



## DBS Minor Project - Proposal

### Project Title: Personal Fitness Management System

#### Group Members:

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#### Project Introduction

The Personalised Fitness Management System (unique to the user) aims to address the growing need for efficient management of personal fitness routines and health data. With the rise of health consciousness and the adoption of fitness activities, individuals often struggle to organize and track their fitness goals, routines, and progress effectively. This system will provide a comprehensive solution to manage fitness data efficiently, helping users monitor their progress and achieve their health objectives more effectively.

#### Objectives:

1. Develop a robust database management system to store and manage user fitness data securely.
2. Implement user-friendly interfaces for users to input and track their fitness activities, goals, and progress.
3. Monitoring calorie consumption in both exercise records and dietary intake.
4. Integrate features for generating personalized workout plans and nutritional guidance based on user preferences and goals.
5. Provide data analysis tools to visualize progress trends, identify areas for improvement, and set realistic goals.
6. Ensure scalability and flexibility to accommodate future enhancements and modifications based on user feedback and technological advancements.

**Technologies/Frameworks:**

1. Database Management System: MySQL
2. Programming Language: Python
3. Frontend Development (GUI): Python ([thinker](#) & other)
4. Hosting: Local Machine

**Scope:** The scope of the Personal Fitness Management System includes:

- User registration and authentication system
- User profile management
- Fitness activity tracking (exercise logs, calorie intake, etc.)
- Calorie Monitoring consumption in both workout records and food intake.
- Goal setting and progress tracking
- Generation of personalized workout plans and nutrition recommendations
- Data visualization tools for progress analysis

**Expected Deliverables**

1. Database schema design
2. User interface mock-ups and wireframes
3. Fully functional application with user authentication and profile management
4. Implementation of core features including fitness activity tracking, goal setting, and progress monitoring
5. Data analysis and visualization tools

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[TA / Teacher Sign]