

FITNESS TRACKER

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OBJECTIVE

There is a need to study and make a system which will make it easy for an end users to go through the fitness app contents and know more about calorific science and be healthy. To reduce paper work To reduce cost to make app available to the user any time To provide clear and easy to understand information To allow the user to download the diet plan To make the app user friendly.

ABSTRACT

The project is a responsive website designed/developed using frontend technologies include HTML, CSS, JavaScript, and Bootstrap, while backend technologies include Node.js, and MongoDB.

FITNESS HEALTH CARE WEBSITE is a website that looks around the nutrition and wellness of the users. Users can visit the website and check for the calorific science and much more nutritional information. Fitness is the emerging trend throughout the world. Getting into a good physique has become a motive for most of the youth and also different age groups. Because of the increased stress and indulging into unhealthy food habits, people are suffering from obesity and various diseases at very younger ages. Regular physical activity helps avoid weight gain and plays a part in increasing wellbeing by reducing stress, anxiety, and feelings of depression. People are unaware of the calorific and nutritional sciences. People now-a-days are very much interested in getting into a good physique as

it makes the person look good as well as makes him confident as per some studies.

So, Our Aim is to help out everyone reaching out to our website for any possible information.

INTRODUCTION

The development and the incorporation of wireless technologies to promote healthy lifestyle behavior, specifically healthy eating and weight control, has the potential to address our ultimate goal of enabling healthy lifestyle to prevent obesity and obesity related diseases. A diet is all that we consume in a day. And a balanced diet is a diet that contains an adequate quantity of the nutrients that we require in a day. A balanced diet includes six main nutrients, i.e, Fats, Protein, Carbohydrates, Fiber, Vitamins, and Minerals. All these nutrients are present in the foods that we eat. Different food items have different proportions of nutrients present in them. The requirements of the nutrients depend on the age, gender, and health of a person. "Your diet is a bank account. Good food choices are good investments." As mentioned above the diet is important part of our life and this diet app allows the user to meet their goal easily. The diet plan recommend eating wide variety of food including vegetables, whole grains, fruits, non-fat, low-fat, dairy products, beans, lean meat, poultry, and fish. However, each person has a unique dietary pattern and different health issues so system creates a meal plan depending on each case. The project is aimed in such a way that the user need not to go to dietician center to get their

diet plan, they can easily access the diet plan through app.

SOFTWARE & HARDWARE REQUIREMENTS

SOFTWARE REQUIREMENTS

Platform : WINDOWS 10

Front End: HTML, CSS, JAVASCRIPT and BOOTSTRAP

Browser: Google Chrome, Internet Explorer 8.0 and above, Mozilla Firefox etc (any of these)

HARDWARE REQUIREMENTS

Processor : 1.9 GHz (Minimum)

Memory : 2 GB RAM

EXISTING SYSTEM

Smartphones and apps have revolutionized fitness training. The days when average consumers only got a training plan in the gym are long gone. Nine percent of all apps on offer are now fitness apps. And they're more popular than ever. The companies initially tried to make a profit with training equipment that matched their app.

PROPOSED SYSTEM

The proposed system of Fitness And healthcare website is that it calculates the BMI of users based on their input height and weight. It also calculates no of grams of calories micro and macro nutrients a person should take according to their age height and weight. It also enables a user to know about the food intake in food chart. Website is the most powerful weapon for communication. The main reason we created this website is for communication. For the first time we decided to build/design a website we started making it from scratch using HTML, CSS and a bit of JavaScript. Our website has a calorie counter and daily calorie profile. We will

also add recipes and macro, micro nutrient profile. The proposed Dietitian System measures a user's body mass index based on his/her height and weight. The user has to then enter his eating timings and the system presents him/her the diet plan that would be best for that particular user. All the food items along with the quantity is shown to the user. If the user doesn't like the current diet plan, the system modifies food items keeping the total nutritional value same in this app the first page is of login the client login into the system. The client can fill data like Name, Age, Gender, Email-Id, Password, and so forth. From utilizing Email-Id and Password he can login to system. After effectively login client visits to BMI count structure, client needs to enter individual data like age, tallness, weight. By, weight the BMI and BMR is acquired. On the premise of BMI result diet plan will be given. By the most widely recognized individuals with a BMI under 18.5 are considered too thin, BMI more than 25 are overweight, BMI in the middle of 18.5 and 25 are have sound weight and those with a BMI more than 30 are viewed as corpulent. In the event that client's BMI is under 18.5 then he got recommendation about weight pick up and on the off chance that it is more than 25 he got weight reduction proposal generally client got sound proposals.

CONCLUSION

Being fit has an infinite benefits to your health. It will help you live longer, it will keep your body strong and gives a good impression of your sense of self worth to those around you. It will show them that you truly care about yourself. It will keep your cardiovascular system functioning without fault even at old age.

As being fit is very much important, we developed a website on fitness healthcare where one can check their BMI, amount of proteins, calories, fats and carbohydrates they should consume per day and follow

their diet plan accordingly .We have also provided a food chart that has amount of calories ,proteins, carbohydrates contained in different food items. So, one can refer to that food chart and follow the diet plan

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Eat smart, Move more, Sleep right by Luke Coutinho

Guide Signature:

Coordinator Signature:

