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

<u>Front-End Development:</u>

- ❖ Web: HTML, CSS, JavaScript
- ❖ Frameworks/Libraries: React

<u>Back-End Development:</u>

- ❖ Languages: Python
- ❖ Frameworks: Django

<u>Database:</u> MySQL

Main Project

- ➤ E-commerce Platform (Fitness shop)

This module allows users to not only track their fitness progress but also conveniently purchase a wide range of fitness products, including proteins, nutrition kits, supplements, and workout accessories, all within the same ecosystem.

<u>Key Features:</u>

- ■ Product Catalog:

Users can browse through a selection of high-quality proteins, nutrition kits, and other fitness-related items.

- ■ Shopping Experience

- ■ Payments

- ■ Search and Filters

- ■ Shipping and Delivery

- ■ Customer Support

- ■ Reviews and Ratings

- Nutritionist Chat

Chat Interface: Allow users to send text messages

Appointment Scheduling

User Ratings and Reviews

- Search nearby fitness centers

- Provide Live or Video sessions for yoga, Zumba workout for interested users.

- Social Features: Create a community aspect where users can connect with others, share achievements, and provide support and motivation.

- Providing challengers to users