

Lab: Internet Tool and Technology Lab

Sem: VI sem B. Tech

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Batch:B2

Date of submission:9th April, 2022

Title: FitWealth: For all your Fitness and Nutrition needs

Abstract

“It is health that is real wealth and not pieces of gold and silver”~Mahatma Gandhi. This quote holds even more relevance in the post-pandemic world. The health of individuals across generations has suffered as a result of staying at home for an extended period of time. Individuals have understandably become lethargic and eating habits have become inconsistent as well. That is where our application comes into the picture. We understand the effects of the post-pandemic world as well as changes in behaviour where everyone prefers to work out from home. We bring to you a platform where you can estimate your nutrition and workout requirements by calculating your BMI, and we provide them to you free of cost. If you want to go the extra mile and require supervision and personalisation, you can connect to our verified nutritionists and trainers. This is your one-stop platform to kickstart your fitness journey.

Introduction

On this platform, users start off by logging in. They have to calculate their BMI to understand their current fitness standing. Based on their BMI which is a function of attributes like height, weight as well as age and sex, the application displays nutrition and workout plans that they can access. These plans are designed by world-class nutritionists and trainers who are the second users of the platform. Usually, they are at the mercy of gyms. Our platform reduces this dependency and brings them in direct contact with users. For that, these experts will have to verify their documents which establishes their credentials and upload credible plans. Once

verified by the platform, the expert will be live on the platform and be able to have conversations with users and guide them.

Problem Statement

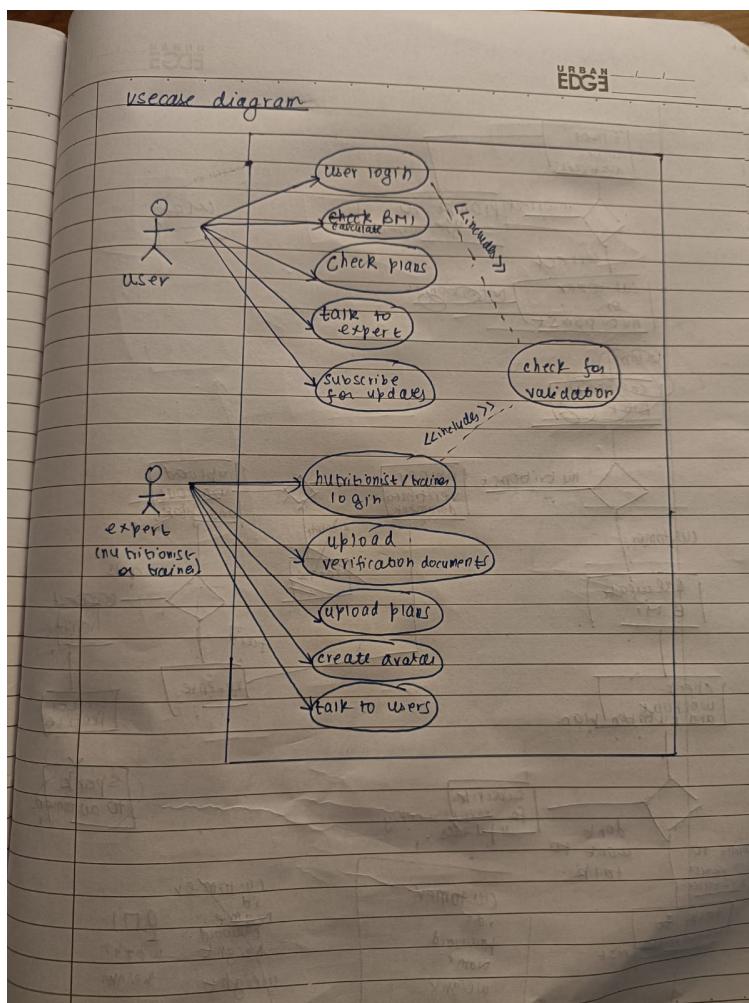
Build an exhaustive fitness platform that caters to the nutrition and workout needs of users across age groups and body types.

Objective

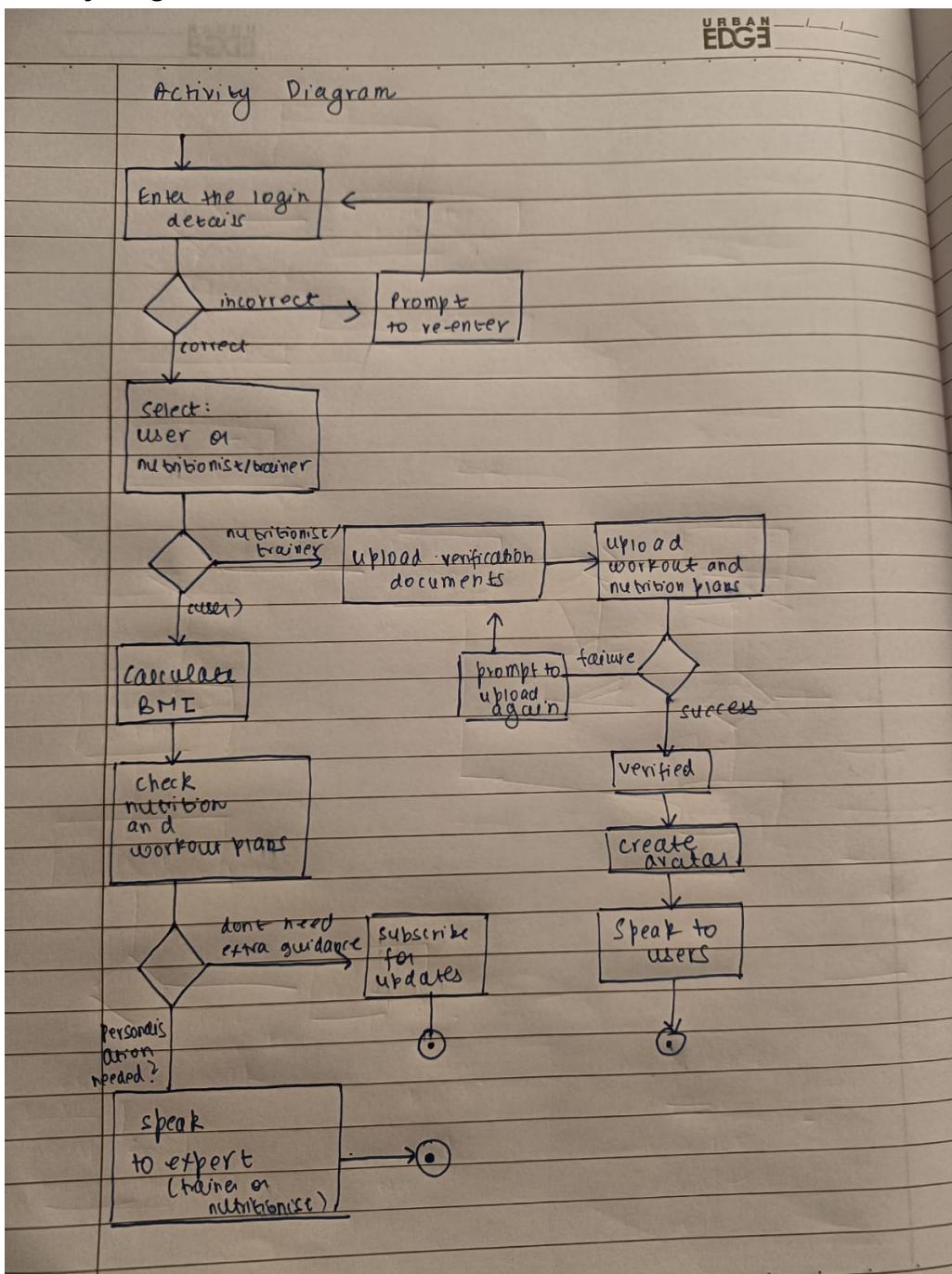
The objective of this platform is to democratize and simplify fitness by making quality diet and workout plans easily accessible to every individual.

Proposed methodology

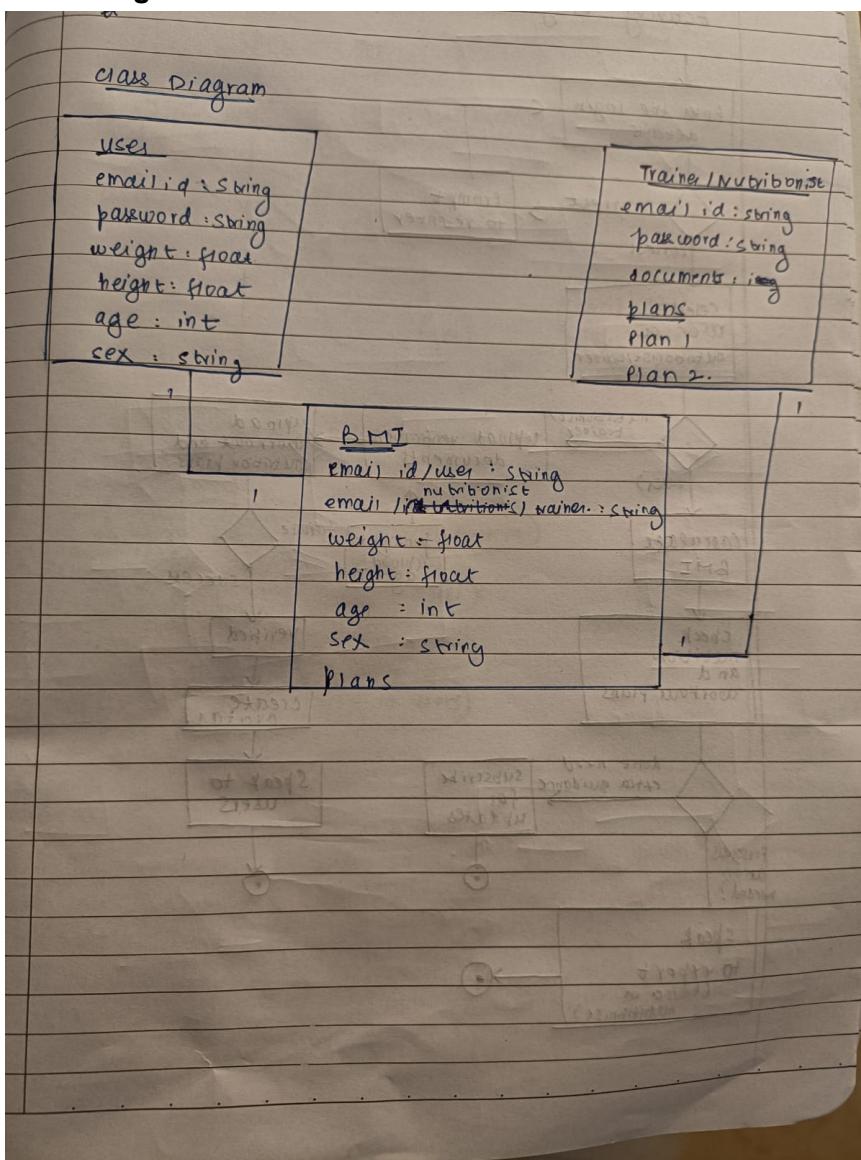
1) Use case diagram:



2) Activity Diagram:



3) Class Diagram:



Result: The problem statement has been satisfied as an exhaustive fitness platform has been built with various use cases.

Conclusion: A successful application has been built to make fitness fun and accessible.