

FITLIFE

translation done by google translate

Each of the mathematical operations we have done below is not a simulation, but has been studied with precise results consisting of completely accurate and global data given by the subject experts who were interviewed.

```
//sabit deęişkenler
int E = 1;
double K = 0.95;
double D1 = 0.25;
int D2 = 24;
double h_cal;
double g_cal;
double g_kilo;
double i_a;
static double ana_ogun;
static double ara_ogun;
```

```
double bki = 0;
double b = int.Parse(txt_boy.Text);
int k = int.Parse(txt_kilo.Text);
int y = int.Parse(txt_yas.Text);
b = (b * b) / 10000;
bki = k / b;
```

In the image here, the variable bki defined in double format is the variable that will hold the height mass index value and is defined as 0. The age and weight values belonging to the user are converted to integer values from the textbox, and the defined k and y variables are converted to integer format and the height is defined to the variable b. In order to

calculate the height mass index, the square of the height should be taken, but in meters. Since the user entered his height in centimeters in our project, $b=(b*b)/10000$ was applied to take the square of the height and multiply it in meters.

Example: In the height mass index formula, the height should be 1.92m * 1.92m, but the value entered by the user in the project is 192cm * 192cm.

As a result of the final values determined by the formula $bki=k/b$, we will have determined the height mass index (bki) of the user.

```
if (bki > 18.5 && bki < 24.9)
{
    if (ddl_cins.SelectedItem.Text == "Erkek")
    {
        h_cal = k * E * D2;
        if (ddl_adimlar.SelectedIndex == 1)
            g_cal = h_cal * 1.3;
        else if (ddl_adimlar.SelectedIndex == 2)
            g_cal = h_cal * 1.6;
        else if (ddl_adimlar.SelectedIndex == 3)
            g_cal = h_cal * 1.7;
        else if (ddl_adimlar.SelectedIndex == 4)
            g_cal = h_cal * 2.1;
        else if (ddl_adimlar.SelectedIndex == 5)
            g_cal = h_cal * 2.4;
        else
            lbl_adimBos.Text = "Lüt-Fen Günlük Adımınızı Seçiniz";
    }
    else if (ddl_cins.SelectedItem.Text == "Kadın")
    {
        h_cal = k * K * D2;
        if (ddl_adimlar.SelectedIndex == 1)
            g_cal = h_cal * 1.3;
        else if (ddl_adimlar.SelectedIndex == 2)
            g_cal = h_cal * 1.5;
        else if (ddl_adimlar.SelectedIndex == 3)
            g_cal = h_cal * 1.6;
        else if (ddl_adimlar.SelectedIndex == 4)
            g_cal = h_cal * 1.9;
        else if (ddl_adimlar.SelectedIndex == 5)
            g_cal = h_cal * 2.2;
        else
            lbl_adimBos.Text = "Lüt-Fen Günlük Adımınızı Seçiniz";
    }
}
```

As a result of the data entered by the user, as above, firstly, it is checked

whether it is greater than 18.5 and less than 24.9. If the user's result is between these levels, their values are normal, meaning they are neither underweight nor overweight (obese, obese1st level, etc.). The second control situation is gender control because the result of this control is h_cal = no movement calorie, E = basal metabolic rate of men, K = basal metabolic rate of women, which is within the constant values defined above. After the 2nd control state, the user's inactive calorie is calculated and the 3rd control state is passed. In the third control situation, certain rates or numbers are given according to the number of steps taken by the user and the amount of steps determined. According to the step taken by the user, the number of sedentary calories (h_cal) and the number of the steps taken are multiplied to find the daily calorie (g_cal) that should be taken.

Example: If the user is male, the sedentary calorie of this user is h_cal = current weight * E = basal metabolic rate of men * D2 (because there is 24 hours in a day).



$$\begin{aligned} \text{ana_ogun} &= (g_cal * 0.69) / \\ \text{ara_ogun} &= (g_cal * 0.30) / \end{aligned}$$

In the process given above, the user should be fed 3 main meals and 3 snacks daily.

Example: the user should be fed with 3 main meals as morning, noon and evening. The calories of these 3 main meals are 69-70% of the daily calorie intake. The calorie of each main meal is divided by 3 and determined as 23%, as seen in the above process. This user should also be fed with a snack after each meal. Since these snacks will be after each main meal, they are 3 meals. The calorie of these snacks is 30% of the daily calorie intake, and since it will be taken after each main meal, it is determined as 10% by dividing it by 3.

```

else if (bki < 18.5 || bki > 24.9)
{
    if (ddl_cins.SelectedItem.Text == "Erkek")
    {
        if (y >= 19 && y <= 24)
            i_a = 21 * b;
        else if (y >= 25 && y <= 34)
            i_a = 22 * b;
        else if (y >= 35 && y <= 44)
            i_a = 23 * b;
        else if (y >= 45 && y <= 54)
            i_a = 24 * b;
        else if (y >= 55 && y <= 65)
            i_a = 25 * b;
        else if (y >= 65)
            i_a = 26 * b;

        g_kilo = ((k - i_a) * D1) + i_a;
        h_cal = g_kilo * E * 24;

        if (ddl_adimlar.SelectedIndex == 1)
            g_cal = h_cal * 1.3;
        else if (ddl_adimlar.SelectedIndex == 2)
            g_cal = h_cal * 1.6;
        else if (ddl_adimlar.SelectedIndex == 3)
            g_cal = h_cal * 1.7;
        else if (ddl_adimlar.SelectedIndex == 4)
            g_cal = h_cal * 2.1;
        else if (ddl_adimlar.SelectedIndex == 5)
            g_cal = h_cal * 2.4;
        else
            lbl_adimBos.Text = "Lütfen Günlük Adımınızı Seçiniz";
    }
}

```

Another situation is if the user's bki result is less than 18.5 or greater than 24.9;

The 1st control state starts. If the user is male, the 2nd control state starts. In this case, the age of the user is checked. The ideal weight (i_a) is found with the standard numbers determined depending on the age range. When calculating the user's required weight (g_{kilo}) (k (height weight)-ideal weight(i_a)* $D1$ (a factor used in the formula when finding the ideal outer weight)) and the user's inactive calorie (h_{cal}) are found again. After these processes are done, the daily calorie (g_{cal}) is found again.

```

else if (ddl_cins.SelectedItem.Text == "Kadın")
{
    if (y >= 19 && y <= 24)
        i_a = 21 * b;
    else if (y >= 25 && y <= 34)
        i_a = 22 * b;
    else if (y >= 35 && y <= 44)
        i_a = 23 * b;
    else if (y >= 45 && y <= 54)
        i_a = 24 * b;
    else if (y >= 55 && y <= 65)
        i_a = 25 * b;
    else if (y >= 65)
        i_a = 26 * b;

    g_kilo = ((k - i_a) * D1) + i_a;
    h_cal = g_kilo * K * 24;

    if (ddl_adimlar.SelectedIndex == 1)
        g_cal = h_cal * 1.3;
    else if (ddl_adimlar.SelectedIndex == 2)
        g_cal = h_cal * 1.5;
    else if (ddl_adimlar.SelectedIndex == 3)
        g_cal = h_cal * 1.6;
    else if (ddl_adimlar.SelectedIndex == 4)
        g_cal = h_cal * 1.9;
    else if (ddl_adimlar.SelectedIndex == 5)
        g_cal = h_cal * 2.2;
    else
        lbl_adimBos.Text = "Lütfen Günlük Adımınızı Seçiniz";
}
ana_ogun = (g_cal * 0.69) / 3;
ara_ogun = (g_cal * 0.30) / 3;

```

Another situation is if the user's bki result is less than 18.5 or greater than 24.9;

The 1st control state starts. If the user is female, the 3rd control state starts. In this case, the age of the user is checked. The ideal weight (i_a) is found with the standard numbers determined depending on the age range. When calculating the user's required weight (g_{kilo}), (k (his current weight)-ideal weight (i_a) * $D1$ (a factor used in the formula when finding the ideal outer weight)) and the user's inactive calorie (h_{cal}) are found again. After these processes are done, the daily calorie (g_{cal}) is found again.

The following actions have been taken to prevent the user from encountering an error, defect or undesirable event within the site, in situations that we can define as bugs.

```
if (ddl_cins.SelectedIndex == 0)
{
    lbl_bosCins.Visible = true;
    lbl_bosCins.Text = "Lütfen Cinsiyetinizi Seçiniz";
}
else
    lbl_bosCins.Visible = false;
if (txt_yas.Text == "")
{
    lbl_yasBos.Visible = true;
    lbl_yasBos.Text = "Lütfen Yaşınızı Yazınız";
}
else
    lbl_yasBos.Visible = false;
if (txt_kilo.Text == "")
{
    lbl_kiloBos.Visible = true;
    lbl_kiloBos.Text = "Lütfen Kilonuzu Yazınız";
}
else
    lbl_kiloBos.Visible = false;
if (txt_boy.Text == "")
{
    lbl_boyBos.Visible = true;
    lbl_boyBos.Text = "Lütfen Boyunuzu Yazınız";
}
else
    lbl_boyBos.Visible = false;
if (ddl_adimlar.SelectedIndex == 0)
{
    lbl_adimBos.Visible = true;
    lbl_adimBos.Text = "Lütfen Günde Attığınız Adım Sayısını Seçiniz";
}
else
{
    lbl_adimBos.Visible = false;
}
```

In the image above, we control the fields where the data we want from the user should be entered. If the fields are left blank, and if they do not select anything on the option selection screen, that is, on the dropdownlist screen, warning messages will be given as follows. If the user fills in the fields and presses the button again, the warning messages will be closed according to the field.

Cinsiyet: Lütfen Cinsiyetinizi Seçiniz

Yaş: Lütfen Yaşınızı Yazınız

Boy: Lütfen Boyunuzu Yazınız

Kilo: Lütfen Kilonuzu Yazınız

Günde Kaç Adım Atıyorsunuz Lütfen Günde Attığınız Adım Sayısını Seçiniz

```

if(ddl_cins.SelectedIndex!=0 && txt_boy.Text!=" " && txt_kilo.Text!=" " && txt_yas.Text!=" " && ddl_adimlar.SelectedIndex!=0)
{
    btnPrint.Visible = true;
    gvAksamAra.Visible = true;
    lblAksamAra.Visible = true;
    gvAksam.Visible = true;
    lblAksam.Visible = true;
    gvAraOgle.Visible = true;
    lblAraOgle.Visible = true;
    gvOgle.Visible = true;
    lblOgle.Visible = true;
    gvAraSabah.Visible = true;
    lblAraSabah.Visible = true;
    gvSabah.Visible = true;
    lblSabah.Visible = true;
    lbl_uyari.Visible = true;
    lbl_almasiGerekenler.Visible = true;
    btn_SabahDegis.Visible = true;
    btn_AraSabahDegis.Visible = true;
    btn_OgleDegis.Visible = true;
    btn_AraOgleDegis.Visible = true;
    btn_AksamDegis.Visible = true;
    btn_AksamAraDegis.Visible = true;
}

```

The codes given in the image above will check the user's information after all the information is entered and open the screens hidden below. As mentioned in previous reports, these screens have their visible properties false, ie turned off.

After selecting any of the options given in the dropdownlist, the text on the image on the above page is designed to be red.

```

if(bki > 18.5 && bki < 24.9)
{
    lbl_almasiGerekenler.Text = "Günlük Almanız Gereken Kalori: " + g_cal + ". İdeal Kilonuz: Olduğunuz kilo ideal kilodur. Formunuzu korumak için bu diyeti uygulayınız.";
}
else
{
    lbl_almasiGerekenler.Text = "Günlük Almanız Gereken Kalori: " + g_cal + ". İdeal Kilonuz: " + g_kilo + ".";
    lbl_uyari.Text = "Uyarı: Eğer kilo almanızı ve kilo kaybetmenize sebep olan bir hastalığınız var" +
        " ise bu diyeti uygulamadan önce doktorunuza danışınız. Aşağıda verilen diyet listesi 2 haftalık olup," +
        " 2 haftanın sonunda güncel verilerinizi tekrar girerek sağlıklı bir diyet listesi oluşturabilirsiniz ";
}

```


In the image given above, if the user's bki is in normal values, an information message is given since he or she is at the ideal weight and the calorie should be taken daily (g_cal), but if the values are below normal or high, the calories that should be taken daily (g_cal) and the weight that should be (g_cal) are written. In the continuation of this article, there is a warning message that should be done before and after using this diet, as seen in the image below.

Günlük Almanız Gereken kalori: 2496. İdeal Kilonuz: Olduğunuz kilo ideal kilodur. Formunuzu korumanız için aşağıdaki diyeti kullanın yeterlidir

Uyarı: Eğer kilo almanızı ve kilo kaybetmenize sebep olan bir hastalığınız var ise bu diyeti uygulamadan önce doktorunuza danışınız. verilen diyet listesi 2 haftalık olup, 2.haftanın sonunda güncel verilerinizi tekrar girerek sağlıklı bir diyet listesi oluşturabilirsiniz

Günlük Almanız Gereken kalori: 2038,80066. İdeal Kilonuz: 65,346175.

Uyarı: Eğer kilo almanızı ve kilo kaybetmenize sebep olan bir hastalığınız var ise bu diyeti uygulamadan önce doktorunuza danışınız. verilen diyet listesi 2 haftalık olup, 2.haftanın sonunda güncel verilerinizi tekrar girerek sağlıklı bir diyet listesi oluşturabilirsiniz

If the diets used in the project are not liked by the user, the option to change the distance is as follows.


```

protected void btn_SabahDegis_Click(object sender, EventArgs e)
{
    using (veritabani ent = new veritabani())
    {
        var toplamKalori = ent.SABAH_LISTESI.Sum(x6 => x6.KALORI_MIKTARI);
        var verigetir = ent.SABAH_LISTESI.Where(x6 => x6.KALORI_MIKTARI <= ana_ogun)
            .OrderBy(x6 => Guid.NewGuid())
            .ToList();

        while (toplamKalori > ana_ogun && verigetir.Count > 0)
        {
            var sonEleman = verigetir.Last();
            toplamKalori -= sonEleman.KALORI_MIKTARI;
            verigetir.Remove(sonEleman);
        }
        gvSabah.DataSource = verigetir;
        gvSabah.DataBind();
    }
}

0 references
protected void btn_AraSabahDegis_Click(object sender, EventArgs e)
{
    using (veritabani ent = new veritabani())
    {
        var toplamKaloriAra = ent.ARA_OGUNLER.Sum(x1 => x1.KALORI_MIKTARI);
        var verigetirAra = ent.ARA_OGUNLER.Where(x1 => x1.KALORI_MIKTARI <= ara_ogun)
            .OrderBy(x1 => Guid.NewGuid())
            .ToList();

        while (toplamKaloriAra > ara_ogun && verigetirAra.Count > 0)
        {
            var sonElemanAra = verigetirAra.Last();
            toplamKaloriAra -= sonElemanAra.KALORI_MIKTARI;
            verigetirAra.Remove(sonElemanAra);
        }
        gvAraSabah.DataSource = verigetirAra;
        gvAraSabah.DataBind();
    }
}

```

The codes used here are the same as the meal fetching codes. As the main_ogun and ara_ogun variables are defined as static, and the results of the process in the Create diet button are defined to main_ogun and ara_ogun, those results should be reached again in this field and the same process should be done again. For the user to save the given list, the "Print page" button has been put and the code is as follows.

5.08.2023 01:18

FITLIFE Sağlıklı Yaşam

Anasayfa
İletişim

Diyet Oluştur

Cinsiyet: Erkek

Yaş: 24

Boy: 163

Kilo: 94

Günde Kaç Adım Atıyorsunuz: 6-1000

Diyet Oluştur

Günlük Almanız Gereken Kalori: 2038,80066. İdeal Kilonuz: 65,346175.

Uyarı: Eğer kilo almanız ve kilo kaybetmeniz sebep olan bir hastalığınız var ise bu diyeti uygulamadan önce doktorunuza danışınız. Aşağıda verilen diyet listesi 2 haftalık olup, 2 haftanın sonunda güncel verilerinizi tekrar girerek sağlıklı bir diyet listesi oluşturabilirsiniz.

YİYECEK	ADIKALORI	MİKTARİGRAM
08:00-09:00	1. YULAF	40
Sabah Öğünü	2. YULAF	178
3. KAHVE	144	
4. YULAF	94	
10:00-11:00	5. YULAF	178
Ara Öğün	6. YULAF	178
12:00-13:00	7. YULAF	178
Öğle Öğünü	8. YULAF	178
9. YULAF	178	
15:00-16:00	10. YULAF	178
Ara Öğün	11. YULAF	178
18:00-19:00	12. YULAF	178
Akşam Öğünü	13. YULAF	178
14. YULAF	178	
20:00-21:00	15. YULAF	178
Ara Öğün	16. YULAF	178
17. YULAF	178	
18. YULAF	178	

1 hafta 5 kilo

her 7 günde 1 kilo kaybetmek için, günde 1000 adım yapın ve 1000 kalori tüketin. 1 hafta 5 kilo kaybetmek için, günde 1000 adım yapın ve 1000 kalori tüketin.

3 günde 4 kilo

her 3 günde 1 kilo kaybetmek için, günde 1000 adım yapın ve 1000 kalori tüketin. 3 günde 4 kilo kaybetmek için, günde 1000 adım yapın ve 1000 kalori tüketin.

Ramazan Diyeti

her 1 günde 1 kilo kaybetmek için, günde 1000 adım yapın ve 1000 kalori tüketin. 1 günde 1 kilo kaybetmek için, günde 1000 adım yapın ve 1000 kalori tüketin.

Yazdır

Hedef: PDF olarak kaydet

Sayfalar: Tümü

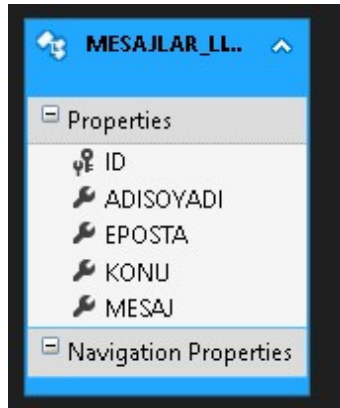
Düzen: Portre

Daha fazla ayar

Kaydet

In the project, with the smtp server on the contact page, the user could send e-mail to the e-mail address we determined automatically, but the smtp server used was given free of charge over the first use trial period, and it was noticed that mail could not be sent during the last checks because this period expired, so the contact page was redesigned and processed in the reports.

Column Name	Data Type	Allow Nulls
ID	int	<input type="checkbox"/>
ADISOYADI	nvarchar(50)	<input checked="" type="checkbox"/>
EPOSTA	nvarchar(50)	<input checked="" type="checkbox"/>
KONU	nvarchar(50)	<input checked="" type="checkbox"/>
MESAJ	nvarchar(500)	<input checked="" type="checkbox"/>
		<input type="checkbox"/>



In order to send the information to be filled by the user to the database, a table called MESSAGES LIST has been created in the database.

```
protected void BtnGonder_Click(object sender, EventArgs e)
{
    if (txt_adsoyad.Text == "" && txt_konu.Text == "" && txt_mesaj.Text == "" && txt_posta.Text == "")
        LblMesajKontrol.Text = "ltfen boř olan alanları doldurunuz.";
    else
    {
        using (veritabani ent = new veritabani())
        {
            MESAJLAR_LISTESI mesaj = new MESAJLAR_LISTESI();
            mesaj.ADISOYADI = txt_adsoyad.Text;
            mesaj.EPOSTA = txt_posta.Text;
            mesaj.KONU = txt_konu.Text;
            mesaj.MESAJ = txt_mesaj.Text;
            ent.MESAJLAR_LISTESI.Add(mesaj);
            ent.SaveChanges();
            LblMesajKontrol.Text = "Mesajınız alınmıřtır. En kısa srede yazmıř" +
                " olduėunuz mail'e dnř yapılacaktır <br/> Fit Life Ekibi";
        }
    }
}
```

After clicking the Submit button, first of all, the fields where the user information is entered will be checked and if it is empty, the label hidden in the page will give a warning to fill in the empty ones. After filling in all the fields, the codes given above connect to the database and transfer and save the information entered in the MESSAGES_LISTI table. After the user sends the message, the message back to the user is indicated on the

label as above.

Due to the problem we have experienced in this report, a control panel page has been created so that administrators can see these messages.

kontrol_paneli.aspx

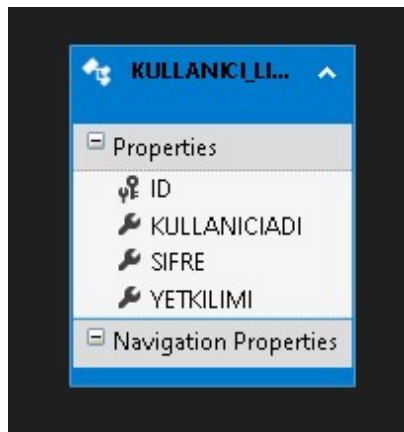
```
<html xmlns="http://www.w3.org/1999/xhtml">
<head runat="server">
  <title></title>
  <link href="css/kontrolpanel.css" rel="stylesheet" />
</head>
<body>
  <form id="form1" runat="server">
    <h2>Kontrol Panel</h2>

    <form action="/action_page.php" method="post">
      <div class="imgcontainer">
        
      </div>

      <div class="container">
        <label for="uname"><b>Kullanıcı Adı</b></label>
        <asp:TextBox ID="txt_kullaniciAdi" runat="server" type="text" placeholder="Kullanıcı Adınızı Giriniz"></asp:TextBox>
        <label for="psw"><b>Şifre</b></label>
        <asp:TextBox ID="txt_sifre" type="password" placeholder="Şifrenizi Giriniz" runat="server"></asp:TextBox>
        <asp:Button ID="btn_gonder" runat="server" Text="Giriş" OnClick="btn_gonder_Click" />
        <asp:Label ID="lbl_mesaj" runat="server" Font-Size="Larger" ForeColor="Red"></asp:Label>
      </div>
    </form>
  </form>
</body>
</html>
```

The codes given above are the codes written for the control panel. In this code, when the administrator logs in to this page, there is an avatar image and textboxes under which the user name and password can be entered. By using the placeholder feature in these textboxes, it is directed where the administrator will enter the information to be entered. If the information entered by the user is incorrect, a warning message will be given under the login button.

Column Name	Data Type	Allow Nulls
ID	int	<input type="checkbox"/>
KULLANICIADI	nvarchar(50)	<input checked="" type="checkbox"/>
SIFRE	nvarchar(50)	<input checked="" type="checkbox"/>
YETKILIMI	bit	<input checked="" type="checkbox"/>
		<input type="checkbox"/>



A USER LIST table has been created in the database for certain administrators who can log in to the control panel.

```

0 references
protected void btn_gonder_Click(object sender, EventArgs e)
{
    using (veritabani ent = new veritabani())
    {
        var kullanıcı = (from KULLANICI_LISTESI in ent.KULLANICI_LISTESI
                        where KULLANICI_LISTESI.KULLANICIADI==txt_kullaniciAdi.Text &&
                              KULLANICI_LISTESI.SIFRE==txt_sifre.Text select KULLANICI_LISTESI).ToList();
        if (kullanıcı.Count > 0)
        {
            Response.Redirect("mesajlar.aspx");
        }
        else
        {
            lbl_mesaj.Text = "Kullanıcı adınız veya şifreniz yanlış. Tekrar Deneyiniz";
        }
    }
}


```

In the control panel page, after the administrator enters his own information and presses the login button, the above query works by connecting to the database. This query takes the user name and password fields in the USER_LISTI table, compares the value entered in the textboxes, and pulls this data as a list. If this data is checked and the

incoming data matches, 1 person will be returned, and if the result of this query is counted with the count tag, if it is greater than 0, the entered data has been found in the query and that person is the administrator and will lead to the messages page. If not, the above message will be given with the label under the submit button.

kontrol_paneli.aspx Sayfa Görünümü

Kontrol Paneli



Kullanıcı Adı

Şifre

Giriş

mesajlar.aspx

```
<asp:Content ID="Content1" ContentPlaceHolderID="head" Runat="Server">
</asp:Content>
<asp:Content ID="Content2" ContentPlaceHolderID="ContentPlaceHolder1" Runat="Server">
  <asp:GridView ID="gv_mesajlar" runat="server" OnRowCommand="gv_mesajlar_RowCommand" >
    <Columns>
      <asp:ButtonField ButtonType="Button" CommandName="sil" Text="Sil" />
    </Columns>
  </asp:GridView>
```

This is the page that the administrator will come to after entering the correct data and logging in. The master page is used on this page. Gridview has been added to the page. The information sent by the user in the contact form to this gridview will be pulled from the database and added to it.


```

0 references
protected void Page_Load(object sender, EventArgs e)
{
    veri_getir();
}

1 reference
private void mesaj_sil(int id)
{
    using (veritabani ent = new veritabani())
    {
        var sil = (from s in ent.MESAJLAR_LISTESI where s.ID == id select s).FirstOrDefault();
        ent.MESAJLAR_LISTESI.Remove(sil);
        ent.SaveChanges();
    }
}

2 references
private void veri_getir()
{
    using (veritabani ent = new veritabani())
    {
        var mesajlar = (from i in ent.MESAJLAR_LISTESI select i).ToList();
        gv_mesajlar.DataSource = mesajlar;
        gv_mesajlar.DataBind();
    }
}

0 references
protected void gv_mesajlar_RowCommand(object sender, GridViewCommandEventArgs e)
{
    int index = Convert.ToInt32(e.CommandArgument);
    int id = int.Parse(gv_mesajlar.Rows[index].Cells[1].Text);
    if (e.CommandName == "sil")
    {
        mesaj_sil(id);
        veri_getir();
    }
}

```

Delete button has been added to Gridview. Two methods have been written above. The message_delete method takes the id as a parameter and connects to the database and finds and retrieves the id in the table with the id of the parameter entered in MESSAGES_LIST. This retrieved id is deleted and saved in the table. The other method is connecting to the database, fetching all the data of the same table and adding it to the gridview. The data fetch method works after the page is loaded and the delete button is pressed. In Gridview's row command, firstly, the index of the row is taken. Then, for the id parameter, we take the 1st cell of the line determined in the gridview and assign the id from the database to the id parameter, and if the administrator presses the delete button in the control command, the administrator gives the received id as a parameter in the method and deletes that message from the database.

mesajlar.aspx Sayfa Görünümü

ID	ADISÖYAD	EPOSTA	KONU	MESAJ
Sil 2	berat.günaydın	berat53@gmail.com	kilo verdim	asdasdas
Sil 5	ali.cemal	berat53@gmail.com	kilo verdim	igigij
Sil 6	berat.günaydın	berat53@gmail.com	kilo verdim	voçmıhgfx



1 haftada 5 kilo

Tam bir beta karoten kaynağı olan, gözlere olan faydalarını çocukluğumuzdan beri pek sık duyduğumuz bu yüzden de bol bol yememiz gerektiğini o zamanlardan bu yana bildiğimiz havuç, bu kez farklı bir ...

[Devamını Oku](#)



3 günde 4 kilo

Çoğunlukla mevsimin sebze ya da meyveleriyle yapılan, kısa sürede kilo verdirdiği söylenen çok diyetlerden kiraz diyetini tanıyoruz bugün. Kiraz diyeti nasıl yapılır, örnek kiraz diyeti listesinde neler bulunur...

[Devamını Oku](#)



Ramazan Diyeti

Ramazan ayında iftarda fazla kaçırıp 1 ayır sonunda kilo almış olduğunu fark edenlerin sayısı hiç de az değil. Ancak ramazanda oruç tutarken formda ve sağlıklı kalmak, hatta zayıflamak bile mümkün. O yüzden...

[Devamını Oku](#)

Fit Life Nedir?

Hızlı Bağlantılar

In order to ensure that our users who come in this way lead a healthy life, we will continue to provide them with health-related services. We will continue to provide solutions suitable for the needs of our users, to help them become conscious about health and to motivate them. We will continue to provide you with the latest health information and follow current trends. We will continue to work with you for a healthy future...