



**SRM INSTITUTE OF SCIENCE AND TECHNOLOGY  
SCHOOL OF COMPUTING  
DEPARTMENT OF COMPUTING TECHNOLOGIES**

**21CSC203P ADVANCED PROGRAMMING PRACTICE**

**MINI PROJECT**

**PERSONAL HEALTH ASSISTANT**

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## Abstract:

This project explores the concept of online health care management and its significance in today's world. The "Online Personal Training Assistant" project aims to revolutionize fitness training by leveraging technology to provide personalized and convenient workout solutions. This application caters to individuals seeking tailored fitness plans and expert guidance. Through user input and expert insights, the platform offers customized workout routines and nutritional recommendations. Real-time interaction capabilities enable seamless communication between clients and trainers. The project encompasses UI design, platform selection, AI integration, and secure data management. By amalgamating technology and fitness, this application strives to enhance user experiences and promote healthier lifestyles.

## Modules Present:

### 1. **userclass:**

Represents a user and stores their information such as name, weight, height, age, and BMI. Provides methods for viewing workout plans and diet charts. In this example, these methods display information in dialog boxes using JOptionPane.

### 2. **OnlinePersonalTrainingAssistant Class:**

The main class containing the main method.  
It creates a Swing GUI and invokes the createAndShowGUI method.

### 3. **UserInterface Class:**

Extends JPanel and represents the graphical user interface (GUI) for the application. It includes a button for authenticating the user and handles user interactions. When the user is authenticated, it provides options to view the workout plan and diet chart.

### 4. **createAndShowGUI Method:**

Initializes the main GUI window (JFrame) and sets up the user interface (UserInterface).

### 5. **authenticateUser Method:**

Authenticates the user (you haven't provided the details of how this is done).  
Upon successful authentication, it creates an instance of the User class with user-specific information.

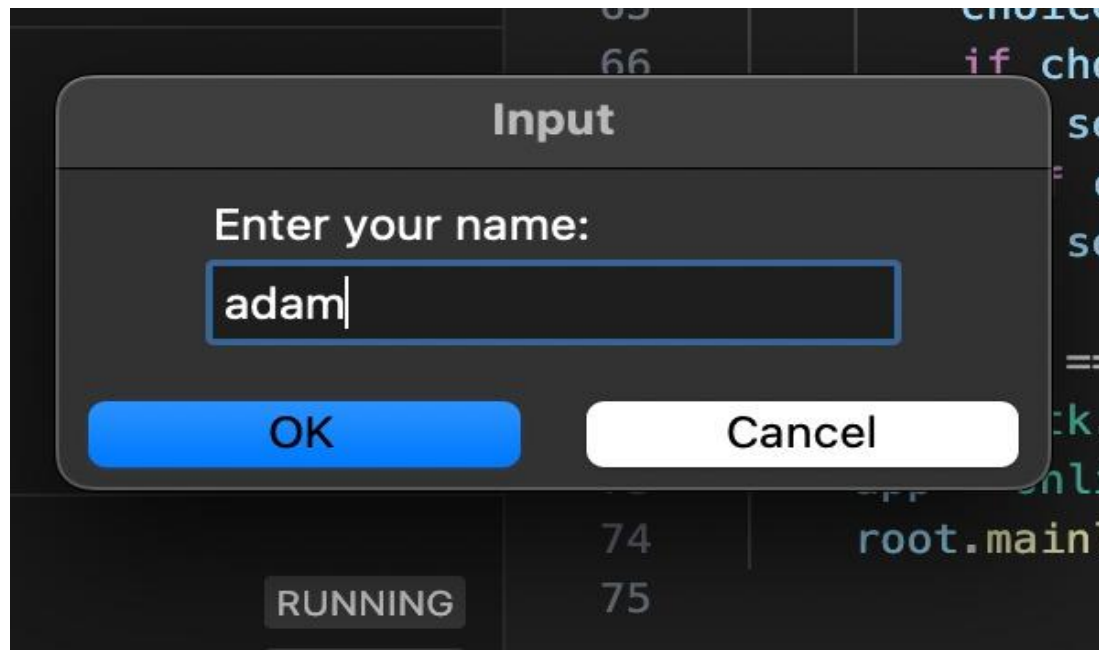
### 6. **showMainOptions Method:**

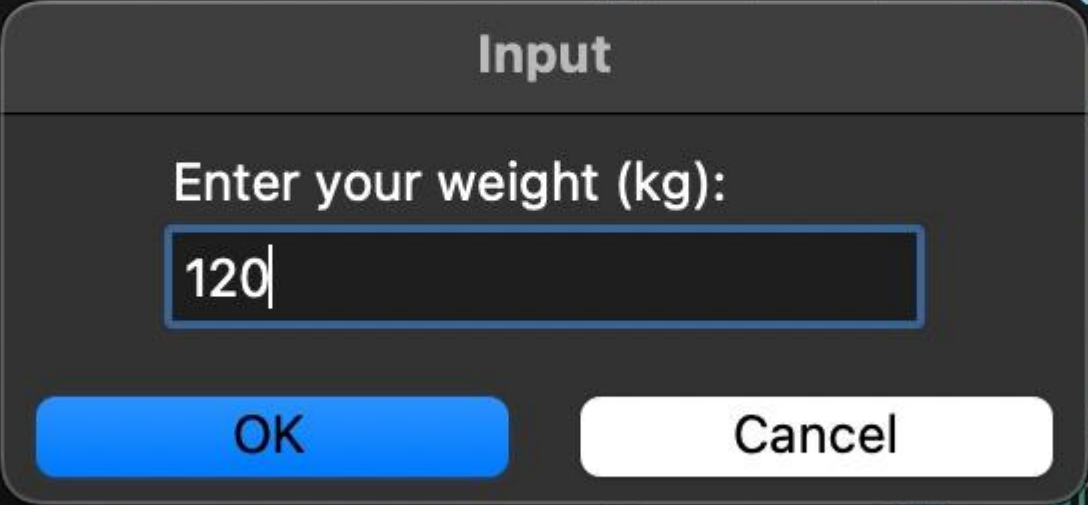
Displays a menu of options using a dialog box (JOptionPane) for the user to choose. If the user selects an option, it invokes the corresponding method of the User class to show workout plans or diet charts.

## CODE LINK:

[app.project.docx](#)

## OUTPUT SCREENSHOTS :



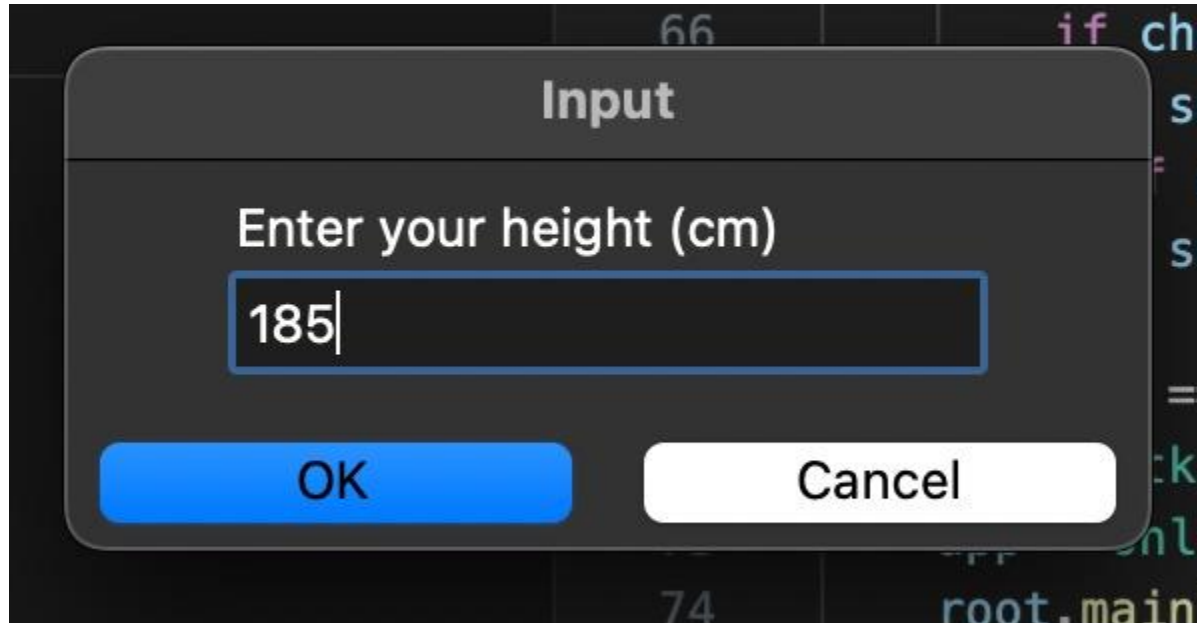


The image shows a dark-themed code editor with a modal input dialog box in the foreground. The dialog box has a title bar labeled "Input". Inside, it prompts the user to "Enter your weight (kg):" with a text input field containing the value "120". At the bottom of the dialog are two buttons: a blue "OK" button and a white "Cancel" button. The background code is partially visible, showing line numbers 64, 65, 66, 74, and 75, and code snippets like "def show\_r", "choic", "if cho", "se", "s", "k", "onl", and "root.main".



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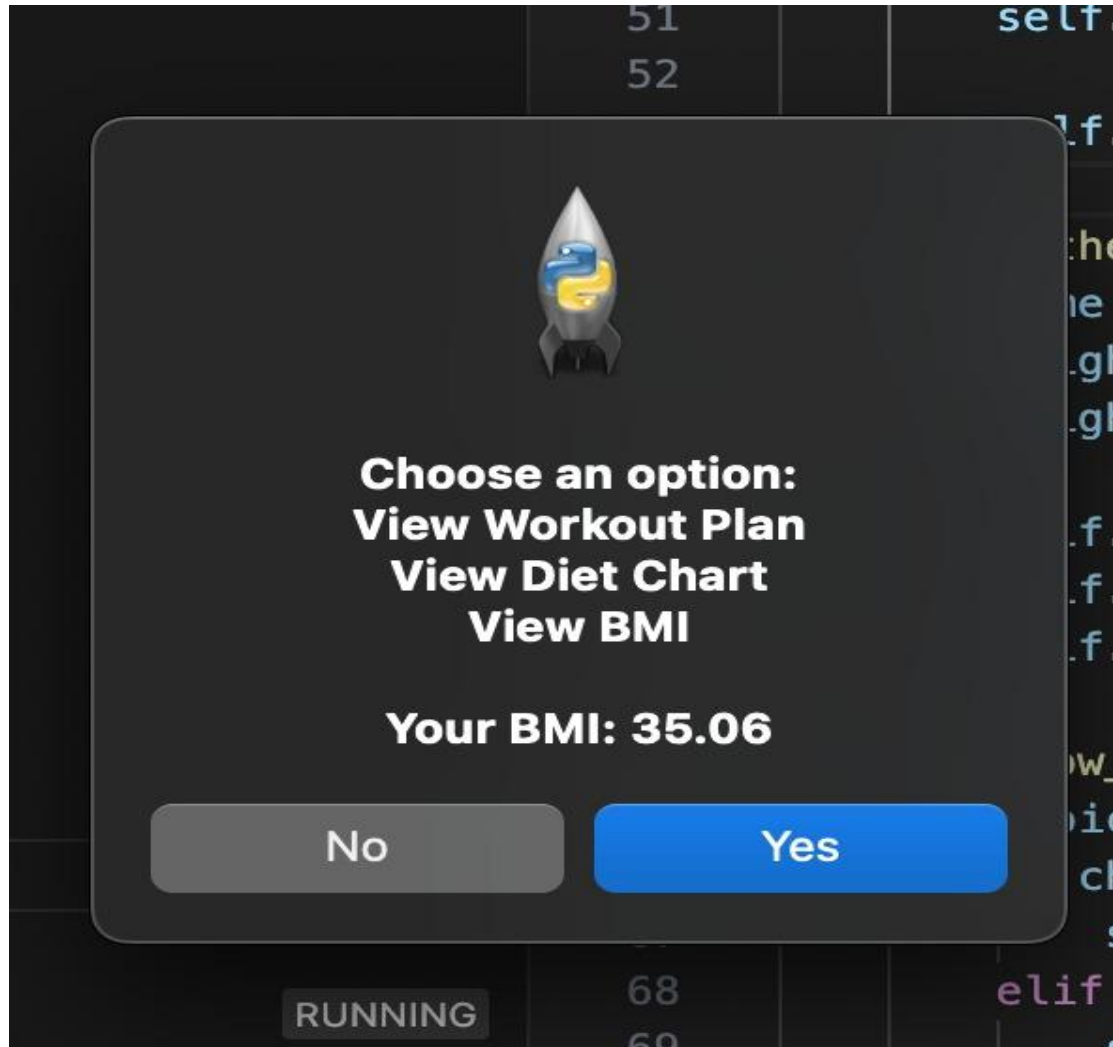
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A screenshot of a Java Swing 'Input' dialog box. The dialog has a title bar labeled 'Input'. Inside, the text 'Enter your height (cm)' is displayed above a text input field. The input field contains the number '185' with a vertical cursor at the end. Below the input field are two buttons: a blue 'OK' button and a white 'Cancel' button with a grey border. The background of the slide shows a dark area with some blurred code snippets like '66', 'if cho', 'se', 'F', 'c', 'se', '==', 'ck.', 'onli', '74', and 'root.main'.



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**Your personalized diet chart:**  
**Breakfast: Oatmeal with fruits  
and a glass of milk**  
**Mid-Morning Snack: Greek  
yogurt with honey**  
**Lunch: Grilled chicken breast  
with brown rice and vegetables**  
**Afternoon Snack: Mixed nuts and  
a banana**  
**Dinner: Baked salmon with  
quinoa and steamed broccoli**  
**Before Bed: A glass of warm milk**

OK





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**Your personalized workout plan:**

**Monday: Chest and Triceps**

**Tuesday: Back and Biceps**

**Wednesday: Rest day**

**Thursday: Legs and Shoulders**

**Friday: Cardio and Abs**

**Saturday: Rest day**

**Sunday: Rest day**

OK

RUNNING