

Fitness Tracker

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ABSTRACT

The "Fitness Tracker" is a web-based application designed to assist individuals in monitoring and managing their physical fitness activities and overall well-being. In an era of increasing health consciousness, this application offers a range of features to empower users in setting goals, tracking progress, and adopting healthier lifestyles. Through an intuitive and interactive interface, users can record workouts, monitor nutrition, receive insights, and engage with a supportive community, fostering a holistic approach to fitness and wellness.

Modules and functionalities

- Admin
 - ✓ Admin can manage user Account
 - ✓ Admin can add Trainer and Nutritionist
 - ✓ Admin can add Product catalogue, Including adding new products, updating price, removing product. Handle stock details
 - ✓ Admin can Provide Educational contents
- Trainer
 - ✓ Fitness Assessment
 - ✓ Goal Setting
 - ✓ Personalized workout plan
 - ✓ Exercise scheduling
 - ✓ Progress Monitoring
 - ✓ Feedback and motivation
- Nutritionist
 - ✓ Personalized nutrition plan
 - ✓ Dietary Goal Alignment
 - ✓ Nutritional Analysis
 - ✓ Meal Planning
 - ✓ Nutrient Education
 - ✓ Caloric Guidance
 - ✓ Nutrition tracking
 - ✓ Monitoring Progress
- Users
 - ✓ Profile Creation
 - ✓ Goal Setting
 - ✓ Engaging with fitness plan
 - ✓ Following Nutritional Guidance
 - ✓ Purchasing Fitness Items
 - ✓ Monitoring Progress about previous diet chart

- ✓ Access Educational content, videos, articles
- ✓ Seeking support
- ✓ Set summary or feedback about the day

Expert Consultation: For those seeking professional guidance, the platform offers the option to consult certified trainers and nutritionists. Users can make payments for personalized training plans and diet consultations, receiving expert advice to tailor their fitness journey.

Nutritional Guidance: Nutritionists on the platform offer personalized diet plans, meal recommendations, and nutritional insights. Users can chat with nutritionists to address dietary

The main project aims to create a comprehensive Fitness Tracker application with a user-friendly interface and a host of functionalities to cater to individuals' fitness needs. It begins by prompting users with questionnaires to understand their preferences and requirements. Based on their responses, the system filters and suggests suitable trainers. The application integrates ecommerce features, allowing users to purchase fitness items directly. Moreover, it fosters community engagement, enabling users to interact, share experiences, and support one another in their fitness journeys. Virtual classes add another dimension, offering users the opportunity to participate in live workouts and educational sessions from the comfort of their homes. By incorporating these elements seamlessly, the Fitness Tracker aims to provide a holistic fitness experience, empowering users to achieve their health and wellness goals effectively.