MAD

PROJECT REPORT

HASHAAM - 031

HAIDER - 023

HAMZA – 027

BS(IT)

6A

Code:

Main

```dart
import 'package:final_project/pages/home_page.dart';
import 'package:final_project/pages/splash_screen.dart';
import 'package:flutter/material.dart';
import 'firebase_options.dart';
import 'package:firebase_core/firebase_core.dart';


Future<void> main() async {
  WidgetsFlutterBinding.ensureInitialized();
  await Firebase.initializeApp(
    options: DefaultFirebaseOptions.currentPlatform,
  );
  runApp(const MaterialApp(
    home: Home(),
  ));
}

class MainApp extends StatelessWidget {
  const MainApp({super.key});

  @override
  Widget build(BuildContext context) {
    return const SplashScreen();
  }
}
```

Splash screen:

```dart
import 'dart:async';

import 'package:final_project/pages/login_page.dart';
import 'package:flutter/material.dart';
import
'package:loading_animation_widget/loading_animation_widget.dart';

class SplashScreen extends StatefulWidget {
  const SplashScreen({super.key});

  @override
  State<SplashScreen> createState() => _SplashScreenState();
}

class _SplashScreenState extends State<SplashScreen> {
  @override
  void initState() {
    super.initState();
    Timer(const Duration(seconds: 10), () {
      Navigator.of(context).pushReplacement(
        MaterialPageRoute(builder: (context) {
          return const Login();
        }),
      );
    });
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      backgroundColor: const Color.fromARGB(255, 0, 0, 0),
      body: Column(
        children: [
          Center(child: Image.asset("assets/hhh fitness.png")),
          const SizedBox(
            height: 20,
          ),
```

```dart
        Align(
          alignment: Alignment.bottomCenter,
          child: LoadingAnimationWidget.stretchedDots(
              color: Colors.white, size: 100),
        )
      ],
    ),
  );
}
}

class SecondScreen {
  const SecondScreen();
}
```

Login:

```dart
// ignore_for_file: use_build_context_synchronously,
use_super_parameters

import 'package:final_project/modules/textfeild.dart';
import 'package:final_project/pages/name_page.dart';
import 'package:final_project/pages/signup_page.dart';
import 'package:flutter/material.dart';
import 'package:firebase_auth/firebase_auth.dart';

class Login extends StatefulWidget {
  const Login({Key? key}) : super(key: key);

  @override
  State<Login> createState() => _LoginState();
}

class _LoginState extends State<Login> {
  final TextEditingController emailController =
TextEditingController();
  final TextEditingController passwordController =
TextEditingController();
  bool _isPasswordVisible = false;

  void signuserin() async {
    showDialog(
      context: context,
      barrierDismissible: false,
      builder: (context) {
        return const Center(
          child: CircularProgressIndicator(),
        );
      },
    );

    try {
      await FirebaseAuth.instance.signInWithEmailAndPassword(
        email: emailController.text,
```

```dart
            password: passwordController.text,
          );
        Navigator.pop(context);
        Navigator.pushReplacement(
          context,
          MaterialPageRoute(builder: (context) => const Name()),
        );
      } on FirebaseAuthException catch (e) {
        Navigator.pop(context);
        if (e.code == 'user-not-found') {
          showErrorDialog("Email incorrect");
        } else if (e.code == 'wrong-password') {
          showErrorDialog("Password incorrect");
        } else {
          showErrorDialog("Incorrect email or password");
        }
      }
    }
  }

  void showErrorDialog(String message) {
    showDialog(
      context: context,
      builder: (context) {
        return AlertDialog(
          title: const Text("Error"),
          content: Text(message),
          actions: [
            TextButton(
              onPressed: () {
                Navigator.pop(context);
              },
              child: const Text("OK"),
            ),
          ],
        );
      },
    );
  }
```

```dart
  @override
  Widget build(BuildContext context) {
    return SafeArea(
      child: Scaffold(
        backgroundColor: const Color.fromARGB(255, 0, 0, 0),
        body: SingleChildScrollView(
          child: Center(
            child: Column(
              children: [
                const SizedBox(height: 30),
                Image.asset(
                  "assets/hhh fitness.png",
                  height: 200,
                  width: 200,
                ),
                const SizedBox(height: 50),
                Container(
                  margin: const EdgeInsets.symmetric(horizontal: 20),
                  child: Textfield(
                    Icon: const Icon(Icons.email, color:
Color(0xffE04754)),
                    controller: emailController,
                    hintText: "Enter email",
                    obscureText: false,
                  ),
                ),
                const SizedBox(height: 30),
                Container(
                  margin: const EdgeInsets.symmetric(horizontal: 20),
                  child: TextField(
                    controller: passwordController,
                    obscureText: !_isPasswordVisible,
                    style: const TextStyle(color: Colors.white),
                    decoration: InputDecoration(
                      prefixIcon:
                          const Icon(Icons.password, color:
Color(0xffE04754)),
                        labelText: "Enter password",
                        labelStyle: const TextStyle(color: Colors.grey),
```

```dart
            suffixIcon: IconButton(
              icon: Icon(
                _isPasswordVisible
                    ? Icons.visibility
                    : Icons.visibility_off,
                color: const Color(0xffE04754),
              ),
              onPressed: () {
                setState(() {
                  _isPasswordVisible = !_isPasswordVisible;
                });
              },
            ),
            border: const OutlineInputBorder(),
          ),
        ),
      ),
      const SizedBox(height: 50),
      ElevatedButton(
        onPressed: signuserin,
        style: ElevatedButton.styleFrom(
          backgroundColor: const Color(0xffE04754),
          shape: RoundedRectangleBorder(
            borderRadius: BorderRadius.circular(10),
          ),
        ),
        child: const Padding(
          padding: EdgeInsets.symmetric(vertical: 10,
horizontal: 20),
          child: Text(
            "Login",
            style: TextStyle(
              color: Color(0xff1C6985),
              fontSize: 30,
              fontWeight: FontWeight.bold,
            ),
          ),
        ),
      ),
```

```dart
                const SizedBox(height: 30),
                GestureDetector(
                  onTap: () {
                    Navigator.push(
                      context,
                      MaterialPageRoute(builder: (context) => const
SignUp())),
                    );
                  },
                  child: const Text.rich(
                    TextSpan(
                      children: [
                        TextSpan(
                          text: "Don't have an account?   ",
                          style: TextStyle(color: Colors.white),
                        ),
                        TextSpan(
                          text: "SignUp",
                          style: TextStyle(
                            color: Colors.blue,
                            decoration: TextDecoration.underline,
                            decorationColor: Colors.blue,
                            decorationThickness: 2,
                          ),
                        ),
                      ],
                    ),
                  ),
                ),
              ],
            ),
          ),
        ),
      ),
    );
  }
}
```

Signup:

```dart
// ignore_for_file: use_build_context_synchronously

import 'package:final_project/modules/textfeild.dart';
import 'package:final_project/pages/login_page.dart';
import 'package:flutter/material.dart';
import 'package:cloud_firestore/cloud_firestore.dart';
import 'package:firebase_auth/firebase_auth.dart';

class SignUp extends StatefulWidget {

  const SignUp({super.key});

  @override
  State<SignUp> createState() => _SignUpState();
}

class _SignUpState extends State<SignUp> {
  final emailController = TextEditingController();
  final passwordController = TextEditingController();
  final confirmpasswordController = TextEditingController();

  final db = FirebaseFirestore.instance;

  void signUserUp() async {
    if (emailController.text.isEmpty ||
        passwordController.text.isEmpty ||
        confirmpasswordController.text.isEmpty) {
      showErrorDialog("Please enter email and password");
      return;
    }

    if (passwordController.text != confirmpasswordController.text) {
      showErrorDialog("Passwords do not match");
      return;
    }

    showDialog(
```

```
        context: context,
        builder: (context) {
          return const Center(
            child: CircularProgressIndicator(),
          );
        },
      );

    try {
      await FirebaseAuth.instance.createUserWithEmailAndPassword(
        email: emailController.text,
        password: passwordController.text,
      );
      Navigator.pop(context); // Close the progress dialog
      Navigator.pushReplacement(
        context,
        MaterialPageRoute(builder: (context) => const Login()),
      );
    } on FirebaseAuthException catch (e) {
      Navigator.pop(context); // Close the progress dialog
      showErrorDialog(e.message ?? "An unknown error occurred");
    }
  }

  void showErrorDialog(String message) {
    showDialog(
      context: context,
      builder: (context) {
        return AlertDialog(
          title: const Text("Error"),
          content: Text(message),
          actions: [
            TextButton(
              onPressed: () {
                Navigator.pop(context);
              },
              child: const Text("OK"),
            ),
          ],
```

```dart
        );
      },
    );
  }

  @override
  Widget build(BuildContext context) {
    return SafeArea(
      child: Scaffold(
        backgroundColor: const Color.fromARGB(255, 0, 0, 0),
        body: SingleChildScrollView(
          child: Center(
            child: Column(
              children: [
                const SizedBox(height: 30),
                Image.asset(
                  "assets/hhh fitness.png",
                  height: 200,
                  width: 200,
                  errorBuilder: (BuildContext context, Object
exception,
                      StackTrace? stackTrace) {
                    return const Text(
                      'Image not found',
                      style: TextStyle(color: Colors.red),
                    );
                  },
                ),
                const SizedBox(height: 50),
                Container(
                  margin: const EdgeInsets.symmetric(horizontal: 20),
                  child: Textfield(
                    Icon: const Icon(Icons.email, color:
Color(0xffE04754)),
                    controller: emailController,
                    hintText: "Enter email",
                    obscureText: false,
                  ),
                ),
```

```dart
                const SizedBox(height: 30),
                Container(
                  margin: const EdgeInsets.symmetric(horizontal: 20),
                  child: Textfield(
                    Icon: const Icon(Icons.password, color:
Color(0xffE04754)),
                      controller: passwordController,
                      hintText: "Enter password",
                      obscureText: true,
                  ),
                ),
                const SizedBox(height: 30),
                Container(
                  margin: const EdgeInsets.symmetric(horizontal: 20),
                  child: Textfield(
                    Icon: const Icon(Icons.password, color:
Color(0xffE04754)),
                      controller: confirmpasswordController,
                      hintText: "Confirm password",
                      obscureText: true,
                  ),
                ),
                const SizedBox(height: 50),
                ElevatedButton(
                  onPressed: signUserUp,
                  style: ElevatedButton.styleFrom(
                    backgroundColor: const Color(0xffE04754),
                    shape: RoundedRectangleBorder(
                      borderRadius: BorderRadius.circular(10),
                    ),
                  ),
                  child: const Padding(
                    padding: EdgeInsets.symmetric(vertical: 10,
horizontal: 20),

                    child: Text(
                      "SignUp",
                      style: TextStyle(
                        color: Color(0xff1C6985),
                        fontSize: 30,
```

```
                              fontWeight: FontWeight.bold,
                            ),
                          ),
                        ),
                      ),
                      const SizedBox(height: 30),
                      GestureDetector(
                        onTap: () {
                          Navigator.push(
                            context,
                            MaterialPageRoute(builder: (context) => const
Login()),
                          );
                        },
                        child: const Text.rich(
                          TextSpan(
                            children: [
                              TextSpan(
                                text: "Already have an account?   ",
                                style: TextStyle(color: Colors.white),
                              ),
                              TextSpan(
                                text: "LogIn",
                                style: TextStyle(
                                  color: Colors.blue,
                                  decoration: TextDecoration.underline,
                                  decorationColor: Colors.blue,
                                  decorationThickness: 2,
                                ),
                              ),
                            ],
                          ),
                        ),
                      ),
                    ],
                  ),
                ),
              ),
            ),
          ),
```

```
    );
  }
}
```

Name:

```dart
import 'package:final_project/pages/gender_page.dart';
import 'package:flutter/material.dart';

class Name extends StatefulWidget {
  const Name({super.key});

  @override
  State<Name> createState() => _NameState();
}

class _NameState extends State<Name> {
  final namecontroller = TextEditingController();
  final _formKey = GlobalKey<FormState>();

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      body: Stack(
        children: [

          Opacity(
            opacity: 1,
            child: Container(
              decoration: const BoxDecoration(
                image: DecorationImage(
                  image: AssetImage(
                      'assets/gym5.png'),
                  fit: BoxFit.cover,
                ),
              ),
            ),
          ),
          Align(
            alignment: Alignment.topCenter,
            child: Padding(
              padding: const EdgeInsets.only(left: 8.0, right: 8, top:
100),
```

```dart
        child: Form(
          key: _formKey,
          child: TextFormField(
            validator: (value) {
              if (value == null || value.isEmpty) {
                return 'Please enter a name';
              }
              return null;
            },
            controller: namecontroller,
            style: const TextStyle(
                color: Color.fromARGB(255, 255, 255, 255)),
            decoration: InputDecoration(
              labelText: 'Enter name',
              labelStyle: const TextStyle(
                  color: Color.fromARGB(255, 255, 255, 255)),
              border: OutlineInputBorder(
                borderRadius: BorderRadius.circular(10.0),
              ),
              focusedBorder: OutlineInputBorder(
                borderSide: const BorderSide(
                    color: Color.fromARGB(255, 255, 255, 255),
                    width: 2.0),
                borderRadius: BorderRadius.circular(10.0),
              ),
            ),
          ),
        ),
      ),
    ),
GestureDetector(
  onTap: () {
    if (_formKey.currentState?.validate() == true) {
      Navigator.push(
        context,
        MaterialPageRoute(
          builder: (context) => Gender(
            name: namecontroller.text,
          ),
```

```
                ),
              );
            }
          },
          child: Align(
            alignment: Alignment.bottomCenter,
            child: Padding(
              padding: const EdgeInsets.only(bottom: 50.0),
              child: Container(
                decoration: BoxDecoration(
                  color: const Color(0xffE04754),
                  borderRadius: BorderRadius.circular(10),
                ),
                child: const Padding(
                  padding: EdgeInsets.only(
                      top: 10, bottom: 10, left: 20, right: 20),
                  child: Text("Next"),
                ),
              ),
            ),
          ),
        ),
      ],
    ),
  );
}
}
```

Gender:

```dart
// ignore_for_file: use_super_parameters

import 'package:cloud_firestore/cloud_firestore.dart';
import 'package:flutter/material.dart';
import 'weight_page.dart';

class Gender extends StatefulWidget {
  const Gender({Key? key, required this.name}) : super(key: key);

  final String name;

  @override
  State<Gender> createState() => _GenderState();
}

class _GenderState extends State<Gender> {
  final db = FirebaseFirestore.instance;

  Color _container1Color = const Color.fromARGB(255, 0, 0, 0);
  Color _container2Color = const Color.fromARGB(255, 0, 0, 0);

  void _changeColor(int containerNumber) {
    setState(() {
      if (containerNumber == 1) {
        _container1Color =
            _container1Color == const Color.fromARGB(255, 0, 0, 0)
                ? const Color.fromARGB(255, 255, 255, 255)
                : const Color.fromARGB(255, 0, 0, 0);
        _container2Color = const Color.fromARGB(255, 0, 0, 0);
      } else {
        _container2Color =
            _container2Color == const Color.fromARGB(255, 0, 0, 0)
                ? const Color.fromARGB(255, 255, 255, 255)
                : const Color.fromARGB(255, 0, 0, 0);
        _container1Color = const Color.fromARGB(255, 0, 0, 0);
      }
    });
```

```dart
  }

  @override
  Widget build(BuildContext context) {
    return SafeArea(
      child: Scaffold(
        backgroundColor: const Color.fromARGB(255, 255, 255, 255),
        body: Stack(
          children: [
            Opacity(
              opacity: 1,
              child: Container(
                decoration: const BoxDecoration(
                  image: DecorationImage(
                    image: AssetImage('assets/gym8.jpg'),
                    fit: BoxFit.cover,
                  ),
                ),
              ),
            ),
            Column(
              children: [
                const SizedBox(height: 50),
                const Align(
                  alignment: Alignment.topLeft,
                  child: Text(
                    "  Welcome",
                    style: TextStyle(
                        fontSize: 35,
                        fontWeight: FontWeight.bold,
                        color: Color(0xffE04754)),
                  ),
                ),
                const Align(
                  alignment: Alignment.topLeft,
                  child: Text(
                    "  Select your Gender",
                    style: TextStyle(
                        fontSize: 35,
```

```dart
                        fontWeight: FontWeight.bold,
                        color: Color(0xff1C6985)),
                  ),
                ),
              const SizedBox(
                height: 250,
              ),
              GestureDetector(
                onTap: () async {
                  _changeColor(1);
                  await db
                      .collection("data")
                      .doc(widget.name)
                      .set({'Gender': 'Male'});
                },
                child: Align(
                  alignment: Alignment.center,
                  child: Container(
                    height: 100,
                    width: MediaQuery.of(context).size.width - 20,
                    decoration: BoxDecoration(
                        color: _container1Color.withOpacity(0.5),
                        borderRadius: BorderRadius.circular(10),
                        border: Border.all(
                            color: const Color(0xff1C6985), width:
2)),
                    child: const Align(
                      alignment: Alignment.bottomLeft,
                      child: Align(
                        alignment: Alignment.center,
                        child: Text(
                          "Male",
                          style: TextStyle(
                              fontSize: 50,
                              fontWeight: FontWeight.bold,
                              color: Color(0xffE04754)),
                        ),
                      ),
                    ),
```

```dart
              ),
            ),
          ),
          const SizedBox(
            height: 10,
          ),
          GestureDetector(
            onTap: () async {
              _changeColor(2);
              await db
                  .collection("data")
                  .doc(widget.name)
                  .set({'Gender': 'Female'});
            },
            child: Align(
              alignment: Alignment.center,
              child: Container(
                height: 100,
                width: MediaQuery.of(context).size.width - 20,
                decoration: BoxDecoration(
                    color: _container2Color.withOpacity(0.5),
                    borderRadius: BorderRadius.circular(10),
                    border: Border.all(
                        color: const Color(0xff1C6985), width:
2)),
                child: const Align(
                  alignment: Alignment.bottomLeft,
                  child: Align(
                    alignment: Alignment.center,
                    child: Text(
                      "Female",
                      style: TextStyle(
                          fontSize: 50,
                          fontWeight: FontWeight.bold,
                          color: Color(0xffE04754)),
                    ),
                  ),
                ),
              ),
```

```dart
            ),
          ),
          const SizedBox(
            height: 50,
          ),
          GestureDetector(
            onTap: () {
              Navigator.push(
                context,
                MaterialPageRoute(
                    builder: (context) => Weight(name2:
widget.name)),
              );
            },
            child: Align(
              alignment: Alignment.center,
              child: Container(
                decoration: BoxDecoration(
                  color: const Color(0xffE04754),
                  borderRadius: BorderRadius.circular(10),
                ),
                child: const Padding(
                  padding: EdgeInsets.only(
                      top: 10, bottom: 10, left: 20, right: 20),
                  child: Text("Next"),
                ),
              ),
            ),
          )
        ],
      ),
    ],
  ),
 ),
);
}
}
```

Weight:

```dart
import 'package:cloud_firestore/cloud_firestore.dart';
import 'package:final_project/pages/height_page.dart';
import 'package:flutter/material.dart';

class Weight extends StatefulWidget {
  const Weight({super.key, required this.name2});
  final String name2;

  @override
  State<Weight> createState() => _WeightState();
}

class _WeightState extends State<Weight> {
  final db = FirebaseFirestore.instance;

  Color _container1Color = const Color.fromARGB(255, 0, 0, 0);
  Color _container2Color = const Color.fromARGB(255, 0, 0, 0);

  void _changeColor(int containerNumber) {
    setState(() {
      if (containerNumber == 1) {
        _container1Color =
            _container1Color == const Color.fromARGB(255, 0, 0, 0)
                ? const Color.fromARGB(255, 255, 255, 255)
                : const Color.fromARGB(255, 0, 0, 0);
        _container2Color =
            const Color.fromARGB(255, 0, 0, 0); // Reset the second
container
      } else {
        _container2Color =
            _container2Color == const Color.fromARGB(255, 0, 0, 0)
                ? const Color.fromARGB(255, 255, 255, 255)
                : const Color.fromARGB(255, 0, 0, 0);
        _container1Color =
            const Color.fromARGB(255, 0, 0, 0); // Reset the first
container
      }
```

```dart
    });
  }

  String id = 'a';

  @override
  Widget build(BuildContext context) {
    return SafeArea(
      child: Scaffold(
        backgroundColor: const Color.fromARGB(255, 255, 255, 255),
        body: Stack(
          children: [
            // Background image with reduced opacity
            Opacity(
              opacity: 1, // Adjust the opacity as needed
              child: Container(
                decoration: const BoxDecoration(
                  image: DecorationImage(
                    image: AssetImage(
                        'assets/gym3.jpg'), // Replace with your image
path
                    fit: BoxFit.cover,
                  ),
                ),
              ),
            ),
            Column(
              children: [
                const SizedBox(height: 50),
                const Align(
                  alignment: Alignment.topLeft,
                  child: Text(
                    "  What you want to do",
                    style: TextStyle(
                      fontSize: 35,
                      fontWeight: FontWeight.bold,
                      color: Color(0xff1C6985),
                    ),
                  ),
```

```dart
          ),
          const SizedBox(height: 300),
          GestureDetector(
            onTap: () async {
              _changeColor(1);
              db
                  .collection('data')
                  .doc(widget.name2)
                  .update({'Want': 'Loose weight'});
            },
            child: Align(
              alignment: Alignment.center,
              child: Container(
                height: 100,
                width: MediaQuery.of(context).size.width - 20,
                decoration: BoxDecoration(
                  color: _container1Color
                      .withOpacity(0.5), // Adjust the opacity
here
                  borderRadius: BorderRadius.circular(10),
                  border: Border.all(
                      color: const Color(0xff1C6985), width: 2),
                ),
                child: const Align(
                  alignment: Alignment.bottomLeft,
                  child: Text(
                    "Lose Weight",
                    style: TextStyle(
                      fontSize: 35,
                      fontWeight: FontWeight.bold,
                      color: Color(0xffE04754),
                    ),
                  ),
                ),
              ),
            ),
          ),
          const SizedBox(height: 10),
          GestureDetector(
```

```dart
              onTap: () async {
                _changeColor(2);
                db
                    .collection('data')
                    .doc(widget.name2)
                    .update({'Want': 'Gain Muscle'});
              },
              child: Align(
                alignment: Alignment.center,
                child: Container(
                  height: 100,
                  width: MediaQuery.of(context).size.width - 20,
                  decoration: BoxDecoration(
                    color: _container2Color
                        .withOpacity(0.5), // Adjust the opacity
here
                    borderRadius: BorderRadius.circular(10),
                    border: Border.all(
                        color: const Color(0xff1C6985), width: 2),
                  ),
                  child: const Align(
                    alignment: Alignment.bottomLeft,
                    child: Text(
                      "Gain Muscles",
                      style: TextStyle(
                        fontSize: 35,
                        fontWeight: FontWeight.bold,
                        color: Color(0xffE04754),
                      ),
                    ),
                  ),
                ),
              ),
            ),
            const SizedBox(height: 50),
            GestureDetector(
              onTap: () {
                Navigator.push(
                  context,
```

```dart
                        MaterialPageRoute(
                            builder: (context) => Height(name3:
widget.name2)),
                    );
                },
                child: Align(
                  alignment: Alignment.center,
                  child: Container(
                    decoration: BoxDecoration(
                      color: const Color(0xffE04754),
                      borderRadius: BorderRadius.circular(10),
                    ),
                    child: const Padding(
                      padding: EdgeInsets.only(
                        top: 10,
                        bottom: 10,
                        left: 20,
                        right: 20,
                      ),
                      child: Text("Next"),
                    ),
                  ),
                ),
              ),
            ],
          ),
        ],
      ),
    ),
  ),
);
  }
}
```

Height:

```dart
// ignore_for_file: use_build_context_synchronously

import 'package:cloud_firestore/cloud_firestore.dart';
import 'package:final_project/pages/ready_page.dart';
import 'package:flutter/material.dart';

class Height extends StatefulWidget {
  const Height({super.key, required this.name3});
  final String name3;

  @override
  State<Height> createState() => _HeightState();
}

class _HeightState extends State<Height> {
  final weightController = TextEditingController();
  final heightController = TextEditingController();
  final db = FirebaseFirestore.instance;

  void showErrorDialog(String message) {
    showDialog(
      context: context,
      builder: (context) {
        return AlertDialog(
          title: const Text("Error"),
          content: Text(message),
          actions: [
            TextButton(
              onPressed: () {
                Navigator.pop(context);
              },
              child: const Text("OK"),
            ),
          ],
        );
      },
    );
```

```dart
  }

  void validateAndSubmit() async {
    if (weightController.text.isEmpty ||
heightController.text.isEmpty) {
      showErrorDialog("Please enter both weight and height.");
      return;
    }

    try {
      await db.collection('data').doc(widget.name3).update({
        'Weight': weightController.text,
        'Height': heightController.text,
      });
      Navigator.push(
        context,
        MaterialPageRoute(builder: (context) => const Ready()),
      );
    } catch (e) {
      showErrorDialog("Failed to save data. Please try again.");
    }
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      body: Stack(
        children: [
          Opacity(
            opacity: 1,
            child: Container(
              decoration: const BoxDecoration(
                image: DecorationImage(
                  image: AssetImage('assets/gym4.jpg'),
                  fit: BoxFit.cover,
                ),
              ),
            ),
          ),
```

```dart
Column(
  children: [
    const SizedBox(height: 50),
    const Align(
      alignment: Alignment.topLeft,
      child: Text(
        "  Enter Your Weight & Height",
        style: TextStyle(
          fontSize: 35,
          fontWeight: FontWeight.bold,
          color: Color(0xffE04754),
        ),
      ),
    ),
    const SizedBox(height: 350),
    Align(
      child: Padding(
        padding: const EdgeInsets.all(8.0),
        child: TextField(
          controller: weightController,
          style: const TextStyle(
              color: Color.fromARGB(255, 255, 255, 255)),
          decoration: InputDecoration(
            labelText: 'Enter Weight in kg',
            labelStyle: const TextStyle(
                color: Color.fromARGB(255, 255, 255, 255)),
            border: OutlineInputBorder(
              borderRadius: BorderRadius.circular(10.0),
            ),
            focusedBorder: OutlineInputBorder(
              borderSide: const BorderSide(
                  color: Color.fromARGB(255, 255, 255, 255),
                  width: 2.0),
              borderRadius: BorderRadius.circular(10.0),
            ),
          ),
        ),
      ),
    ),
```

```dart
              const SizedBox(height: 20),
              Align(
                child: Padding(
                  padding: const EdgeInsets.all(8.0),
                  child: TextField(
                    controller: heightController,
                    style: const TextStyle(
                        color: Color.fromARGB(255, 255, 255, 255)),
                    decoration: InputDecoration(
                      labelText: 'Enter Height in cm',
                      labelStyle: const TextStyle(
                          color: Color.fromARGB(255, 255, 255, 255)),
                      border: OutlineInputBorder(
                        borderRadius: BorderRadius.circular(10.0),
                      ),
                      focusedBorder: OutlineInputBorder(
                        borderSide: const BorderSide(
                            color: Color.fromARGB(255, 255, 255, 255),
                            width: 2.0),
                        borderRadius: BorderRadius.circular(10.0),
                      ),
                    ),
                  ),
                ),
              ),
              const SizedBox(height: 50),
              GestureDetector(
                onTap: validateAndSubmit,
                child: Align(
                  alignment: Alignment.center,
                  child: Container(
                    decoration: BoxDecoration(
                      color: const Color(0xffE04754),
                      borderRadius: BorderRadius.circular(10),
                    ),
                    child: const Padding(
                      padding: EdgeInsets.only(
                          top: 10, bottom: 10, left: 20, right: 20),
                      child: Text("Next"),
```

```
                ),
              ),
            ),
          ),
        ],
      ),
    ],
  ),
);
  }
}
```

Ready:

```dart
import 'package:final_project/pages/loading_page.dart';
import 'package:flutter/material.dart';

// Loading page

// Ready page
class Ready extends StatelessWidget {
  const Ready({super.key});

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      body: Stack(
        children: <Widget>[
          // Background image with reduced opacity
          Opacity(
            opacity: 1, // Adjust the opacity as needed
            child: Container(
              decoration: const BoxDecoration(
                image: DecorationImage(
                  image: AssetImage(
                      'assets/gym.jpg'), // Replace with your image
path
                  fit: BoxFit.cover,
                ),
              ),
            ),
          ),
          // Other widgets on top of the background image
          const Align(
            alignment: Alignment(0, 0.5),
            child: Text(
              'Are You Ready',
              style: TextStyle(
                  fontSize: 50,
                  color: Color.fromARGB(255, 255, 255, 255),
                  fontFamily: 'arial'),
```

```dart
          ),
        ),
        // Yes button
        Align(
          alignment: const Alignment(0, 0.7),
          child: ElevatedButton(
            onPressed: () {
              Navigator.pushReplacement(
                context,
                MaterialPageRoute(builder: (context) => const
Loading()),
              );
            },
            style: ElevatedButton.styleFrom(
              backgroundColor: Colors.red, // Background color
              shape: RoundedRectangleBorder(
                borderRadius: BorderRadius.circular(30), // Rounded
edges
              ),
              padding:
                  const EdgeInsets.symmetric(vertical: 15,
horizontal: 30),
            ),
            child: const Text(
              'Yes',
              style: TextStyle(
                fontSize: 20,
                color: Colors.white,
              ),
            ),
          ),
        ),
      ],
    ),
  );
  }
}
```

Loading:

```dart
import 'dart:async';
import 'package:final_project/pages/home_page.dart';
import 'package:flutter/material.dart';
import
'package:loading_animation_widget/loading_animation_widget.dart';

class Loading extends StatefulWidget {
  const Loading({super.key});

  @override
  State<Loading> createState() => _LoadingState();
}

class _LoadingState extends State<Loading> {
  @override
  void initState() {
    super.initState();
    Timer(const Duration(seconds: 10), () {
      Navigator.of(context).pushReplacement(
        MaterialPageRoute(builder: (context) => const Home()),
      );
    });
  }

  @override
  Widget build(BuildContext context) {
    return Scaffold(
      backgroundColor: Colors.black,
      body: Center(
        child: Column(
          mainAxisAlignment: MainAxisAlignment.center,
          children: [
            LoadingAnimationWidget.beat(color: Colors.white, size:
200),
            const SizedBox(height: 50),
            const Text(
              "Making your plan ready",
```

```dart
          style: TextStyle(
            fontSize: 24,
            color: Colors.white,
            fontWeight: FontWeight.bold,
          ),
          textAlign: TextAlign.center,
        ),
      ],
    ),
  ),
);
}
}
```

Home:

```dart
// ignore_for_file: use_build_context_synchronously

import 'package:final_project/modules/calender.dart';
import 'package:final_project/modules/exersice.dart';
import 'package:final_project/pages/login_page.dart';
import 'package:final_project/pages/profile.dart';
import 'package:final_project/pages/report_page.dart';
import 'package:firebase_auth/firebase_auth.dart';
import 'package:flutter/material.dart';

class Home extends StatefulWidget {
  const Home({super.key});

  @override
  State<Home> createState() => _HomeState();
}

class _HomeState extends State<Home> {
  int _selectedIndex = 0;

  final List<Widget> _pages = [
    const HomePage(),
    const ReportScreen(),
    const ProfilePage(),
  ];

  void _onItemTapped(int index) {
    setState(() {
      _selectedIndex = index;
    });
  }
  void signuserout() async {
    await FirebaseAuth.instance.signOut();
    Navigator.of(context).pushReplacement(
      MaterialPageRoute(builder: (context) => const Login()),
    );
  }
```

```dart
@override
Widget build(BuildContext context) {
  return Scaffold(
    backgroundColor: const Color.fromARGB(255, 0, 0, 0),
    appBar: AppBar(
      title: const Text(
        "HHH Fitness",
        style: TextStyle(
          color: Color.fromARGB(255, 255, 255, 255),
          fontSize: 24,
          fontWeight: FontWeight.bold,
          fontFamily: 'Arial',
        ),
      ),
      backgroundColor: const Color.fromARGB(255, 0, 0, 0),
      iconTheme: const IconThemeData(
        color: Color.fromARGB(
            255, 255, 255, 255),
      ),
      actions: [
        IconButton(onPressed: signuserout, icon: const
Icon(Icons.logout))
      ],
    ),
    body: _pages[_selectedIndex],
    bottomNavigationBar: BottomNavigationBar(
      items: const <BottomNavigationBarItem>[
        BottomNavigationBarItem(
          icon: Icon(Icons.home),
          label: 'Home',
        ),
        BottomNavigationBarItem(
          icon: Icon(Icons.graphic_eq_outlined),
          label: 'Report',
        ),
        BottomNavigationBarItem(
          icon: Icon(Icons.person),
          label: 'Profile',
```

```dart
          ),
        ],
        currentIndex: _selectedIndex,
        selectedItemColor:
            const Color(0xffE04754),
        unselectedItemColor: Colors.grey,
        backgroundColor: const Color.fromARGB(
            255, 0, 0, 0),
        onTap: _onItemTapped,
      ),
    );
  }
}

class HomePage extends StatefulWidget {
  const HomePage({super.key});

  @override
  // ignore: library_private_types_in_public_api
  _HomePageState createState() => _HomePageState();
}

class _HomePageState extends State<HomePage>
    with SingleTickerProviderStateMixin {
  late TabController _tabController;
  final ScrollController _scrollController = ScrollController();

  final GlobalKey _beginnerKey = GlobalKey();
  final GlobalKey _intermediateKey = GlobalKey();
  final GlobalKey _proKey = GlobalKey();

  @override
  void initState() {
    super.initState();
    _tabController = TabController(length: 3, vsync: this);

    _tabController.addListener(() {
      if (!_tabController.indexIsChanging) {
        switch (_tabController.index) {
```

```dart
        case 0:
          _scrollToSection(_beginnerKey);
          break;
        case 1:
          _scrollToSection(_intermediateKey);
          break;
        case 2:
          _scrollToSection(_proKey);
          break;
      }
    }
  });
}

void _scrollToSection(GlobalKey key) {
  final context = key.currentContext;
  if (context != null) {
    Scrollable.ensureVisible(
      context,
      duration: const Duration(seconds: 1),
      curve: Curves.easeInOut,
    );
  }
}

@override
Widget build(BuildContext context) {
  return DefaultTabController(
    length: 3,
    child: Column(
      children: [
        Expanded(
          child: ListView(
            controller: _scrollController,
            children: [
              const calender(),
              TabBar(
                controller: _tabController,
                tabs: const [
```

```dart
                    Tab(text: 'Beginner'),
                    Tab(text: 'Intermediate'),
                    Tab(text: 'Pro'),
                  ],
                ),
              Container(
                  key: _beginnerKey,
                  color: const Color.fromARGB(255, 255, 255, 255),
                  // ignore: prefer_const_constructors
                  child: Column(
                    children: const [
                      Padding(
                        padding: EdgeInsets.only(left: 17.0, top:
10),
                        child: Align(
                          alignment: Alignment.topLeft,
                          child: Text(
                            "Beginner",
                            style: TextStyle(
                                fontSize: 30, fontWeight:
FontWeight.bold),
                          ),
                        ),
                      ),
                      SizedBox(
                        height: 10,
                      ),
                      Exercise(
                        imagePath: 'assets/beg1.jpg',
                        text: "ABS BEGINNER",
                      ),
                      Exercise(
                        imagePath: 'assets/beg2.jpg',
                        text: "CHEST BEGINNER",
                      ),
                      Exercise(
                        imagePath: 'assets/beg3.jpg',
                        text: "ARM BEGINNER",
                      ),
```

```dart
                        Exercise(
                          imagePath: 'assets/beg4.jpg',
                          text: "LEG BEGINNER",
                        ),
                        Exercise(
                          imagePath: 'assets/beg5.jpg',
                          text: "SHOULDER BEGINNER",
                        ),
                      ],
                    )),
                Container(
                    key: _intermediateKey,
                    color: const Color.fromARGB(255, 255, 255, 255),
                    child: const Column(
                      children: [
                        Padding(
                          padding: EdgeInsets.only(left: 17.0, top:
10),

                          child: Align(
                            alignment: Alignment.topLeft,
                            child: Text(
                              "Intermediate",
                              style: TextStyle(
                                  fontSize: 30, fontWeight:
FontWeight.bold),
                            ),
                          ),
                        ),
                        SizedBox(
                          height: 10,
                        ),
                        Exercise(
                          imagePath: 'assets/int3.jpg',
                          text: "ABS INTERMEDIATE",
                        ),
                        Exercise(
                          imagePath: 'assets/int2.jpeg',
                          text: "CHEST INTERMEDIATE",
                        ),
```

```dart
                        Exercise(
                          imagePath: 'assets/int1.jpg',
                          text: "ARM INTERMEDIATE",
                        ),
                        Exercise(
                          imagePath: 'assets/int4.jpeg',
                          text: "LEG INTERMEDIATE",
                        ),
                        Exercise(
                          imagePath: 'assets/int5.jpeg',
                          text: "SHOULDER INTERMEDIATE",
                        ),
                      ],
                    )),
                Container(
                    key: _proKey,
                    color: const Color.fromARGB(255, 255, 255, 255),
                    child: const Column(
                      children: [
                        Padding(
                          padding: EdgeInsets.only(left: 17.0, top:
10),
                          child: Align(
                            alignment: Alignment.topLeft,
                            child: Text(
                              "Advanced",
                              style: TextStyle(
                                  fontSize: 30, fontWeight:
FontWeight.bold),
                            ),
                          ),
                        ),
                        SizedBox(
                          height: 10,
                        ),
                        Exercise(
                          imagePath: 'assets/pro1.jpg',
                          text: "ABS ADVANCED",
                        ),
```

```dart
                    Exercise(
                      imagePath: 'assets/pro2.jpg',
                      text: "CHEST ADVANCED",
                    ),
                    Exercise(
                      imagePath: 'assets/pro3.jfif',
                      text: "ARM ADVANCED",
                    ),
                    Exercise(
                      imagePath: 'assets/pro4.jpg',
                      text: "LEG ADVANCED",
                    ),
                    Exercise(
                      imagePath: 'assets/pro5.jpg',
                      text: "SHOULDER ADVANCED",
                    ),
                  ],
                )),
            ],
          ),
        ),
      ],
    ),
  );
  }
}
```

Beginner:

```dart
import 'package:final_project/pages/rest/rest_page.dart';
import 'package:flutter/material.dart';

class Beginner extends StatefulWidget {
  const Beginner({super.key, required this.text, required
this.imagePath});
  final String text;
  final String imagePath;

  @override
  State<Beginner> createState() => _BeginnerState();
}

class _BeginnerState extends State<Beginner> {
  @override
  Widget build(BuildContext context) {
    return Scaffold(
      backgroundColor: const Color.fromARGB(255, 255, 255, 255),
      body: Column(
        children: [
          Container(
            height: 200,
            width: MediaQuery.of(context).size.width,
            decoration: BoxDecoration(
              borderRadius: const BorderRadius.only(
                  bottomLeft: Radius.circular(50),
                  bottomRight: Radius.circular(50)),
              image: DecorationImage(
                image: AssetImage(widget.imagePath), // Use provided
image path
                fit: BoxFit.cover, // Ensure image fills the container
              ),
            ),
            child: Center(
              child: Text(
                widget.text,
                style: const TextStyle(
```

```
                    fontSize: 32.0, // Adjust font size as needed
                    fontWeight: FontWeight.bold,
                    color: Color.fromARGB(
                        255, 255, 255, 255), // Clear text against
background
              ),
            ),
          ),
        ),
        const SizedBox(
          height: 50,
        ),
        Expanded(
          child: Container(
            width: MediaQuery.of(context).size.width,
            decoration: const BoxDecoration(
              borderRadius: BorderRadius.only(
                  topLeft: Radius.circular(50),
                  topRight: Radius.circular(50)),
              color: Color.fromARGB(255, 0, 0, 0),
            ),
            child: ListView(
              children: [
                const SizedBox(
                  height: 20,
                ),
                Row(children: [
                  const Padding(
                    padding: EdgeInsets.only(left: 50.0),
                    child: Text(
                      "20 mins . 7 Workouts",
                      style:
                          TextStyle(fontSize: 20, color:
Color(0xffE04754)),
                    ),
                  ),
                  const SizedBox(
                    width: 80,
                  ),
```

```
GestureDetector(
  onTap: () {
    Navigator.push(
        context,
        MaterialPageRoute(
            builder: (context) => const Rest()));
  },
  child: Container(
    height: 50,
    width: 100,
    decoration: BoxDecoration(
        borderRadius: BorderRadius.circular(200),
        color: Colors.white),
    child: const Center(
        child: Text(
      "START",
      style: TextStyle(fontWeight:
FontWeight.bold),
    )),
  ),
),
]),
const SizedBox(
  height: 20,
),
Container(
  height: 100,
  margin: const EdgeInsets.symmetric(horizontal:
50),

  decoration: BoxDecoration(
    borderRadius: BorderRadius.circular(10),
    color: const Color.fromARGB(255, 255, 255, 255),
    image: const DecorationImage(
  image: AssetImage("assets/jump.jpg"), // Use provided
image path
  fit: BoxFit.cover, // Ensure image fills the container
),
  ),
  child: const Center(
```

```dart
                    child: Text(
                  "JUMPING JACKS",
                  style:
                      TextStyle(fontWeight: FontWeight.bold,
fontSize: 20,color: Colors.white),
                    )),
                ),
              const SizedBox(
                height: 20,
              ),
              Container(
                height: 100,
                margin: const EdgeInsets.symmetric(horizontal:
50),

                decoration: BoxDecoration(
                  borderRadius: BorderRadius.circular(10),
                  color: const Color.fromARGB(255, 255, 255, 255),
                  image: const DecorationImage(
            image: AssetImage("assets/russ.jpg"), // Use provided
image path
            fit: BoxFit.cover, // Ensure image fills the container
          ),
                ),
                child: const Center(
                    child: Text(
                  "RUSSIAN TWIST",
                  style:
                      TextStyle(fontWeight: FontWeight.bold,
fontSize: 20,color: Colors.white),
                    )),
                ),
              const SizedBox(
                height: 20,
              ),
              Container(
                height: 100,
                margin: const EdgeInsets.symmetric(horizontal:
50),

                decoration: BoxDecoration(
```

```dart
                            borderRadius: BorderRadius.circular(10),
                            color: const Color.fromARGB(255, 255, 255, 255),
                            image: const DecorationImage(
                      image: AssetImage("assets/mount.jpg"), // Use provided
image path
                          fit: BoxFit.cover, // Ensure image fills the container
                        ),
                            ),
                          child: const Center(
                              child: Text(
                            "MOUNTAIN CLIMBING",
                            style:
                                TextStyle(fontWeight: FontWeight.bold,
fontSize: 20,color: Colors.white),
                            )),
                        ),
                          const SizedBox(
                            height: 20,
                          ),
                          Container(
                            height: 100,
                            margin: const EdgeInsets.symmetric(horizontal:
50),
                            decoration: BoxDecoration(
                              borderRadius: BorderRadius.circular(10),
                              color: const Color.fromARGB(255, 255, 255, 255),
                              image: const DecorationImage(
                      image: AssetImage("assets/legr.jpg"), // Use provided
image path
                          fit: BoxFit.cover, // Ensure image fills the container
                        ),

                            ),
                          child: const Center(
                              child: Text(
                            "LEG RAISES",
                            style:
                                TextStyle(fontWeight: FontWeight.bold,
fontSize: 20,color: Colors.white),
```
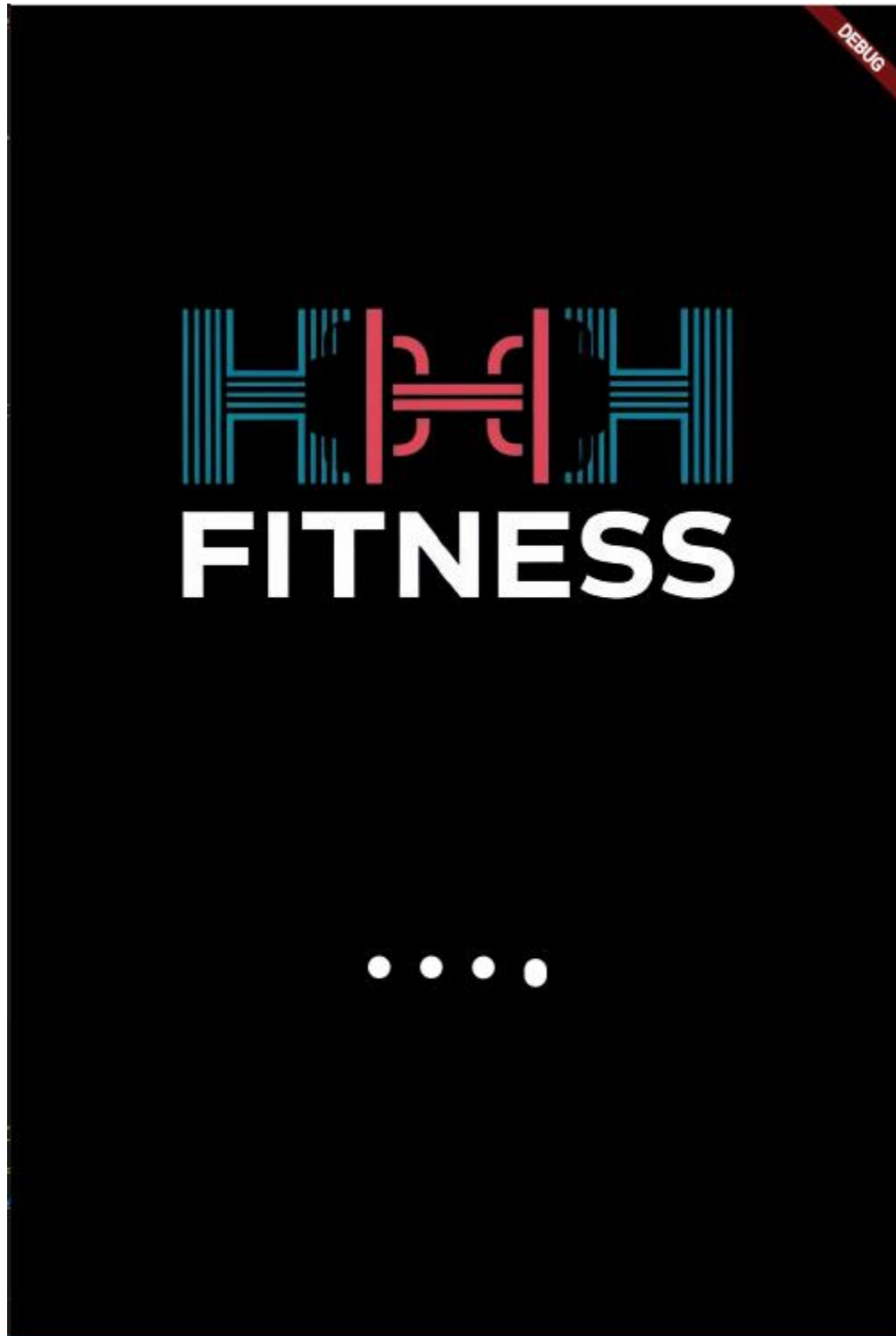
```dart
            )),
          ),
          const SizedBox(
            height: 20,
          ),
          Container(
            height: 100,
            margin: const EdgeInsets.symmetric(horizontal:
50),
            decoration: BoxDecoration(
              borderRadius: BorderRadius.circular(10),
              color: const Color.fromARGB(255, 255, 255, 255),
              image: const DecorationImage(
        image: AssetImage("assets/abdom.webp"), // Use provided
image path
        fit: BoxFit.cover, // Ensure image fills the container
      ),
            ),
            child: const Center(
                child: Text(
              "ABDOMINAL CRUNCHES",
              style:
                  TextStyle(fontWeight: FontWeight.bold,
fontSize: 20,color: Colors.white),
            )),
          ),
          const SizedBox(
            height: 20,
          ),
          Container(
            height: 100,
            margin: const EdgeInsets.symmetric(horizontal:
50),
            decoration: BoxDecoration(
              borderRadius: BorderRadius.circular(10),
              color: const Color.fromARGB(255, 255, 255, 255),
              image: const DecorationImage(
        image: AssetImage("assets/planks.jpg"), // Use provided
image path
```

```dart
              fit: BoxFit.cover, // Ensure image fills the container
          ),
              ),
              child: const Center(
                  child: Text(
                "PLANK",
                style:
                    TextStyle(fontWeight: FontWeight.bold,
fontSize: 20,color: Colors.white),
                )),
              ),
              const SizedBox(
                height: 20,
              ),
              Container(
                height: 100,
                margin: const EdgeInsets.symmetric(horizontal:
50),
                decoration: BoxDecoration(
                  borderRadius: BorderRadius.circular(10),
                  color: const Color.fromARGB(255, 255, 255, 255),
                  image: const DecorationImage(
            image: AssetImage("assets/cob.jpg"), // Use provided
image path
            fit: BoxFit.cover, // Ensure image fills the container
          ),
              ),
              child: const Center(
                  child: Text(
                "COBRA STRECH",
                style:
                    TextStyle(fontWeight: FontWeight.bold,
fontSize: 20,color: Colors.white),
                )),
              ),
              const SizedBox(
                height: 20,
              ),
            ],
```

```
                ),
              ),
            ),
          ],
        ),
      );
    }
}
```

Screen Shots

FITNESS

Enter email

*** Enter password

Login

Don't have an account? SignUp

FITNESS

✉ Enter email

*** Enter password

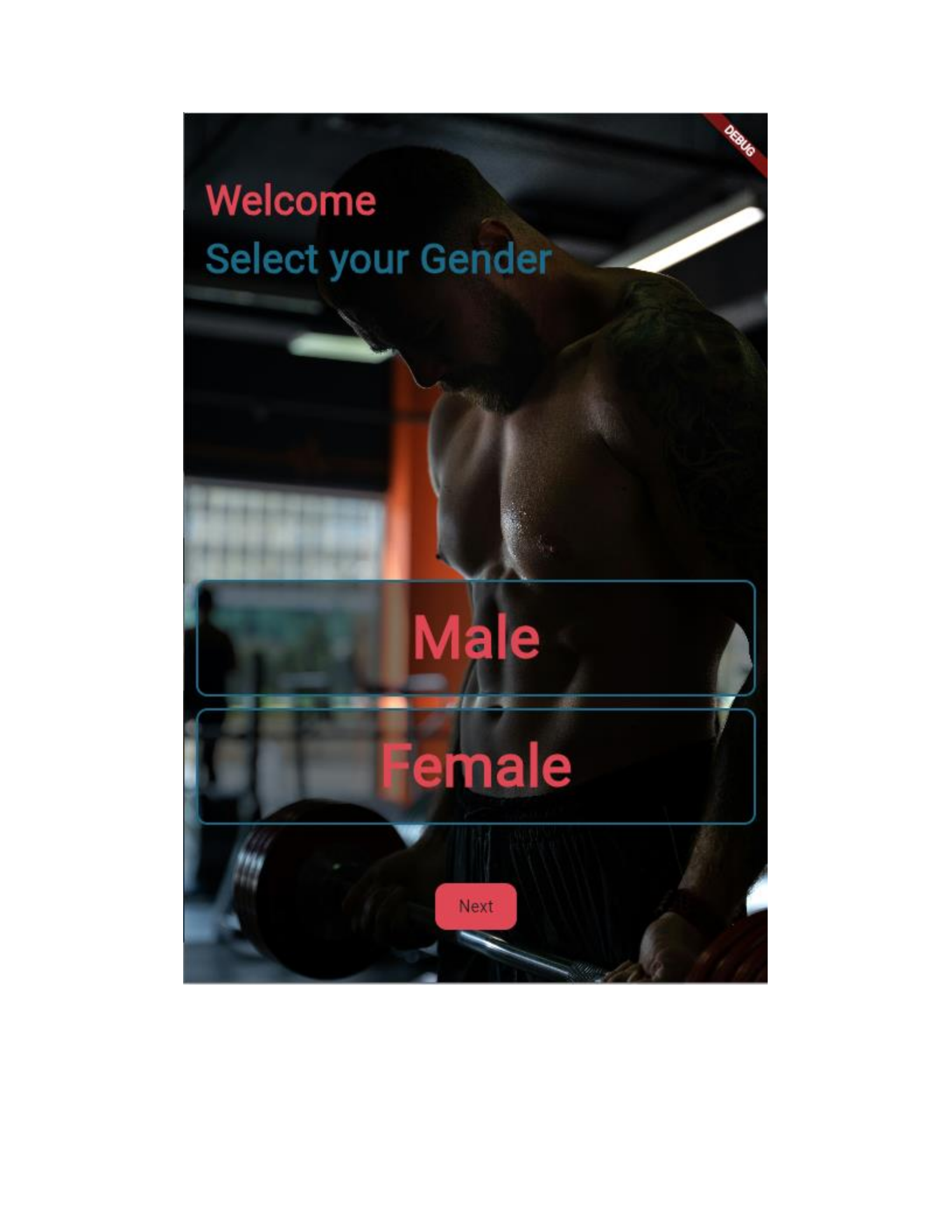*** Confirm password

SignUp

Already have an account? LogIn

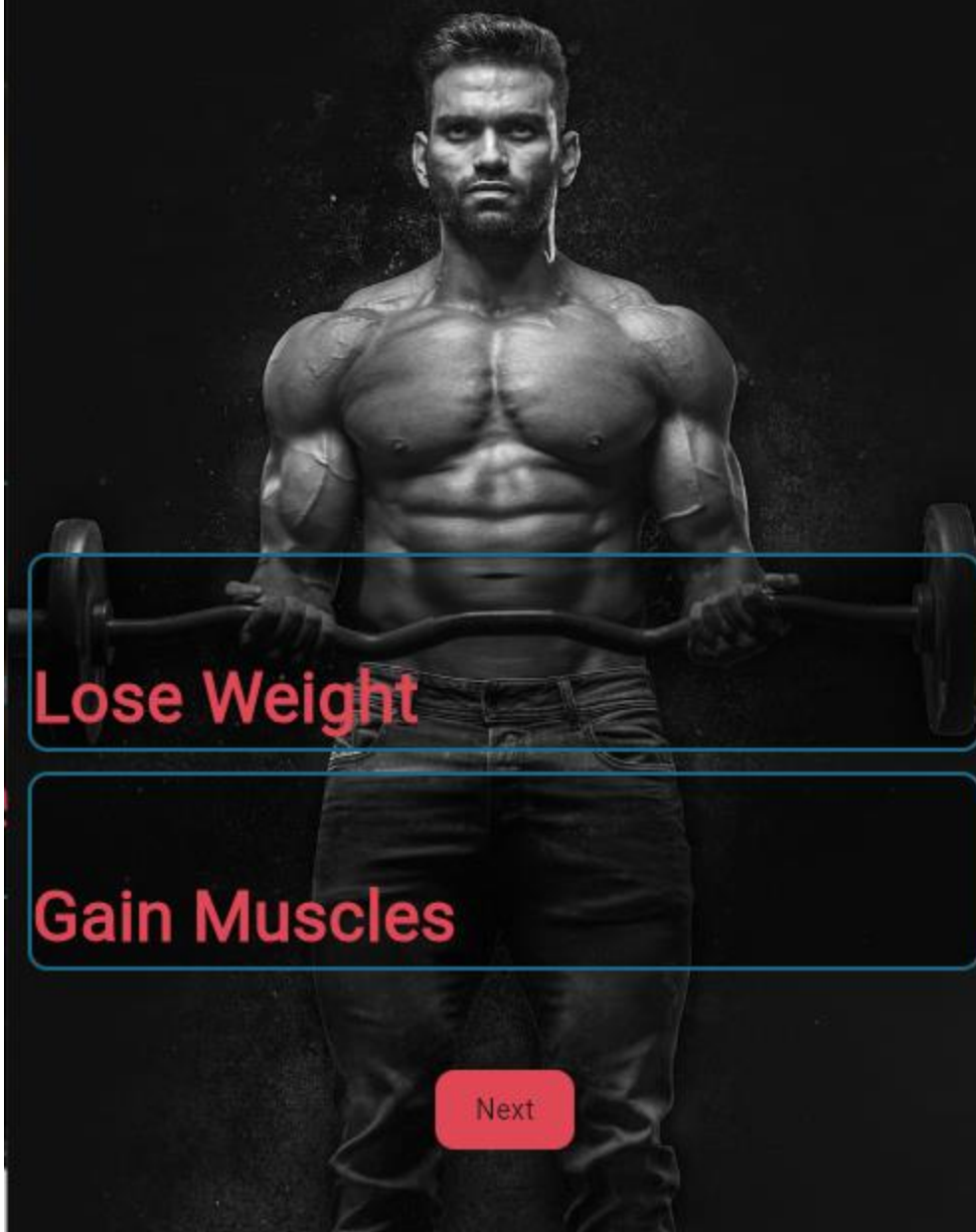Enter name

GYM MODE

Next

Welcome

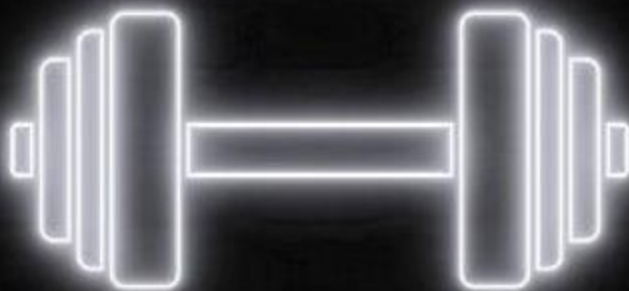## Select your Gender

Male

Female

Next

What you want to do

Lose Weight

Gain Muscles

Next

Enter Your Weight & Height
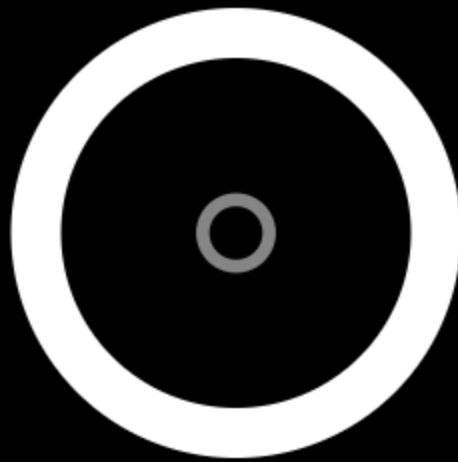
Enter Weight in kg

Enter Height in cm

Next

Are You Ready

Yes

Making your plan ready

← HHH Fitness

Weekly Goal   0/7

<   May 2024   >

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1

Let today mark the beginning of your incredible transformation!

Beginner   Intermediate   Pro

Beginner

ABS BEGINNER

CHEST BEGINNER

🏠 Home   ⑊ Report   👤 Profile

Gender

Male

Height

180

Want

Loose weight

Weight

75

Update Data

< May 2024 >

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11

← Profile

Hashaam
"Stay Strong"

Fitness Statistics

Weight
70 kg

Height
175 cm

BMI
22.9

Workout History

⊘ 5 km Run
Duration: 30 min, Calories burned: 300 kcal