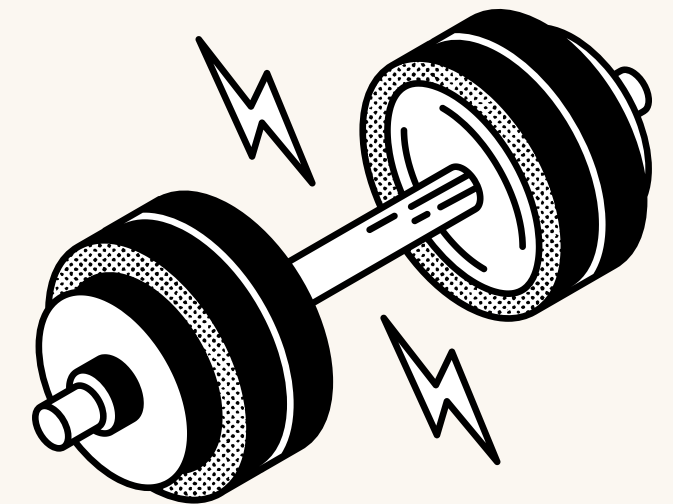


Presented By Kunal Pal

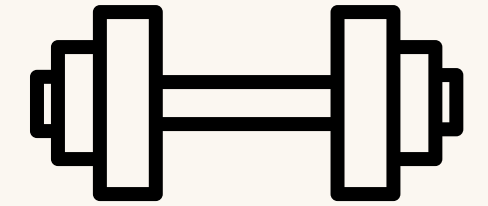


FitTrack App



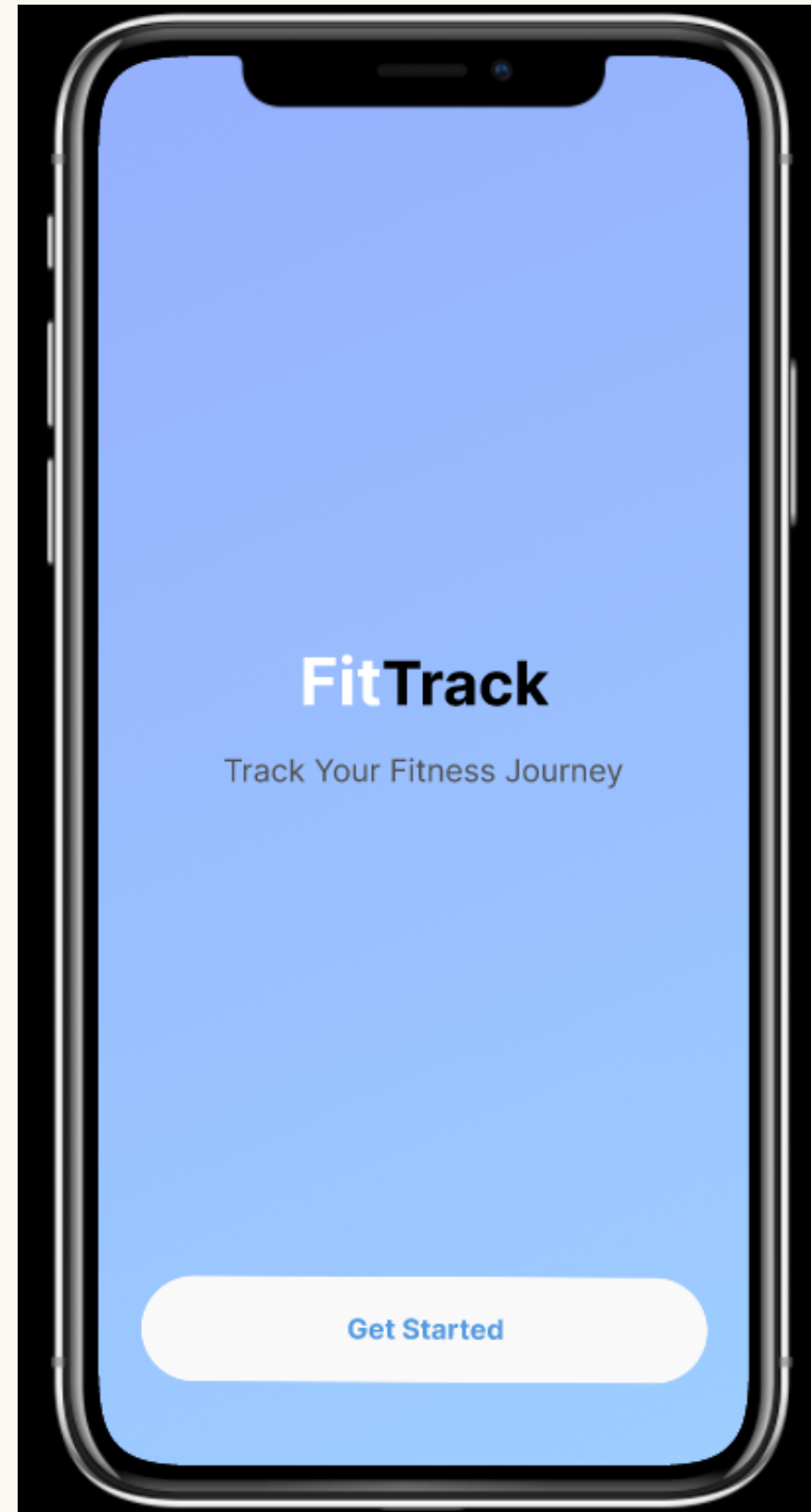
“Maintain Your Healthy Life”
using Fit



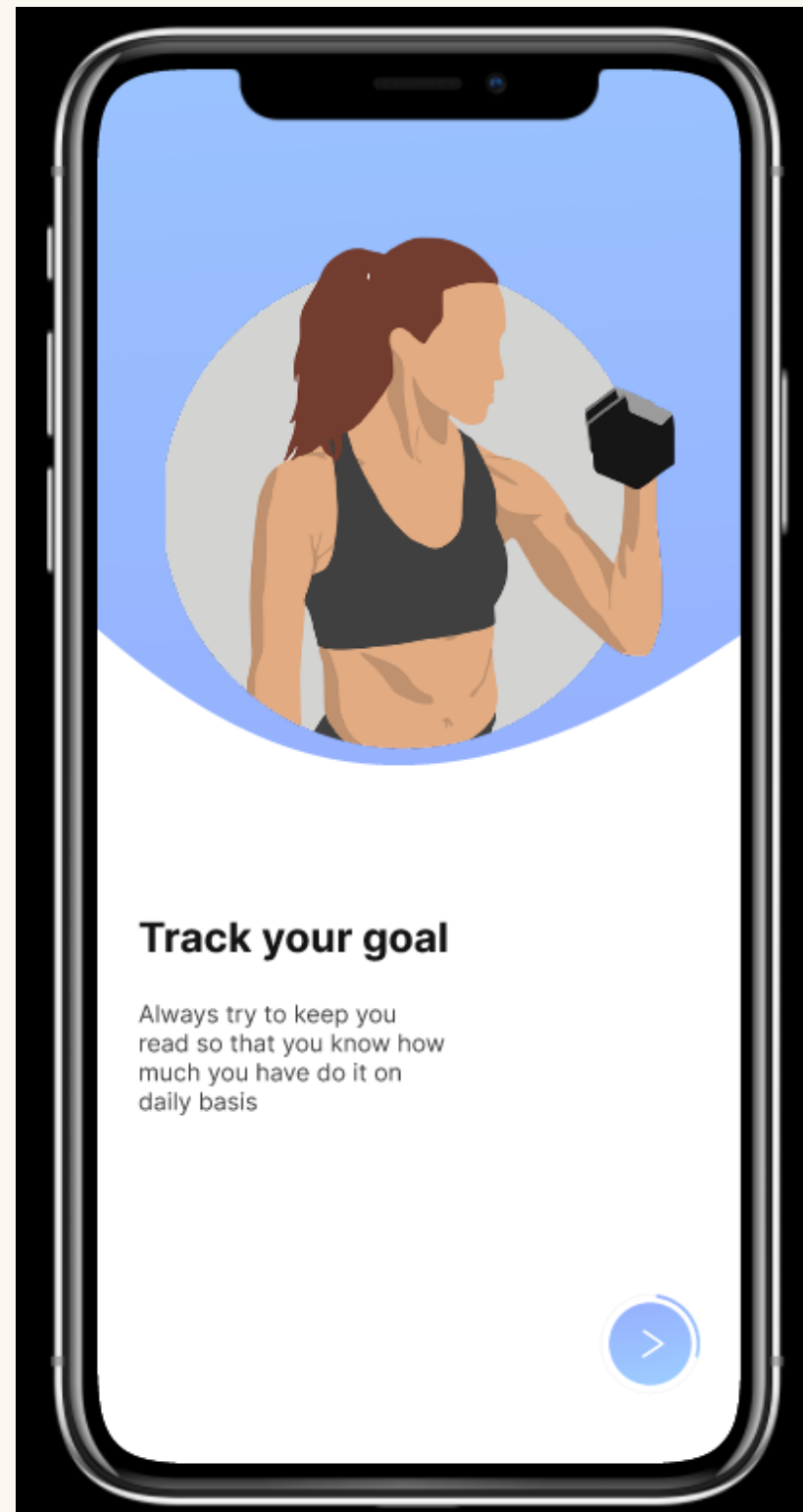


Introduction

Development Of Fitness Application is mainly required by people to make sure that their health is going well or not through smart phone and ios . The main aim of this project is to facilitate people in fitness , exercising and improving their knowledge regarding trainings. At the meantime , our app will provides diet plans . We designed the portable device such as smart phone .



Motivation



Currently People have to travel to long for gym but due to distance and shortage of time in fast track world 🌍 they can go gym regularly do they need a solution for this where they can lose their weight at home and get a better diet plan without paying .



Scope of Project

This Project main purpose is to develop online fitness app named Fittrack . The application will proves online excercise and notify you how many kilometer you have walked today this application will support android base system. With this application , user or any organization can perform action like

- Easy way to test your health
- Add or delete Exercise
- user friendly app for easy understanding
- can reduce usage of time



Advantages

- **User can login and see the exercise from any part of the world**
- **It can be used by trainer too.**
- **No need to travel for the gym so , it reduces time for you**

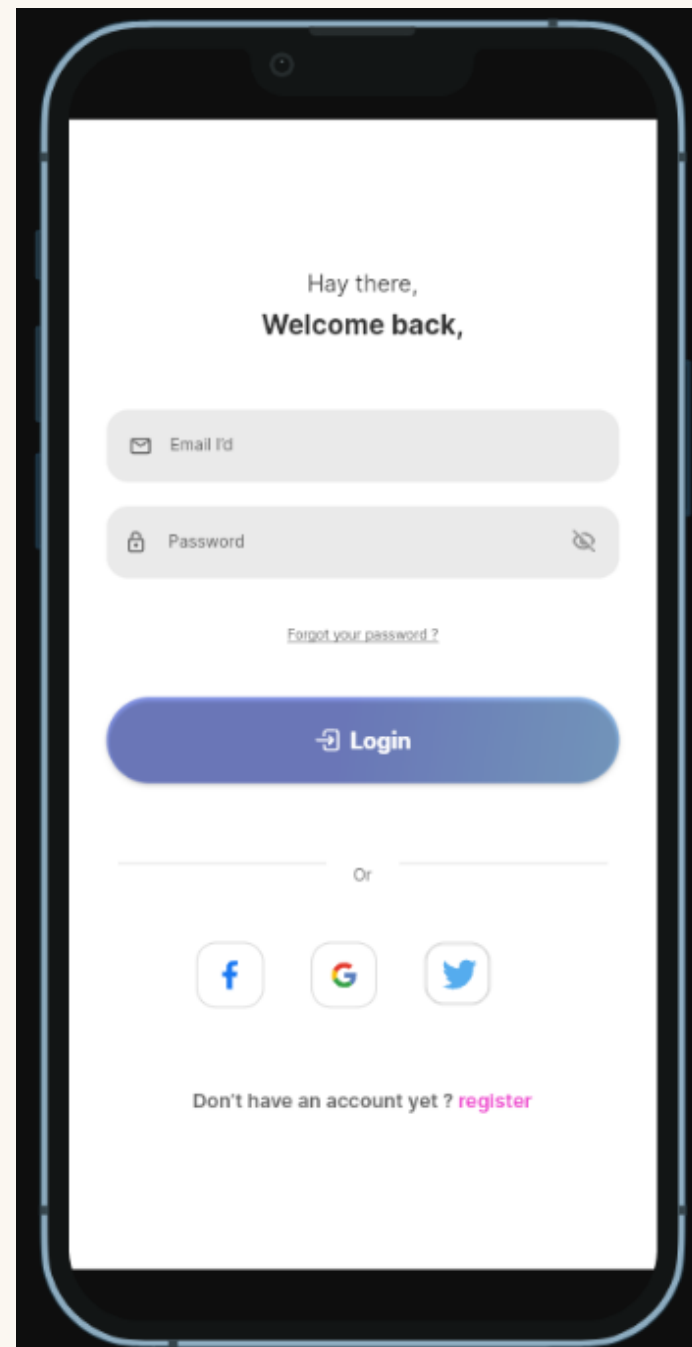
Software requirements

- **Android Studio**
- **language : dart**
- **Vs code**
- **Android Emulator**
- **firebase**



Implimentation

login page



Hay there,
Welcome back,




Email Id

Password

[Forgot your password ?](#)

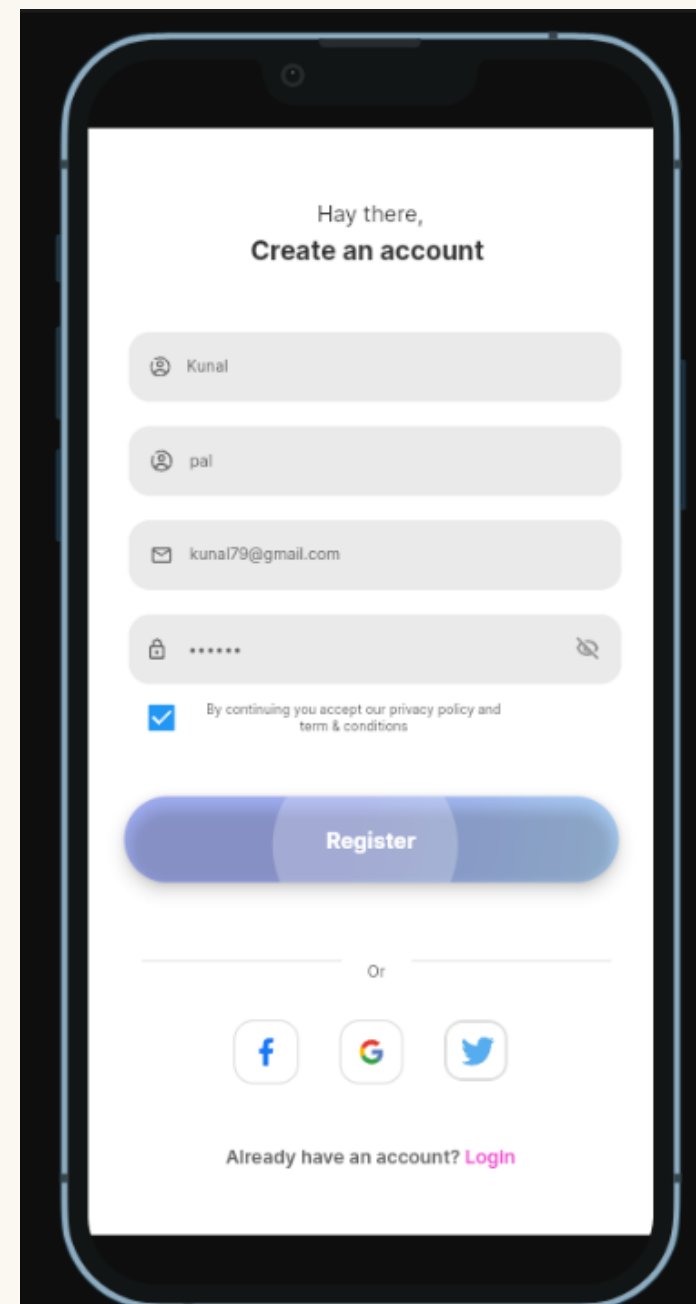
Login

Or

Don't have an account yet ? [register](#)

Registration page



Hay there,
Create an account

Kunal




pal

kunal79@gmail.com

☒ By continuing you accept our privacy policy and term & conditions

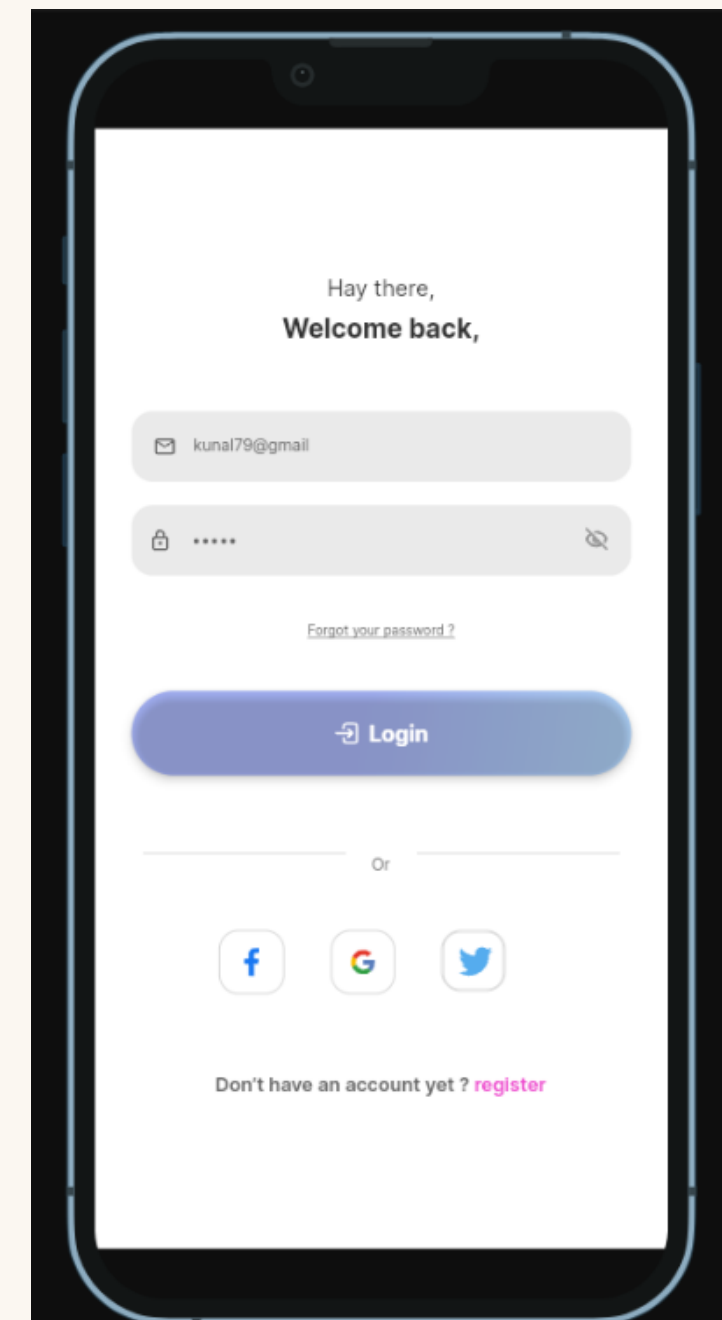
Register

Or

Already have an account? [Login](#)

user login page






Hay there,
Welcome back,

kunal79@gmail

[Forgot your password ?](#)

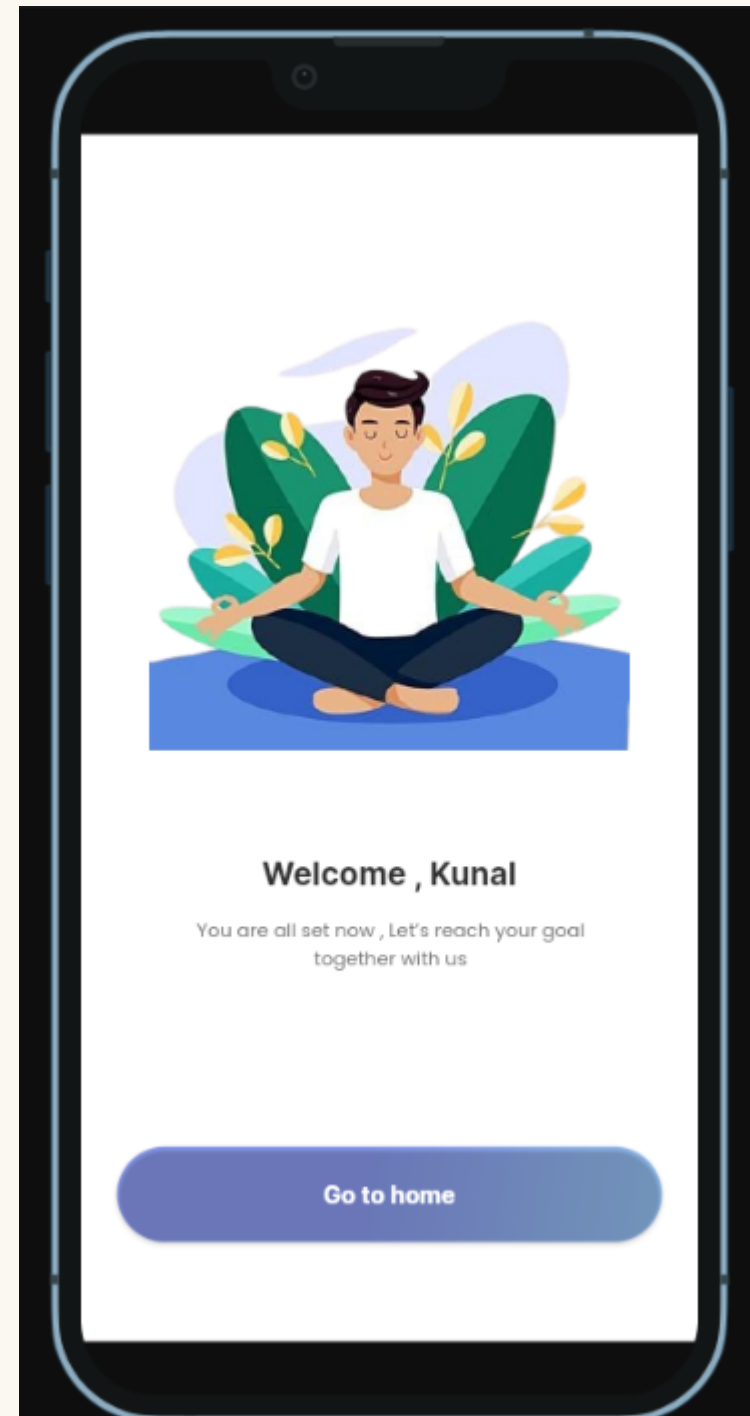
Login

Or

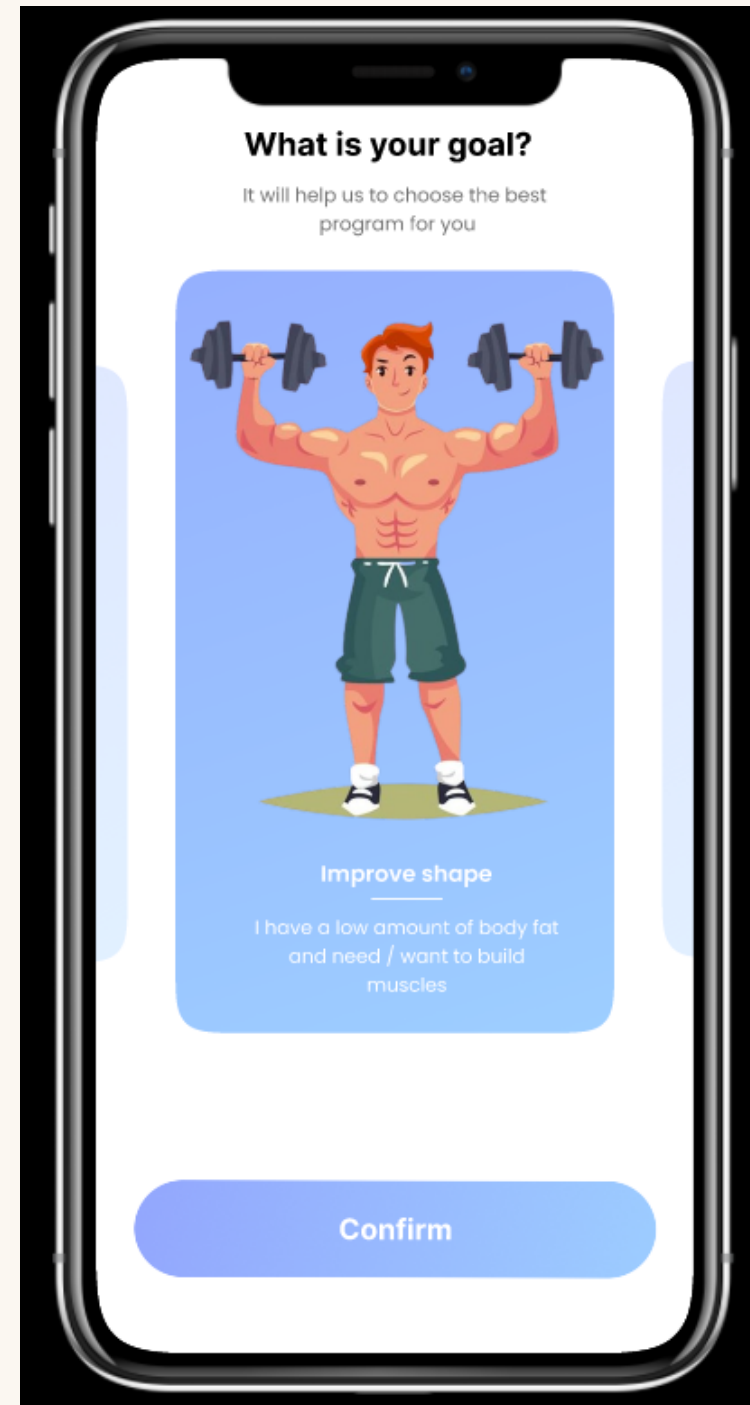
  

Don't have an account yet ? [register](#)

Home page



Continue page 1



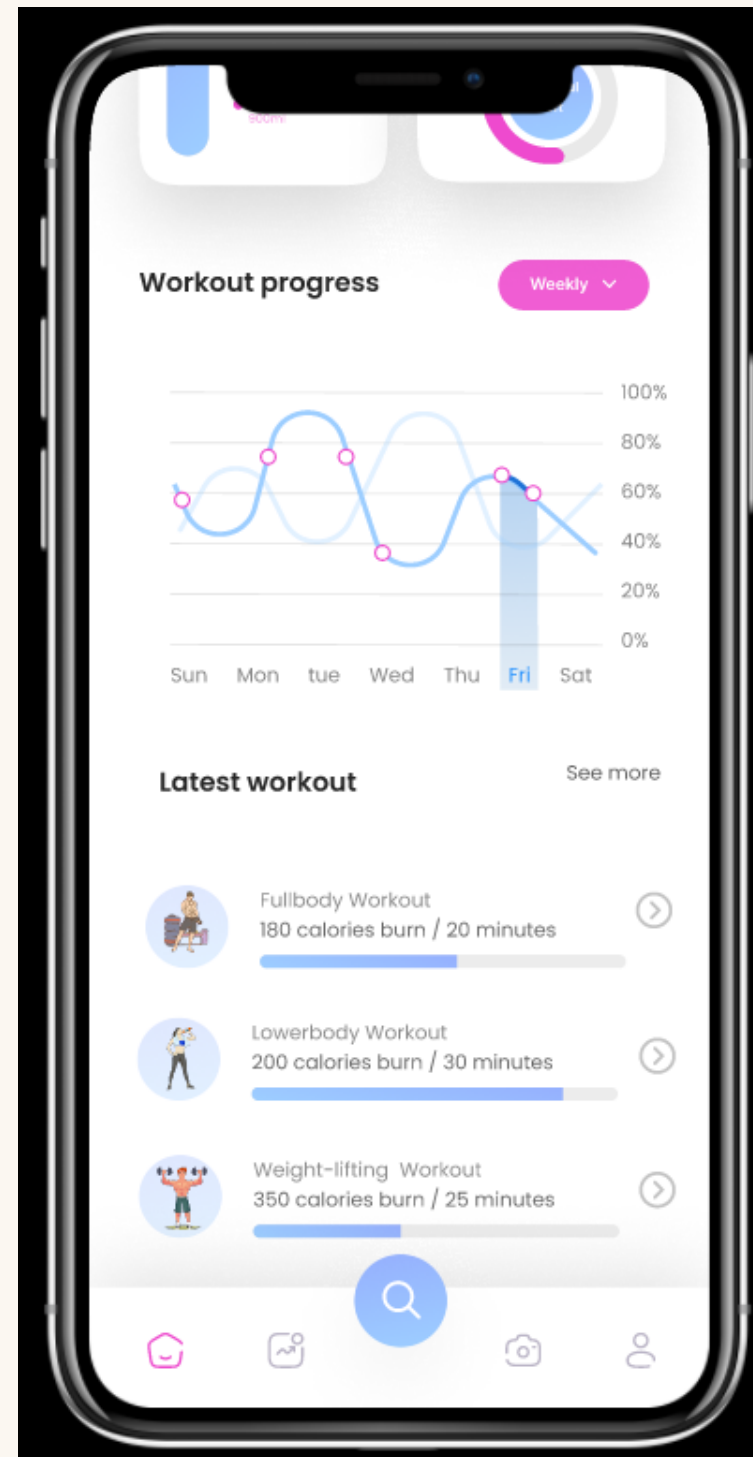
Continue page 2



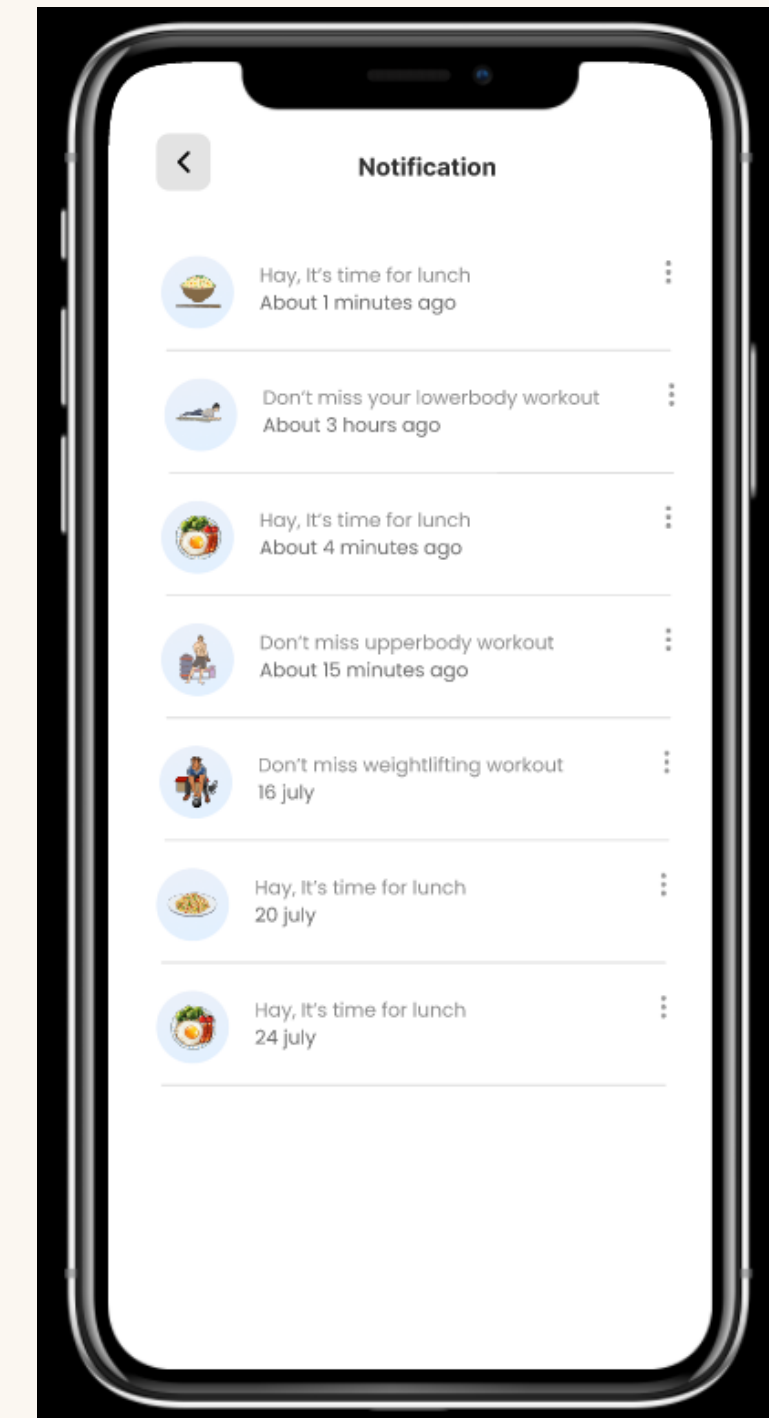
User dashboard



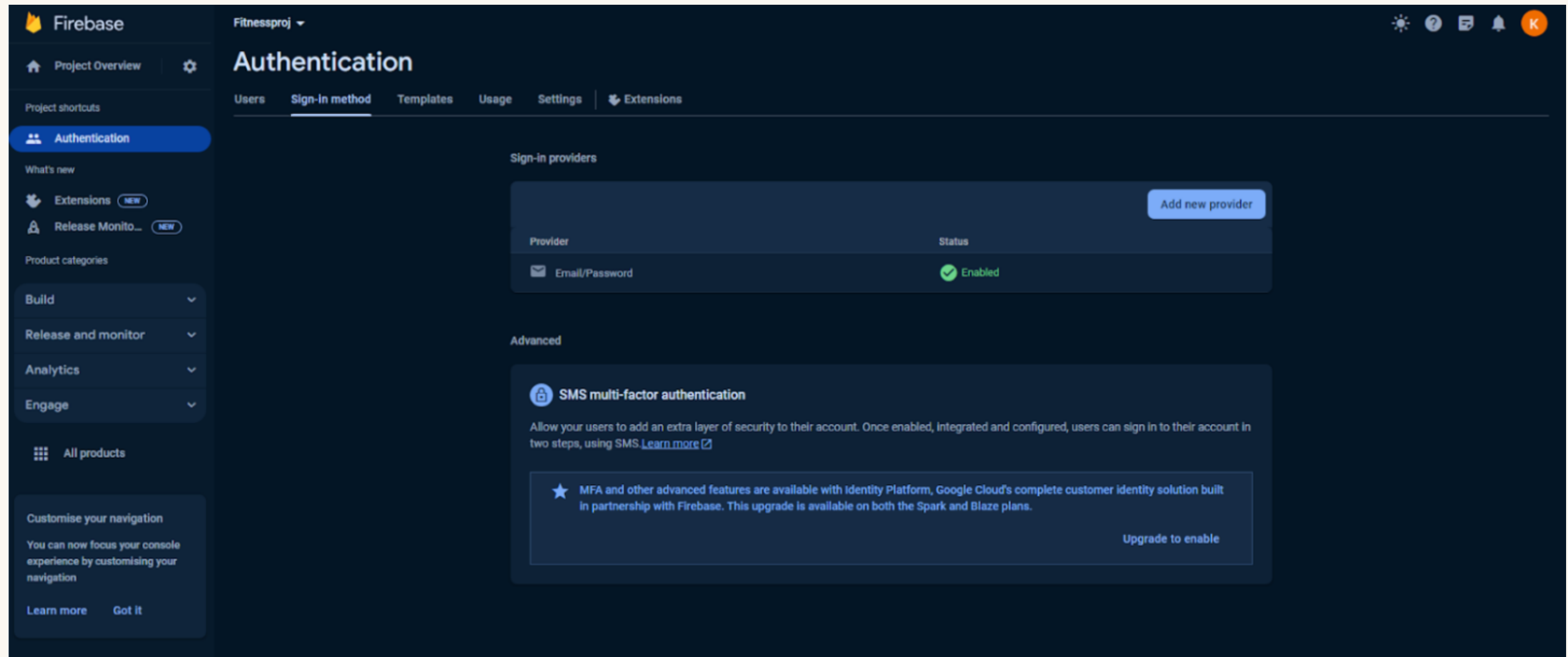
Progressive Page



Notification Page



For database I have used Firebase



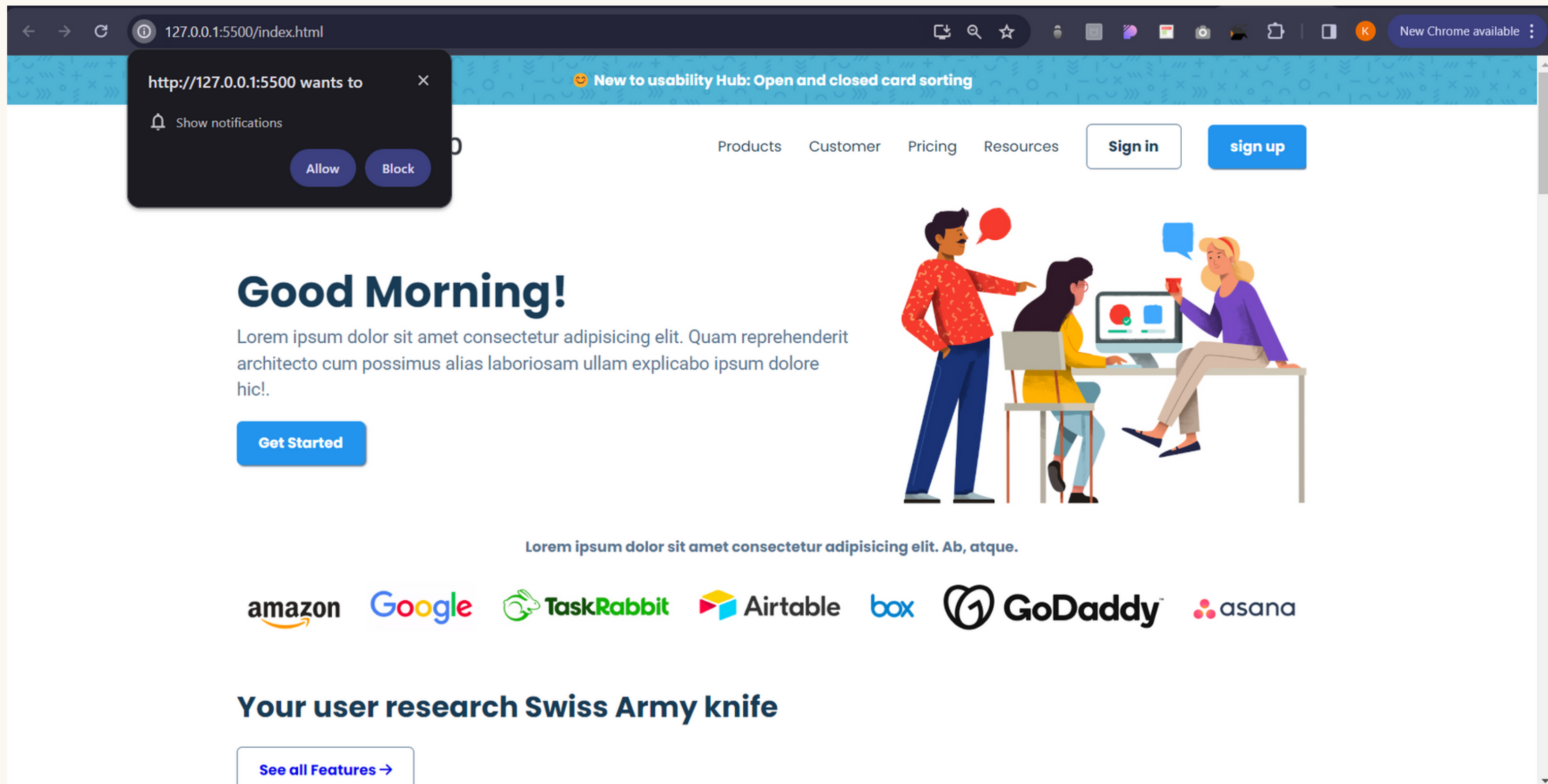


PWA

Progressive Web Application

Introduction

A Progressive Web App (PWA) is a web application that combines the best features of websites and mobile apps, offering a fast, reliable, and engaging user experience, even offline.



serviceworker.js

The `serviceworker.js` file in a Progressive Web App (PWA) acts as a background script that enables offline functionality, push notifications, and caching strategies. It allows PWAs to function independently of the network connection, improving performance and user experience by caching resources and handling network requests.

Dimensions: Responsive2239x156138%No throttling

UsabilityHub

ProductsCustomerPricingResources

Sign inSign up

Good Morning!

Lorem ipsum dolor sit amet consectetur adipisicing elit. Quam reprehenderit architecto cum possimus alias laboriosam ullam explicabo ipsum dolore hic!.

Get Started

amazonGoogleTaskRabbitAirtableboxGoDaddyasana

Your user research Swiss Army knife

See all Features →

Card Shorting

Discover how people and label information.

Learn more →

Design Surveys

Get feedback, on images videos or audio files.

Learn more →

Prototype tests

Discover how people navigate your figma prototype.

Learn more →

Preference tests

Find out which designs users prefers and why.

Learn more →

First click tests

Test interaction with first click and navigate tests.

Learn more →

Five second test

Test comprehensibility by measuring fist impression.

Learn more →

Application

ManifestService workersStorage

Storage

Local storageSession storageIndexedDBWeb SQLCookiesPrivate state tokensInterest groupsShared storageCache storage

Background services

Back/forward cacheBackground fetchBackground syncBounce tracking mitigation

service workers

OfflineUpdate on reloadBypass for network

http://127.0.0.1:5500/Network requestsUpdateUnregister

Source serviceworker.js

Received 4/5/2024, 9:12:52 AM

Status

#3999 activated and is runningstop

#4000 waiting to activate skipWaitingReceived 4/5/2024, 9:13:08 AM

#4001 trying to installReceived 4/5/2024, 9:13:09 AM

PushTest push message from DevTools.Push

Synctest-tag-from-devtoolsSync

Periodic Synctest-tag-from-devtoolsPeriodic Sync

Update CycleVersionUpdate ActivityTimeline

ConsoleWhat's newIssuesNetwork conditions


Highlights from the Chrome 123 update

Easter egg

There's an Easter egg somewhere in DevTools, behind a colorful 🥚 emoji. Can you find it?

Emulate a focused page in Elements > Styles

The Elements > Styles tab gets an option to emulate a focused page under the element state (:hov) toggle.

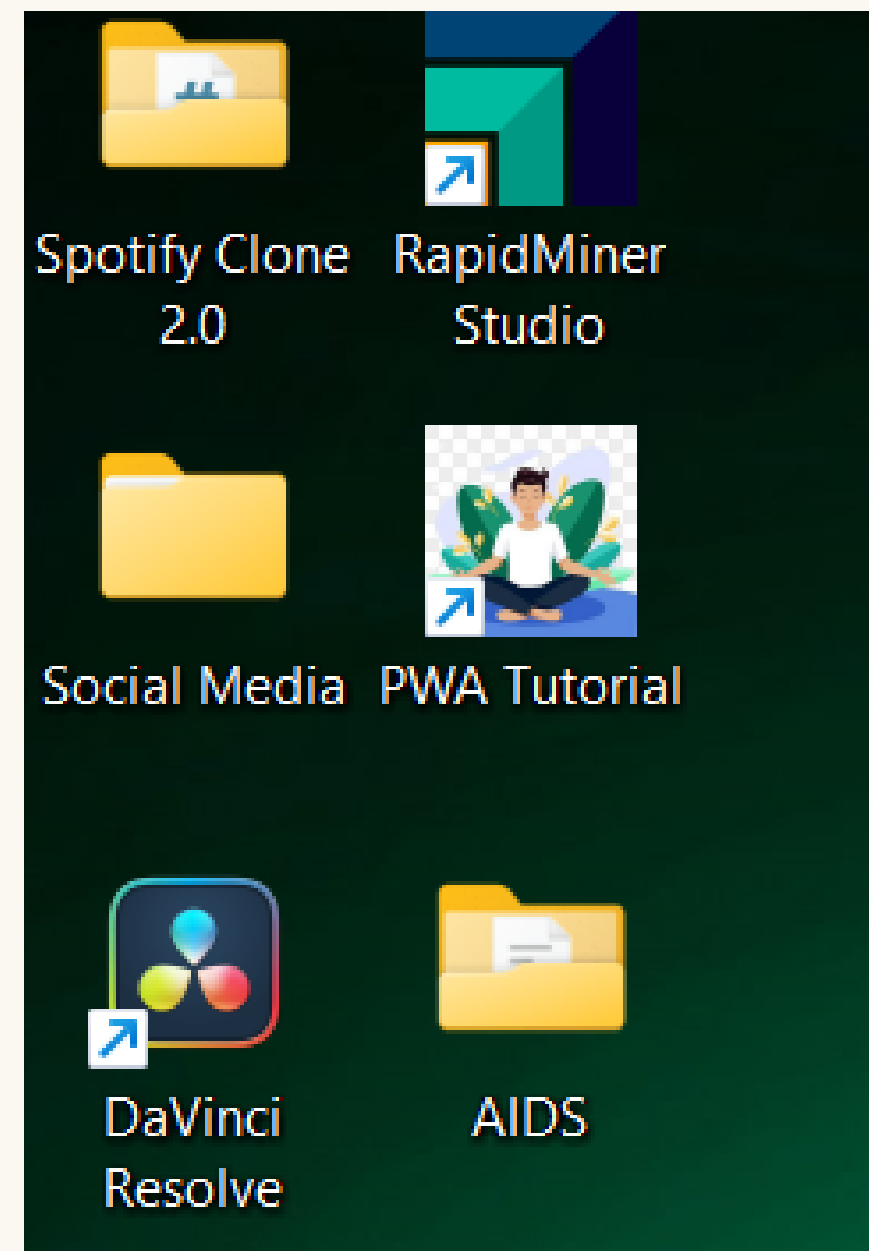


manifest.json

The manifest.json file is a JSON (JavaScript Object Notation) file that contains metadata about a Progressive Web App (PWA). It includes information such as the app's name, icons, theme colors, display modes, and other settings, enabling the browser to install and display the PWA like a native app on supported devices

The image is a screenshot of a web browser window. The main content area displays the UsabilityHub website. At the top, there's a navigation bar with the UsabilityHub logo, links for Products, Customer, Pricing, and Resources, and buttons for Sign in and sign up. Below this, a large section titled "Good Morning!" features a placeholder image of three people at a computer and a "Get Started" button. Further down, there's a row of logos for various companies: amazon, Google, TaskRabbit, Airtable, box, GoDaddy, and asana. A section titled "Your user research Swiss Army knife" includes a "See all Features ->" button and a grid of six feature cards: Card Shorting, Prototype tests (highlighted with a blue circle), First click tests, Design Surveys, Preference tests, and Five second test. Each card has a brief description and a "Learn more ->" button. On the right side of the browser window, the Lighthouse performance audit results are visible. It shows scores for Performance (96), Accessibility (81), Best Practices (96), SEO (90), and PWA (checkmark). Below this, a large "Performance 96" score is displayed. At the bottom of the Lighthouse panel, there's a section titled "Highlights from the Chrome 123 update" with two items: "Easter egg" and "Emulate a focused page in Elements > Styles".

Desktop App



References

Min. Dai, "Analysis of athletes' physical fitness test data based on data mining [J]", Computer Engineering and Applications, vol. 9, 2015.



Thank You!