NOVA FIT – FITNESS AND ACTIVITY APPLICATION

Enquero A Genpact Company

Bangalore

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Master of Computer Applications

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CERTIFICATE

This is to certify that the project titled "Nova Fit – Fitness Application" is a record of the bonafide work done by Nithyashree A Shetty (210970030) submitted in partial fulfilment of the requirements for the award of the Degree of Master of Computer Applications (MCA) in Department of Data Science and Computer Applications of Manipal Institute of Technology, Manipal, Karnataka, (A Constituent Unit of Manipal Academy of Higher Education), during the academic year 2022 - 2023

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We appreciate the hard work and commitment shown by you during the course of the internship.

Wishing you a very successful career ahead.

Warm Regards,

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ABSTRACT

The project Nova fit - Fitness and Activity Application, is a proof-of-concept project, assigned by Genpact One Data Team. In this abstract, a fitness and activity application are described that encourages physical exercise, a healthy lifestyle, and personalised health management to improve people's overall well-being. The application takes advantage of modern mobile device capabilities and incorporates data tracking, analysis, and user engagement tools to empower users on their fitness journeys.

The health and activity app offers set of features, including Users will be able to book workout sessions online at their own convenience using the fitness application. They will also be able to buy fitness-related things such as gym equipment and gym gear from the website. This delivers a smooth and comfortable experience for consumers, allowing them to access services and products from the comfort of their own homes.

In conclusion, we were able to achieve the objectives defined by the solution architect of branch sales, thus successfully completing the project. The application's user interface was created entirely using HTML, CSS, and JavaScript. The web application's backend is built with Node.js, and data is stored in PostgreSQL.

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Chapter 1 Introduction

1.1 Introduction

A healthy lifestyle is now essential in the fast-paced society we live in. More and more people are looking for simple ways to stay fit as health and fitness are becoming more widely recognised. Since the fitness sector has developed over the past several years, people may now access a wide range of fitness facilities, including gyms, yoga studios, and athletic training sessions. The selection of the best fitness centre for their needs is becoming more difficult as there are more and more options available. Additionally, because of the abundance of products on the market, purchasing workout equipment and nutritional supplements has become more difficult than ever.

1.2 Motivation for the proposed work

Nova Fit aims to provide a comprehensive platform for individuals to book athletic sessions, gym memberships, and order athletic products and nutrition supplements from the comfort of their homes. Nova Fit's platform offers a range of options and subscription packages that cater to individual needs, making it easier for people to maintain a healthy lifestyle. The fitness industry is growing exponentially, and people are willing to invest in their health and wellness more than ever before. However, many individuals struggle to find the right fitness facility and often feel overwhelmed by the vast selection of fitness products and nutrition supplements available in the market. Nova Fit aims to bridge this gap by providing a one-stop solution for individuals looking to maintain a healthy lifestyle. Nova Fit offers a range of fitness facilities and products that cater to individual needs, making it easier for people to achieve their fitness goals.

1.3 Objectives

The primary objective of the Nova Fit website is to provide a user-friendly platform for individuals to book athletic sessions, gym memberships, and order athletic products and nutrition supplements. The platform offers various subscription packages, making it convenient for individuals to choose the right fitness plan that suits their needs.

Additionally, Nova Fit aims to provide an exceptional user experience by offering personalized recommendations based on individual preferences and fitness goals. The platform also provides detailed information on the available fitness facilities and products to help individuals make informed decisions.

Nova Fit is a revolutionary platform that aims to simplify the process of maintaining a healthy lifestyle. With its user-friendly interface and comprehensive range of options, Nova Fit makes it easier for individuals to achieve their fitness goals. Whether it's booking athletic sessions, gym memberships, or ordering athletic products and nutrition supplements, Nova Fit has got it all covered.

Chapter 2 Software Requirement Specification

A software document specification is a formal document that outlines the requirements, functionality, design, and other important aspects of a software system. It serves as a reference guide for the developers, stakeholders, and users involved in the development, testing, and deployment of the software. The software document specification typically includes sections that describe the purpose of the software, the target audience, the functional requirements, non-functional requirements, user interface design, system architecture, data structures, algorithms, testing and verification procedures, and other important details about the software system.

2.1 Introduction

In recent years, there has been a growing trend towards athletic training and fitness activities. As a result, there has been an increasing demand for high-quality coaching and training sessions. However, finding the right coach or trainer can be challenging and time-consuming task. This is where an athletic session booking website can be valuable resource for athletes. Nova Fit enables athletes to find and book training session. The website provides a comprehensive platform that connects athletes with coaches who specialize in their chosen activity. By providing a streamlined booking and payment system, the website simplifies the process of finding and scheduling training sessions. Additionally, the website provides wide range of athletic products and nutrition supplements, making it easy for athletes to order and receive the products.

2.1.1 Purpose

The purpose of an SRS document for a website is to provide a detailed and comprehensive description of the website's requirements. The SRS document for a website describe the website's purpose, target audience, and the business goals it aims to achieve. It also outlines the website's functionality, including the features it will offer, such as navigation, search, login, registration, and content management. The SRS document for a website also serves as a blueprint for the development team, providing a clear and complete set of instructions for the design, development, and testing of the website. It defines the scope and boundaries of the

project, describes the expected website behaviour, and identifies the hardware, software, and network components necessary for its implementation.

2.1.2 Scope

The objective of Nova Fit is to provide a seamless and user-friendly experience for users for booking athletic sessions and gyms and ordering athletic products. The website provides a comprehensive booking system that allows user to search for and book gym and athletic sessions. The booking system allows users to filter by location, type of activity, and availability. The website provides a system for ordering athletic products, including equipment, supplements, and other items. The system includes clear product descriptions, pricing information.

2.1.3 Definitions, Abbreviations and Acronyms

Table 1- 2.1.3 Definitions, abbreviations, and acronyms

Abbreviation	Description
SRS	Software Requirements Specification
API	Application Programming Interface
RAM	Random Access Memory
UI	User Interface

Table 1 lists various abbreviations and their corresponding description.

2.2 Overall Description

This section will give a detailed information of the whole system. This explains about how the system interacts with other system and the basic functionality of it. It will also describe the user characteristics and what functionality is available for each.

2.2.1 Product Perspective

The Nova Fit website is a platform for fitness enthusiasts, providing them with resources, tools, and support to achieve their fitness goals. It is designed to be user-friendly and intuitive, providing users with an easy-to-navigate interface that allows them to find and access the information they need quickly.

From a user's perspective, the Nova Fit website allows them to book gym and athletic sessions based on their subscription, offering flexibility and convenience. Users can easily book sessions with their preferred trainers or coaches, choose from a variety of fitness classes, and schedule their workouts according to their own schedule.

From a product perspective, the Nova Fit website can be described as a comprehensive fitness solution that offers a range of features and benefits, including:

Booking system: The website provides a user-friendly booking system that allows users to easily schedule and manage their gym and athletic sessions.

Subscription-based service: The website offers a subscription-based service, providing users with flexible and cost-effective access to gym and athletic sessions.

Athletic product ordering: The website offers a platform for users to order athletic products, such as fitness gear and supplements, providing an additional revenue stream for the business.

2.2.2 Product Functionality

- Booking for gym
- Booking for activity sessions like swimming, Zumba, yoga etc.
- The website includes a payment system that allows users to securely pay for sessions.
- Buy Athletic products online like exercise mats, adjustable hand grippers etc.
- Buy nutritional products online like multi vitamins, whey protein pre workout drinks etc.
- Nutrition diet suggestion
- List of Gyms

2.2.3 Users and Characteristics

The Nova Fit website for booking gym and athletic sessions based on subscription and ordering athletic products is designed to cater to a diverse range of users with varying fitness goals and needs. The following are some of the users and their characteristics.

Fitness enthusiasts: These users are passionate about fitness and aim to maintain a healthy lifestyle. They are typically self-motivated and committed to achieving their fitness goals. They may have prior experience with gym and athletic sessions and are looking for a convenient and flexible way to book their workouts.

Busy professionals: These users may have a hectic work schedule and limited time for fitness. They are looking for a convenient way to schedule their workouts and access gym and athletic sessions that fit their busy lifestyle.

Athletes and trainers: These users are professional athletes, coaches, or trainers who require access to specialized gym and athletic sessions to enhance their performance. They may also be interested in ordering athletic products that can help them achieve their fitness goals.

Administrators: Admin may be responsible for updating user information and deleting accounts and for creating and publishing new content as well as updating existing content on the website. Gym and athletic session entries can be edited or deleted by the admin. Admin may need to respond to user inquires and provide support for any issues they encounter while using the website.

2.2.4 Operating Environment

Hardware:

The system requires a computer with a minimum of 4GB of RAM running on windows operating system.

Software:

Operating system: The web and database servers require an operating system, such as Linux or Windows, to manage system resources and provide a stable environment.

Web development tools: The website is developed using web development tools such as HTML, CSS, and JavaScript.

Database management software: The website requires database management software PostgreSQL to manage and store user data.

2.2.5 Design and implementation Constraints

Nova Fit website is designed and implemented using various frameworks and technologies to ensure a smooth user experience. Some of the design and implementation constraints used in Nova Fit are:

Bootstrap Framework: The website is designed using the Bootstrap framework, which offers a responsive design and enables the website to adapt to different screen sizes and devices.

HTML5 and CSS3: The website uses HTML5 and CSS3 to ensure a modern, clean, and consistent design across all pages.

JavaScript: The website utilizes JavaScript to provide an interactive and dynamic user interface.

NodeJS: NodeJS is used with express, to create server-side APIs and handle HTTP requests.

2.2.6 User Documentation

Account Creation: To access the features of the Nova Fit website, users must create an account by clicking on the "Sign Up" button on the homepage. Users must enter their personal information, such as their name, email address, and phone number.

Subscription Plans: After creating an account, users can select a subscription plan that best suits their needs. They can choose between monthly or annual subscriptions and select the features they want to access.

Booking Athletic Sessions: Users can book athletic sessions through the website by selecting the "Book Now" button on the booking page. They can choose the type of athletic session they want, the date and time, and the location.

Gym Booking: Users can also book a gym session by selecting the "Gym Booking" option on the homepage. They can choose the gym location and date and time.

Ordering Athletic Products: Users can purchase athletic products by selecting the "Shop" option on the homepage. They can browse the products, select the items they want, and proceed to the checkout process.

2.2.7 Assumptions and dependencies

Assumptions:

- Users have a reliable internet connection and a web browser that supports modern web technologies.
- Users have the necessary hardware and software to access the website, such as a computer or a mobile device with a web browser.

Dependencies:

- The website's performance and scalability are dependent on the server and network infrastructure that supports it.
- The software may depend on third-party libraries or APIs for certain features or functionalities.

2.3 External Interface Requirement

2.3.1 User Interfaces

Dashboard: a centralized view that provides an overview of the system's key metrics, such as bookings, shop etc.

Menu: a clear and easy-to-use menu that allows users to access the different modules and features of the system.

Forms: intuitive and user-friendly forms that allow users to enter and edit data, such as booking details, customer information.

Search functionality: allowing users to easily search for bookings.

Responsive design: ensuring that the interface is optimized for different screen sizes and devices, such as desktops, laptops, tablets, and mobile phones.

Help and support: providing users with clear and accessible help and support resources, such as a user manual, FAQ, and customer support portal.

2.3.2 Hardware Interfaces

Client-Side:

Table 2- 2.3.2 Client-Side Hardware Interface

Computer, Mobile device	Required
RAM	4GB
Storage	128GB or more
Operating system	Windows 11 or Linux

Server-Side:

Table 3 - 2.3.2 Server-Side Hardware Interface

Computer or virtual machine	Required
RAM	4GB
Storage	128GB or more
Operating system	Windows 11 or Linux
Internet Connection	Required

Developer-Side:

Table 4-2.3.2 Developer-Side Hardware Interface

Computer or virtual machine	Required
RAM	8GB or more
Storage	256GB or more
Operating system	Windows 11 or Linux
Input	Keyboard, Mouse

2.3.3 Software Interfaces

Client-Side:

Table 5-2.3.3 Client-side Software Interface

Browser	Supporting HTML5, CSS3, JS
Operating system	Windows 11 or Linux
Input	Keyboard, Mouse

Server-Side:

Table 6-2.3.3 Server-side Software Interface

Languages	NodeJS, Express
Operating system	Windows 11 or Linux
Database	PostgreSQL

Developer-Side:

Table 7-2.3.3 Developer-side software Interface

IDE	Visual Studio Code
Operating system	Windows or Linux

2.3.4 Communication Interfaces

Client-server communication interface: The server-client interface is used to facilitate communication between the web server and the user's web browser. This interface is used to send HTML, CSS, and JavaScript files from the server to the client, allowing the website to be displayed in the user's browser. The Hypertext Transfer Protocol (HTTP) is used to enable communication between the client and server. This interface is used to send and receive HTTP requests and responses, allowing the client to request web pages, submit forms, and interact with the server.

Server-database communication interface: The server-database interface will allow the server to communicate with the PostgreSQL database, used to store and manage data related to athletic training sessions, gym access and athletic products.

2.4 Functional Requirements

User Management:

Table 8-2.4 User Management

Input	Processing	Output
User data such as name, email address, contact number	The website should validate user data and ensure that the user has completed all required fields before allowing them to register	The website should create a user account and store the user's data in a secure database

Booking system:

Table 9-2.4 Booking system

Input	Processing	Output
Gym session data such as date, time, location, and available slots	The website should display the available sessions, allow users to book sessions and check the availability of the slots.	The website should update the session information in real-time, send booking confirmation to users, and ensure that the maximum capacity of each session is not exceeded.

Subscription management:

Table 10-2.4 subscription management

Input	Processing	Output
User should be able to select type of subscription they want to purchase	The website should be able to process the subscription details entered by the user	Once the subscription is processed and payment is confirmed, the user should receive a confirmation with the subscription details. The user should also be able to view their subscription details on their account dashboard.

Athletic product ordering system:

Table 11-2.4 Athletic product ordering system

Input	Processing	Output
Product data such as product name, description, price, and quantity	The website should allow users to browse products, add products to their cart, and make payment using their registered payment details	The website should confirm the order, provide the user with an order number, and the order details.

Payment Management:

Table 12-2.4 Payment management

Input	Processing	Output
Payment data such as card number, expiration date, and CVV	The website should securely process payment information and check that it is valid before processing the payment	The website should confirm payment has been successful and provide the user with a payment receipt.

2.5 Other Non-functional Requirements

2.5.1 Performance Requirements

Response Time: The response time of the Nova Fit website should be fast for any user action, such as selecting a menu item or submitting a form.

Concurrent Users: The Nova Fit website should be able to handle a minimum of 500 concurrent users without any significant degradation in performance.

Scalability: The website should be scalable and able to accommodate growth in user traffic and transaction volume over time.

Availability: The website should be available 24/7, with minimal downtime for maintenance and updates.

2.6 Process Model

The process model for Nova Fit is agile. The Agile methodology is an iterative and incremental approach to software development that emphasizes flexibility, collaboration, and continuous improvement. In the case of Nova Fit, the Agile methodology allows for a flexible and iterative approach to software development that is well-suited to the fast-paced and constantly evolving fitness industry. The development team work collaboratively with stakeholders to develop features and functionalities that meet the needs and expectations of the target audience. The Agile methodology also allows for regular feedback and continuous improvement, ensuring that the website is always evolving to meet the changing needs of its users.

2.7 Development Approach

Nova Fit is using a top-down approach for the development of its website. This approach starts with the overall system goals and objectives and works downwards towards the more specific and detailed components of the system.

Requirements gathering: The development team will work with stakeholders to gather and document requirements for the software product.

Planning: The development team will plan the development process, breaking it down into smaller iterations or sprints.

Design and development: The development team will design and develop the software product incrementally, with each sprint delivering a working product.

Testing: The development team will test the software product throughout the development process to ensure that it meets the requirements and works as expected.

Deployment: The software product will be deployed to production once it has been thoroughly tested and meets the requirements.

Maintenance: The development team will continue to maintain and improve the software product after it has been deployed to production.

2.8 Team Structure

The cross-functional team structure is used for the development of the nova Fit website. This means that we are bringing together individuals with different skill sets and expertise to work collaboratively towards a common goal.

Product Owner: responsible for defining the vision and priorities for the website and works closely with the team to ensure that the website meets the needs of the users and stakeholders.

Scrum Master: responsible for facilitating the Agile development process, including daily stand-up meetings, sprint planning, and retrospectives.

Developers: responsible for writing the code to implement the website features, working closely with the product owner to ensure that the features meet the requirements and are delivered on time.

Quality Assurance (QA) engineers: responsible for testing the website to ensure that it meets the quality standards and functional requirements specified in the SRS document.

User Experience (UX) designers: responsible for designing the user interface of the website to ensure that it is intuitive and easy to use for the end-users.

2.9 Duration

Project Nova Fit will begin on March 06, 2023, and is expected to end on July 06, 2023. The project will take a total of four months to complete. The estimated completion date for the project is June 30, 2023.

Chapter 3 Software Design

3.1 Introduction

Software design is an essential part of the software development process, and it involves creating a blueprint for the software system that meets the requirements specified in the Software Requirements Specification (SRS) document.

The SRS document provides a comprehensive description of the system requirements, including functional, non-functional, and performance requirements. The software design process builds on this information to create a detailed plan for how the system will be built, including the software architecture, data models, interfaces, and algorithms.

The software design process typically includes several steps, such as:

Architectural Design: This involves identifying the overall structure of the software system, including the components, their relationships, and the interfaces between them.

Detailed Design: This involves defining the implementation details for each component of the software system, including the data models, algorithms, and programming languages to be used.

User Interface Design: This involves designing the user interface of the software system, including the layout, colors, fonts, and navigation.

Database Design: This involves designing the structure and relationships of the database that will be used to store data in the system.

3.1.1 Purpose

The purpose of software design is to create a blueprint for the software system that meets the requirements specified in the Software Requirements Specification (SRS) document. The software design process aims to translate the requirements into a detailed plan that developers can use to implement the software system.

There are several key objectives of software design, including:

Meeting the requirements: The primary objective of software design is to ensure that the software system meets the functional and non-functional requirements specified in the SRS document.

Maintainability: Software design aims to create a system that is easy to maintain and update over time, reducing the cost and effort of maintaining the software system.

Usability: Software design aims to create a system that is easy to use and intuitive for the end-users, improving their productivity and satisfaction.

Performance: Software design aims to create a system that performs efficiently and effectively, meeting the performance requirements specified in the SRS document.

3.1.2 Scope

The scope of software design also includes ensuring that the software system is scalable, maintainable, and easy to use. This involves creating a plan that can be easily modified and updated over time as the needs of the users and stakeholders change.

Overall, the scope of software design is to create a detailed plan that developers can use to implement the software system that meets the needs of the users and stakeholders, is scalable, maintainable, and easy to use. The software design process is critical to the success of the software development project, as it ensures that the software system meets the requirements specified in the SRS document and is well-structured and well-organized for easy implementation and maintenance.

3.2 Initial Design

3.2.1 Use Case Diagram

- A system involves a set of use cases and set of actors.
- Each use case represents a slice of the functionality the system provides.
- Set of use cases shows the complete functionality of the system at some level of detail.
- Each actor represents one kind of object for which the system can perform behaviour.
- The set of actors represents the complete set of objects that the system can serve.

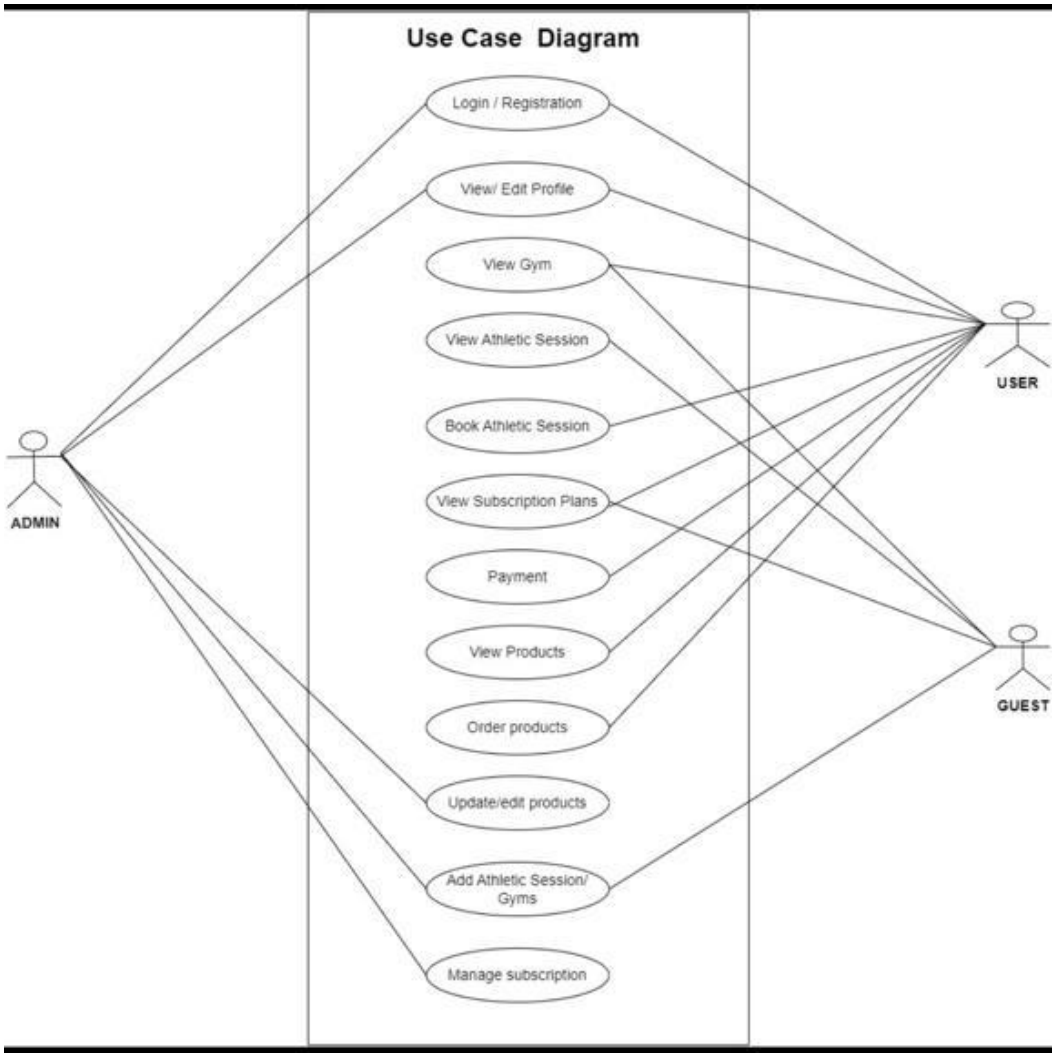


Figure 1.Use Case Diagram

Fig 1 shows the use case diagram that illustrates between various actors and system.

3.2.2 Flow Diagram

- A flowchart is a graphical representation of a process or workflow that shows the different steps and decision points in a visual manner.
- A flowchart is often used to depict the software development process and can be used to illustrate the different stages of software requirement specification

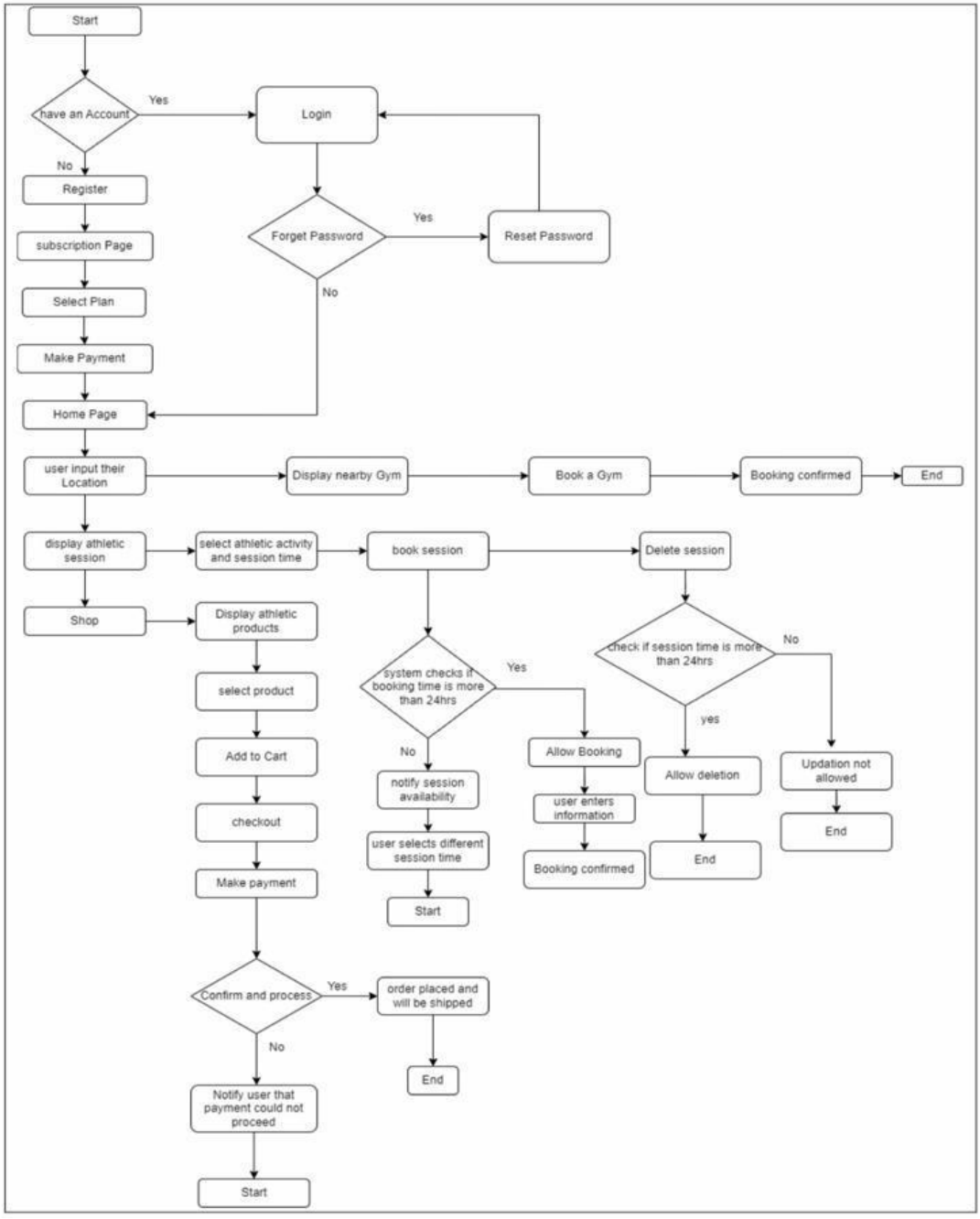


Figure 2.Flow Chart

Fig 2 shows the flow chart that outlines the step-by-step process of a specific operation within our project.

3.2.3 Class Diagram

- Class diagrams provide a graphic notation for modelling classes and their relationships, thereby describing possible objects.
- Class diagram is a static diagram. It represents the static view of an application.
- Class diagram are the only diagrams which can be directly mapped with object-oriented languages and thus widely used at the time of construction.
- Class diagrams are useful for abstract modelling and for designing actual programs.

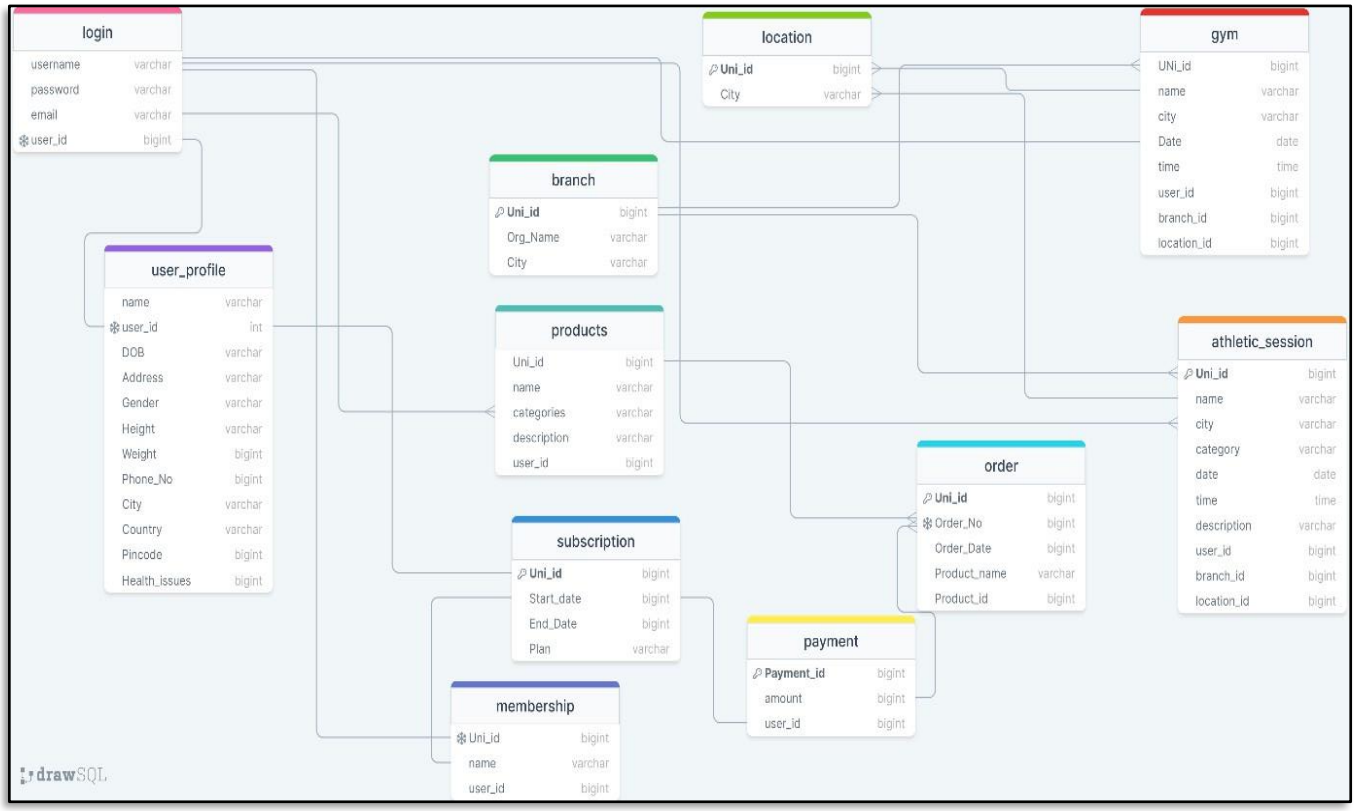


Figure 3 Class Diagram

Fig 3 shows the class diagram that illustrate the essential classes and their relationship within system.

3.2.4 ER Diagram

- An ER diagram is a visual representation of the database structure and relationships.
- It helps in presenting a concise overview of entities, attributes, and connections within the system's data model.
- The diagram aids in better comprehension and analysis of the system's organization and structure.
- It showcases the entities involved, their attributes, and the relationships between them.
- The diagram visually depicts the data flow and dependencies within the system.

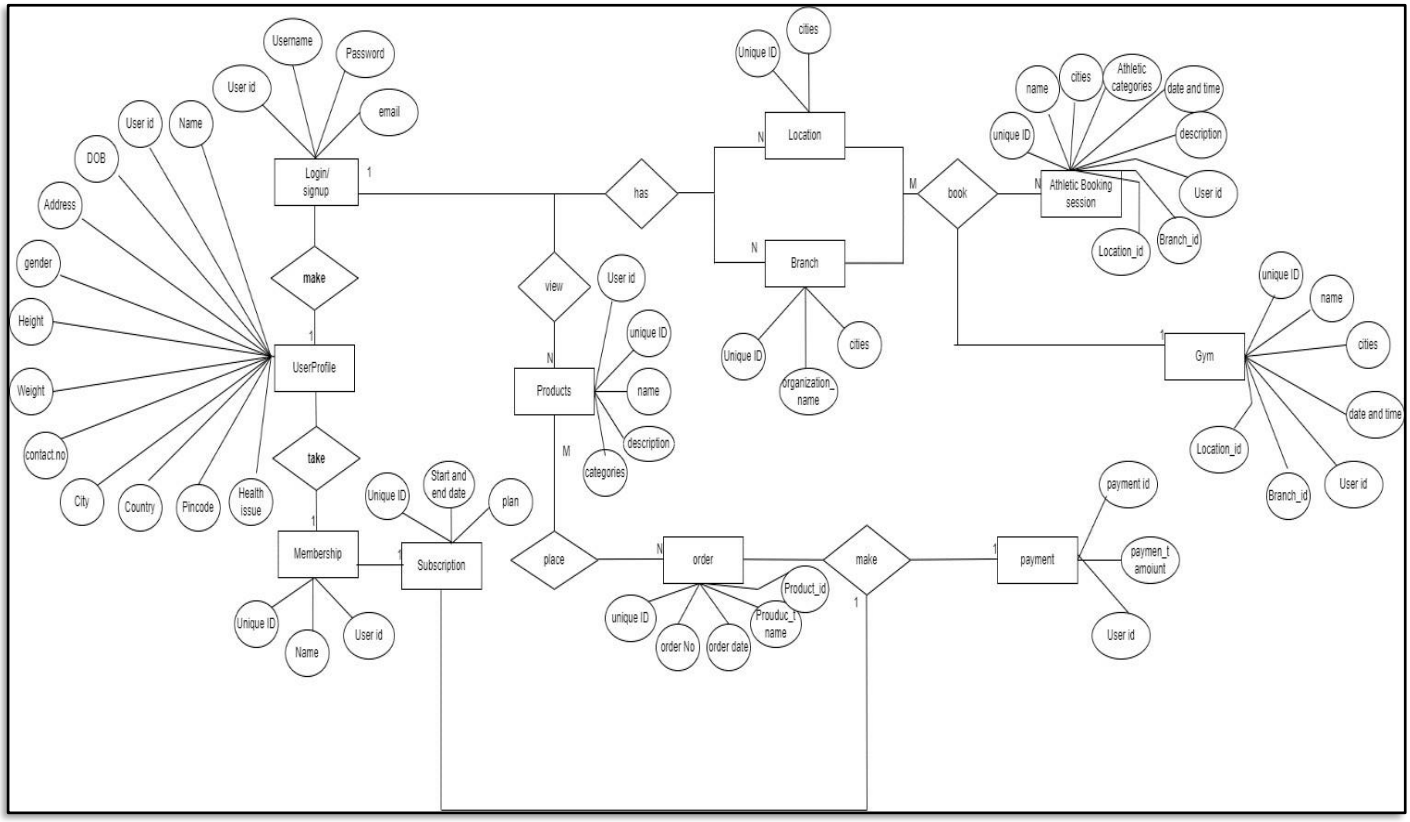


Figure 4 ER Diagram

Fig 4 shows the entity relationship amongst the data components.

Chapter 4 software Testing

4.1 Introduction

Software testing is an investigation conducted to provide stack holders with information about the quality of the product or service under test. Testing has been defined as the process of analysing a software item to detect the differences between existing and required conditions and to evaluate the features of the software item. Software testing is the process used to assess the quality of computer software.

It involves operation of a system or application under controlled conditions and evaluating the results. The controlled conditions should include both normal and abnormal conditions. Testing should intentionally attempt to make things go wrong to determine if things happen when they should. It is oriented to ‘detection’.

4.1.1 Purpose

- The verification process confirms that the software meets its technical specifications. A “specification” is a description of a function in terms of a measurable output value given a specific input value under specific preconditions.
- The validation process confirms that the software meets the business requirements.
- A defect is a variance between the expected and actual result. The defect’s ultimate source may be traced to a fault introduced in the specification, design, or development phases. Not all the defects will necessarily result in failures.

4.1.2 Scope

The scope of testing is the extent and boundaries of what you will test and what you will not test. It includes the features, functions, requirements, risks, and assumptions of the software under test. The scope of testing helps you focus on the most important and relevant aspects of the software and avoid wasting time and resources on unnecessary or out-of-scope testing. To

define the scope of testing, you need to understand the context, purpose, and expectations of the software, and communicate with the stakeholders, developers, and users.

4.2 Testing strategy

Software testing is the process of evaluation a software item to detect differences between actual output and expected output. Testing assesses the features of a software item and quality of the product. Software testing is a process that should be done during the development process.

4.3 Levels of Testing

4.3.1 Unit Testing

Unit testing is executed by software developers to make sure that code meets its design and requirements and behaves as expected. The goal of unit testing is to segregate each part of the program and test that the individual parts are working correctly. In this application unit testing plays very important role. Unit testing is the testing of an individual unit or group of related units. It falls under the class of white box testing. It is often done by the programmer to test that the unit he/she has implemented is producing expected output against given input.

4.3.2 Integration Testing

Integration testing is testing in which a group of components are combined to produce output. Also, the interaction between software and hardware is tested in integration testing if software and hardware components have any relation. It may fall under both white box testing and black box testing.

4.3.3 System Testing

System testing is the testing to ensure that by putting the software in different environments (e.g., Operating Systems) it still works. System testing is done with full system implementation and environment. It falls under the class of black box testing.

4.4 Test Cases

The following table displays the executed test cases and their corresponding outcomes.

Table 13-4.4 Testing

S.NO	TEST CASE	RESULT
1	Form validation should be there in both login and signup pages	PASS
2	User should be able to run same account simultaneously	PASS
3	Check whether encryption is being implemented or not	PASS
4	The user should be authenticated when entering the correct credentials	PASS
5	The website should be responsive	PASS
6	OTP should be generated and sent to user's phone during payment	PASS
7	On resetting the password, the user must be verified before redirecting to the reset password page	PASS
8	user should not be able to book another session for the next 24 hour after the booking of a session	PASS
9	Transaction should roll back if it fails	PASS
10	Test if the leap years are being validated correctly	Fail

4.5 Screenshot

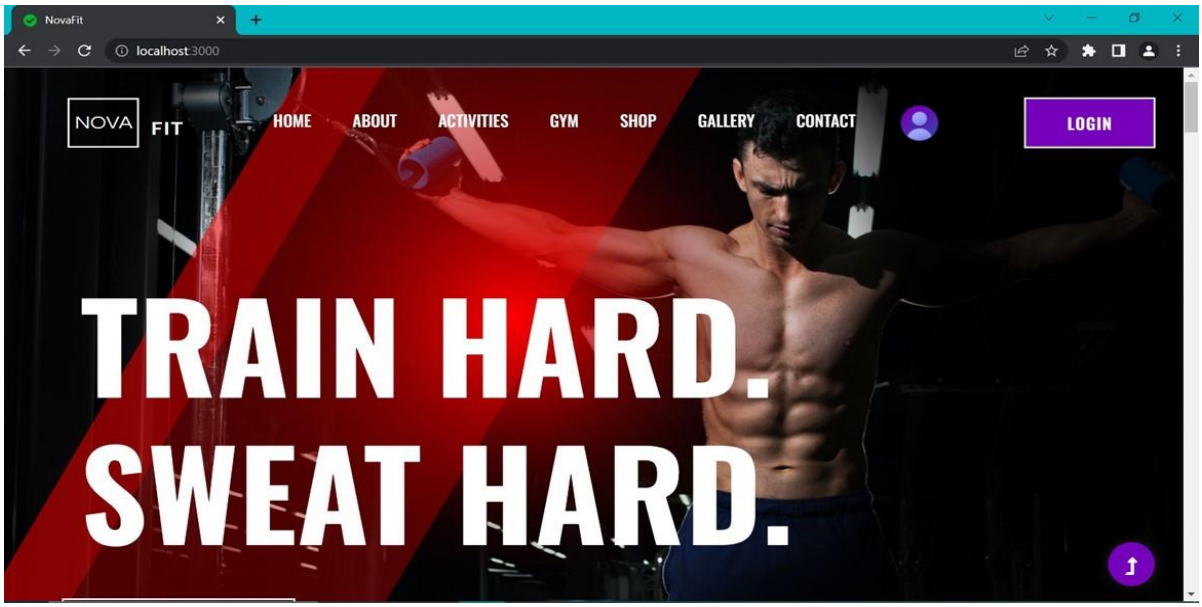


Figure 5 Home Page

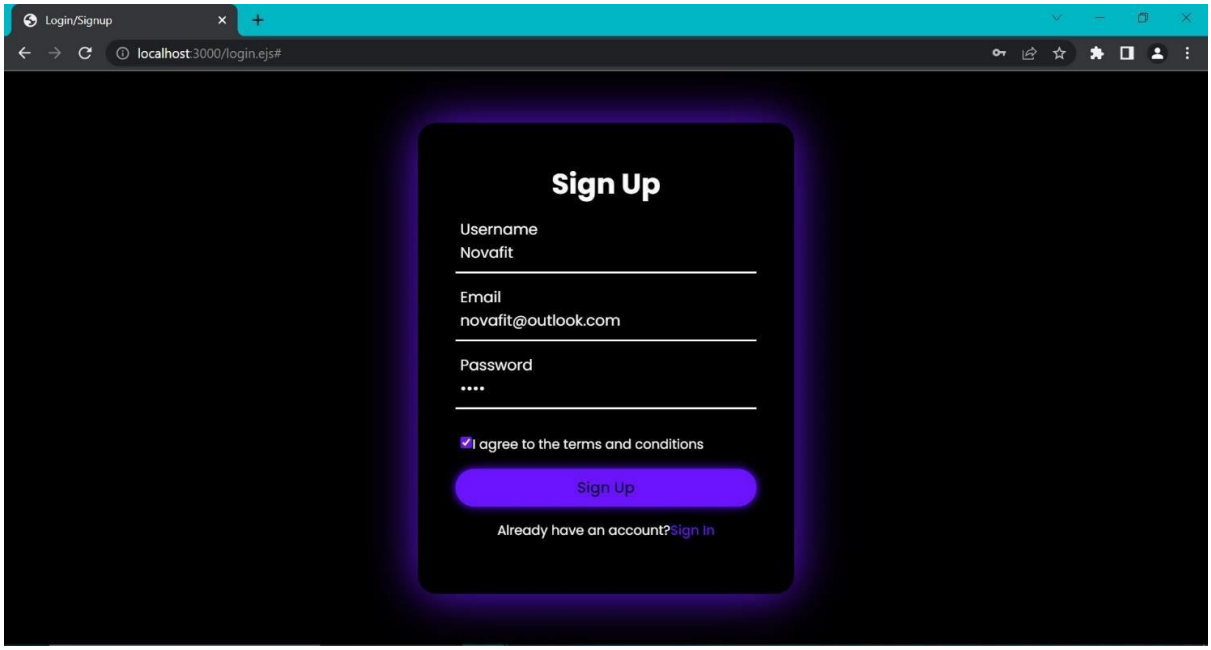


Figure 6 Signup Page

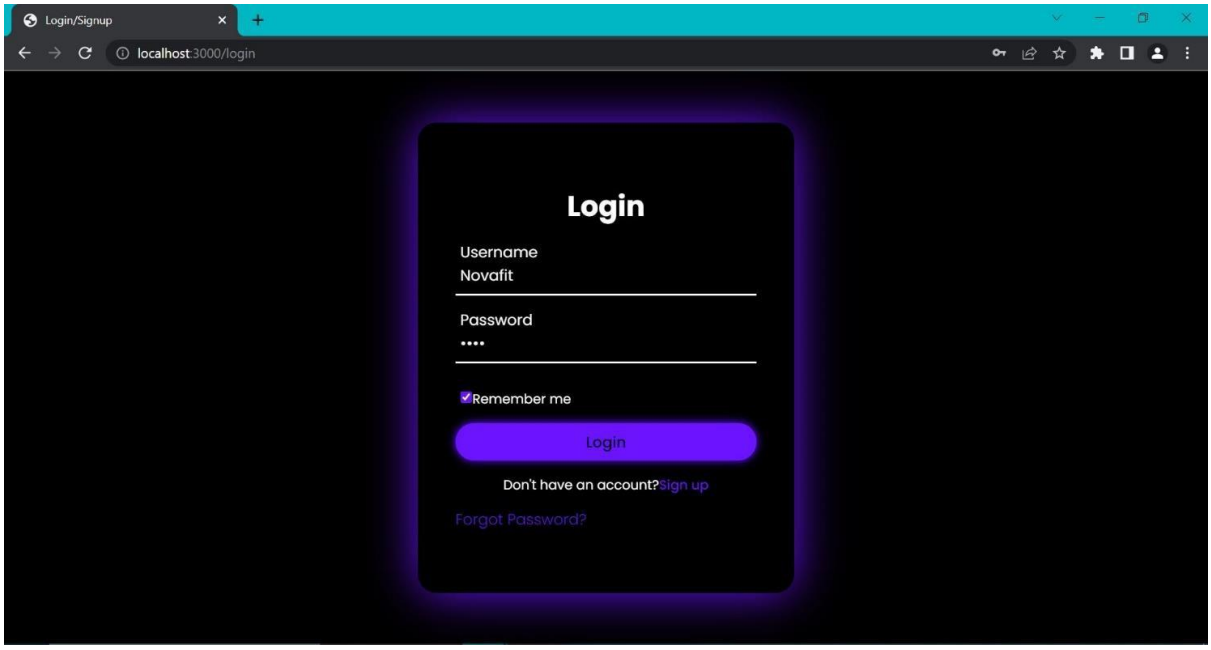


Figure 7 Login Page

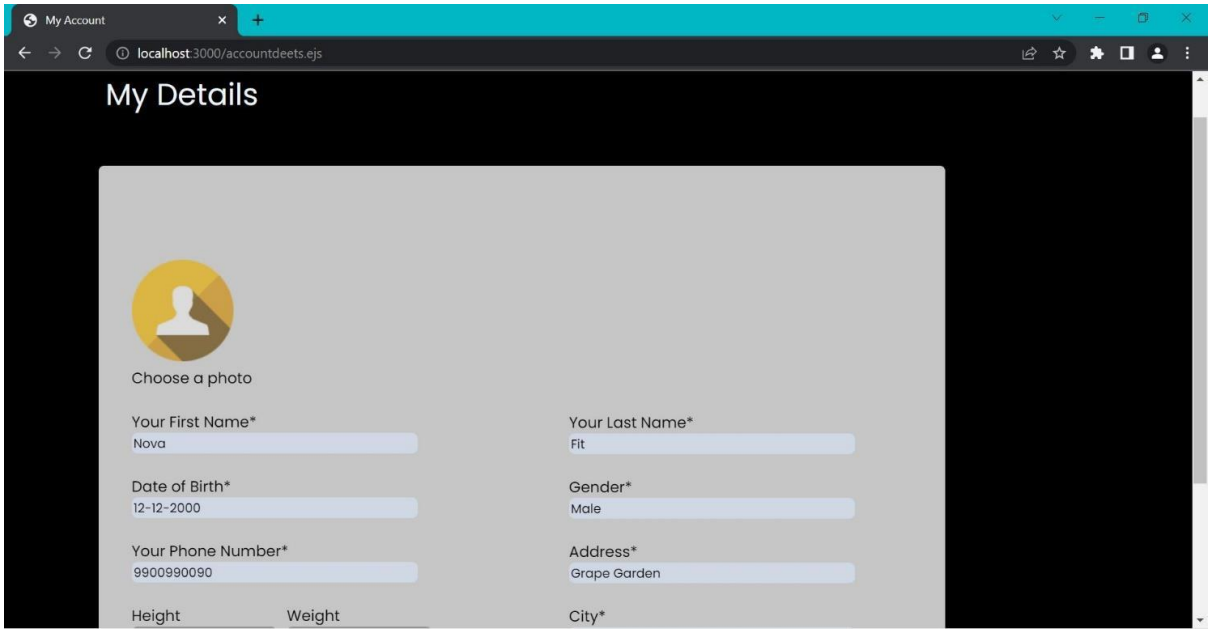
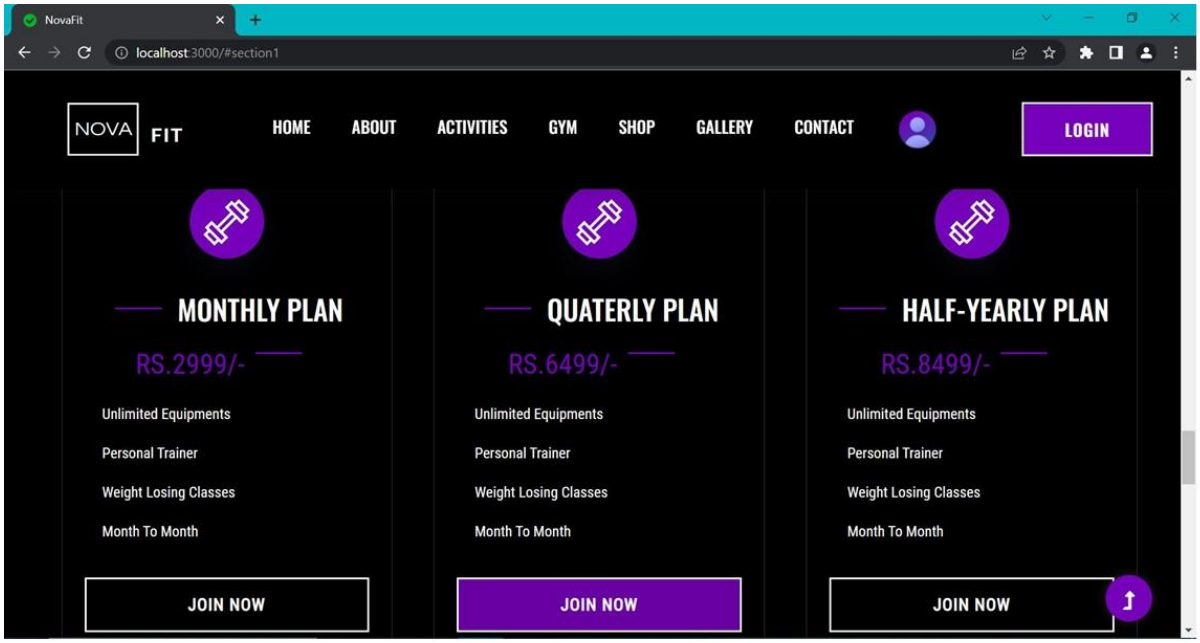


Figure 8 Profile Page



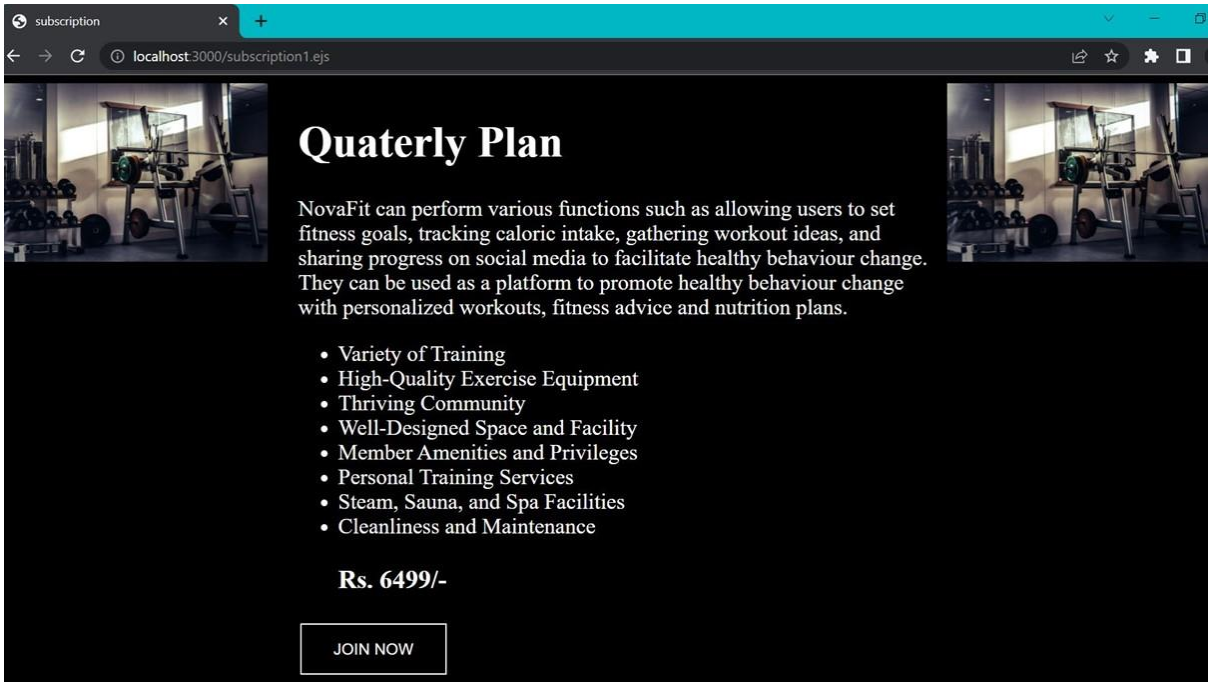


Figure 9 Subscription Details Page

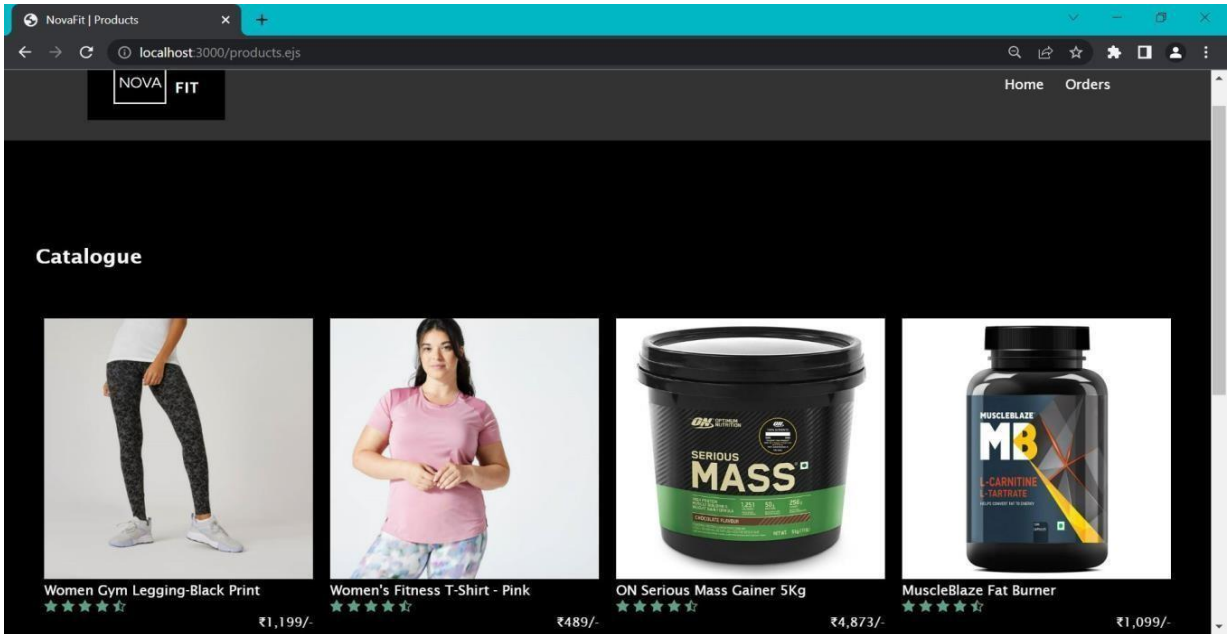


Figure 10 Ecommerce Page

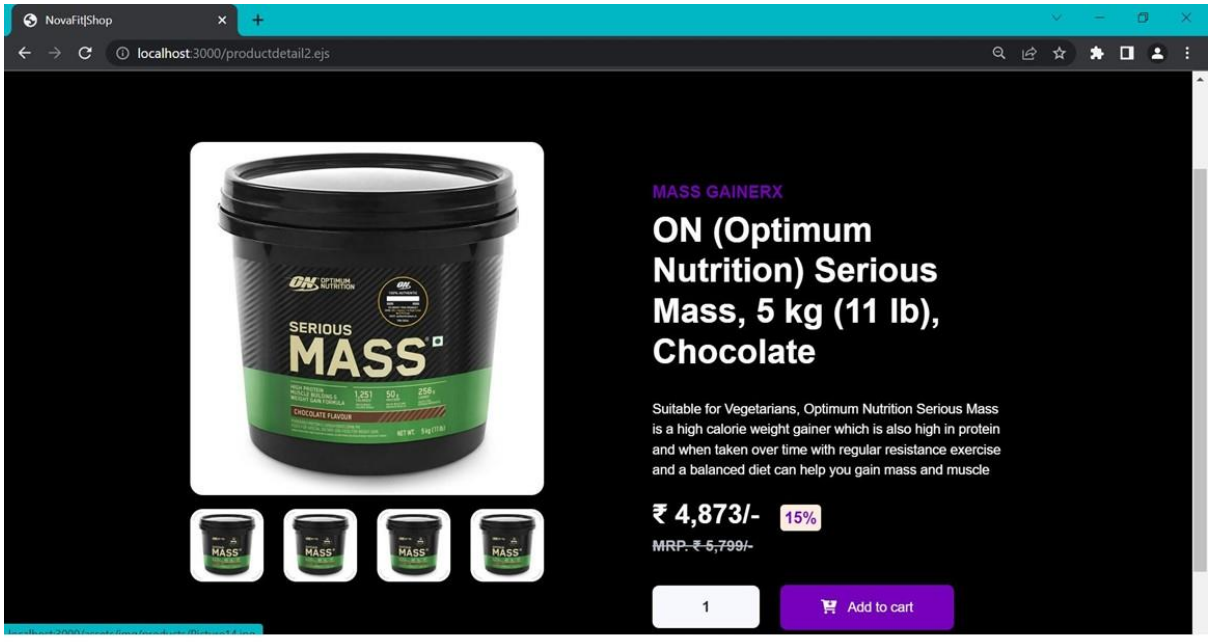


Figure 11 Product Description Page

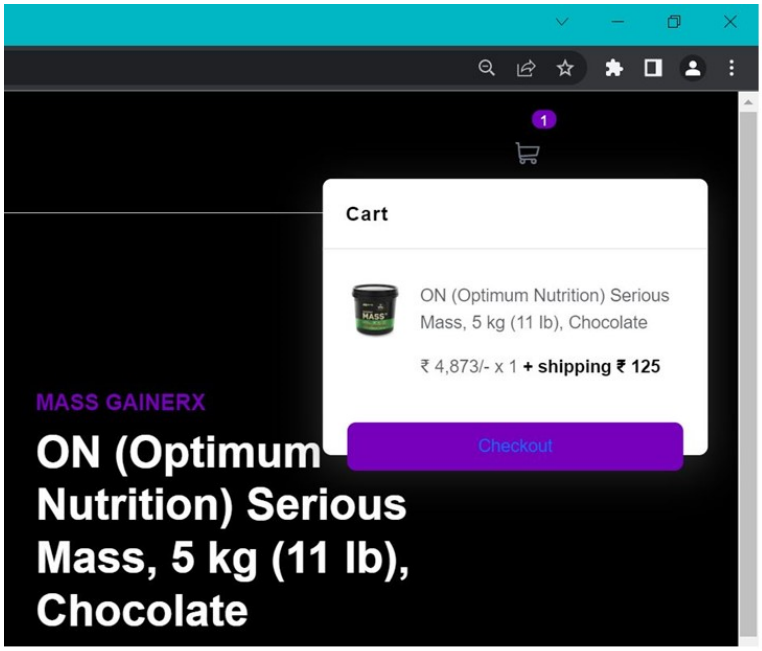


Figure 12 Cart Page

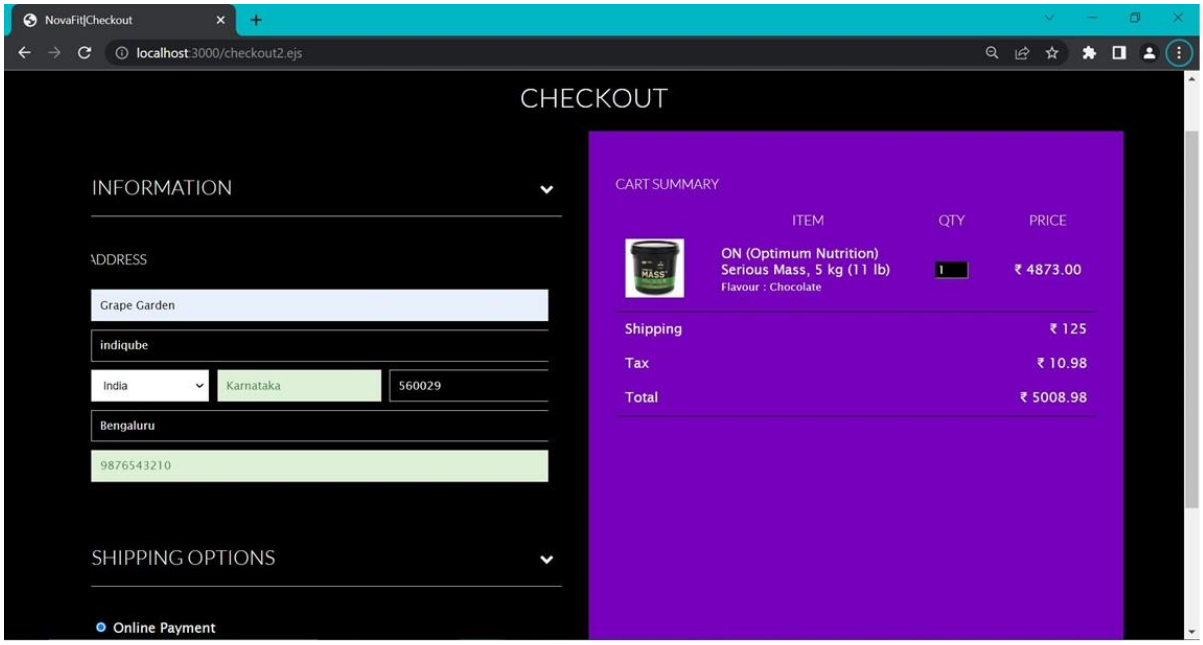


Figure 13 Checkout Page

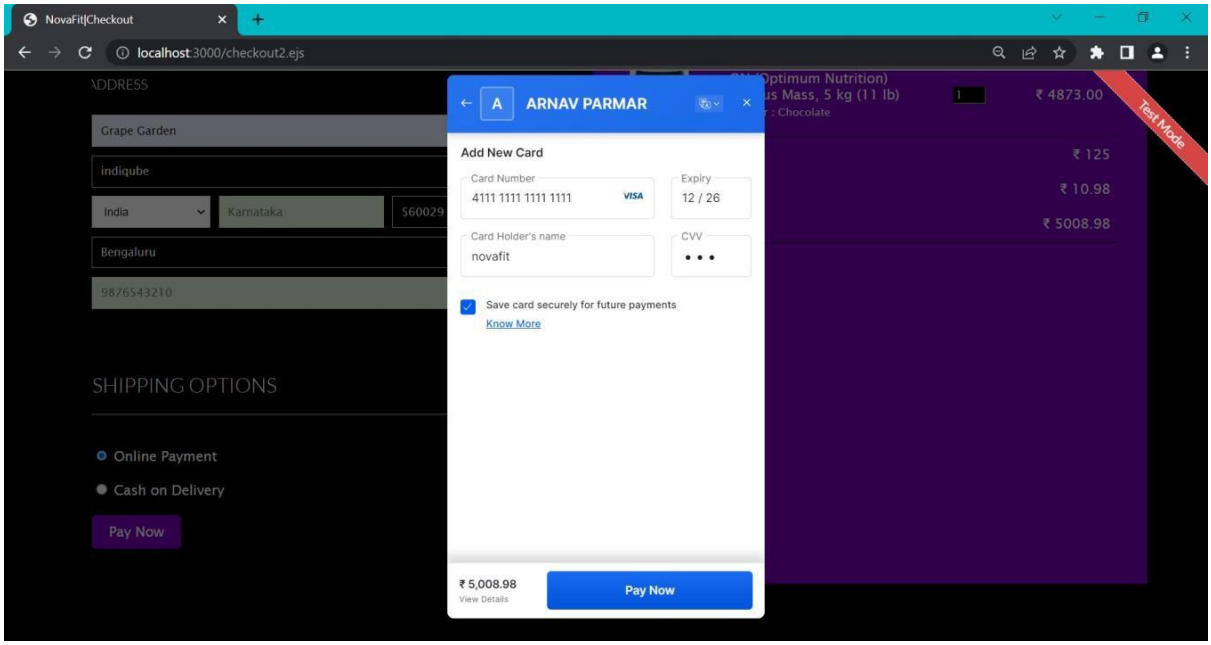


Figure 14 Payment page

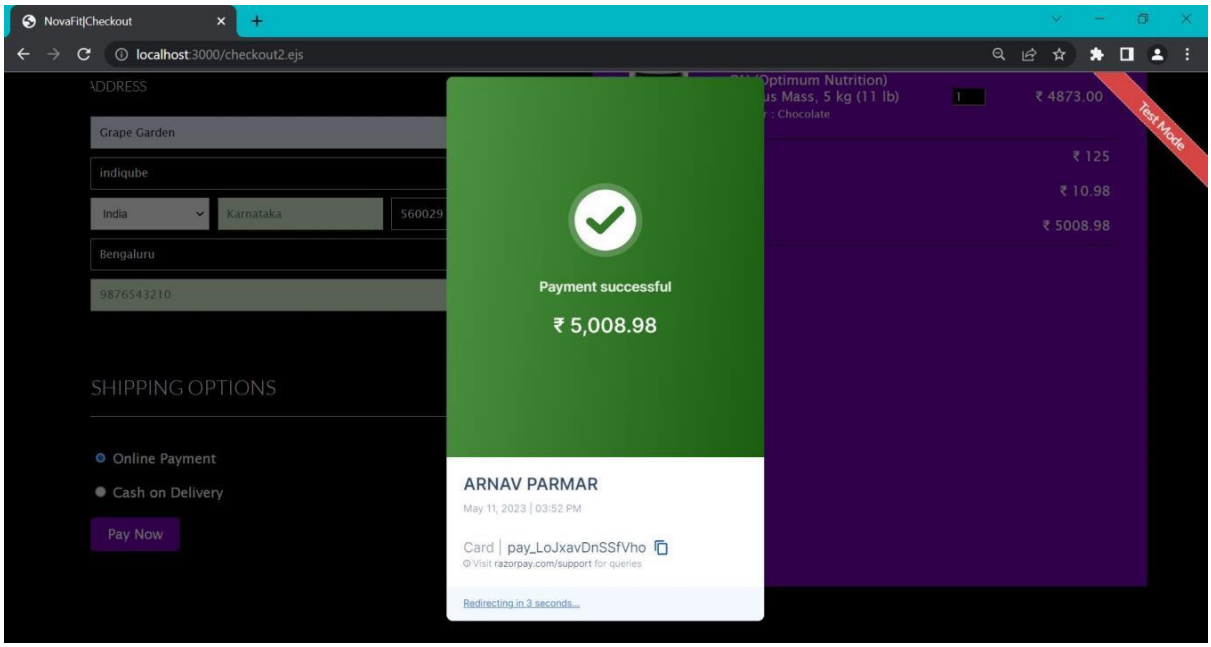


Figure 15 payment Success Page

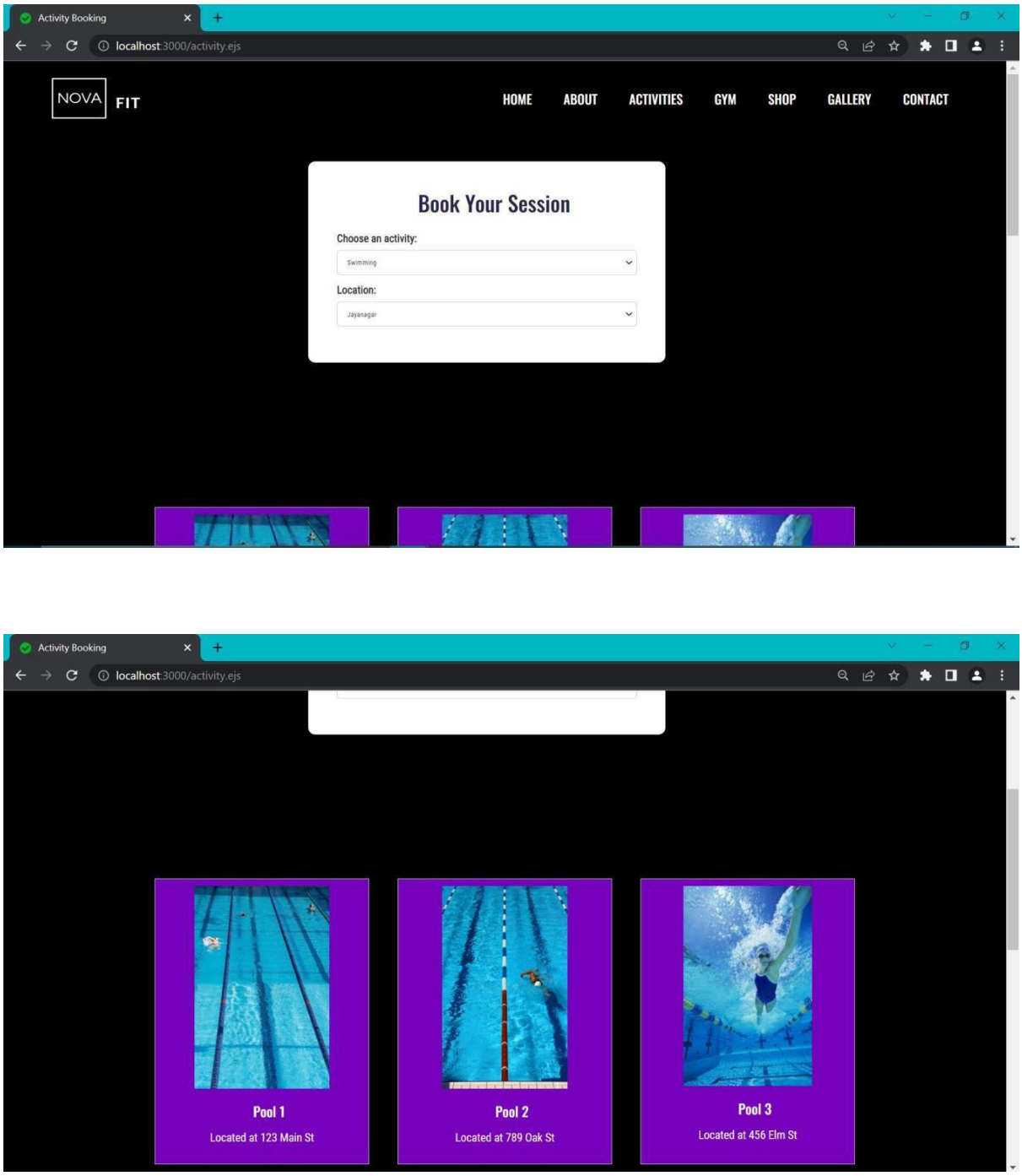


Figure 16 Booking Session Page

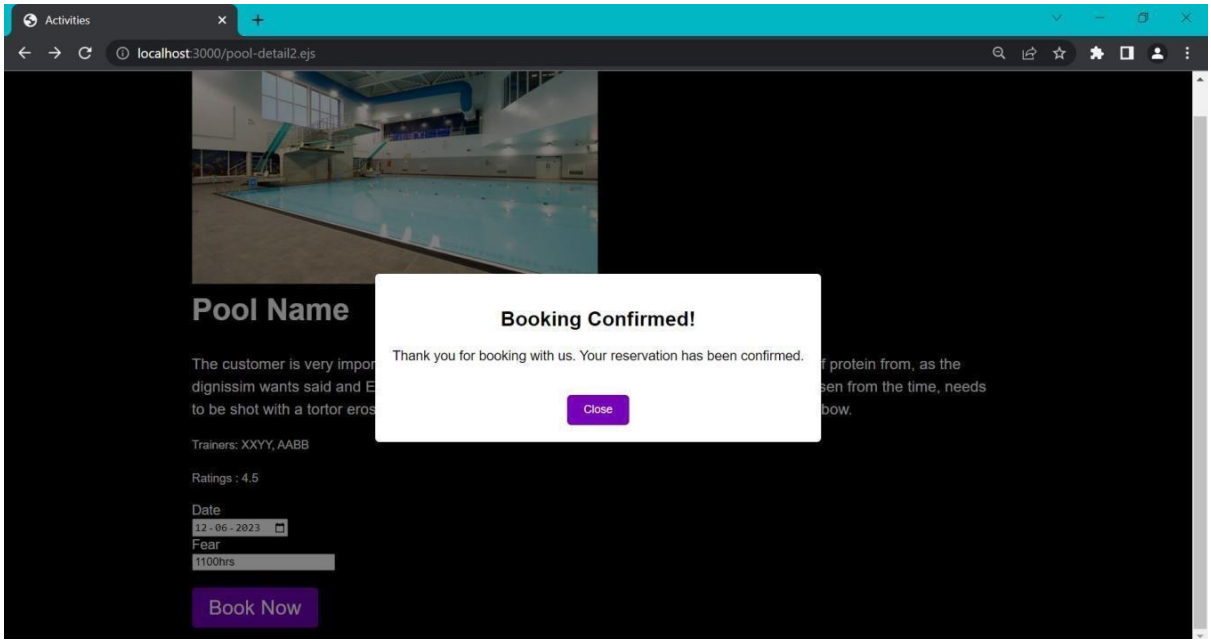


Figure 17 Booking Confirmation Page

Chapter 5 Conclusion and Future work

5.1 Conclusion

The web application I contributed to serves as a platform dedicated to delivering a seamless and user-friendly experience for individuals interested in exploring the world of fitness. It offers easy navigation through different fitness regimes, allowing users to conveniently browse and access relevant information.

It is important to emphasize that this project was undertaken as part of an internship program, which provided a valuable opportunity for learning and skill development. The primary objective of the project was to enhance knowledge of diverse technologies and explore methods for improving user experiences. Additionally, it offered valuable insights into various aspects of web development associated with creating a functional web application.

Throughout my journey, I had the opportunity to develop several key features for the web application. By implementing the features, I aimed to enhance the overall user experience and provide essential functionalities for the web application.

5.2 Future Work

The future of fitness and wellness applications holds immense promise, driven by increasing awareness and prioritization of personal health. Here are potential areas for growth in this domain:

1. Expanded services: Fitness apps can offer comprehensive solutions, including nutrition planning and mental well-being resources, catering to users' holistic needs.

2. Online/ Remote workout sessions: Users will have the freedom to do workout sessions from the convenience of their home through virtual workout sessions.

3. Community engagement: Social features foster community, encouraging users to connect, share achievements, and stay motivated.

4. Corporate wellness programs: Collaboration with organizations can promote employee well-being through tailored fitness plans and incentives.

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