Food and Fitness Tracker

(Full stack Project)

Synopsis

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Acknowledgement

It gives us a great sense of pleasure to present the synopsis of the Project (Food and Fitness Tracker) undertaken during B.Tech IIIrd Year, this project itself is going to be acknowledgement to the inspiration, drive and technical assistance will be contribute to it by many individuals.

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We also do not like to miss the opportunity to acknowledge the contribution of all faculty members of the department for their kind guidance and co-operation.

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Introduction

(a) What is Food and Fitness Tracker

Individuals who set goals and record activities and monitor progress are more likely will achieve their goals. Food recalls (after the fact) tend to be unreliable.

Web App(Food and Fitness Tracker) can integrate individual records with a buddy or social System to help motivate yourself and others , with the possibility of "anytime" , "anywhere".

(b) About the Project

The purpose of this project was to create a wellness application for the Web platform capable of tracking , recording, and displaying data relevant to a user's sleep, activity, and mood habits. This application also enables individuals to become aware of fitness in their everyday habits and will hopefully encourage the user to self regulate towards improvement. To help in Losing weight .Calorie counts of hundreds of foods ,including popular restaurant choices . Enter physical activities and see how many calories you are burning . Helps you set weight loss goals, and then track your progress . Cost :free

To help lose weight and track fitness goals . this web app is community-oriented site with the ability to track food intake and exercise. It provides a progress screen as a graphical representation how well-or-poorly you are doing

Motivation

Being overweight or obese increases your chances of dying from hypertension, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, respiratory problems etc. Our current situation may have made it difficult for you to partake in your favorite forms of exercise.

It is very useful for now days in COVID-19 situation to get fitness tip in easy way without waste time on searches.

Future Prospects

- To help keep track distance and speed and help map of of route. Various activities are including such as skating ,cycling , jogging and walking .
- To provide information on different foods and diet to learn to make better eating decision for better health .
- To provide motivation to beat the last running time .

Pages of the project

Home page: This page contains the basic information about the project .

About page: It contain all about the food information and their calories.

Gallery page: This page contain all images of people which motivate and other people reviews.

Registration page: Here user can easily register on this fitness websites and confirmation message will be displayed after Register.

Login page: Use can login on fitness website.

Technology Used

- HTML :- Web browsers receive HTML documents from a web server or from local storage and render the documents into multimedia web pages. HTML describes the structure of a web page semantically and originally included cues for the appearance of the document.

  HTML elements are the building blocks of HTML pages. With HTML constructs, images and other objects such as interactive forms may be embedded into the rendered page. HTML provides a means to create structured documents by denoting structural semantics for text such as headings, paragraphs, lists, links, quotes and other items. HTML elements are delineated by *tags*, written using angle brackets.

  HTML can embed programs written in a scripting language such as JavaScript, which affects the behavior and content of web pages. Inclusion of CSS defines the look and layout of content.

- CSS :-**Cascading Style Sheets** (**CSS**) is a style sheet language used for describing the presentation of document written in a markup language like HTML. CSS is a cornerstone technology of the World Wide Web, alongside HTML and JavaScript.

  CSS is designed to enable the separation of presentation and content, including layout, colors, and fonts.[3] This separation can improve content accessibility, provide more flexibility and control in the specification of presentation characteristics, enable multiple web pages to share formatting by specifying the relevant CSS in a separate .css file which reduces complexity and repetition in the structural content as well as enabling the .css file to be cached to improve the page load speed between the pages that share the file and its formatting.

- JavaScript:-Alongside HTML and CSS, JavaScript is one of the core technologies of the World Wide Web.JavaScript enables interactive web pages and is an essential part of web applications. The vast majority of websites use it for client-side page behavior,and all major web browsers have a dedicated JavaScript engine to execute it.

  As a multi-paradigm language, JavaScript supports event-driven, functional, and imperative programming styles. It has application programming interfaces (APIs) for working with text, dates, regular expressions, standard data structures, and the Document Object Model (DOM). However, the language itself does not include any input/output (I/O), such as networking, storage, or graphics facilities, as the host environment (usually a web browser) provides those APIs.

- BootStrap:-Bootstrap is a web framework that focuses on simplifying the development of informative web pages (as opposed to web apps). The primary purpose of adding it to a web project is to apply Bootstrap's choices of color, size, font and layout to that project. As such, the primary factor is whether the developers in charge find those choices to their liking. Once added to a project, Bootstrap provides basic style definitions for all HTML elements. The result is a uniform appearance for prose, tables and form elements across web browsers. In addition, developers can take advantage of CSS classes defined in Bootstrap to further customize the appearance of their contents. For example, Bootstrap has provisioned for light- and dark-colored tables, page headings, more prominent pull quotes, and text with a highlight.

Requirements

a) Hardware Requirements:

- i5 processor-based computer
- 4GB Ram
- 5 GB Hard Disk Space

b) Software Requirements:

- Windows 10
- Visual Studio