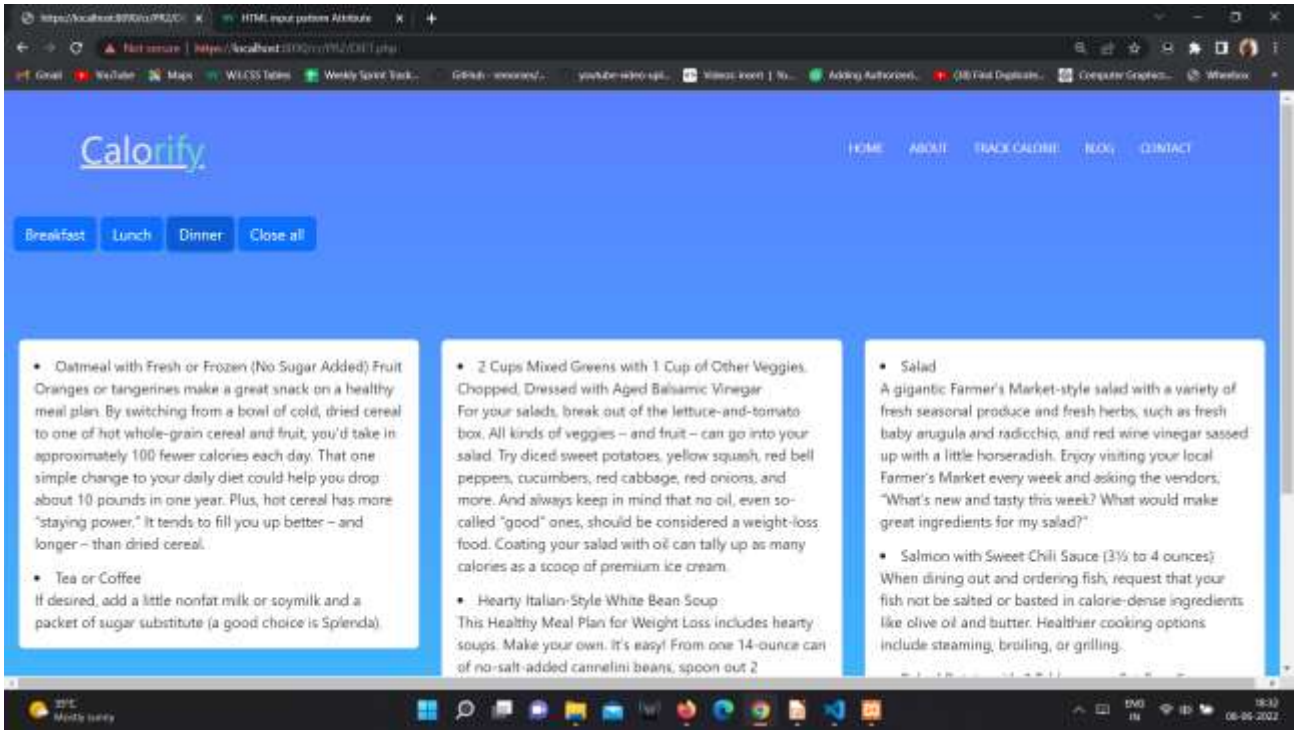

Calorify
HOME
LOG OUT
TRACK CALORIE
BLOG
ABOUT
Calorie Tracking Website
Calorify
HOME
ABOUT
TRACK CALORIE
BLOG
CONTACT
Welcome To
Calorify Food Blog
Improve your health holistically,more consistent and experience change like never before
Contact Us
Blog
Popular Posts
01. Food52


Calorify
HOME
LOG OUT
TRACK CALORIE
BLOG
ABOUT
Calorie tracker
Search data
Search
Name
Quantity
Calorie
CALORIFY
Calorify is an Indian digital health and wellness platform that provides services such as calorie tracking, one-on-one nutrition and fitness coaching, and diet and workout plans. Developed for both Android
HOME
ABOUT
TRACK CALORIE
F.A.Q
Cookies Policy
Terms Of Service
Your email id here
Subscribe


Calorify
Calorie tracker
apple
Search
Name
Quantity
Calorie
Apple
1
95
CALORIFY
Calorify is an Indian digital health and wellness platform that provides services such as calorie tracking, one-on-one nutrition and fitness coaching, and diet and workout plans. Developed for both Android and iOS platforms, the app takes a holistic lifestyle tracking approach to keep users engaged and motivated.
HOME
ABOUT
TRACK CALORIE
BLOG
F.A.Q
Cookies Policy
Terms Of Service
Support
Your email id here
Subscribe


Payment Form
PAY NOW


Calorify
HOME
LOG OUT
Calorie Tracking Website
What are you looking for?
Tracking calories
Hello
Get to know calories and get a plan soon
Type an answer


Calorify.
HOME
ABOUT
TRACK CALORIE
BLOG
CONTACT
Breakfast
Lunch
Dinner
Close all
Oatmeal with Fresh or Frozen (No Sugar Added) Fruit
Oranges or tangerines make a great snack on a healthy meal plan. By switching from a bowl of cold, dried cereal to one of hot whole-grain cereal and fruit, you'd take in approximately 100 fewer calories each day. That one simple change to your daily diet could help you drop about 10 pounds in one year. Plus, hot cereal has more "staying power." It tends to fill you up better – and longer – than dried cereal.
Tea or Coffee
If desired, add a little nonfat milk or soymilk and a packet of sugar substitute (a good choice is Splenda).
2 Cups Mixed Greens with 1 Cup of Other Veggies, Chopped, Dressed with Aged Balsamic Vinegar
For your salads, break out of the lettuce-and-tomato box. All kinds of veggies – and fruit – can go into your salad. Try diced sweet potatoes, yellow squash, red bell peppers, cucumbers, red cabbage, red onions, and more. And always keep in mind that no oil, even so-called "good" ones, should be considered a weight-loss food. Coating your salad with oil can tally up as many calories as a scoop of premium ice cream.
Hearty Italian-Style White Bean Soup
This Healthy Meal Plan for Weight Loss includes hearty soups. Make your own. It's easy! From one 14-ounce can of no-salt-added cannelini beans, spoon out 2
Salad
A gigantic Farmer's Market-style salad with a variety of fresh seasonal produce and fresh herbs, such as fresh baby arugula and radicchio, and red wine vinegar sassed up with a little horseradish. Enjoy visiting your local Farmer's Market every week and asking the vendors, "What's new and tasty this week? What would make great ingredients for my salad?"
Salmon with Sweet Chili Sauce (3½ to 4 ounces)
When dining out and ordering fish, request that your fish not be salted or basted in calorie-dense ingredients like olive oil and butter. Healthier cooking options include steaming, broiling, or grilling.

Discussion and Results

Tracking calories is a tested method of weight loss. Calorie deficit helps one lose weight while calorie surplus helps in gaining. A calorie deficit is created when you burn more calories than what you have consumed.

It helps in understanding the eating patterns and habits of an individual, making it easier to monitor diet behaviours. This includes knowing the food items that you usually crave for, and taking measures to counter such cravings.

Tracking calories from each macro gives an estimate of the quality of food one consumes and helps in modifying the same. Carbs, protein, and fat are the three important macronutrients required by the body, and tracking the calories you consume from each of these macros helps determine whether your body is receiving all of them in the required quantity or not.

Calorie tracking is a good estimate of keeping track of your fitness goals to achieve your intended physique. Be it losing fat or gaining muscle, you will never find yourself setting your eyes off your aim.

It can help in achieving the desired goal of weight loss or gain without having to cut down on an entire food group or to eat according to some strange time schedule. Now that is a wonderful piece of information, right! With calorie tracking, you do not have to give up on your favourite food.

Tracking calories will help you eat your food guilt-free. The next time you have a pizza, don't walk down the lane of guilt. Simply note down the calories you consumed with the pizza and then make adjustments to eat within your required calorie intake.

CONCLUSION

Calorify has been implemented using HTML, CSS, and JAVASCRIPT for frontend and PHP and MySQL as backend technologies. It is believed that the application would give rise to healthy living amongst the average person, due to the plus side that it does not require an additional hardware (bands or watches) to function with. This project has been deployed as a web application to allow easy access for users. However, there are multiple competitors available in the market targeting different users but we have our target based on the Indian market and we are constantly updating the site with more and more new features.

Future Works

PAYMENT GATEWAY

A payment gateway is **a technology used by merchants to accept debit or credit card purchases from customers**. The term includes not only the physical card-reading devices found in brick-and-mortar retail stores but also the payment processing portals found in online stores.

This gateway could be included for ease of access and payments.

Social Media Integration

Website social media integration is the process of extending your marketing by redirecting your social media followers to your website and making your social platforms accessible to your target audience and customers via your website.

3D Elements & Motion UI

3D visual elements have become immensely popular in the recent past, and we're sure that this trend is likely to see a steep upward shift in the coming years. Users are more likely to spend more time on your site and interact with a 3D design as it provides an exciting experience.

This technology is especially useful for the entertainment industry and gaming but is also popular in science, medicine, architecture, interior design, engineering, and so on. Motion UI helps implement enhanced UI for animation. It's much simpler to work with compared to JavaScript.

Push Notifications

One normally associates push notifications with mobile apps – however, they are quickly becoming important in web development. It notifies users whenever new content is posted, thereby eliminating the need to check emails or browse sites to check.

Users can be notified at any time, and it's a way of communicating directly with clients, regardless of where they are. It enables product branding, helps the target audience to make decisions quickly with the delivery of genuine messages, and the business can close more sales.