

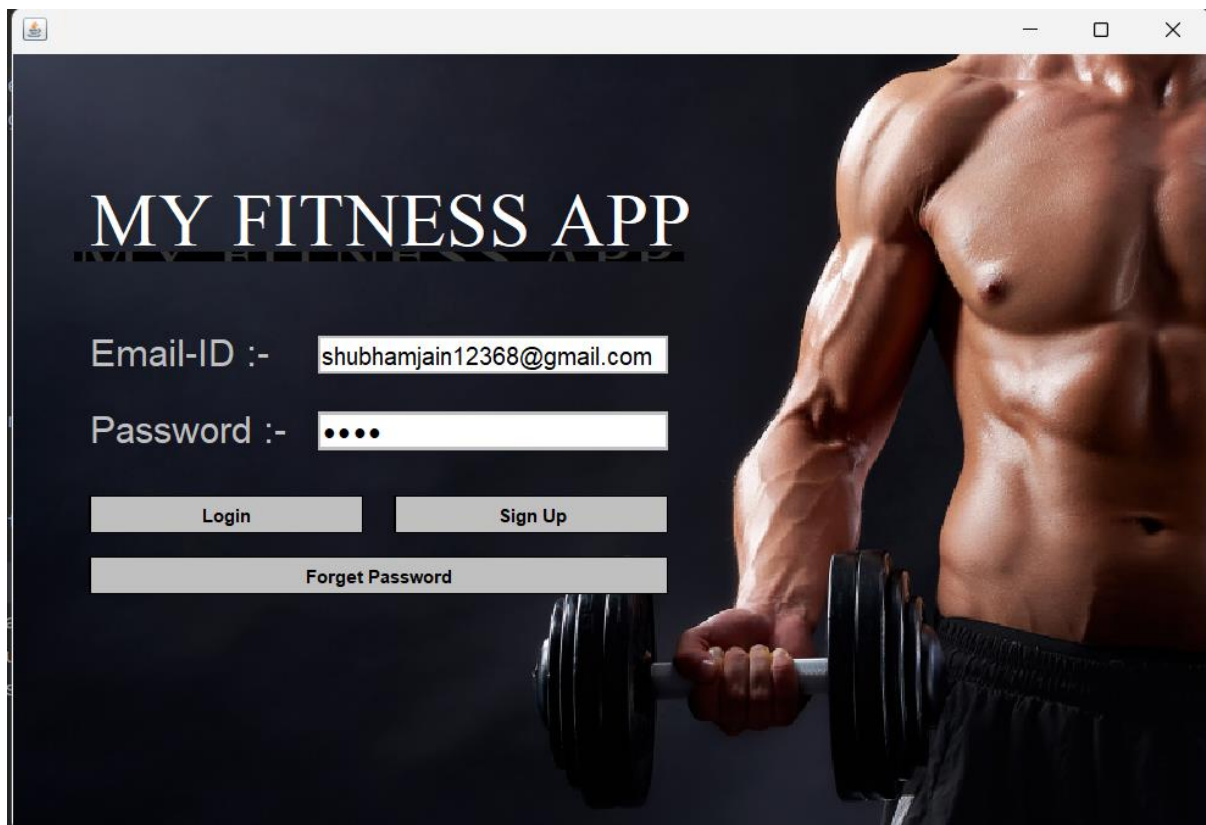
Description of the project:-

- 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

Forget Password

Email_ID :-

Name :-

Security Question :-

Answer :-

Password :-

The background of the form is blue. At the bottom, there are images of a black microphone, a halved grapefruit, a pair of pink sneakers, and two red dumbbells.

5.3 Password Retrival Page

Food Chart

Create Record

Show Record

Delete Record

BMI

Exercise

The background image shows a muscular man in a gym, wearing black leggings and sneakers, performing a bicep curl with a dumbbell. The menu is overlaid on the left side of the image.

5.4 Menu Page

Food Chart

Food	Qty.	Calories	Qty. Consumed
VEG FOOD			
1. Idli	1 unit	100	<input type="text" value="5"/>
2. Plain dosa	1 unit	120	<input type="text" value="0"/>
3. Masala Dosa	1 u		<input type="text" value="0"/>
4. Boiled Rice	1 C		<input type="text" value="0"/>
5. Fried Rice	1 C		<input type="text" value="7"/>
6. Sambhar	1 Cup	150	<input type="text" value="0"/>
7. Curd	1 Cup	100	<input type="text" value="0"/>
8. Samosa	1 Unit	140	<input type="text" value="0"/>
9. Vada	1 Unit	70	<input type="text" value="0"/>
10. Sandwich	1 Unit	300	<input type="text" value="0"/>

Calorie Consumed. ×

You have ConSumed : 1550 Calories

5.5(a) Food chart Page

Food Chart

Food	Qty.	Calories	Qty. Consumed
VEG FOOD			
1. Idli	1 unit	100	<input type="text" value="5"/>
2. Plain dosa	1 unit	120	<input type="text" value="0"/>
3. Masala Dosa	1 u		<input type="text" value="0"/>
4. Boiled Rice	1 C		<input type="text" value="0"/>
5. Fried Rice	1 C		<input type="text" value="7"/>
6. Sambhar	1 Cup	150	<input type="text" value="0"/>
7. Curd	1 Cup	100	<input type="text" value="0"/>
8. Samosa	1 Unit	140	<input type="text" value="0"/>
9. Vada	1 Unit	70	<input type="text" value="0"/>
10. Sandwich	1 Unit	300	<input type="text" value="0"/>

Save? ×

? Do you want to save this record?

5.5(b) Food chart Page

Create Record

Name :- shubham jain

Activity type :- Moderate exercise (3-5 days per week)

Weight in KG :- 61

Height :- 165 cm

BMI :- 22.41 Calculate

Cal. Intake :- 1200

Date :- 30-Apr-2023

Gender :- ☒ male ☐ Female ☐ Others

Back Submit

5.6(a) Create Record Page

Name :- shubham jain

Activity type :- Moderate exercise (3-5 days per week)

BMI :- 22.41

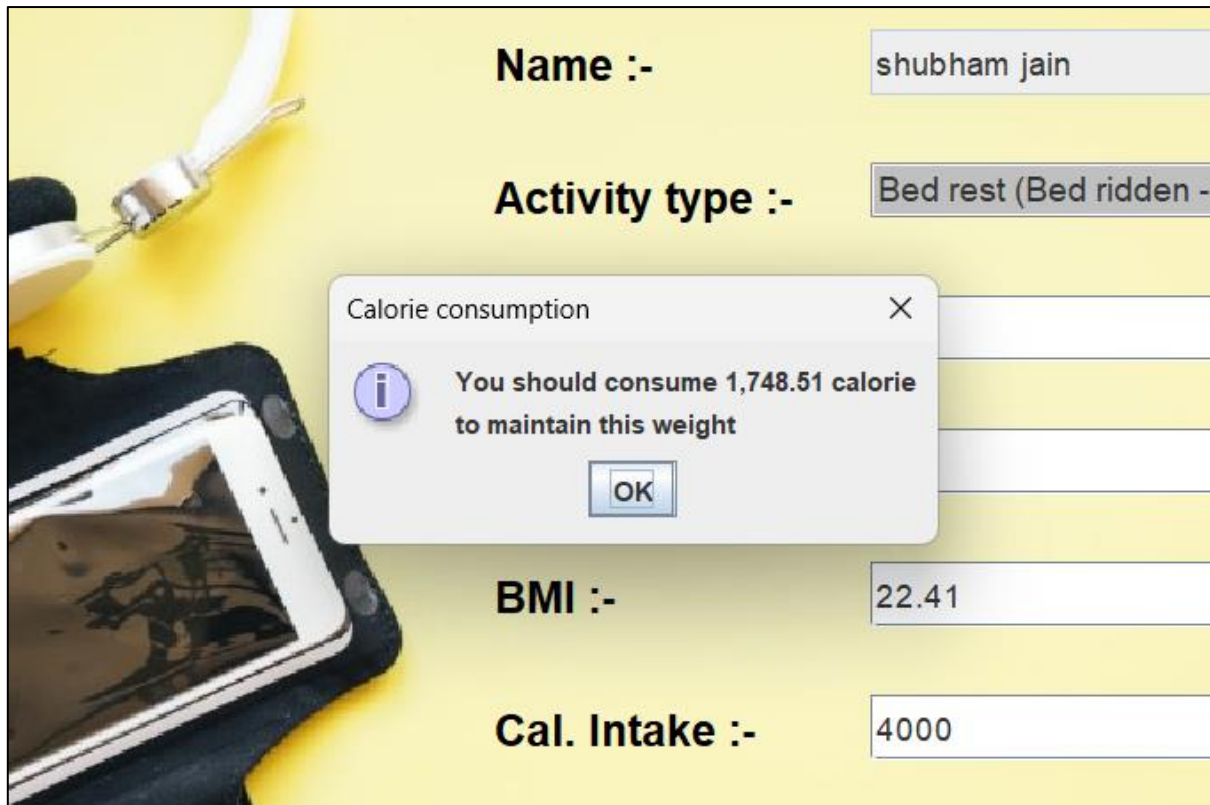
Cal. Intake :- 1200

Data Saved

Record saved successfully!

OK

5.6(b) Create Record Page



Name :- shubham jain

Activity type :- Bed rest (Bed ridden -

BMI :- 22.41

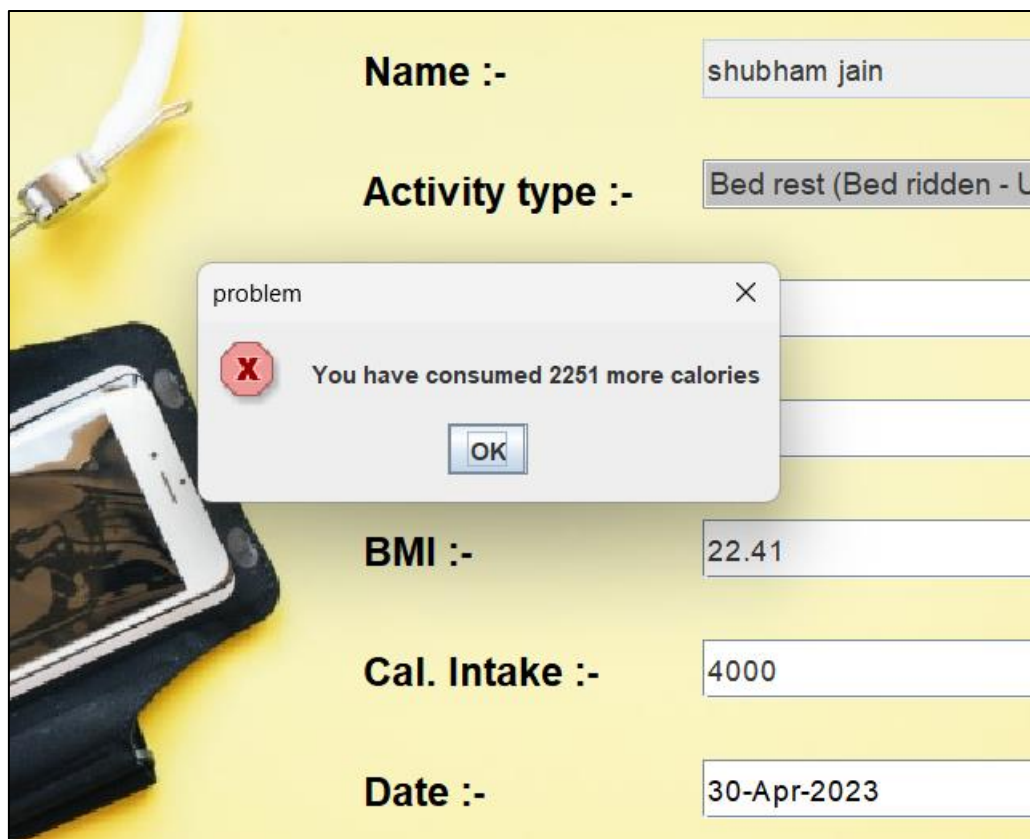
Cal. Intake :- 4000

Calorie consumption X

i You should consume 1,748.51 calorie to maintain this weight

OK

5.6(c) Create Record Page



Name :- shubham jain

Activity type :- Bed rest (Bed ridden - U

BMI :- 22.41

Cal. Intake :- 4000

Date :- 30-Apr-2023

problem X

X You have consumed 2251 more calories

OK

5.6(d) Create Record Page

Name :- shubnam jain

Activity type :- Bed rest (Bed ridden)

BMI :- 22.41

Cal. Intake :- 4000

extra calorie

Do you want to perform exercise to burn extra calories

Yes No Cancel

5.6(e) Create Record Page


Show Record

First name:- Sahil Patil

Age :- 19

Gender:- ☒ Male ☐ Female ☐ Others

Back **Next**



5.7(a) Show Record Page

Back

Specific date:-

Search

Weekly report

Monthly report

first_name	age	bmi	calin	weight	height	datee
Sahil Patil	19	22.04	1550	60.00	1.65	2023-04-20

5.7(b) Show Record Page

Delete Record

First name:-

Sahil Patil

Age :-

19

Gender:-

☒ Male
 ☐ Female
 ☐ Others


Specific Date:-

☒ Yes
 ☐ No,delete all

20-Apr-2023

Back

Submit



5.8 Delete Record Page



A screenshot of a web-based BMI calculator interface. On the left, a woman in a black sports top is measuring her waist with a green tape measure. The main area has a light gray background with the title 'BMI' in large, bold, black letters. Below the title, there are two input fields: 'Weight (KG) :-' with the value '60' and 'Height (m) :-' with the value '5.5'. To the right of the height field is a dropdown menu with options 'Feet', 'Inches', 'Feet', and 'meter', where 'Feet' is currently selected. At the bottom, there are three buttons: 'Back', 'Chart', and 'Submit'.

BMI

Weight (KG) :-

Height (m) :- Feet Inches Feet meter

5.9(a) BMI Page



5.9(b) BMI Page

How much Calorie should be Consumed.

Age :- 19

Gender :- male

Weight :- 60

height :- 165 cm

Activity type :- moderate exercise (3-5 days per week)

Back

Bed rest (Bed ridden - Unconscious)
Sedentary (Little to no exercise)
Light exercise (1-3 days per week)
Moderate exercise (3-5 days per week)
Heavy exercise (6-7 days per week)
Very heavy exercise (twice per day, extra he

5.10(a) Calorie Required Page

How much Calorie should be Consumed.

Age :- 19

Gender :- male

Calorie consumption

You should consume 2,364.23 calorie to maintain this weight

OK

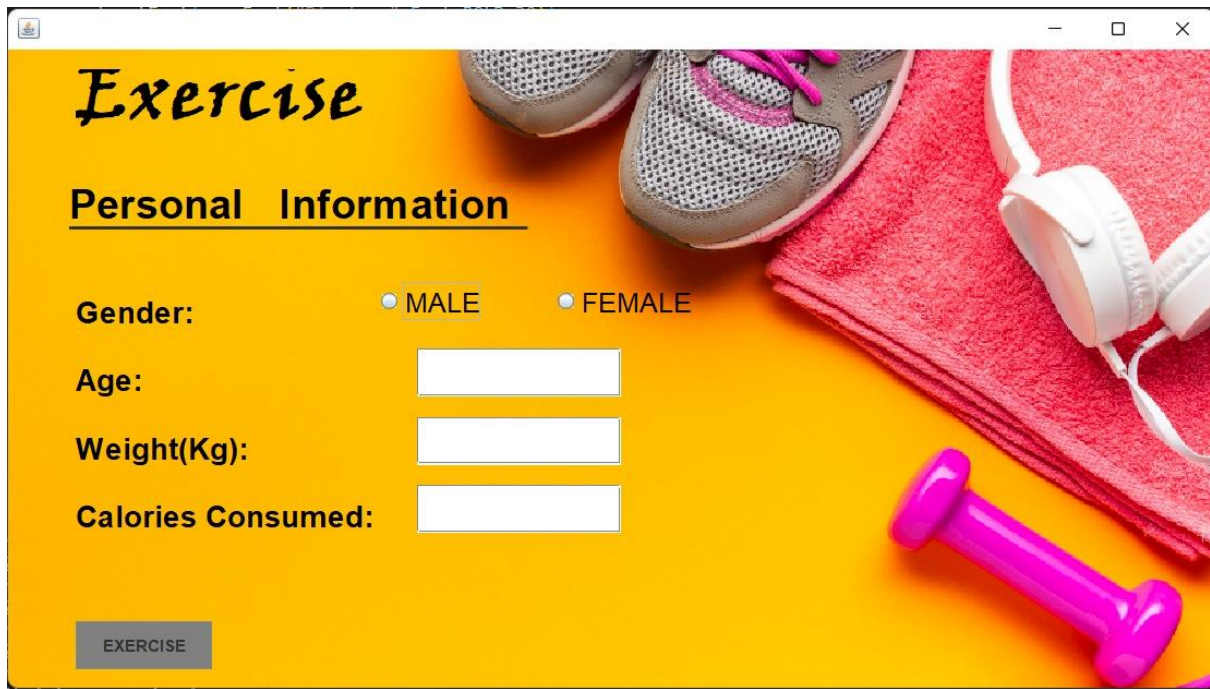
cm

Activity type :- moderate exercise (3-5 days per week)

Back

Submit

5.10(b) Calorie Required Page

A screenshot of a web application titled "Exercise". The background is a bright yellow with a photograph of a pair of grey sneakers with pink laces, a pink towel, and a pink dumbbell. The page has a header "Exercise" in a large, black, cursive font. Below it is a section titled "Personal Information" with a thin black underline. This section contains four labels: "Gender:", "Age:", "Weight(Kg):", and "Calories Consumed:". The "Gender:" label is followed by two radio buttons, one for "MALE" and one for "FEMALE". The other three labels are followed by empty white rectangular input boxes. At the bottom left of the form area is a grey button with the text "EXERCISE" in white capital letters.

Exercise

Personal Information

Gender: ☐ MALE ☐ FEMALE

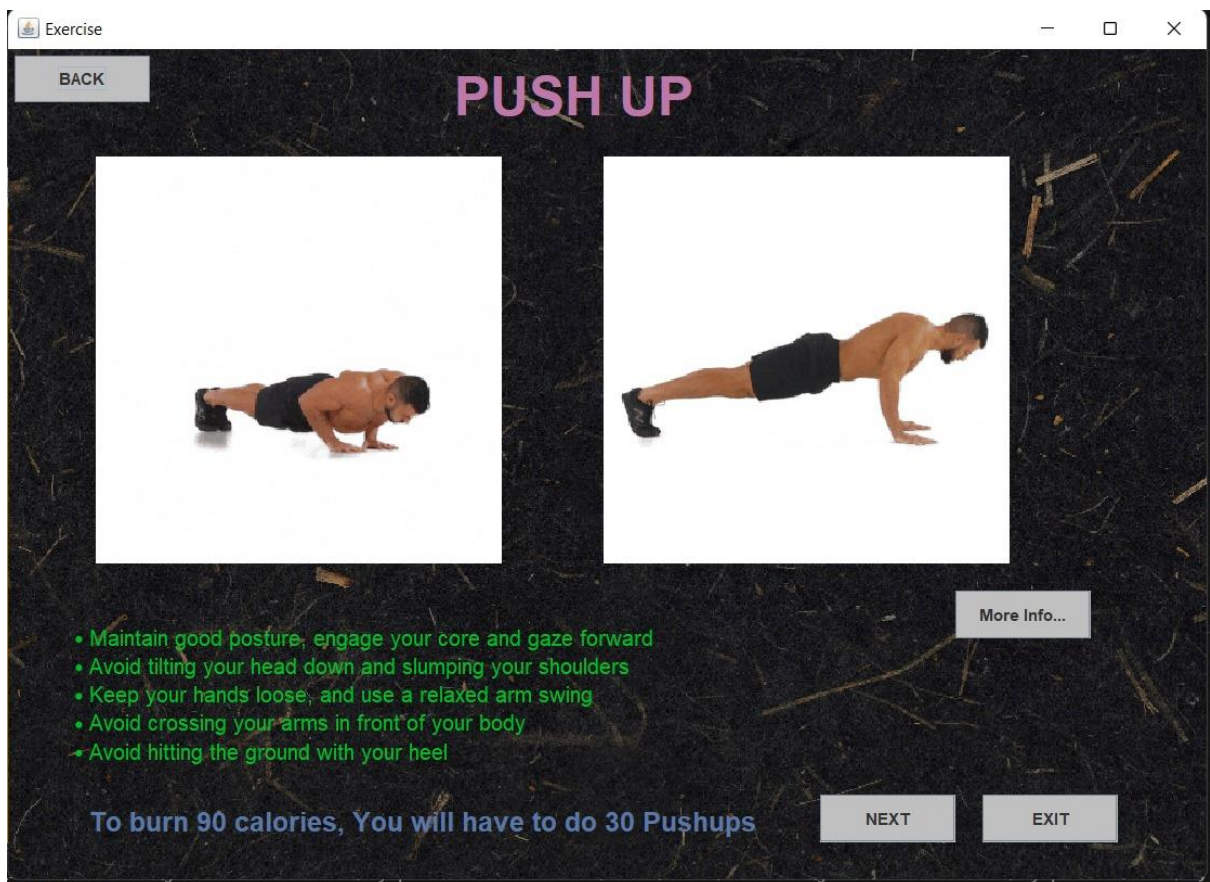
Age:

Weight(Kg):

Calories Consumed:

EXERCISE

5.11(a) Exercise Page

A screenshot of a web application titled "Exercise" showing a "PUSH UP" exercise page. The background is a dark, textured surface. At the top left is a grey button labeled "BACK". The title "PUSH UP" is in large, pink, bold, sans-serif capital letters. Below the title are two side-by-side white rectangular images showing a man in black shorts performing a push-up. The left image shows him in a starting position with his head down, and the right image shows him in a plank position with his head up. Below the images is a list of five green bullet points providing instructions for the exercise. To the right of the list is a grey button labeled "More Info...". At the bottom left, a line of blue text states: "To burn 90 calories, You will have to do 30 Pushups". At the bottom right are two grey buttons labeled "NEXT" and "EXIT".

Exercise

BACK

PUSH UP

- Maintain good posture, engage your core and gaze forward
- Avoid tilting your head down and slumping your shoulders
- Keep your hands loose, and use a relaxed arm swing
- Avoid crossing your arms in front of your body
- Avoid hitting the ground with your heel

More Info...

To burn 90 calories, You will have to do 30 Pushups

NEXT EXIT

5.11(b) Exercise Page