

# Mini Project

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## SYNOPSIS



## Dr.Fit

**Fitness Mobile Application**

**Submitted By:**

**Harsh Tripathi**

Section - L

University RollNo. 191500320

**Harshil Gupta**

Section - K

University RollNo. 191500321

**Ishika Agarwal**

Section - L

University RollNo. 191500357

**Submitted To:**

**Md. Farmanul Haque**

(Technical Trainer)

# **INTRODUCTION**

**DR.FIT** is a mobile application that helps users to plan exercise according to days, chat with the instructor, and also they can buy fitness products according to their needs. We will also be adding yoga and meditation features by which users can plan their meditation and yoga according to desired days. Exercises, yoga, and meditation are well planned in this application. It goes from beginner to advanced levels and the user will not feel this transition gap and can do it smoothly.

It also calculates the **BMI** (Body Mass Index) of the user which helps the user to know how much he/she has to lose or gain weight according to his/her personality. DR.Fit is **highly secure** because we are using **Google authentication** by which users can log in and sign up to the application easily and securely. By the feature of chatting with the instructor, the user can interact one-to-one with the instructor and can resolve his/her doubts and problems.

**Project Link:-** <https://github.com/harshilgupta-dev/DR.Fit>

# Use of the Project

There are many uses of the Dr.Fit application -

1. Daily exercise, meditation, yoga, etc.
2. Chat with the instructor.
3. Get trained by the instructor.
4. Online Shopping for fitness products.
5. Body Mass Index tracker.
6. Beginner to advance levels of exercises.
7. Get notification for scheduled exercise or meditation.

## Feasibility of Project

A feasibility study is a high-level capsule version of the entire System analysis and Design Process. The study begins by classifying the problem definition. Feasibility is to determine if it's worth doing. Once an acceptance problem definition has been generated, the analyst develops a logical model of the system. A search for alternatives is analyzed carefully. There are 3 parts in the feasibility study.

1) Operational Feasibility:- Operational feasibility is the measure of how well a proposed system solves the problems and takes advantage of the opportunities identified during scope definition and how it satisfies the requirements identified in the requirements analysis phase of system development.

2) Technical Feasibility:- This involves questions such as whether the technology needed for the system exists, how difficult it will be to build, and whether the firm has enough experience using that technology.

3) Economical Feasibility:- Establishing the cost-effectiveness of the proposed system i.e. if the benefits do not outweigh the costs then it is not worth going ahead.

**DR.FIT** is feasible with Android as well as iOS platform, also the minimum requirement of the device to run this application is just starting from Android version 5.0 and quad-core mobile processor, 1 GB of RAM. Users can use it anywhere at any time.

# Functional Specification

- **Objective:** The main objective to build this app is to provide a user a satisfied environment of fitness which will be available anywhere easily. Some of the functional specifications of this application are as follows:
  1. **Login Authentication:** It is the most used feature in most of the applications- DR.Fit is **highly secure** because we are using **Google authentication** by which users can log in and sign up to the application easily and securely.
  2. **Chat:** This feature has become common in social applications but we are introducing it in our application. By using this, we can chat with instructors related to the desired exercise we want to perform.
  3. **Shopping Cart:** Why go shopping for fitness items when using our app? DR.Fit will also include products related to exercise and diet. So that users can buy fitness products easily without having any trouble searching for the right products from various different websites.

It also calculates the **BMI** (Body Mass Index) of the user which helps the user to know how much he/she has to lose or gain weight according to his/her personality.

Exercises, yoga, and meditation are well planned in this application. It goes from beginner to advanced levels and the user will not feel this transition gap and can do it smoothly.

## **Software Specification**

Technology Implemented	Flutter
Language Used	Dart, XML
Database	Firebase, SQL
Software	Microsoft Visual Studio Code, Android Studio
Operating System	Android 5.0 or higher
Size	~ 20 MB
Storage	~ 100 MB

## **Hardware Requirements**

Processor	64-bit CPU with at least 4x ARM Cores
Operating System	Android 5.0 or higher
RAM	1 GB or higher
Storage	16 GB or higher
Maximum Core Speed	1.5 GHz or higher

# **Future Scope**

We can add new features as and when we require. There is flexibility in all the modules.

1. In the future, we will try to add a video chat feature with the instructor.
2. This is a fitness app so there is a limited number of exercises, we will try to add more than just a limited number.
3. We will work on providing updates so that we can make sure that this project is bug-free.
4. We will try to add more payment gateways in online shopping.
5. We will provide various versions of the application in which we will add new features.
6. User to get notification of daily exercises
7. We will add fitness products dynamically.
8. We will launch it on WEB as well as the IOS platform.
9. Optimize its space and performance.