Made by : Manika Sharma

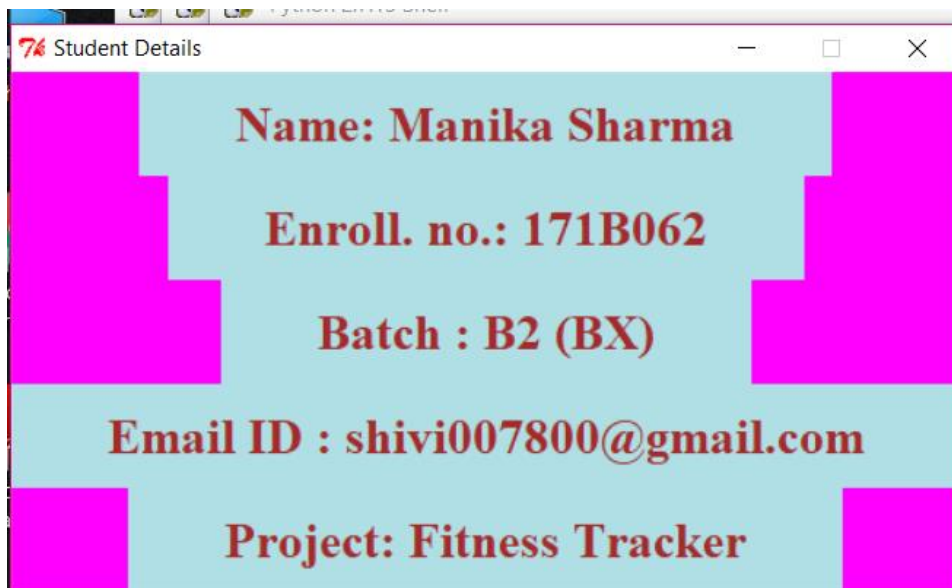# Enroll no : 171B062

Batch : B2(BX)

Project name : Fitness Tracker

Version Used : Python 2.7

Default Username : m

Default password : m

1. Run the main.py in the folder.

2. On opening you will see this window on your screen.

This window contains the information about me. And this will disappear in 6 secs.

3. After the above window disappears a new window opens which is the login screen.
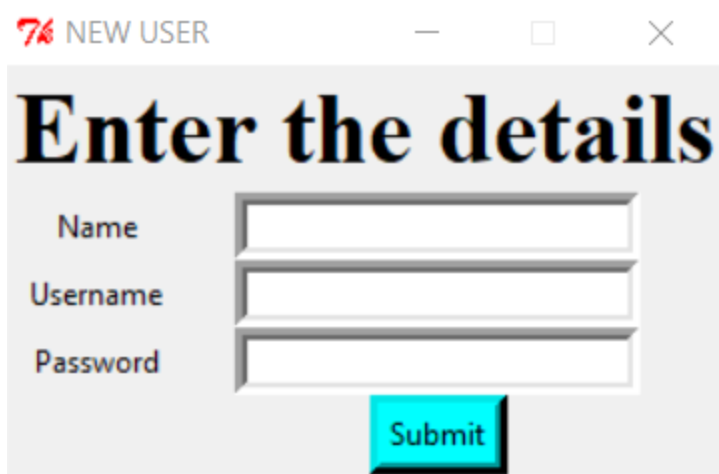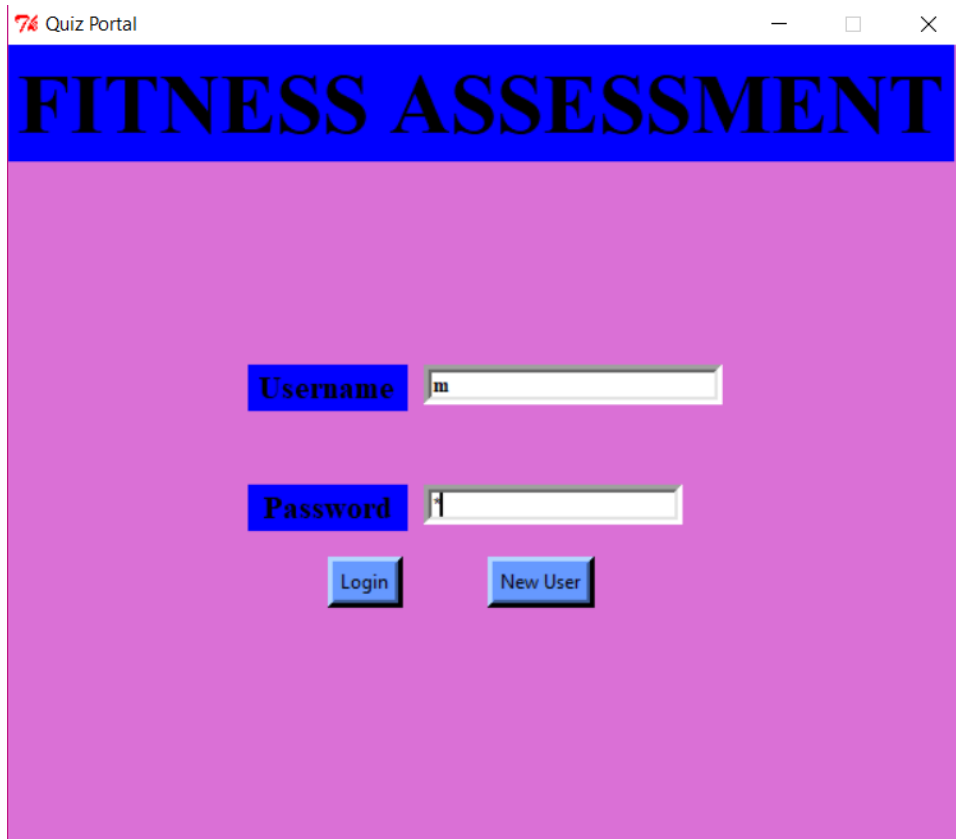
4. If you enter wrong credentials you get an error message.

5. Now if you are a new user then just click on the new user button and you will be directed to this page...

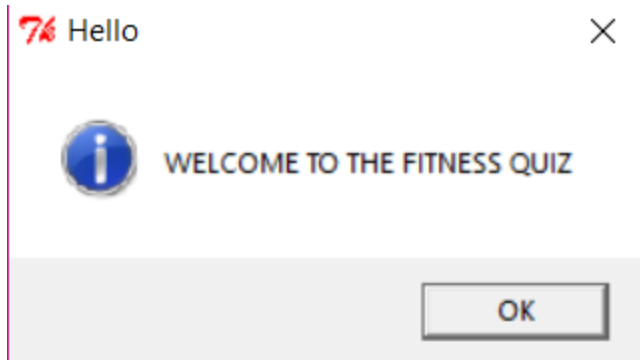6. Now as I have already mentioned above a demo login username and password login using that.

7. Now when you click login you will get a pop up screen welcoming you.

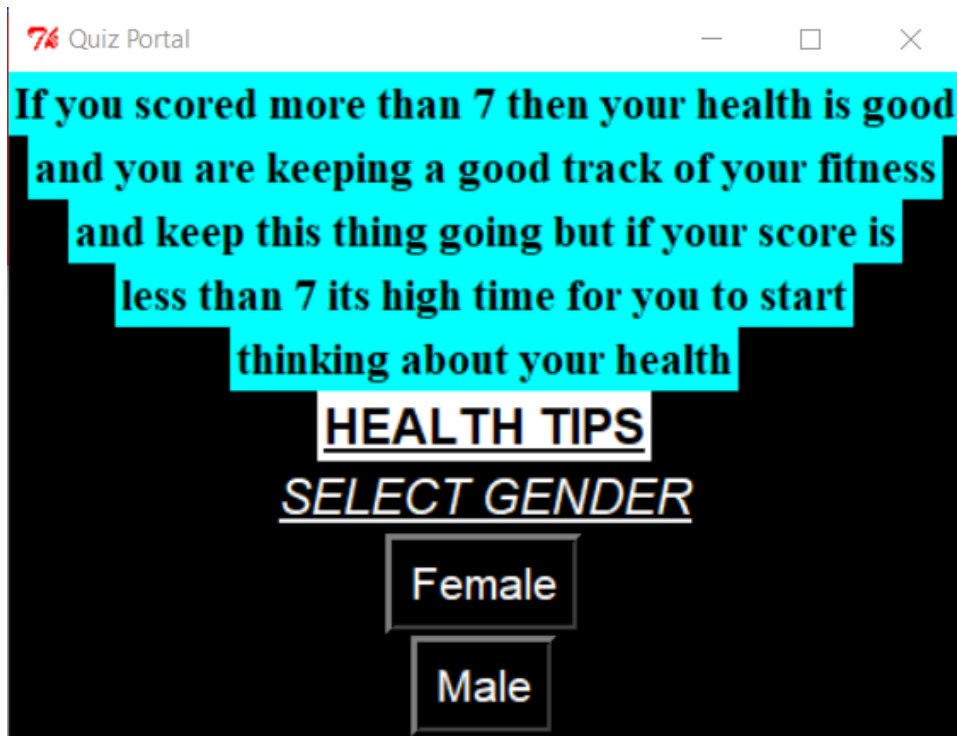8. Clicking OK will direct us to the questions screen.
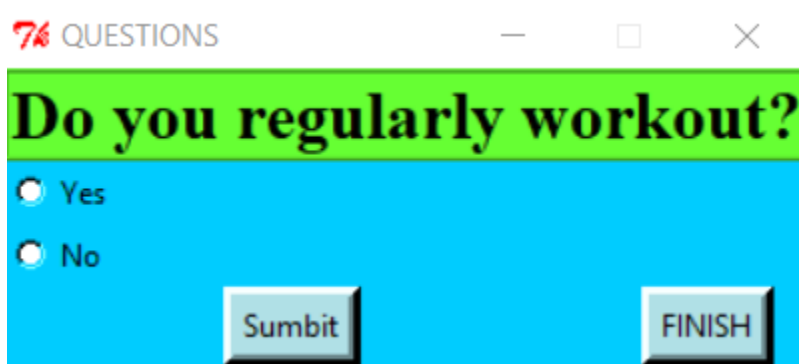
9. Now since I am fetching all the questions from a database I am using a special backend code so that the questions are never repeated for a single user.

```
def ques():
    global x
    global c
    global user
    global sc
    if c<10: #counter variable to check if not more than 10 ques are displayed
        x = randint(1, 10)     #calling random function to genrate a random number
        if a[x] == 0:    #a list for checking if the question has been displayed before or not
            a[x] = 1
            c = c + 1
            disques()
        else:    #if displayed then again calling this function
            ques()
    else:
        finish()
```

10. Now if the user presses finish or submits all the questions this screen will be displayed.
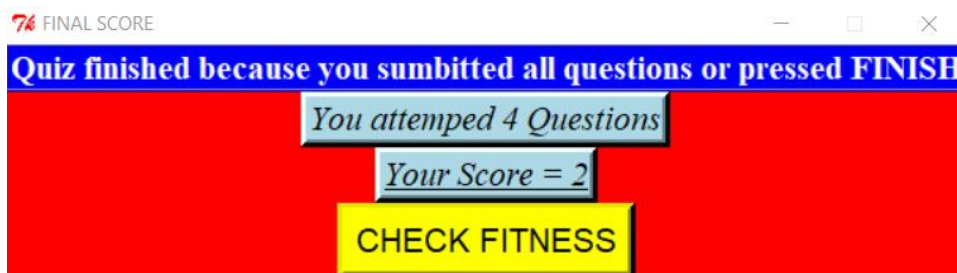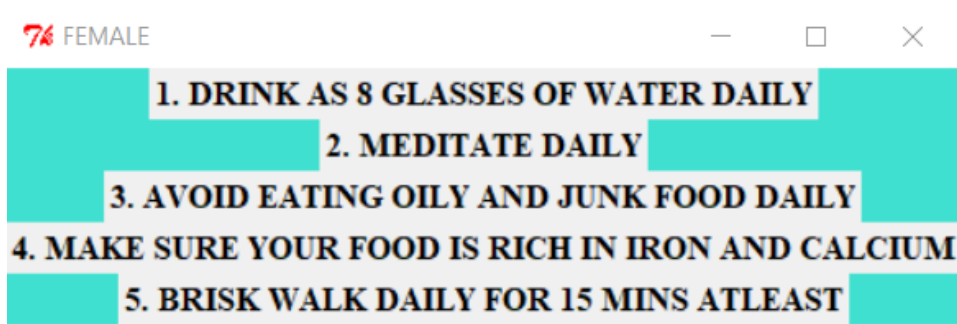

11. As the score has been generated now you can check you fitness by clicking on the check fitness button ,by doing so you will be directed to this page...

Quiz Portal

If you scored more than 7 then your health is good and you are keeping a good track of your fitness and keep this thing going but if your score is less than 7 its high time for you to start thinking about your health

HEALTH TIPS

SELECT GENDER

Female

Male

12. Now select your gender to have some health related tips for female and male , click on the appropriate gender and then these final screens of the project will appear.

FOR FEMALE :

FEMALE

1. DRINK AS 8 GLASSES OF WATER DAILY
2. MEDITATE DAILY
3. AVOID EATING OILY AND JUNK FOOD DAILY
4. MAKE SURE YOUR FOOD IS RICH IN IRON AND CALCIUM
5. BRISK WALK DAILY FOR 15 MINS ATLEAST

FOR MALE :

1.MEDITATE DAILY

2.DONT TAKE MUCH STRESS

3.GO FOR CHECKUPS REGULARLY

4.AVOID OILY AND JUNK FOOD

5.INCLUDE CARBOHYDRATES ,IRON AND CALCIUM IN YOUR FOOD

THANK YOU