Abstract

The aim of this Gym Website is to systematize the existing manual system by the help of electronic equipment like computer website and complex yet simple to use computer software program, fulfilling their requirements, so that their valuable data/information can be stored for a longer periodic with easy accessing and handling of the data. The required software and hardware are easily available and easy to work with.

By the usage of this Gym Website, we can have a reliable, secure, fast management system and error free. It can help the user to focus on their other activities rather to concentrate on the record keeping in other words storing and accessing the data. Thus, it will help company in better usage of resources. The company can sustain computerized records without redundant entries hence this can store more data and performing operation on them becomes easy. In other words, this means that one need not be distracted by information that is not relevant, while being able to reach the information required.

Introduction:

The "Gym Website" has been advanced to override the issues prevailing within the practicing manual machine. This software program is supported to dispose of and in some cases reduce the hardships faced by using this current system. The application is reduced and made feasible to avoid mistakes while entering the data. It additionally displays an error message when entering a piece of invalid information. No formal understanding is required for the user to apply this system. Thus, by this, it is proven it is user-friendly. Gym Website, as described above, leads to an error-free, secure, reliable, and speedy management system. It can assist the user to concentrate on their other activities instead of record keeping. Thus, it will help the company to elevate customer experience and provide outstanding resources.

Every organization, whether large or small, has obstacles to triumph and handle the statistics of Trainer, Gym, Facility, Time Slot, Fitness Class. Every Gym Website has distinct Gym desires; therefore, we design exceptional employee management systems which might be tailored to your managerial requirements. This is designed to assist in strategic planning and guarantees whether the company is certain that your organization is equipped with the proper level of statistics and details in future aspirations. Also, for those busy executives who are constantly on the go, our systems come with remote access factors, with the intention to let you manage your workers whenever, at all times. These systems, in the long run, will let you effectively manage resources.

Project objectives:

The paramount objective of the Project on Gym Website is to manage the details of Gym, Trainer, Members, Facility, Fitness Class. It manages all the details about the Gym, Time Slot, Fitness Class. The project is totally constructed on the administrative end and as a consequence, only the administrator is guaranteed the access. The purpose of the task is to build an application to reduce the physical work in supervising the Gym, Trainer, Time Slot, and Members. It tracks all of the details about the Member, Facility, Fitness Class.

Architectural diagram

Different Pages:

1. Login page
2. Sign up page
3. About us/dashboard
4. Facilities and coach details
5. Diet plan
6. Session Work-out details
7. Therapy and emotion management
8. Progress chart
9. Member Pricing
10. Products
11. Gallery
12. Events and other activities

Modules and their description

1. Authentication of the user:

The Gym Website asks for the login form. Here the user enters the User\_name and password and the website starts the authentication process in which the User\_name and password are matched with the current User\_name and password in the database. If the password matches then it is allowed to the main page else it warns the user for Invalid User name and password and directs the user to the sign-up page where they can create a new account which their details would be stored in the database for future use. After successful authentication the website activates the rest of the features and menus. The activity log also prepared for failures and security.

1. Admin

All the users of this website are displayed in this module. One can add new user or can update the details of an existing user. Here the password provided by the user is encrypted before saving them to the database for proper security. This module saves the details like address, phone and email.

1. Gym Details

Dashboard – The dashboard is the part of the system where the basic information about the gym is shown. In this project the dashboard displays a brief introduction and some start-up workout plans so that the user can understand about out gym. The dashboard includes details like its history, staff members information, facility, timing and some other feature and information.

Facilities and coach details – Here all the information of the basic facility offered by the gym like the different equipment that are available, locker room, parking area, swimming pool and other facilities are displayed here along with the basic information about the top coaches of our gym.

Diet plan and Session Work out details – Here all the basic details as to what exercise and food plan the user must follow in the gym and at home are mentioned, so that the user finds it more convenient to use the gym and achieve their goals.

1. Therapy and emotion management

This is a new and a unique feature added to the gym website that tries to track the user’s workout plan and predict their emotion status and also displays a list of therapy doctors that a user can view and book an appointment. The main reason to introduce this module is because it is believed that a person can be physically fit only if he is mentally fit at the same time.

1. Progress chart

Here the progress made by the user are tracked and show how close there are in order to achieve their goals. In short here all the statistical information about the user workouts are displayed.

1. Member Pricing and Products

Here all the different plans that the gym offers are displayed along with the various nutrition products such as protein supplements along with the different workout equipment are listed so that users are able to get the required products at a low a cost.

1. Gallery, Events and other activities

Here some of the images related to the gym, people workout and some event hosted by the gym like the marathons to promote fitness are listed here so that the user gets a good idea about how the gym looks like and how the events are going to be.

1. Logout

In this once the user clicks on Log out First the session variable is killed and then the system is redirected to the login page.

1. Prepare Logs

At all the stages, whenever user performs an operation by clicking a button, automatically the Gym Tracking System logs the activity.

System Specification

The function and performance allocated to the website as part of system engineering are refined by establishing a complete information description, a detailed functional and behavioural description, an indication of performance requirements and design constraints, appropriate validation criteria.

Technical Details

* Data base - The System shall use the My Sql Database, which is open-source file.
* Operating System - The development environment should be window 7 as well as windows 8
* Web Based - The system shall be web-based application. Coding platform – Html, CSS along with JavaScript.

The proposed system has the following requirements:

* System needs store information about new entry of Gym.
* System needs to maintain quantity record.
* System also needs a search area. It also needs a security system to prevent data.
* System needs to help the internal staff to keep information of Trainer and find them as per various queries.
* System needs to keep the record of Member.
* System needs to update and delete the record.

The hardware required for the development of the project is:

* Processor: Intel P-IV System
* Processor Speed: 833 MHz
* Ram: 512 Mb Ram
* Hard Disk: 40 Gb

The software required for the development of the project is:

* Operating System: Windows 2000 Professional
* Environment: Notepad++
* Net Framework: Version 1.0
* Language: HTML, CSS, JavaScript
* Backend: SQL Server 2000