**Diet Plan**

**Member List (IT Legend)**

* Zin Min Htun
* Wai Phyoe Naing
* Su Pone Chit
* Su Myat Naing
* Kyawt Yin Win
* Htet Htet Hlaing

**Project Description**

In the purpose of the project, our group project is Online Diet Plan about weight loss, weight gain and muscle gain. Our group project developing diet plan website which is developing the PurePHP with the use of Laravel framework. We have three roles of this project. These roles are Admin, Member and Customer.

**Permission and Role**

|  |  |
| --- | --- |
| **Admin** | * **Control Blog Information** * **Control Nutrition Information** * **Control Gym Information** * **Control Workout Information** * **Control Customer Register Information** * **Control Their Order Information** * **Accept The Order** * **Reponses The Order Confirm** |
| **Member** | * **Register The Order Information** * **Control Own Profile** * **Check Own History** |
| **Customer** | * **Check the Service Information** * **Free Register** |

**Problem Statement**

Everybody is interested in beauty in present era. In this case, beauty is not about only face. Body beauty is getting more popular in Myanmar now. But there is a problem about going to gym because of business and physical problem etc. They can get fit by the diet. It’s not about only who can’t go to gym, they also need the diet who go to gym because exercise is just 30% and diet is 70% . Our website “Diet Plan” can fix the problem. We show the nutrition for diet and exercise. But there is still some problems of who bored at cooking. In our website, you can order the healthy diet meal. In this way, they can get fit and healthy and we get the profit.

**Marketing Plan**

Our project ‘Diet Plan’ is a great income project. And It’s about long term plan. Just think about the diet, you can’t get fit in a month. We will create branches for the whole Burma and deliver the healthy food Later. After our website getting popular, we will accept the Ads and get profit.

**Entity Relation Diagram**

1

Post Categories

Admin

1

1..\*

1

1..\*

1

1..\*

1..\*

1..\*

1

1

1..\*

Diet

Diet Categories

Posts

1

1

1..\*

1..\*

1..\*

1

Order Lists

Orders

Members

**Database Structure**

**Post Categories**

|  |  |  |  |
| --- | --- | --- | --- |
| **No.** | **Field Name** | **Data Type** | **Action** |
| 1 | post\_category\_id | Int | Primary Key, Auto Increment |
| 2 | post\_category\_name | varchar(100) |  |

**Posts**

|  |  |  |  |
| --- | --- | --- | --- |
| No | **Field Name** | **Data Type** | **Action** |
| 1 | post\_id | Int | Primary Key, Auto Increment |
| 2 | Post\_Description | Varchar(225) |  |
| 3 | Image | varchar(225) |  |
| 4 | post\_category\_id | Int | Foreign Key (post category) |

**Nutrition Categories**

|  |  |  |  |
| --- | --- | --- | --- |
| **No.** | **Field Name** | **Data Type** | **Action** |
| 1 | nutrition\_category\_id | Int | Primary Key, Auto Increment |
| 2 | nutrition\_category\_name | varchar(100) |  |

**Nutritions**

|  |  |  |  |
| --- | --- | --- | --- |
| No | **Field Name** | **Data Type** | **Action** |
| 1 | nutrition\_id | Int | Primary Key, Auto Increment |
| 2 | nutrition\_name | Varchar(225) |  |
| 3 | image | varchar(225) |  |
| 4 | protein | Varchar(20) |  |
| 5 | calcium | varchar(20) |  |
| 6 | calories | varchar(20) |  |
| 7 | Fat | Varchar(20) |  |
| 8 | Water | Varchar(20) |  |
| 9 | Energy | Varchar(20) |  |
| 10 | Carbonhydrate | Varchar(20) |  |
| 11 | Fiber | Varchar(20) |  |
| 12 | Sugar | varchar(20) |  |
| 13 | nutrition\_category\_id | Int | Foreign Key (Nutrition\_category) |

**Workout Categories**

|  |  |  |  |
| --- | --- | --- | --- |
| **No.** | **Field Name** | **Data Type** | **Action** |
| 1 | workout\_category\_id | Int | Primary Key, Auto Increment |
| 2 | workout\_category\_name | varchar(100) |  |

**Workouts**

|  |  |  |  |
| --- | --- | --- | --- |
| No | **Field Name** | **Data Type** | **Action** |
| 1 | workout\_id | Int | Primary Key, Auto Increment |
| 2 | workout\_Description | Varchar(225) |  |
| 3 | Image | varchar(225) |  |
| 4 | workout\_category\_id | Int | Foreign Key (post category) |

**Gyms in Yangon**

|  |  |  |  |
| --- | --- | --- | --- |
| **No** | **Field Name** | **Data Type** | **Action** |
| 1 | gym\_id | Int | Primary Key,Auto Increment |
| 2 | gym\_name | Varchar(225) |  |
| 3 | Address | Varchar(225) |  |
| 4 | Phoneno | Varchar(225) |  |
| 5 | Map | Varchar(225) |  |
| 6 | Fblink | Varchar(225) |  |

**User**

|  |  |  |  |
| --- | --- | --- | --- |
| **No.** | **Field Name** | **Data Type** | **Action** |
| 1 | user\_id | Int | Primary Key, Auto Increment |
| 2 | user\_name | varchar(100) |  |
| 3 | user\_role | Varchar(225) |  |
| 4 | Address | Varchar(225) |  |
| 5 | Phoneno | Varchar(225) |  |
| 6 | Email | Varchar(225) |  |

**Challenge Categories**

|  |  |  |  |
| --- | --- | --- | --- |
| **No.** | **Field Name** | **Data Type** | **Action** |
| 1 | challenge\_category\_id | Int | Primary Key, Auto Increment |
| 2 | challenge\_category\_name | varchar(100) |  |

**Challenges**

|  |  |  |  |
| --- | --- | --- | --- |
| No | **Field Name** | **Data Type** | **Action** |
| 1 | challenge\_id | Int | Primary Key, Auto Increment |
| 2 | challenge\_Description | Varchar(225) |  |
| 3 | Image | varchar(225) |  |
| 4 | fees | BigInt |  |
| 5 | challenge\_category\_id | Int | Foreign Key (challenge category) |

**Orders**

|  |  |  |  |
| --- | --- | --- | --- |
| **No.** | **Field Name** | **Data Type** | **Action** |
| 1 | order\_id | Int | Primary Key, Auto Increment |
| 2 | user\_id | varchar(100) | Foreign Key(user) |
| 3 | order\_date | Varchar(225) |  |
| 4 | Price | BigInt |  |

**BMI Formula= 703\* weight / height^2;**

**weight= lb;**

**height=inches;**

**Backend Function list**

|  |  |  |  |
| --- | --- | --- | --- |
| **Function** | **Role** | **Date** | **Check** |
| Login / logout  (with session) |  |  |  |
| Check middleware |  |  |  |
| User browse list |  |  |  |
| Blog Category( CRUD) |  |  |  |
| Blog (CRUD) |  |  |  |
| Nutrition Category (CRUD) |  |  |  |
| Nutrition (CRUD) |  |  |  |
| Workout Category (CRUD) |  |  |  |
| Workout (CRUD) |  |  |  |
| BMI Calculation ( Javascript) |  |  |  |
| Gym in yangon (CRUD) |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| User | Register  Profile (CRUD)  Order  check order history |  |  |  |