

# **MAD**

# **PROJECT REPORT**

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BS(IT)

6A

# HHH FITNESS



## Scope

### Scope of the HHH Fitness App

#### 1. Introduction

HHH Fitness is a mobile application designed to provide users with a holistic fitness experience. Built using Flutter for seamless cross-platform functionality, the app aims to offer personalized workout plans, nutrition tracking, progress monitoring, and a supportive community environment to help users achieve their fitness goals.

## 2. Core Features

### 1. User Registration and Profiles

- Sign-up and log-in using email, social media accounts, or phone number.
- User profile creation with personal information, fitness goals, and preferences.

### 2. Personalized Workout Plans

- Customized workout plans tailored to user goals such as weight loss, muscle gain, and endurance.
- Comprehensive exercise library with video demonstrations and detailed instructions.
- Ability for users to create, modify, and save their custom workout routines.
- Workout scheduling and notification reminders.

### 3. Nutrition and Diet Tracking

- Personalized meal plans based on dietary preferences and fitness goals.
- Extensive food database for logging meals and tracking nutritional intake.
- Barcode scanner for quick and easy food logging.
- Water intake tracking feature.

### 4. Progress Tracking

- Log workouts, weight, body measurements, and other health metrics.

- Visual progress charts and detailed reports to monitor improvements.
- Integration with wearable devices and fitness trackers for comprehensive data collection.

## 5. Community and Social Features

- In-app messaging and group chat functionalities.
- Social feed for sharing progress, achievements, and fitness tips.
- Fitness challenges and competitions with leaderboards to motivate users.
- Follow and interact with friends and fitness influencers.

## 6. Educational Content

- Access to articles, tips, and videos on fitness, nutrition, and overall wellness.
- Webinars and live sessions with fitness experts and trainers.

## 7. Notifications and Reminders

- Customizable push notifications for workout reminders, meal logging, and motivational messages.
- Alerts for community activities and new content updates.

## 8. Integration with Other Apps and Devices

- Sync with popular fitness devices and applications (e.g., Apple Health, Google Fit, Fitbit).

- Import and export data to ensure comprehensive fitness tracking.

## 3. Technical Requirements

### 1. Platform

- Mobile application available on iOS and Android platforms, developed using Flutter for a consistent user experience across devices.

### 2. Technology Stack

- Frontend: Flutter.
- Backend: Node.js with Express.js, or Django (Python).
- Database: MongoDB or PostgreSQL.
- Integration: RESTful APIs and third-party API integrations for wearable devices and fitness trackers.

### 3. Security and Privacy

- Data encryption to protect user information.
- Compliance with GDPR, CCPA, and other relevant data protection regulations.
- Secure authentication mechanisms, including OAuth and two-factor authentication.

### 4. Performance and Scalability

- Scalable architecture to accommodate a growing user base.

- Efficient load balancing and caching mechanisms.
- Regular performance optimization and testing to ensure smooth user experience.

## 4. Development Phases

### 1. Phase 1: Planning and Requirements Gathering

- Define project goals, target audience, and key features.
- Develop a detailed project plan and timeline.

### 2. Phase 2: Design and Prototyping

- Create wireframes and design mockups.
- Develop interactive prototypes for user testing and feedback.

### 3. Phase 3: Development

- Frontend and backend development.
- Integration with third-party services and APIs.
- Implementation of core features and functionalities.

### 4. Phase 4: Testing and Quality Assurance

- Conduct unit, integration, and user acceptance testing.
- Perform security and performance testing to ensure app reliability.

## 5. Phase 5: Deployment and Launch

- Deploy the app on iOS App Store and Google Play Store.
- Implement marketing and promotional strategies to attract users.

## 6. Phase 6: Maintenance and Updates

- Regular updates with new features and improvements.
- Ongoing technical support and bug fixes.

## Conclusion

HHH Fitness aims to be a comprehensive fitness app, providing users with the tools and support they need to achieve their health and fitness goals. With a user-friendly design and robust technical foundation, HHH Fitness is positioned to become a valuable resource in the fitness industry.

# Code:

## Main

```
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:

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

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

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

## Login:

```
// 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,
```

```

        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"),
                    ),
                ],
            );
        },
    );
}
}

```

```

@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),

```

```

        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,
      ),
    ),
  ),
),
),
),
),

```

```
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:

```
// 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"),
                    ),
                ],
            );
        },
    );
}

```

```

    );
  },
);
}

@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,
                ),
              ),
            ],
          ),
        ),
      ),
    ),
  );
}

```

```
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:

```
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),
```

```
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:

```
// 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);
      }
    });
  }
}
```

```

}

@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,

```

```

        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)),
            ),
          ),
        ),
      ),
    ),
  ),

```

```

        ),
      ),
    ),
    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)),
            ),
          ),
        ),
      ),
    ),
  ),
),

```

```

        ),
      ),
      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:

```
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
      }
    });
  }
}
```

```

    });
}

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

```

```

),
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
        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(

```

here



```

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
      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,

```

here

```

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:

```
// 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"),
            ),
          ],
        );
      },
    );
  }
}
```

```
}

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,
                            ),
                        ),
                    ),
                ),
            ],
        ),
    ),
),
```

```
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),
            ),
          ),
        ),
      ),
    ),
  ),
),
```

```

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:

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



```

        ),
    ),
    // 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:

```
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",

```

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

## Home:

```
// 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()),
    );
  }
}
```

```

@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',
        ),
      ],
    ),
  );
}

```

```

        ),
      ],
      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) {

```

```

        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 [

```

```

        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",
            ),

```



```

        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",
          ),

```

```

        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",
    ),

```

```

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:

```
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 path
      image: AssetImage("assets/jump.jpg"), // Use provided
      fit: BoxFit.cover, // Ensure image fills the container
    ),
  ),
  child: const Center(

```

```

        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 path
          image: AssetImage("assets/russ.jpg"), // Use provided
          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(

```

```

        borderRadius: BorderRadius.circular(10),
        color: const Color.fromARGB(255, 255, 255, 255),
        image: const DecorationImage(
image path
            image: AssetImage("assets/mount.jpg"), // Use provided
            fit: BoxFit.cover, // Ensure image fills the container
        ),
    ),
    child: const Center(
        child: Text(
            "MOUNTAIN CLIMBING",
            style:
fontSize: 20,color: Colors.white),
                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 path
                    image: AssetImage("assets/legr.jpg"), // Use provided
                    fit: BoxFit.cover, // Ensure image fills the container
                ),
            ),
            child: const Center(
                child: Text(
                    "LEG RAISES",
                    style:
fontSize: 20,color: Colors.white),
                    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 path
        image: AssetImage("assets/abdom.webp"), // Use provided
        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 path
        image: AssetImage("assets/planks.jpg"), // Use provided

```

```

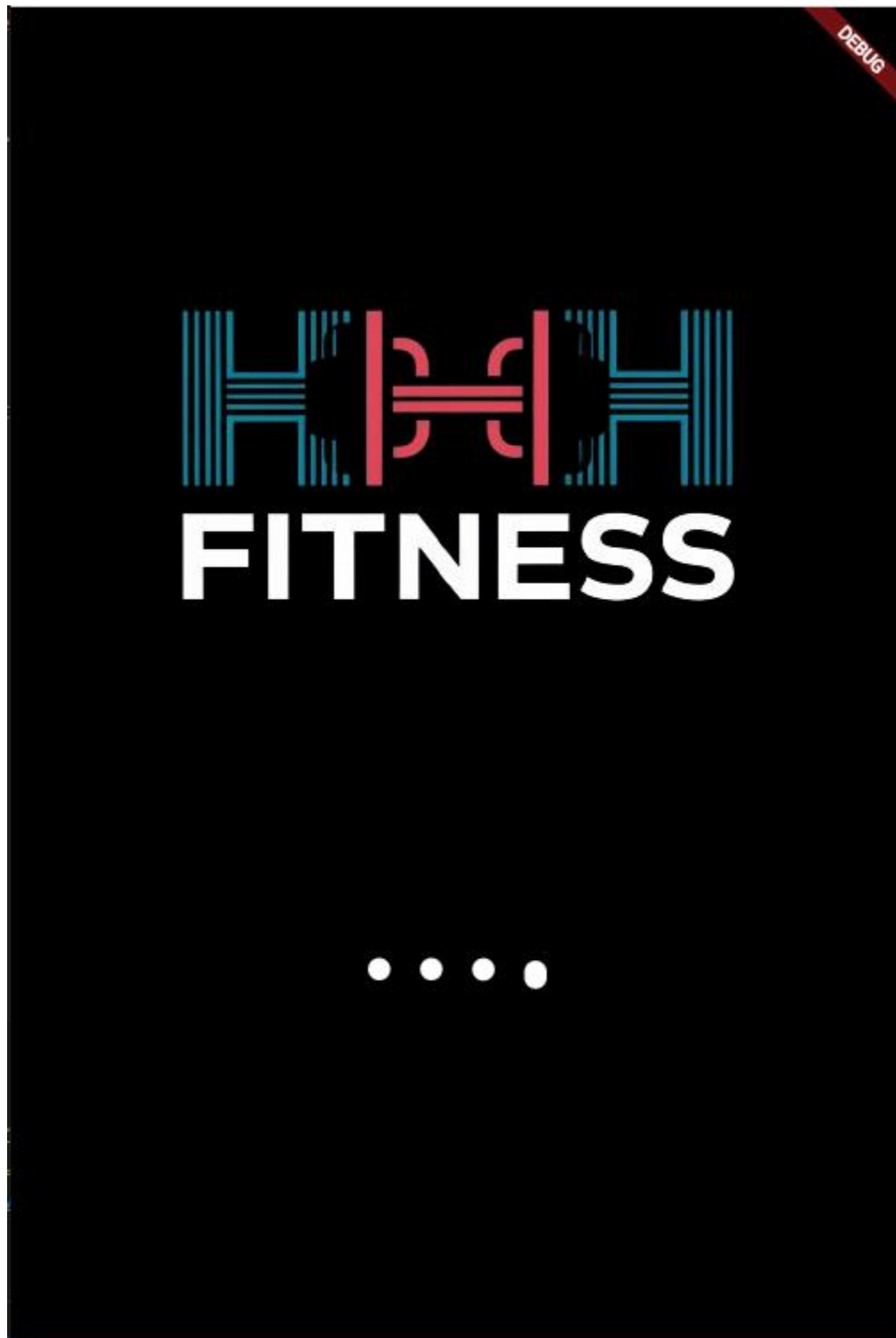
        fit: BoxFit.cover, // Ensure image fills the container
      ),
      child: const Center(
        child: Text(
          "PLANK",
          style:
            TextStyle(fontWeight: FontWeight.bold,
fontSize: 20,color: Colors.white),
        )),
      ),
      const SizedBox(
        height: 20,
      ),
      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



DEBUG



Enter email



Enter password



Login

Don't have an account? [SignUp](#)

DEBUG



Enter email



Enter password



Confirm password

SignUp

Already have an account? [Login](#)

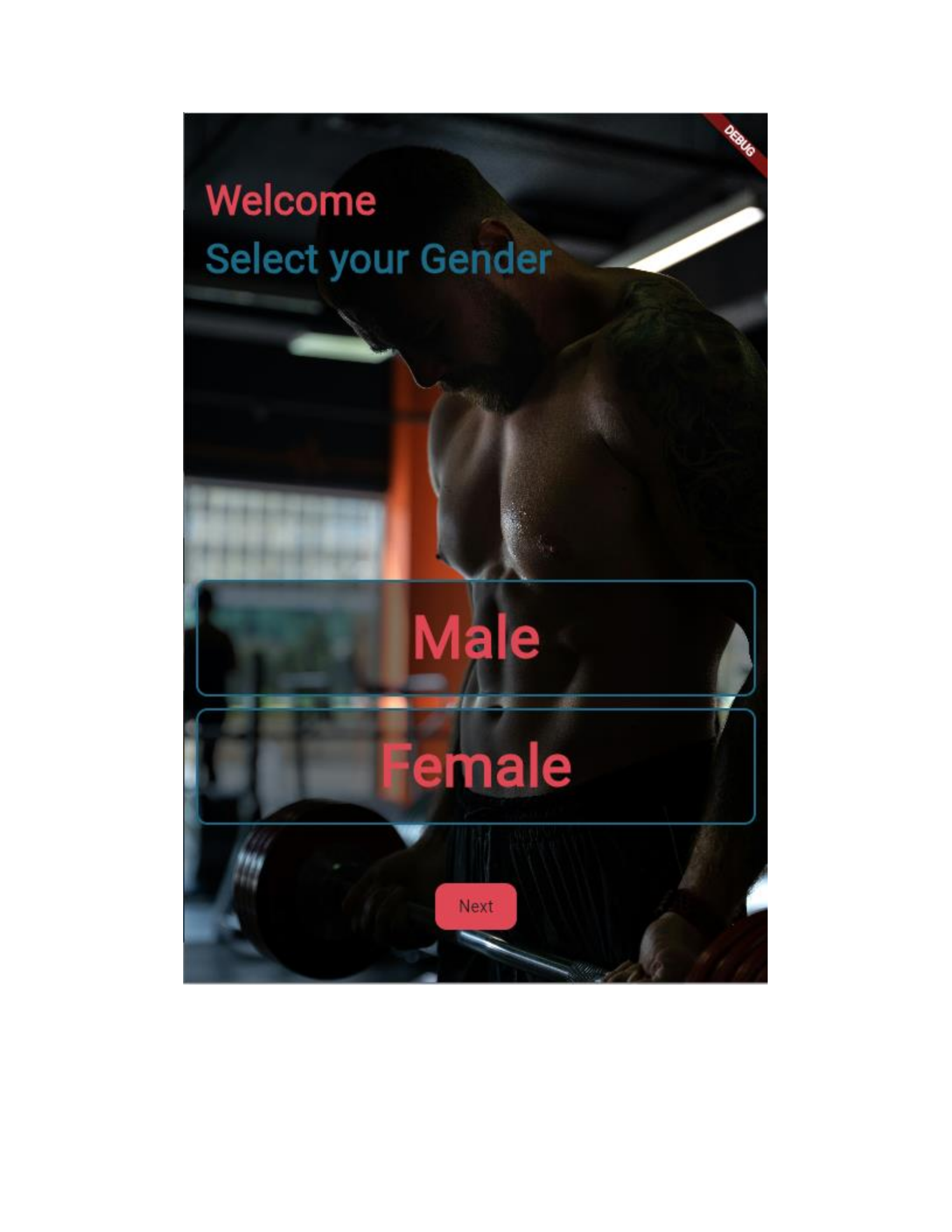
DEBUG

Enter name



# GYM MODE

Next



Welcome  
Select your Gender

Male

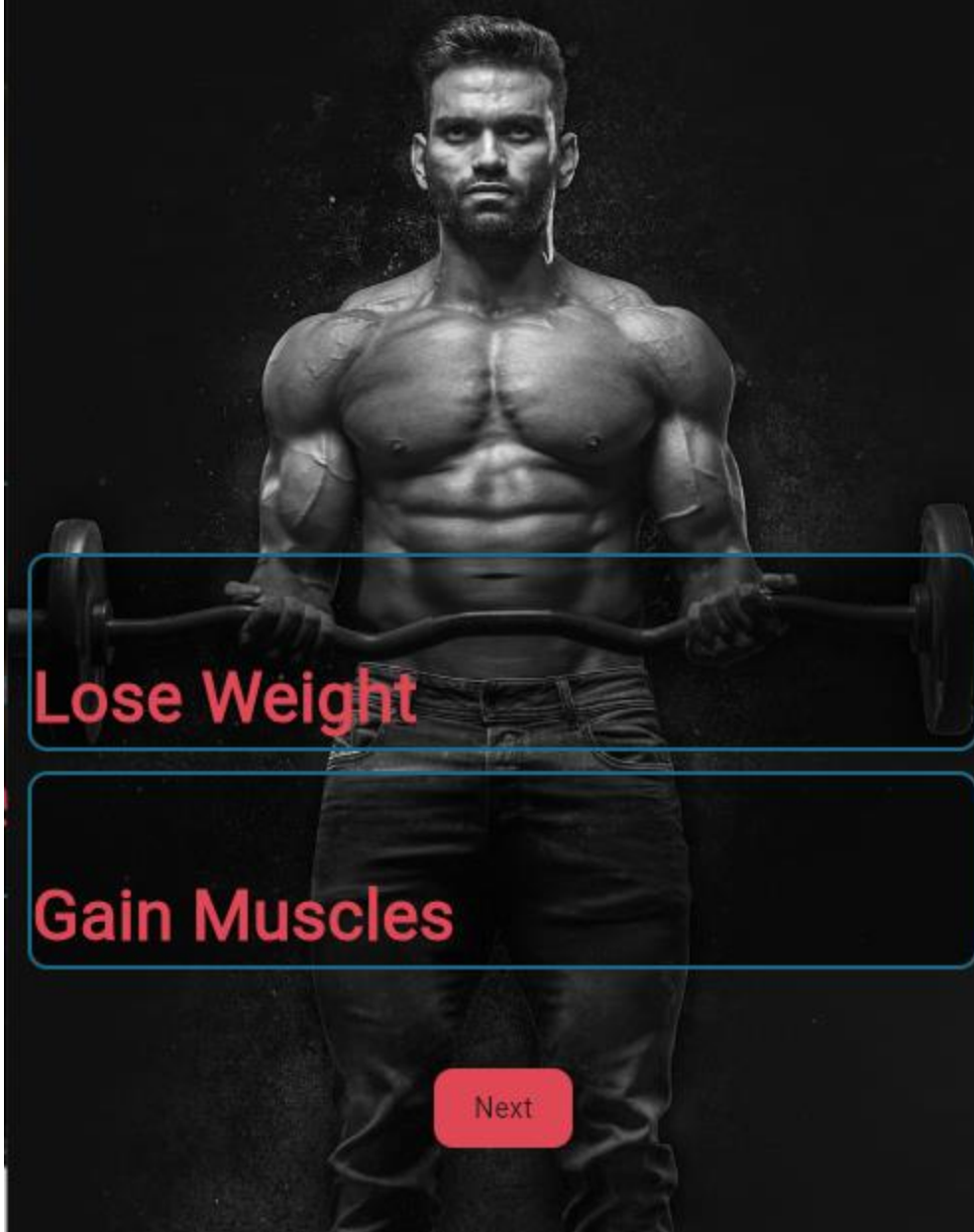
Female

Next



DEBUG

# What you want to do



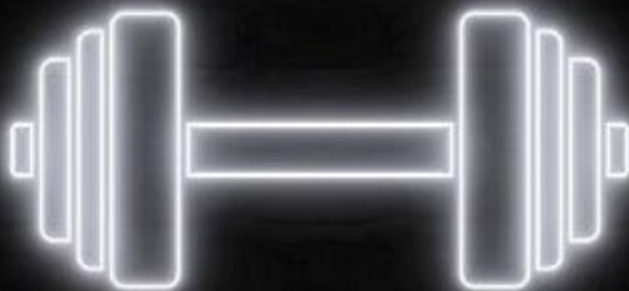
Lose Weight

Gain Muscles

Next

DEBUG

# Enter Your Weight & Height



Enter Weight in kg

|

Enter Height in cm

Next

DEBUG



# Are You Ready

Yes

DEBUG



**Making your plan ready**



# HHH Fitness

Debug

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



Home



Report



Profile



# HHH Fitness

DEBUG



## 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



Home



Report



Profile