

PROJECT TITLE:

FITNESS TRACKING AND WORKOUT PLANNER APPLICATION

PROJECT TEAM

- GANESH KUMAR GUPTA :
(ROLL NO: 32, REG NO: 12321000)
- PALLA SASHANK :
(ROLL NO: 29, REG NO: 12319851)
- BODANAPU YUGANDHAR REDDY :
(ROLL NO: 31, REG NO: 12320863)

PROJECT DURATION

OCTOBER2023 - NOVEMBER 2023



L LOVELY
P ROFESSIONAL
U NIVERSITY

Transforming Education Transforming India

SUBMITTED TO SONIA JASSI

LOVELY PROFESSIONAL UNIVERSITY

JALANDHAR

PUNJAB , INDIA

INTRODUCTION

Fitness tracking and workout planner have become indispensable tools in the pursuit of a healthier lifestyle. Harnessing the power of smartphones and wearables, these applications provide users with real-time insights into their physical activities, from steps taken to calories burned. With personalized workout planning features, individuals can tailor their exercise routines, making it easier to achieve fitness goals. The social and motivational aspects embedded in these apps create a sense of community, fostering encouragement and accountability. As technology advances, artificial intelligence enhances the user experience, offering personalized recommendations for optimized workouts. In essence, these applications revolutionize the way we approach fitness, making it more accessible, engaging, and tailored to individual needs.

And our website name is [DAREBEE](#)

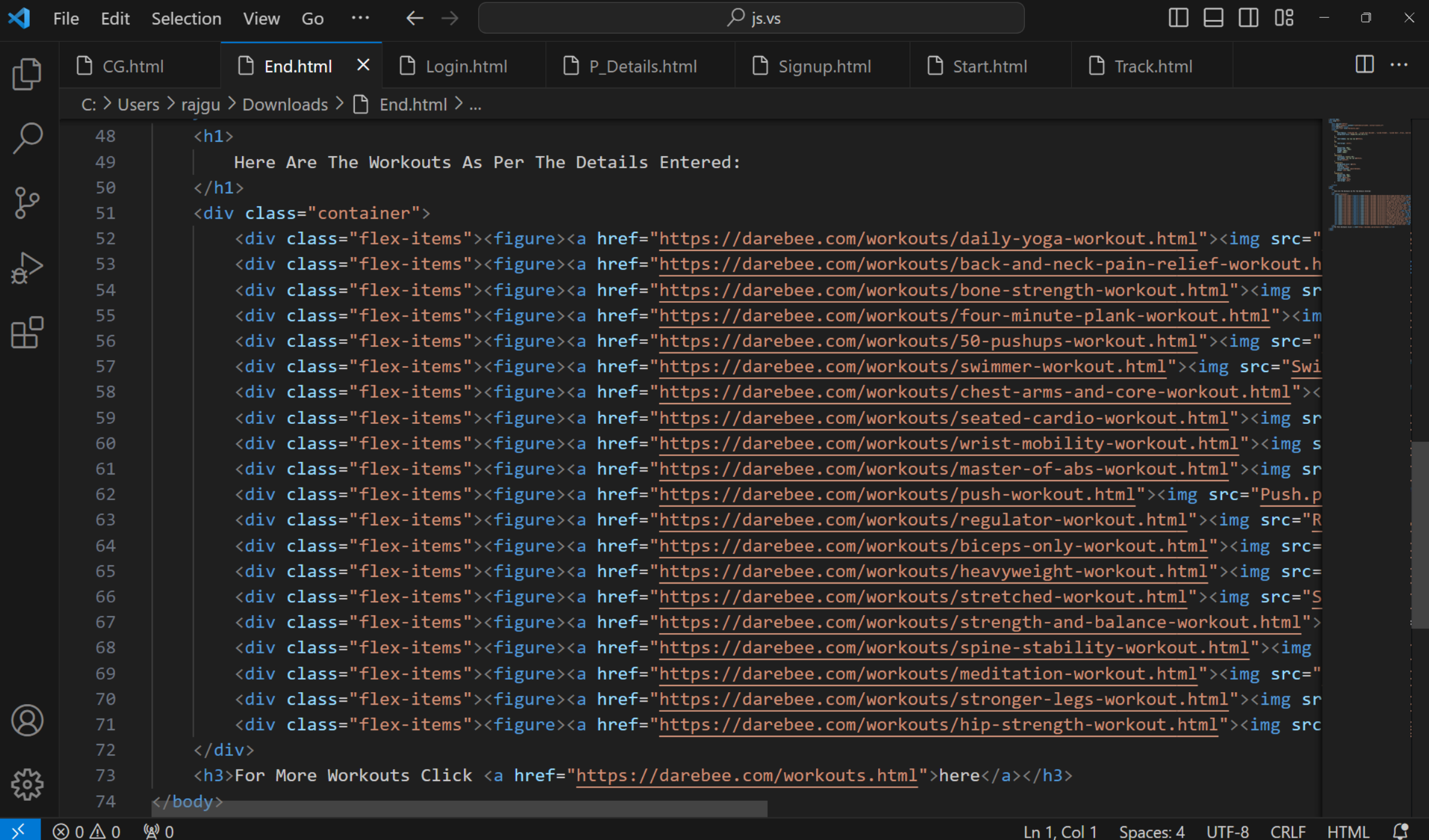
TECHNOLOGIES USED

There are two technology used in our website :

HTML(HYPER TEXT MARKUP LANGUAGE and CSS(CASCADING STYLE SHEETS)

C: > Users > rajgu > Downloads > CG.html > html > body > div > main > section#contact > h2

```
10
11 <body>
12   <header>
13     <div class="flex-container">
14       <div class="flex-items"></div>
15       <div class="flex-items">
16         <nav>
17           <ul align="center">
18             <li><a href="Start.html">Home</a></li>
19             <li><a href="Track.html">Tracker</a></li>
20             <li><a href="https://darebee.com/workouts.html">Workouts</a></li>
21             <li><a href="https://darebee.com/contact.html">Contact</a></li>
22             <li><a href="Signup.html">Sign Up</a></li>
23             <li><a href="Login.html">Log In</a></li>
24           </ul>
25         </nav>
26       </div>
27     </div>
28   </header>
29   <div>
30     <main>
31       <section id="home">
32         <h1>Welcome to the Fitness Tracking & Workout Planner!</h1>
33         <p>Track your progress and plan your workouts with our app.</p>
34       </section>
35
36       <section id="tracker">
```



CG.html

End.html

Login.html

P_Details.html

Signup.html

Start.html

Track.html

C: > Users > rajgu > Downloads > End.html > ...

```
48 <h1>
49     Here Are The Workouts As Per The Details Entered:
50 </h1>
51 <div class="container">
52     <div class="flex-items"><figure><a href="https://darebee.com/workouts/daily-yoga-workout.html"><figure><a href="https://darebee.com/workouts/back-and-neck-pain-relief-workout.h
54     <div class="flex-items"><figure><a href="https://darebee.com/workouts/bone-strength-workout.html"><img sr
55     <div class="flex-items"><figure><a href="https://darebee.com/workouts/four-minute-plank-workout.html"><im
56     <div class="flex-items"><figure><a href="https://darebee.com/workouts/50-pushups-workout.html"><figure><a href="https://darebee.com/workouts/swimmer-workout.html"><figure><a href="https://darebee.com/workouts/chest-arms-and-core-workout.html"><
59     <div class="flex-items"><figure><a href="https://darebee.com/workouts/seated-cardio-workout.html"><img sr
60     <div class="flex-items"><figure><a href="https://darebee.com/workouts/wrist-mobility-workout.html"><img s
61     <div class="flex-items"><figure><a href="https://darebee.com/workouts/master-of-abs-workout.html"><img sr
62     <div class="flex-items"><figure><a href="https://darebee.com/workouts/push-workout.html"><figure><a href="https://darebee.com/workouts/regulator-workout.html"><figure><a href="https://darebee.com/workouts/biceps-only-workout.html"><img src=
65     <div class="flex-items"><figure><a href="https://darebee.com/workouts/heavyweight-workout.html"><img src=
66     <div class="flex-items"><figure><a href="https://darebee.com/workouts/stretched-workout.html"><figure><a href="https://darebee.com/workouts/strength-and-balance-workout.html">
68     <div class="flex-items"><figure><a href="https://darebee.com/workouts/spine-stability-workout.html"><img
69     <div class="flex-items"><figure><a href="https://darebee.com/workouts/meditation-workout.html"><figure><a href="https://darebee.com/workouts/stronger-legs-workout.html"><img sr
71     <div class="flex-items"><figure><a href="https://darebee.com/workouts/hip-strength-workout.html"><img src
72 </div>
73 <h3>For More Workouts Click <a href="https://darebee.com/workouts.html">here</a></h3>
74 </body>
```



CG.html

End.html

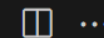
Login.html X

P_Details.html

Signup.html

Start.html

Track.html



C: > Users > rajgu > Downloads > Login.html > ...



```
6      <title>Log In Page</title>
7      <link rel="stylesheet" href="Style2.css">
8      <link rel="icon" href="Darebee1.webp">
9      <style>
10         body{
11             background-image: url('GYM7.jpg');
12             background-repeat: no-repeat;
13             background-position: center;
14             background-size:cover;
15         }
16         h1{
17             margin-top: 110px;
18         }
19     </style>
20 </head>
21 <body>
22     <h1 align='center' style="color:□black;">LOG IN</h1>
23     <form method="post" action="End.html">
24         <div class="form">
25             <div class="opa">
26                 <label for="UserName">Enter Your UserName:</label>
27                 <input type="text" name="UserName" id="UserName" placeholder="UserName" required>
28                 <label for="password">Enter Your Password:</label>
29                 <input type="password" name="password" id="password" placeholder="Password" required>
30                 <a href=""><button type="submit">Log In</button></a>
31                 <p>Don't have an account? Click here <a href='Signup.html'>Sign Up</a></p>
32             </div>
```

C: > Users > rajgu > Downloads > P_Details.html > ...

```
83 <div class="container">
84   <h1 style="font-size:40px;color: #42213d">Workout Planner</h1>
85   <fieldset>
86     <legend style="font-size: 25px;">Personal Details...</legend>
87     <form method="post" action="End.html">
88       <label for="name">Enter Your Name:</label>
89       <input type="text" name="name" id="name" placeholder="Enter your name" required>
90
91       <label for="num">Enter Your Number:</label>
92       <input type="number" name="num" id="num" placeholder="Enter your number" required>
93
94       <label for="Gender">Select Your Gender:</label>
95       <div class="input"><input type="radio" name="Gender" id="male" value="Male" style="margin-right: 1px;"> Male
96       <input type="radio" name="Gender" id="female" value="Female" style="margin-right:1px;"> Female
97       <input type="radio" name="Gender" id="others" value="Others" style="margin-right:1px;"> Others</div>
98
99       <label for="dob">Date of Birth:</label>
100      <input type="date" name="dob" id="dob" required>
101
102      <label for="age">Age:</label>
103      <input type="number" name="age" id="age" placeholder="Age" required>
104
105      <label for="height">Height:</label>
106      <input type="number" name="height" id="height" placeholder="Enter your height in feet" required>
107
108      <label for="weight">Weight:</label>
109      <input type="number" name="weight" id="weight" placeholder="Enter your weight in kgs" required>
110
```




CG.html

End.html

Login.html

P_Details.html

Signup.html ✕

Start.html

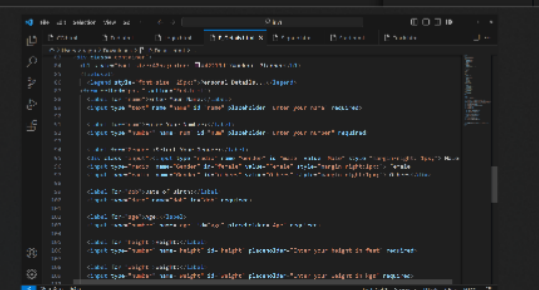
Track.html



C: > Users > rajgu > Downloads > Signup.html > html > head > style > body



```
14         background-size: cover;
15     }
16
17 </style>
18 </head>
19 <body>
20     <header>
21         <h1 align="center"><u>SIGN UP</u></h1>
22     </header>
23     <form method="post" action="P_Details.html">
24         <div class="form">
25             <label for="name">Name:</label>
26             <input type="text" name="name" id="name" placeholder="Enter Your Full Name" required>
27             <label for="email">Email:</label>
28             <input type="email" name="email" id="email" placeholder="example@mail" required>
29             <label for="mobilenum">Enter Your Mobile Number:</label>
30             <input type="number" name="mobilenum" id="num" placeholder="+91 xxxxx xxxxx" required>
31             <label for="userName">Set UserName:</label>
32             <input type="text" name="userName" id="userName" placeholder="UserName" required>
33             <label for="password">Set Your Password:</label>
34             <input type="password" name="password" id="pwd" placeholder="password" required>
35             <label for="pwd">Confirm Your Password:</label>
36             <input type="password" name="pwd" id="conpwd" placeholder="Confirm Your Password"
37             <button type="submit">Sign Up</button>
38             <p color="white" size="5px">Already have an account? Click here <a href="Login.html"
39         </div>
40     </form>
```



Snipping Tool

Screenshot copied to clipboard and saved
Select here to mark up and share the image



CG.html

End.html

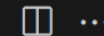
Login.html

P_Details.html

Signup.html

Start.html ×

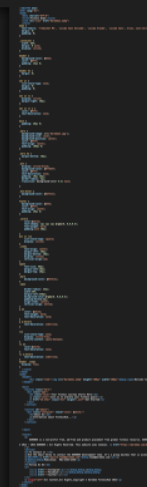
Track.html



C: > Users > rajgu > Downloads > Start.html > ...



```
14  .container {
15      width: 80%;
16      margin: 0 auto;
17      display: inline;
18  }
19
20  reader {
21      background-color: #333;
22      color: #fff;
23      padding: 15px 0;
24  }
25
26  reader h1 {
27      margin: 0;
28  }
29
30  nav ul {
31      list-style-type: none;
32      margin: 0;
33      padding: 0;
34  }
35
36  nav ul li {
37      display: inline;
38      margin-right: 20px;
39  }
40
```





CG.html

End.html

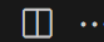
Login.html

P_Details.html

Signup.html

Start.html

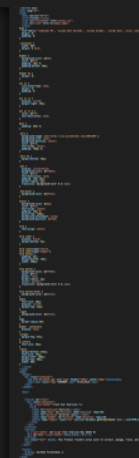
Track.html ×

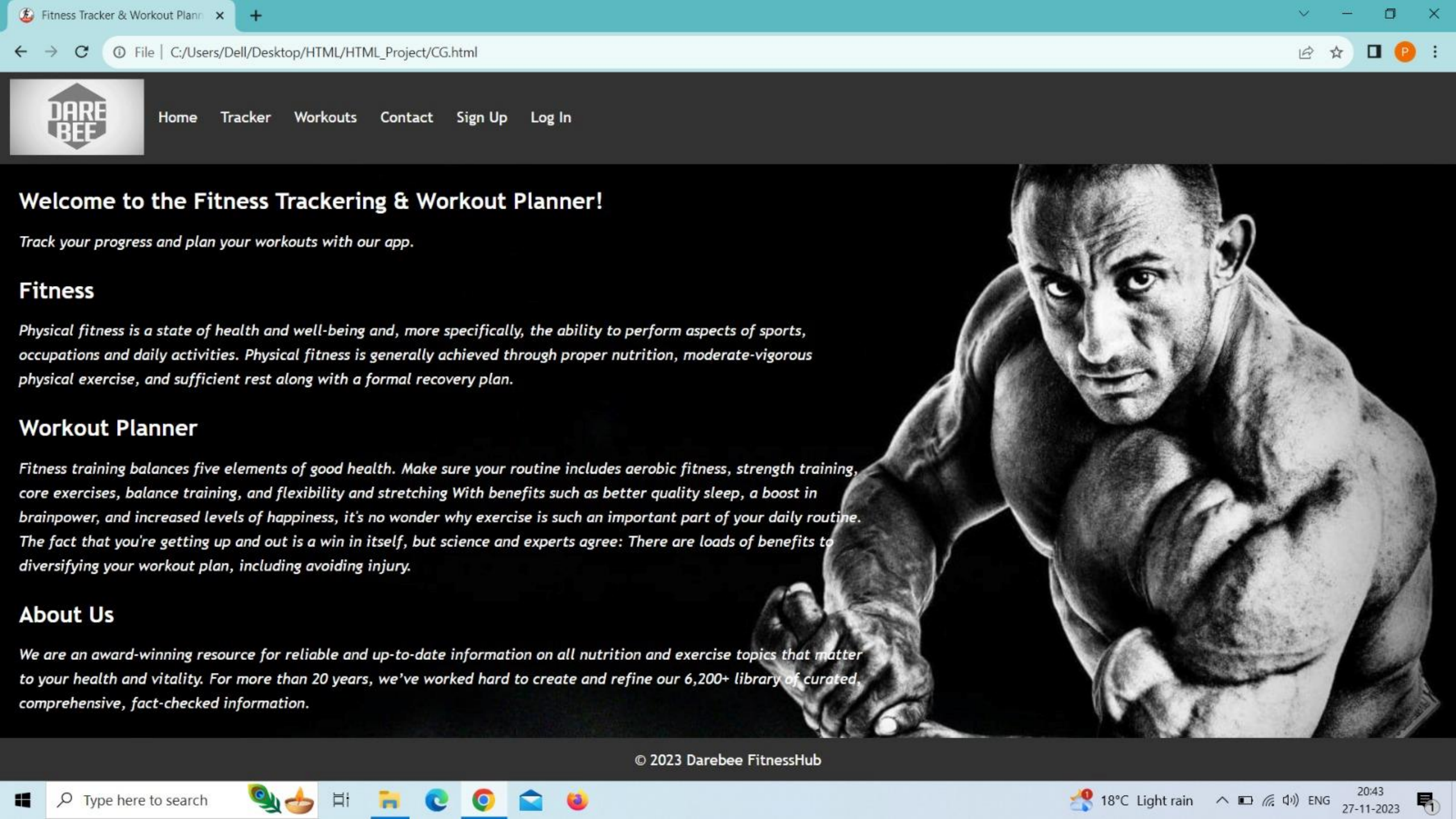


C: > Users > rajgu > Downloads > Track.html > html > head > style > nav ul li



```
50
51 .hero {
52     background-image: url('https://via.placeholder.com/1500x600');
53     background-size: cover;
54     background-position: center;
55     color: #fff;
56     text-align: center;
57     padding: 100px 0;
58 }
59
60 .hero h2 {
61     margin-bottom: 20px;
62 }
63
64 .btn {
65     display: inline-block;
66     background-color: #ff6347;
67     color: #fff;
68     text-decoration: none;
69     padding: 10px 20px;
70     border-radius: 5px;
71     transition: background-color 0.3s ease;
72 }
73
74 .btn:hover {
75     background-color: #e74c3c;
76 }
77
```





Welcome to the Fitness Tracking & Workout Planner!

Track your progress and plan your workouts with our app.

Fitness

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest along with a formal recovery plan.

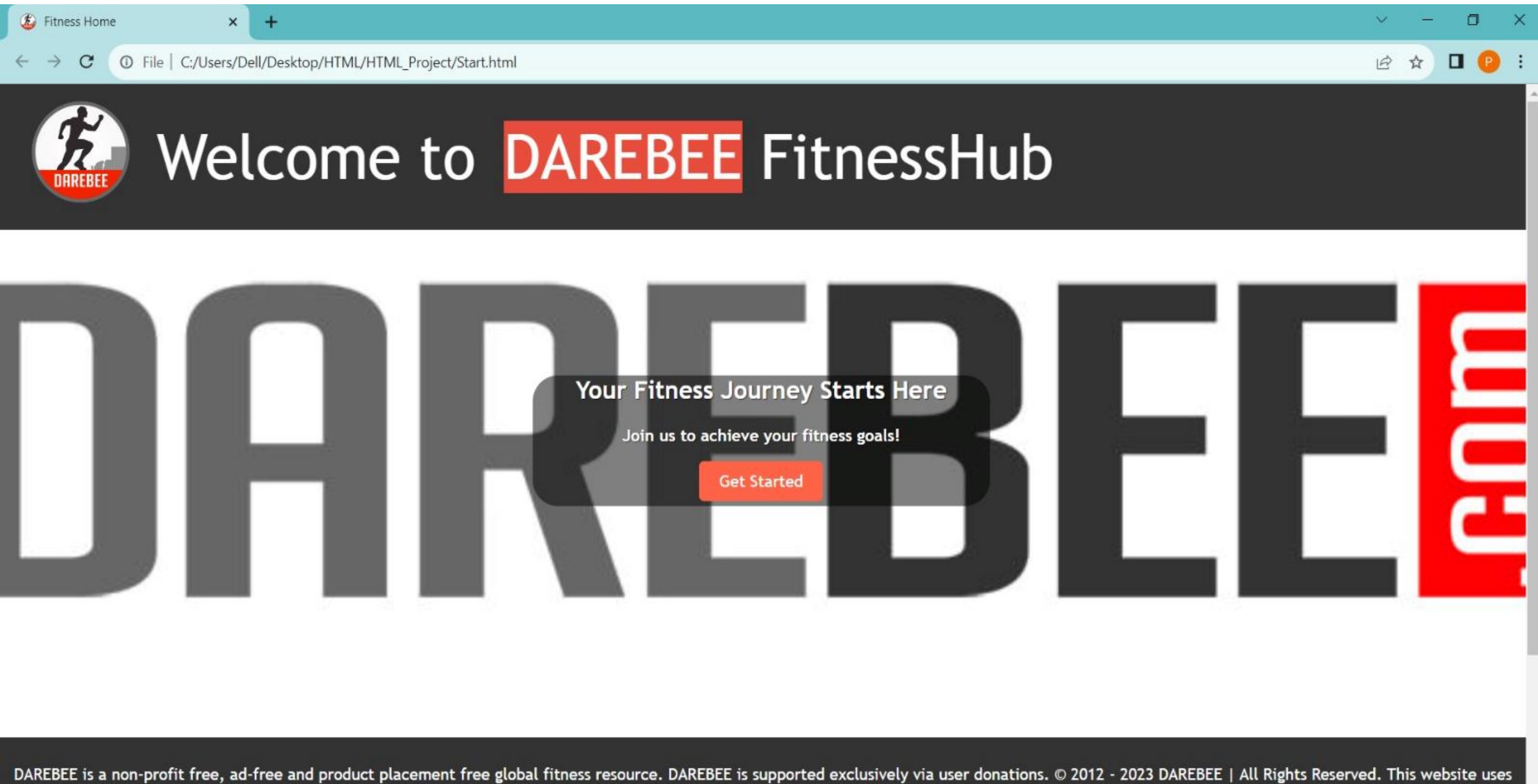
Workout Planner

Fitness training balances five elements of good health. Make sure your routine includes aerobic fitness, strength training, core exercises, balance training, and flexibility and stretching With benefits such as better quality sleep, a boost in brainpower, and increased levels of happiness, it's no wonder why exercise is such an important part of your daily routine. The fact that you're getting up and out is a win in itself, but science and experts agree: There are loads of benefits to diversifying your workout plan, including avoiding injury.

About Us

We are an award-winning resource for reliable and up-to-date information on all nutrition and exercise topics that matter to your health and vitality. For more than 20 years, we've worked hard to create and refine our 6,200+ library of curated, comprehensive, fact-checked information.

WEBSITE SNAPSHOTS





DAREBEE

FitnessHub

Track Your Exercise

Exercise:

Duration (mins):

Add Exercise

Your Exercise Was Added On

◆ This Fitness trackers allow users to collect, manage, track, and monitor fitness-related activities, such as distance walked, calorie intake, sleep quality, and heart rate. Fitness trackers have become increasingly popular in the past decade. One in five Americans use a device or an app to track their fitness-related activities. People use fitness trackers for various reasons, but ultimately, the main reason is to get fit or maintain health. The device/app helps users stay motivated and allows them to track progress and stay informed. In recent years, many people have started seeking a healthier lifestyle and adopted technologies that motivated them to keep track of their goals. This trend is largely adopted by millennials; some even called the millennials “the wellness generation”.

SIGN UP

Name:

Enter Your Full Name

Email:

example@mail

Enter Your Mobile Number:

+91 xxxxx xxxxx

Set UserName:

UserName

Set Your Password:

password

Confirm Your Password:

Confirm Your Password

Sign Up

Already have an account? [Click here](#) **Log In**

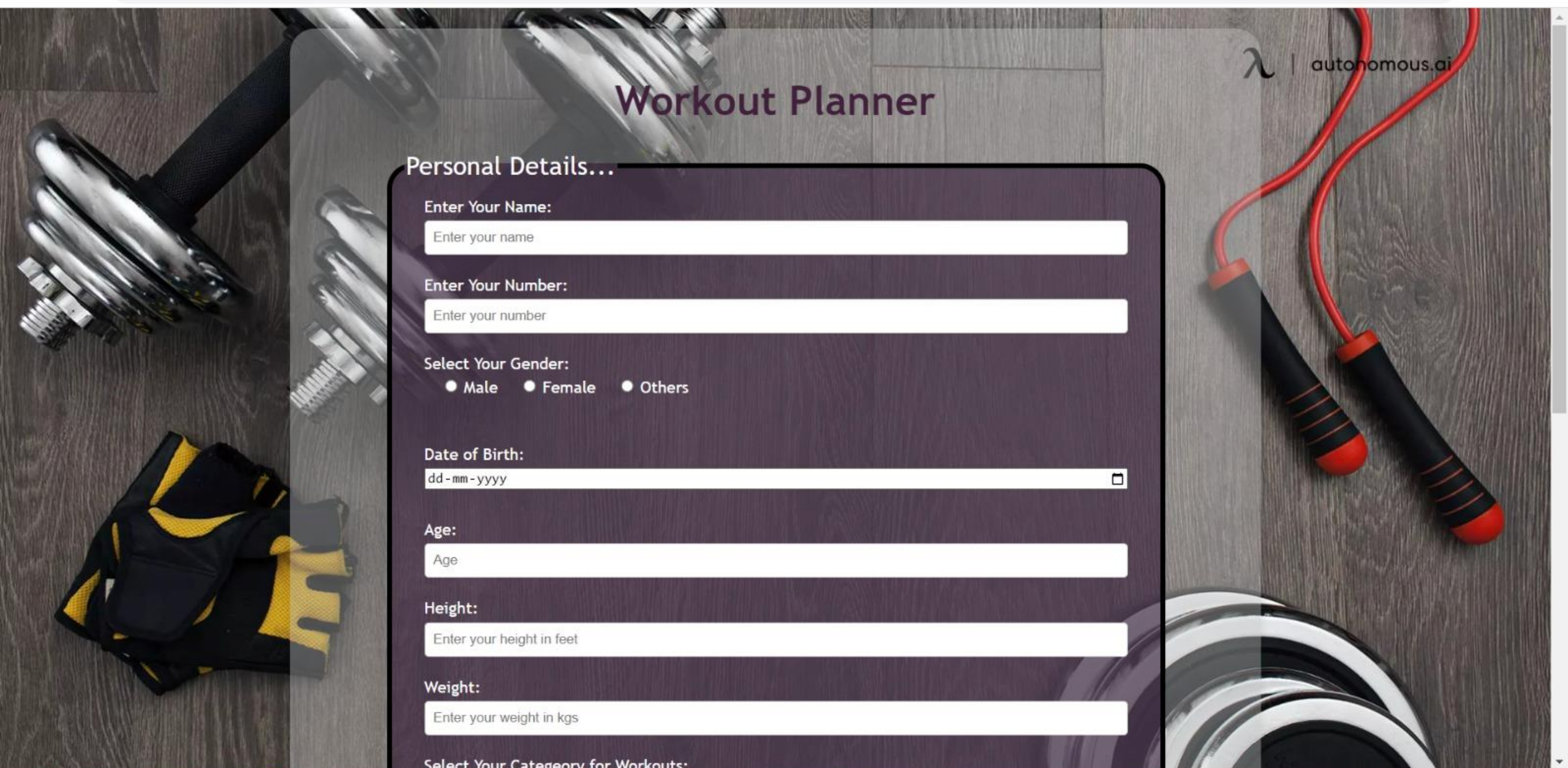
LOG IN

Enter Your UserName:

Enter Your Password:

Log In

Don't have an account? [Click here](#) Sign Up



Workout Planner

Personal Details...

Enter Your Name:

Enter Your Number:

Select Your Gender:

- ☐ Male ☐ Female ☐ Others

Date of Birth:

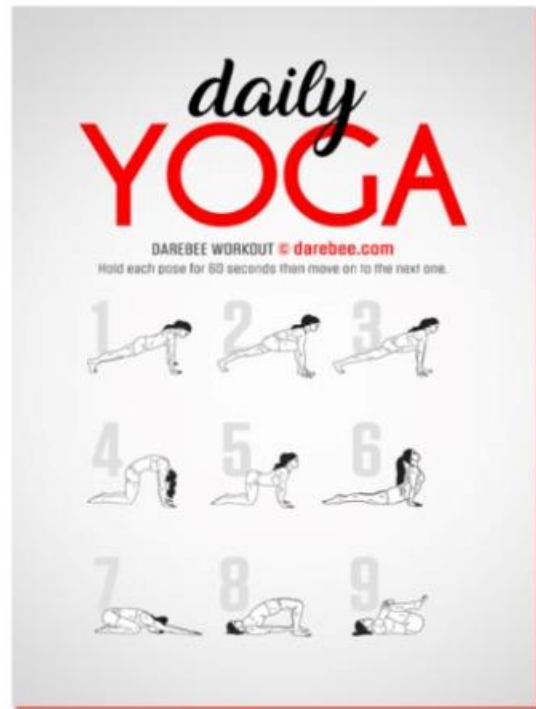
Age:

Height:

Weight:

Select Your Categeory for Workouts:

Here Are The Workouts As Per The Details Entered:



Yoga



Back and Neck



Bone Strength



Plank



SUBMITTED BY:
GANESH KUMAR GUPTA
ROLL NO: 32
REGNO: 12321000