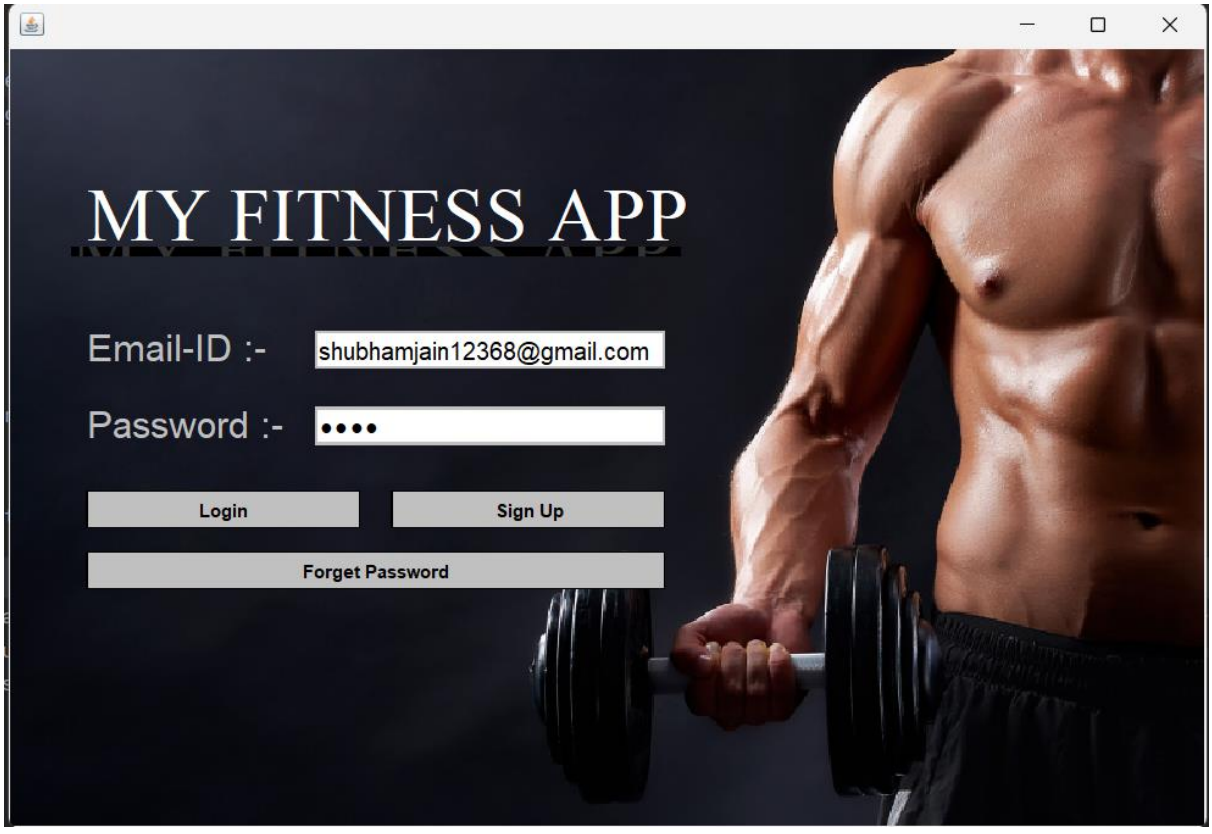
Description of the project:-

- This is Desktop Application made from JAVA.
- This repository contains all the important files for this project.
- We have used MySQL for data storage.

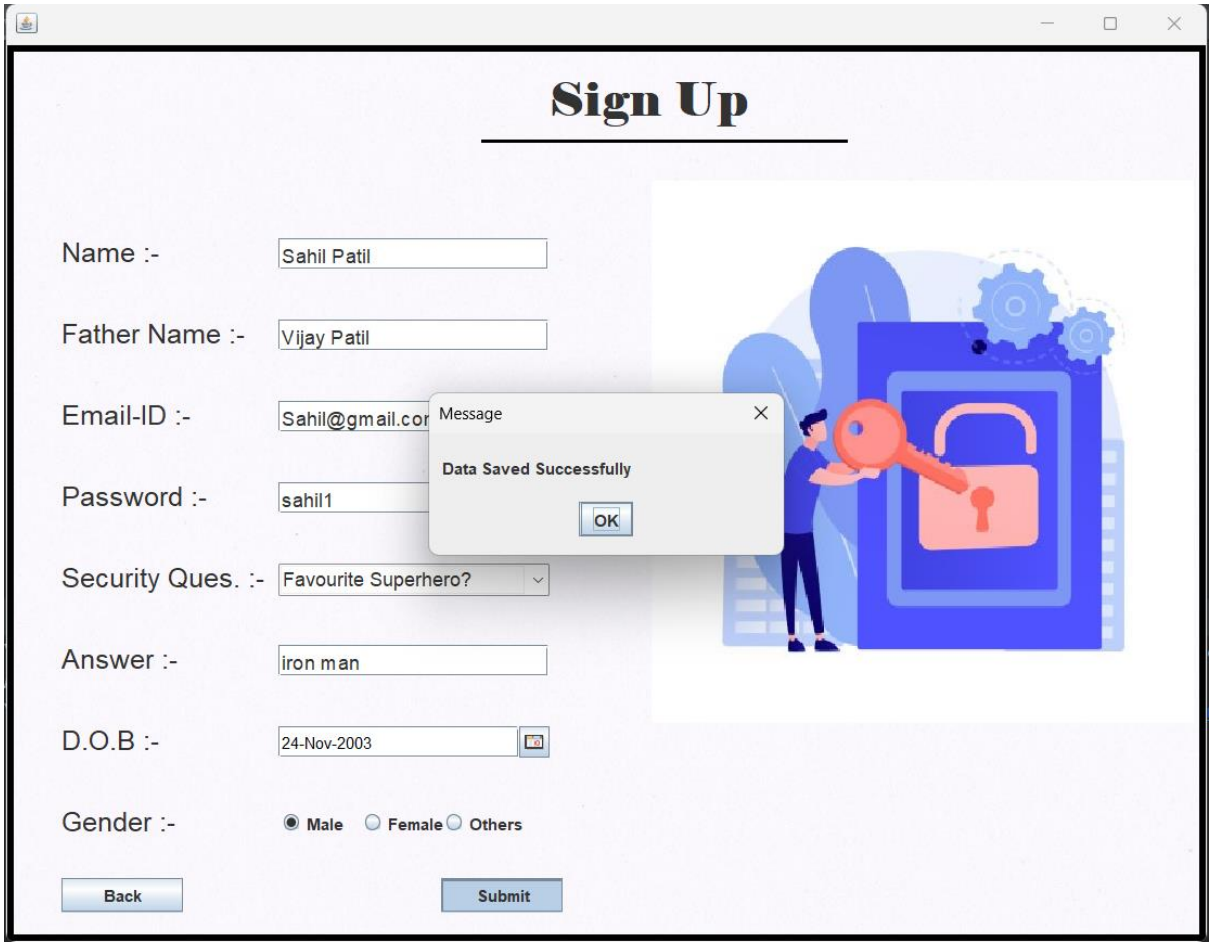
Feature of this project:-

- Users have to sign up and have to make an account for this app.
- This app will provide the food list with calorie content and the user have enter the quantity of food consumed to calculate the calories consumed.
- This app will also provide information that how many calories a person should intake to remain fit.
- The user can store calorie intake daily.
- This app will provide certain exercises based on height, weight, age, and gender.
- This app will provide weekly and monthly reports.

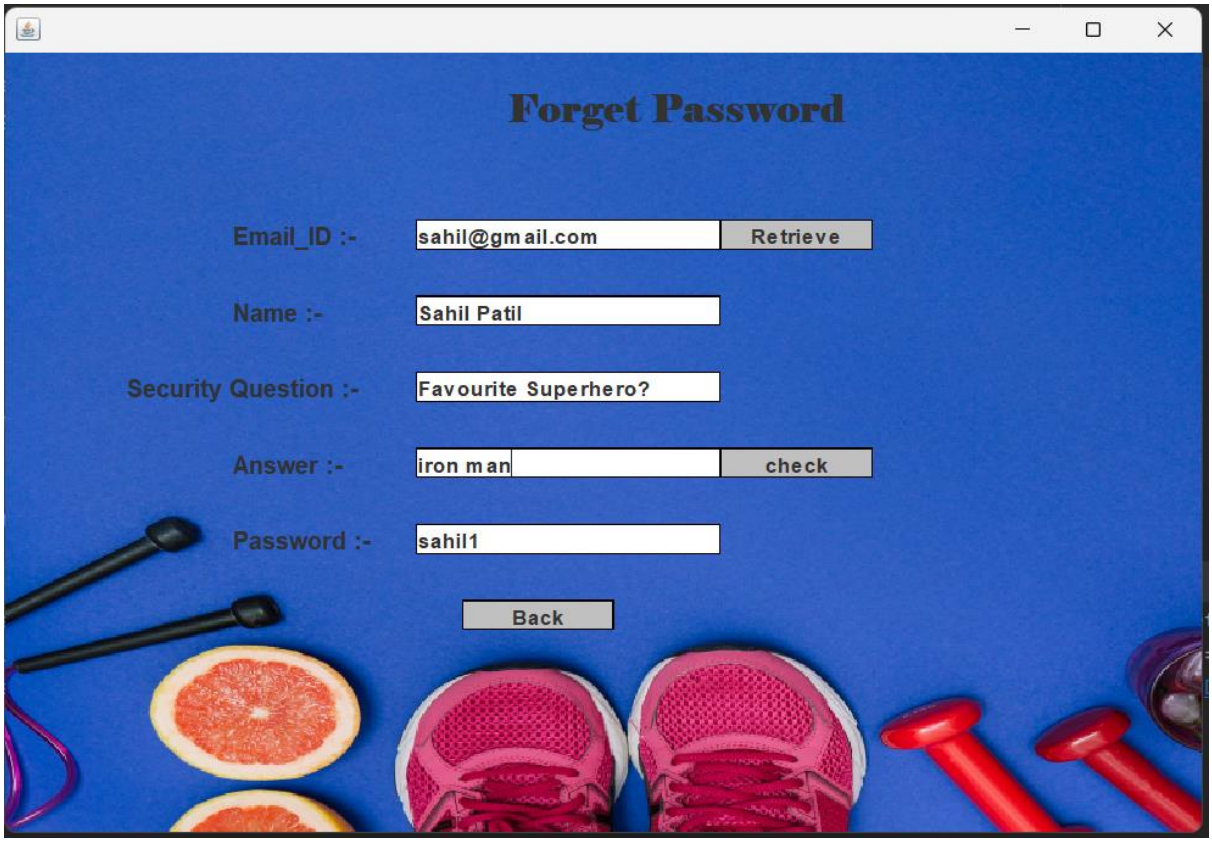
Implementations



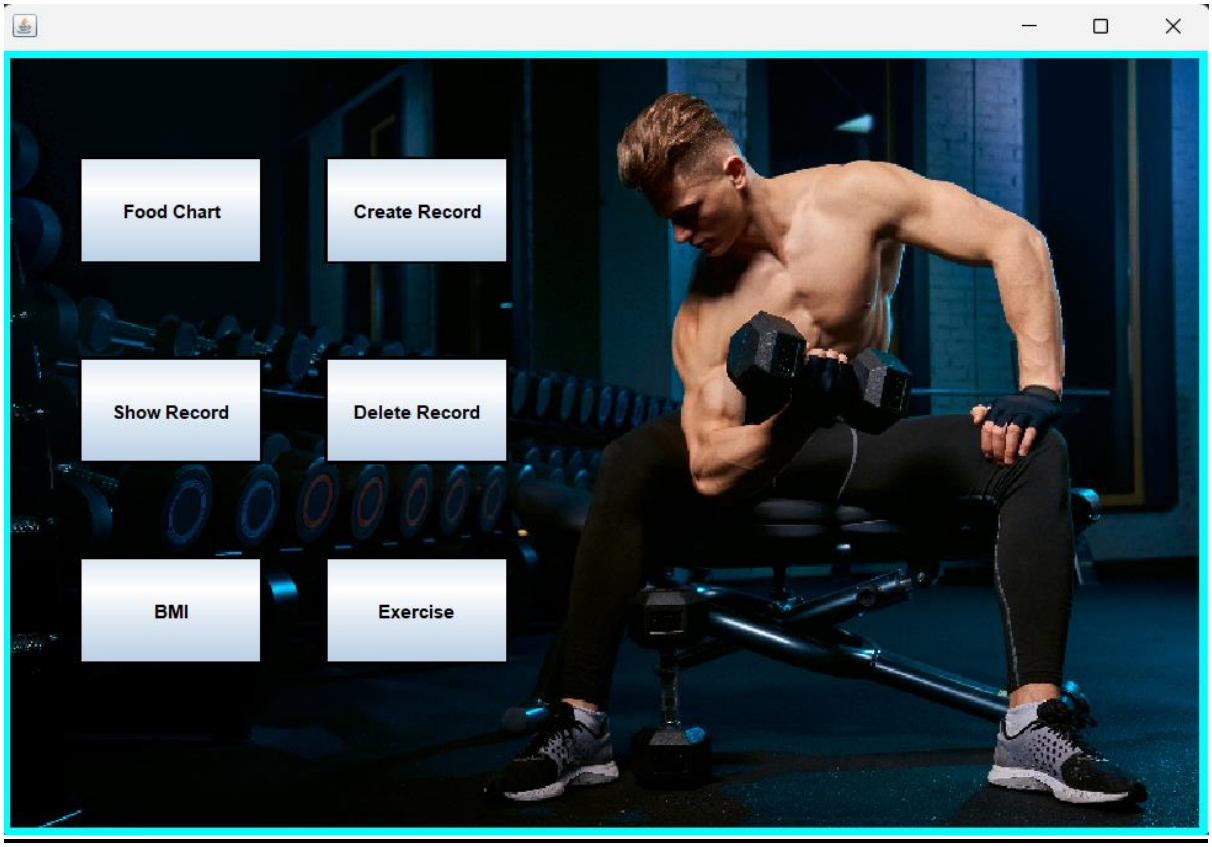
5.1 Login/Sign-up Page



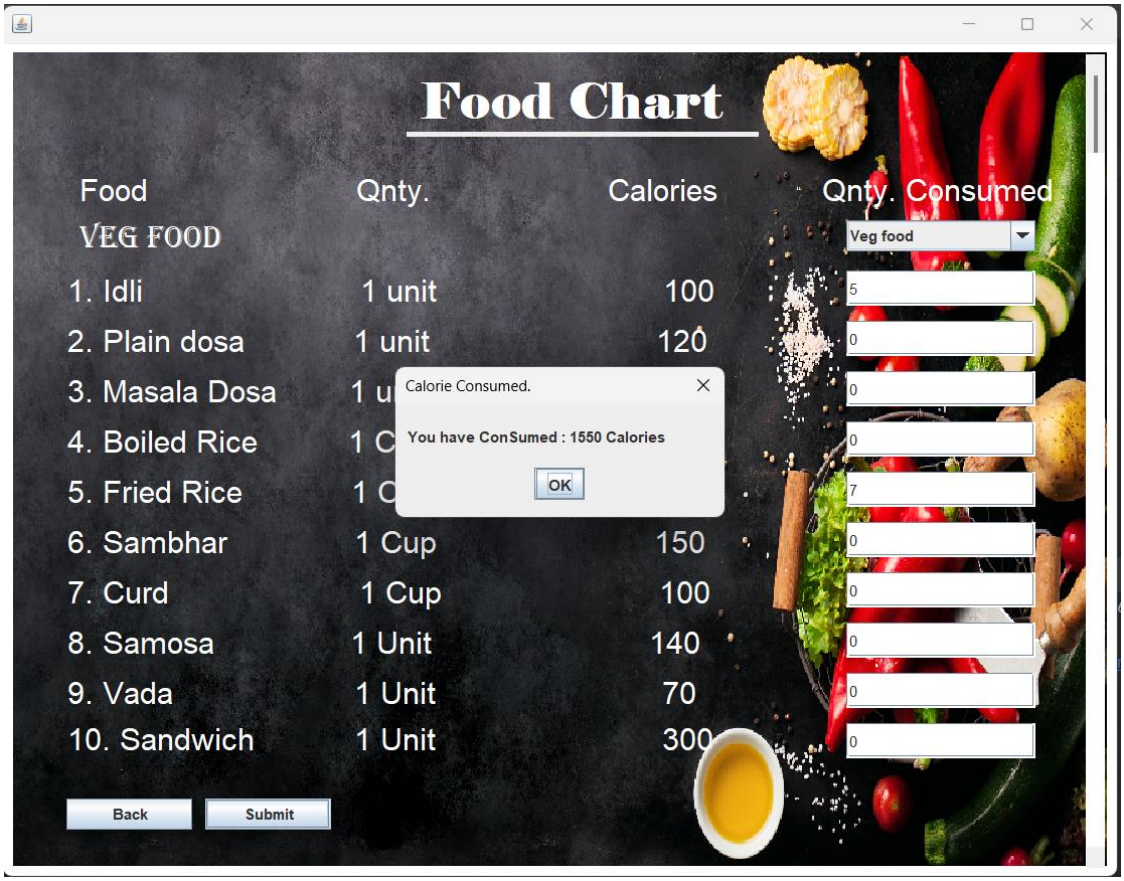
5.2 Sign-up Page:



5.3 Password Retrival Page

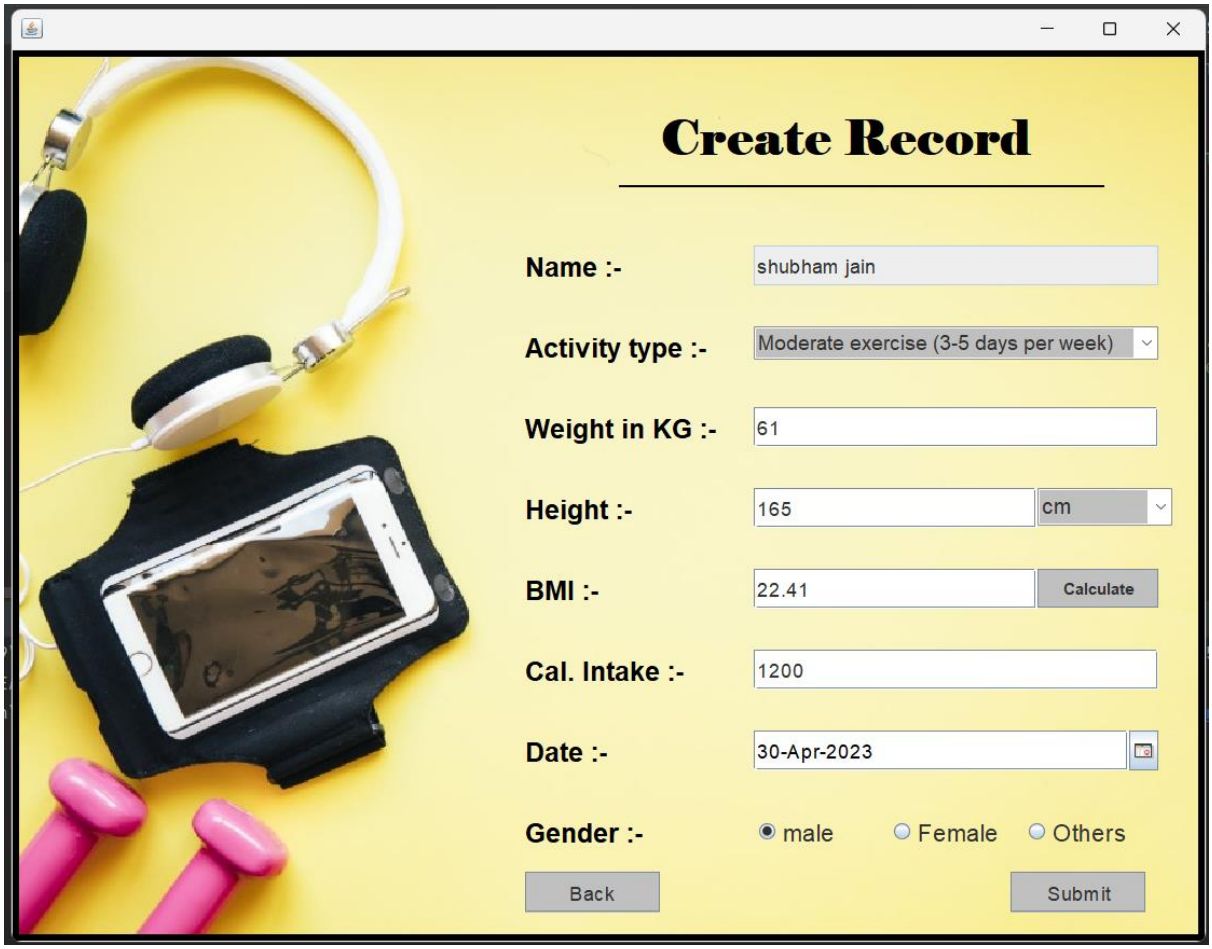


5.4 Menu Page

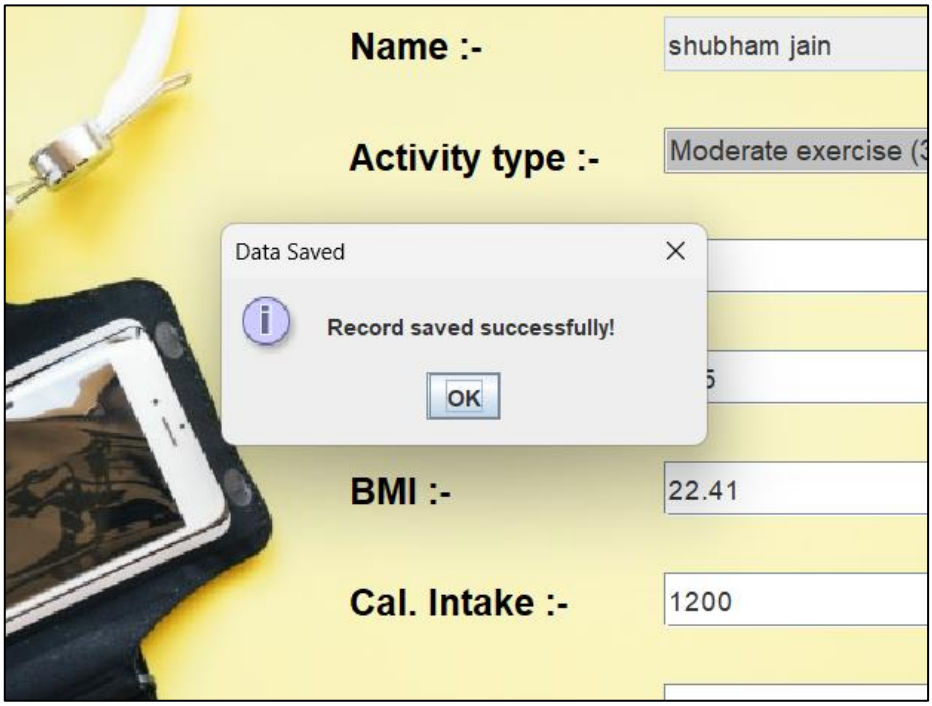


5.5(a) Food chart Page

5.5(b) Food chart Page

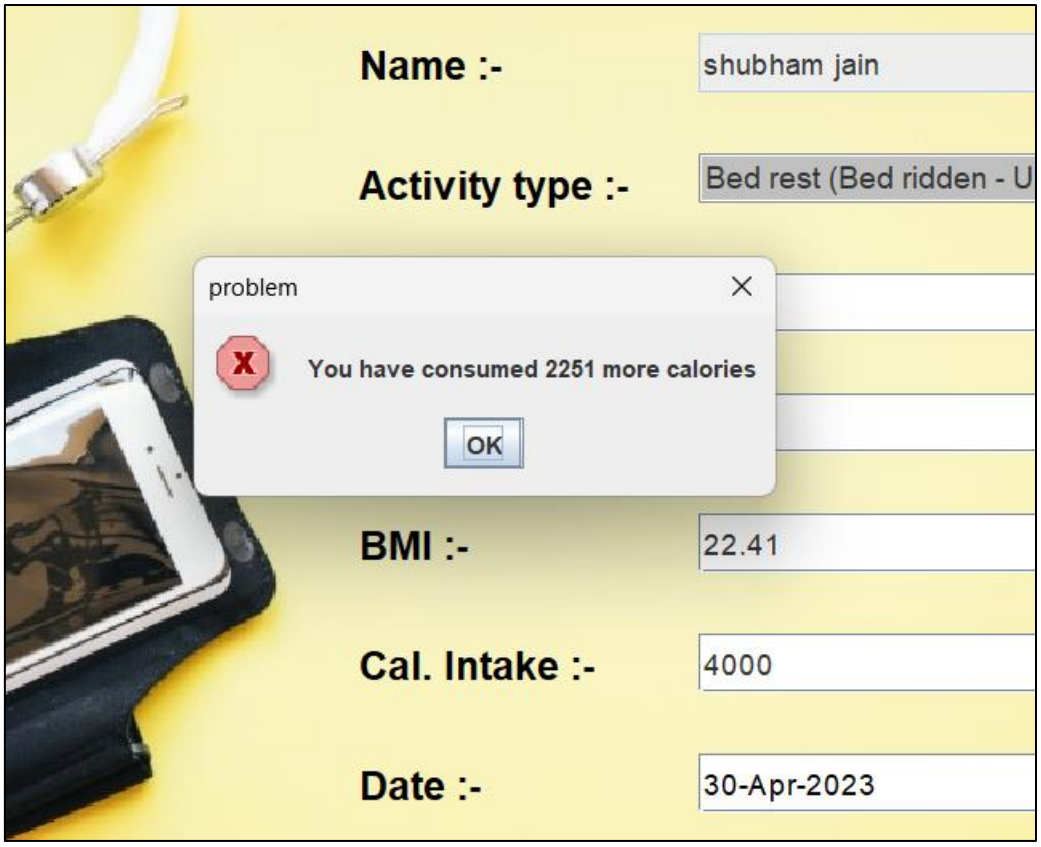


5.6(a) Create Record Page

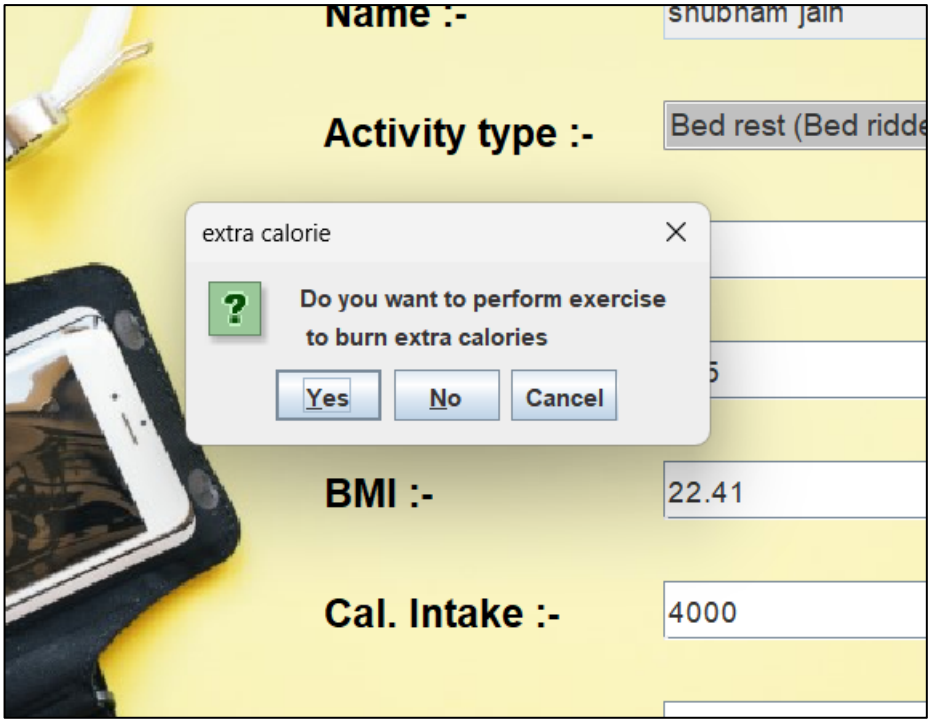


5.6(b) Create Record Page

5.6(c) Create Record Page

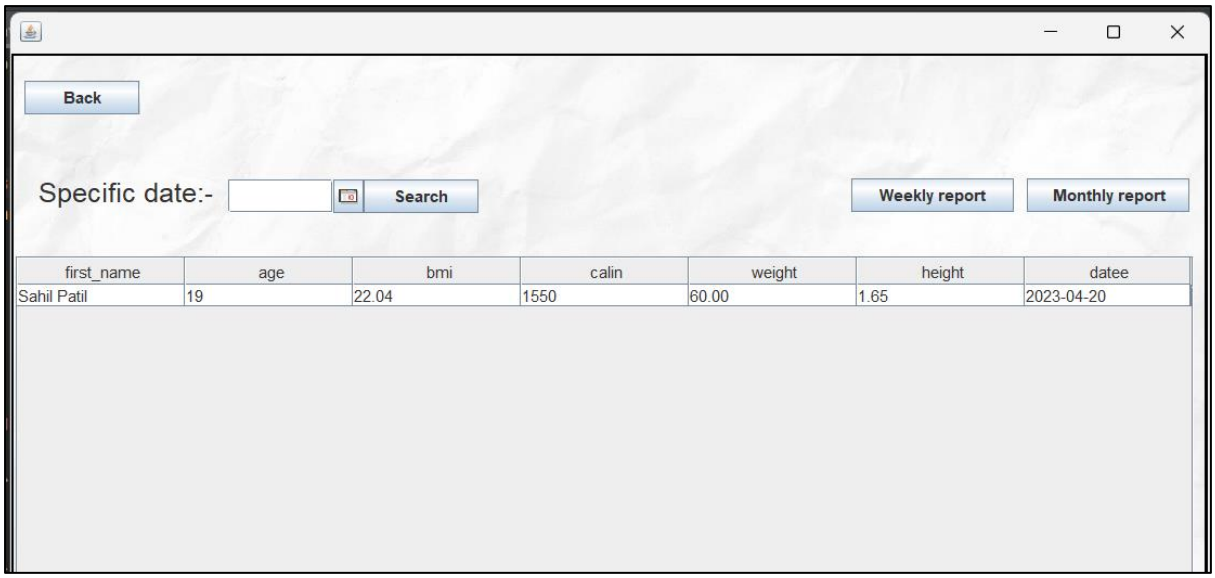


5.6(d) Create Record Page

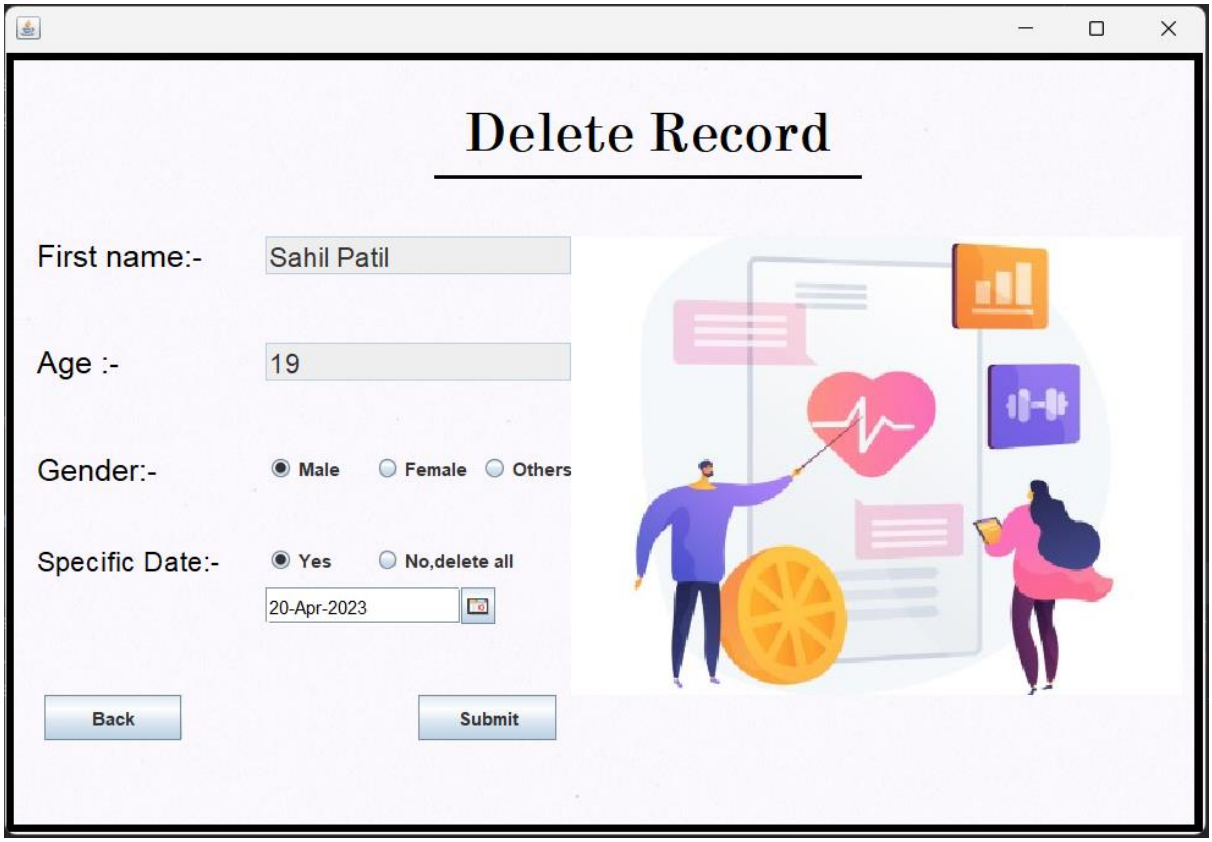


5.6(e) Create Record Page

5.7(a) Show Record Page



5.7(b) Show Record Page



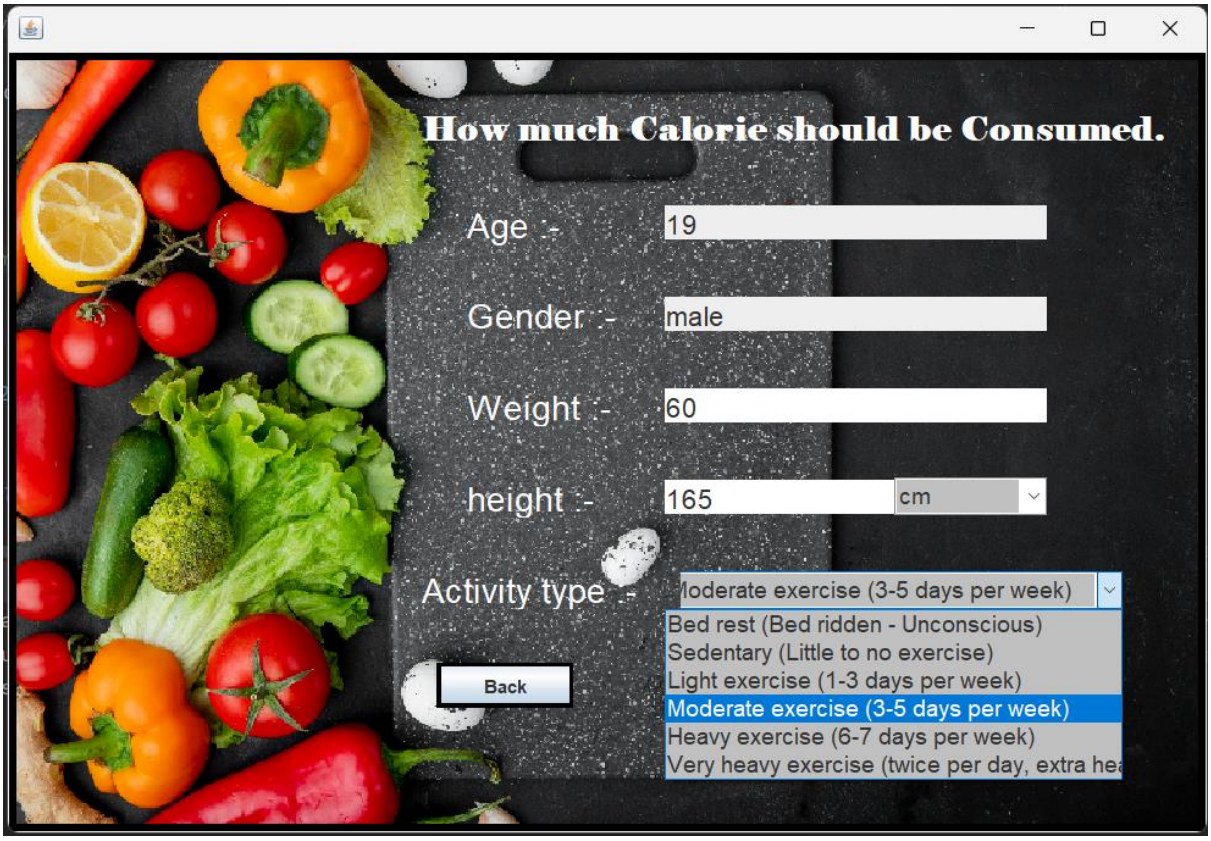
5.8 Delete Record Page

BMI
Weight (KG) :-
60
Height (m) :-
5.5
Feet
Inches
Feet
meter
Back
Chart

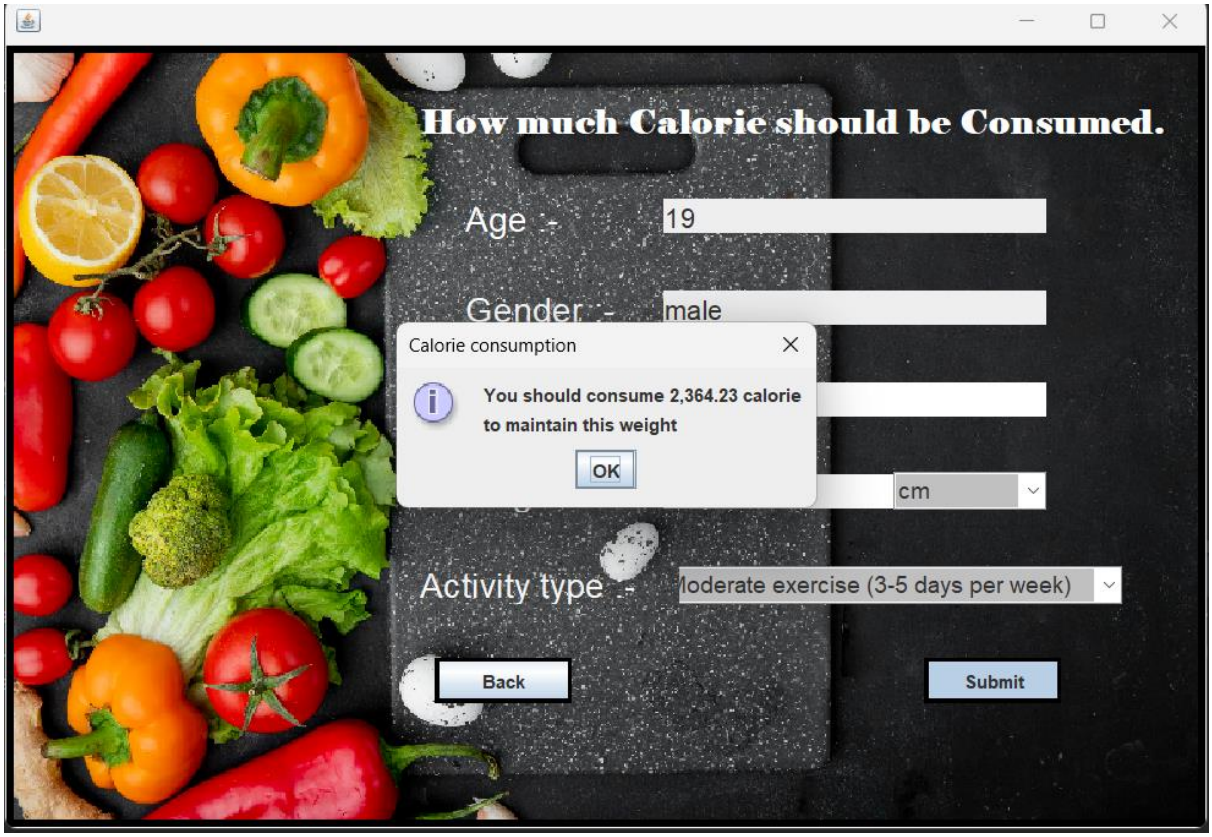
5.9(a) BMI Page

BMI
Weight (KG) :-
60
Result
Your BMI is 21.35
Category is : Ideal
OK
Feet
Back
Chart
Submit

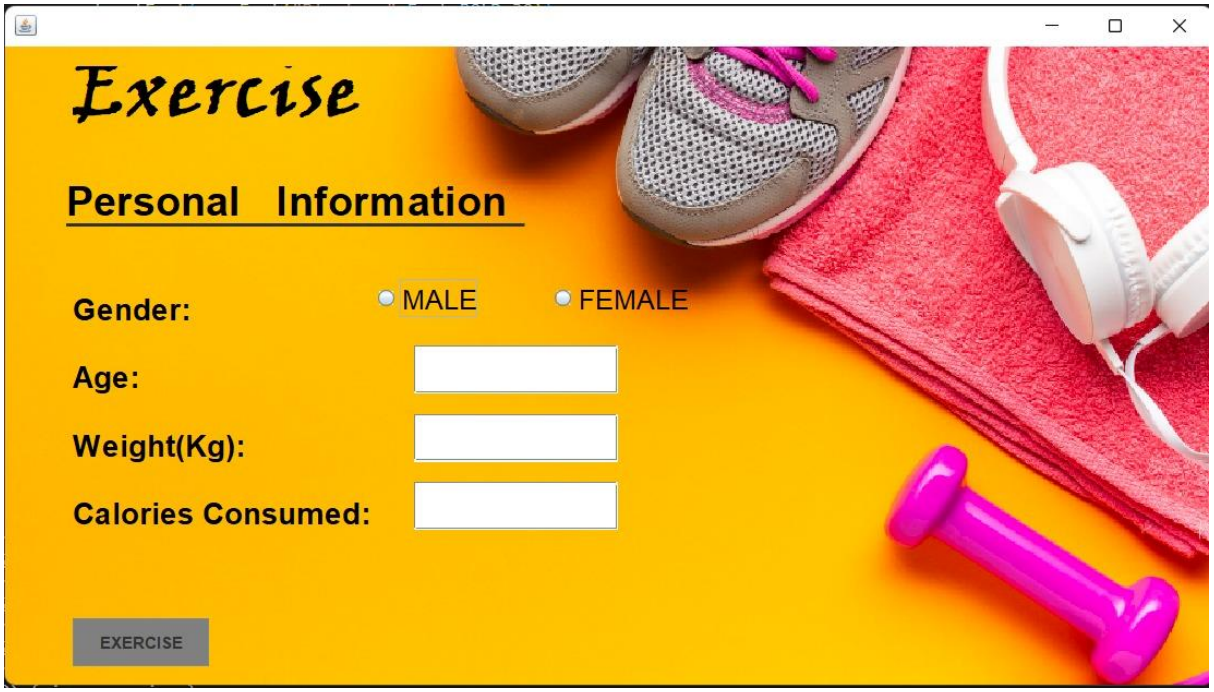
5.9(b) BMI Page



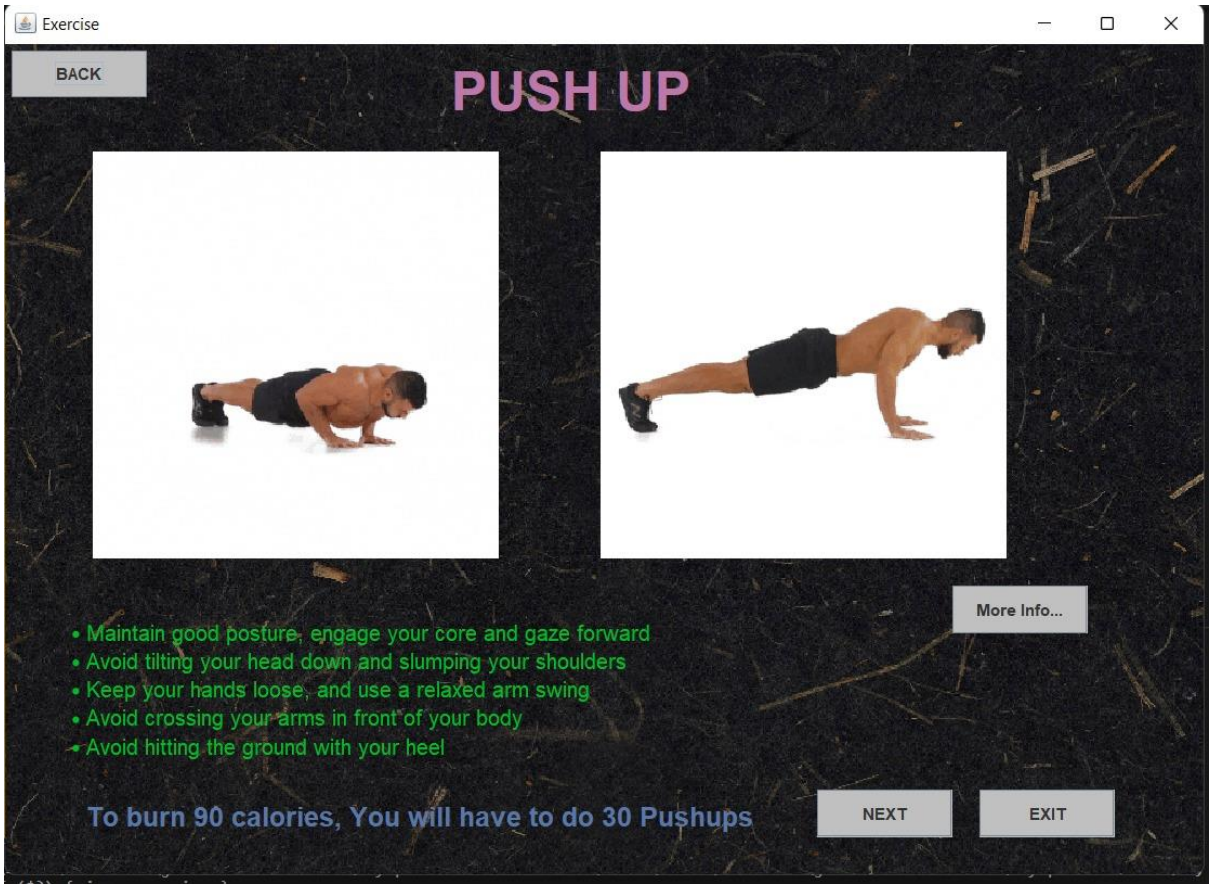
5.10(a) Calorie Required Page



5.10(b) Calorie Required Page



5.11(a) Exercise Page



5.11(b) Exercise Page