

Fitness Portal

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MyNutrition

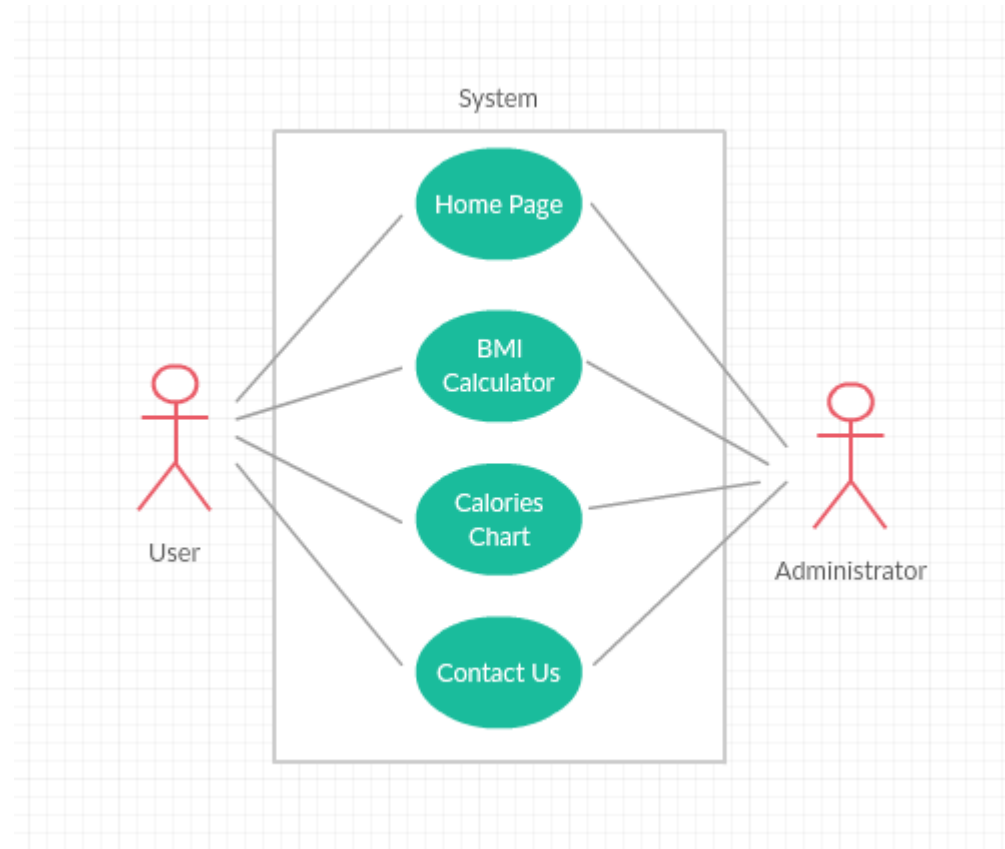
The Portal That Helps You to Achieve Your Fitness Goals.

www.MyNutrition.000webhostapp.com

The BMI Calculator with the Calories chart of Indian Foods Lets You Create Perfect Diet Plan !



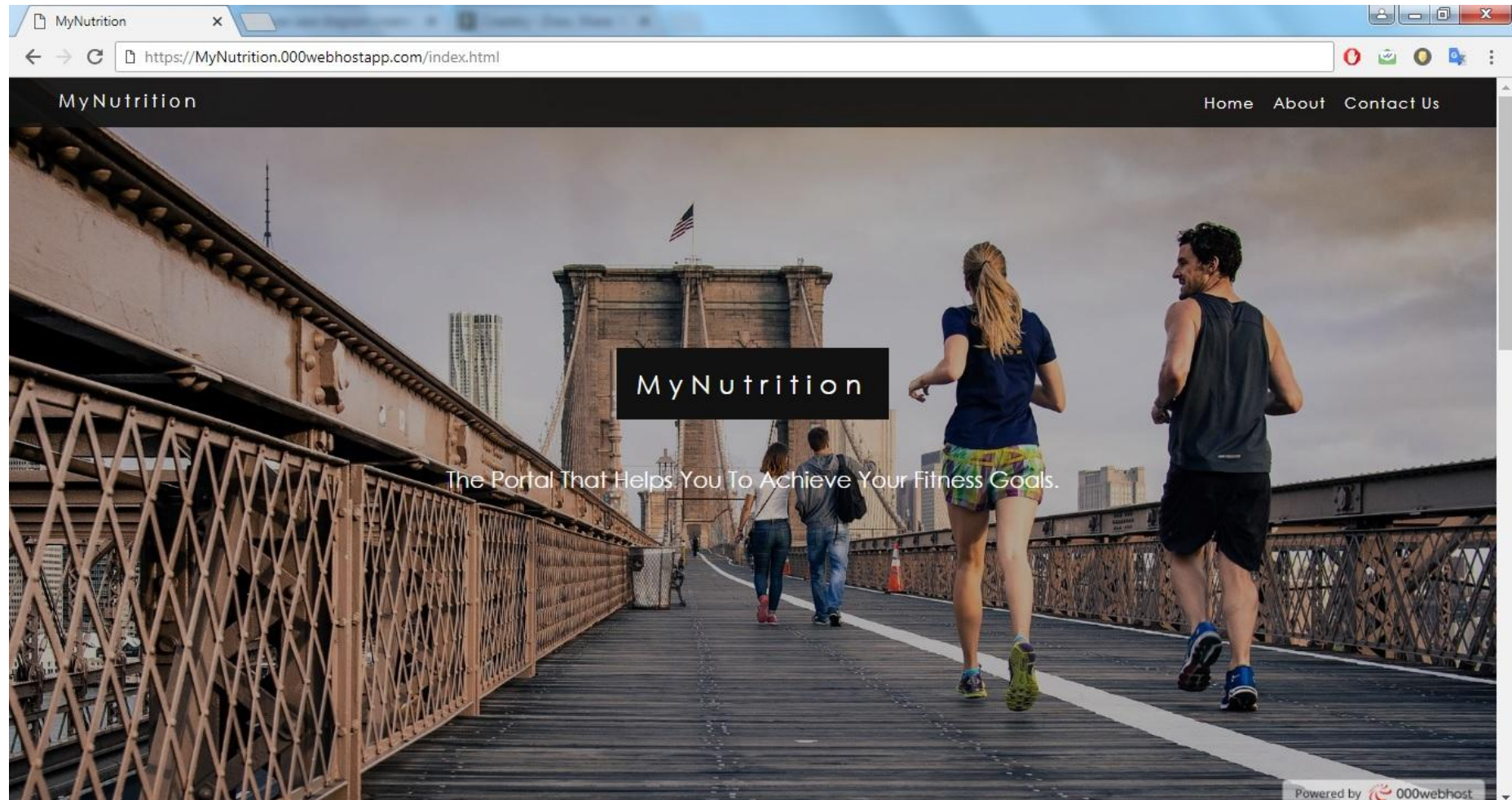
user case diagram



Use case diagram explanation -

- use case diagram for fitness portal contains Home page Giving Information about the Portal followed by the BMI Calculator can calculate Body Mass Index of the user by knowing weight and height. The Count of Calories is also available to user. The User gets to send feedback about portal to the developers through the Contact Us Page.

Home Page



BMI Calculator

MyNutrition






file:///C:/xampp/htdocs/pw/bmi.html

Home About Contact Us

This page says
You Are Normal

OK

BODY MASS INDEX

				
UNDERWEIGHT <18,5	NORMAL 18,5-24,9	OVERWEIGHT 25-29,9	OBESE 30-34,9	EXTREMELY OBESE 35<

BMI Calculator

68

170

Calculate

23.53

The Daily Calories Intake Is
1405 kcal

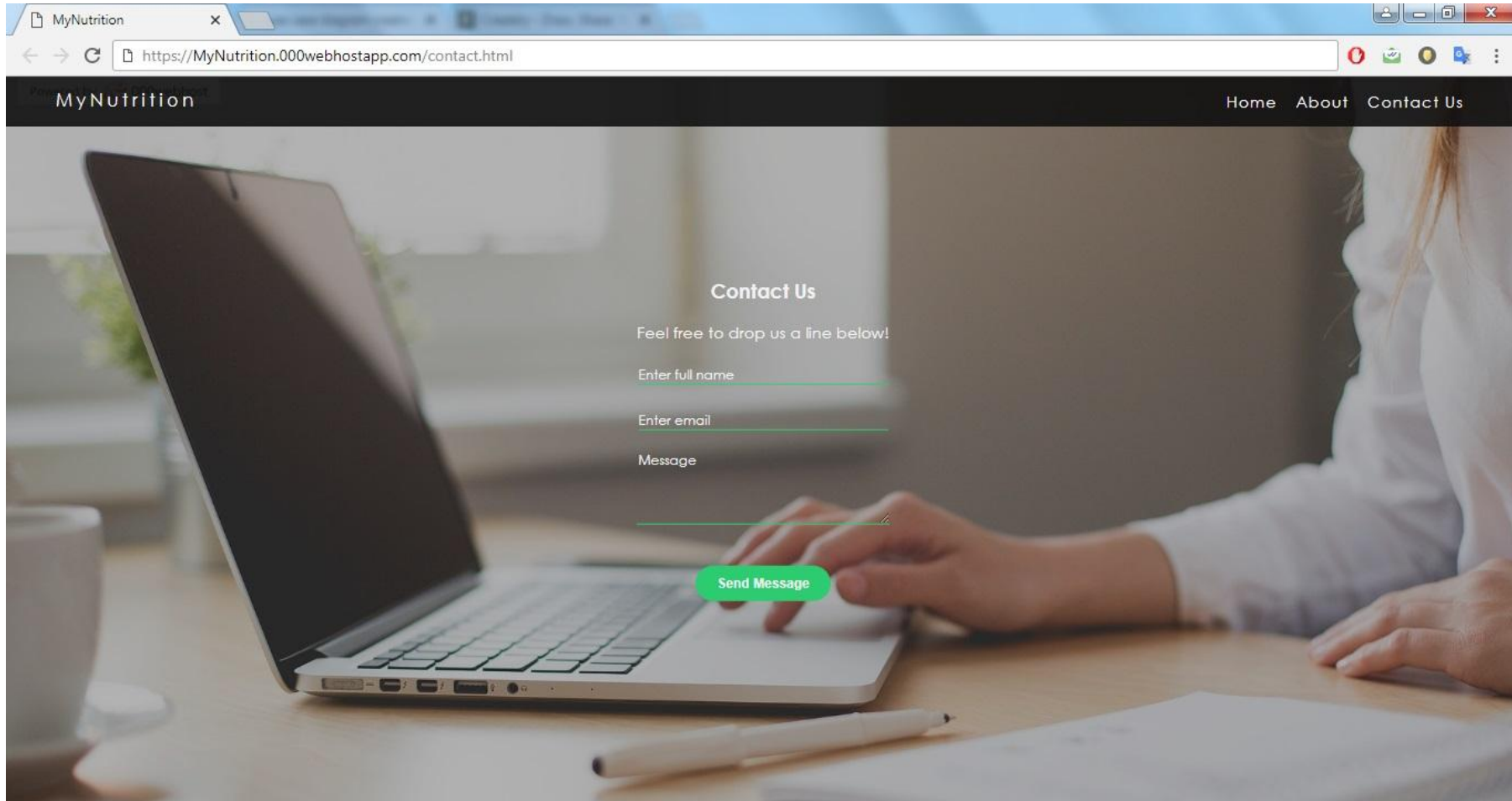
10:30 PM
10/30/2018

Calories Chart

The screenshot shows a web browser window with the address bar displaying `https://MyNutrition.000webhostapp.com/calories.html`. The website has a dark header with the 'MyNutrition' logo and navigation links for 'Home', 'About', and 'Contact Us'. A large, semi-transparent 'Calories Chart' overlay is centered on the page. The chart is a vertical list of food categories, each in a grey bar with a white plus sign on the right. The categories are: Beverages, Breakfast, Chicken, Fruits, Nonveg curries, Rice Item, Snacks, and Veg curries. The background of the website is a collage of food images, including a green salad, a plate of strawberries, and sliced cucumbers. A small footer at the bottom right says 'Powered by 000webhost'.

Calories Chart	
Beverages	+
Breakfast	+
Chicken	+
Fruits	+
Nonveg curries	+
Rice Item	+
Snacks	+
Veg curries	+

Contact Us



MyNutrition

Home About Contact Us

Contact Us

Feel free to drop us a line below!

Enter full name

Enter email

Message

Send Message

Calories Info

MyNutrition

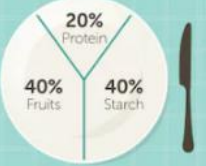
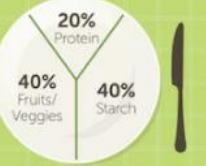
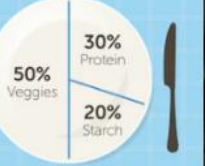
Home About Contact Us

Enter Weight

Enter

View how you can manage your calories intake

The Daily Calories Intake Is

BREAKFAST PLATE	LUNCH PLATE	DINNER PLATE
		

9:37 PM
10/31/2018

Technologies used and why ?

- In this project we used CSS ,HTML5 , J Query , Java Script and PHP .
 - In which java script is used for animation .
 - **CSS** used for styles .
- HTML5 is the latest version of Hypertext Markup Language, the code that describes web pages. It's actually three kinds of code: HTML, which provides the structure; Cascading Style Sheets (CSS), which take care of presentation; and JavaScript, which makes things happen.
 - And PHP is used for database connectivity