



**INSTITUTE FOR
ADVANCED COMPUTING
AND SOFTWARE
DEVELOPMENT AKURDI,
PUNE**

Documentation On

**“Wellness Warrior”
PG-DAC MARCH 2023**

Submitted By:
Group No: 79

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Project Guide**

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Centre Coordinator**

ABSTRACT

The Gym Portal and Management System for Gym web application is intended to provide complete solutions for owners as well as customers through a single get way using the internet. It allows owners to manage their gym, customer to view the packages provided by gym and booking their session online as per requirement. The administrator module will able to manage branch activity, gym activity, trainer activity, facility activity.

This project is an attempt to provide an opportunity to Gym owners to expand their business online. Saves time and efforts of customers to right gym and reduces overall paper work of managing records and registers. Customers and Trainers can receive notifications via email.

ACKNOWLEDGEMENT

I take this occasion to thank God, almighty for blessing us with his grace and taking our endeavour to a successful culmination. I extend my sincere and heartfelt thanks to our esteemed guide, **Mrs. Rupali Thorat** for providing me with the right guidance and advice at the crucial juncture sand for showing me the right way. I extend my sincere thanks to our respected **Centre Co-Ordinator Mr. Rohit Puranik** for allowing us to use the facilities available. I would like to thank the other faculty members also, at this occasion. Last but not the least, I would like to thank my friends and family for the support and encouragement they have given me during the course of our work.

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1.INTRODUCTION

Introduction:

This document communicates the business requirements and scope for developing Gym Service for a company. The scope of this document is to define the functional and non- functional requirements, business rules and other constraints requirements.

Now a day's online service is the best competitive edge for any organization. Our fitness management website provides best platform for ease of access to the gym managers, trainers and also for customers. User can check his updates online anytime about his/her fitness, diet plan etc. There is a need for online healthcare maintenance online. This project provides user friendly customer and trainer interaction.

Problem Statement:

Existing Gyms works without any website for providing services to their customers. Managers have to keep records on papers and registers. There is no any way for trainers and customers to manage their workout progress. Customers need to visit gym for checking facilities and packages provided by different gyms.

Wellness warrior Services is intended to provide complete solution for Gym owner, trainers & customers through a single gateway using internet. It allows owners to manage their gym, customers to view packages provided by gym ,search and choose trainers and get information about gym equipments and purchase the convenient package to get membership. It allows gym trainers to evaluate workout and diet report of gym members. Gym managers can manage their daily gym schedule and send notifications to customers about same. The administrator module will be able to manage branch activity, trainer activity and payments.

Aims and Objective:

This product aimed toward a person who don't want to visit the gym to see functionalities and packages provided by that gym to get membership, he/she can use the web application for ease.

In other words, our Gym Management portal has, following objectives:

- Simple database is maintained.
- Easy operations for the user and the admin of the system.
- User interfaces are user accommodating and attractive; it takes very less time for the operator to use the system.
- This system will provide complete solution for Gym owners to take their business online.

2. OVERALL DESCRIPTION

Proposed Methodology:

This system brings ease in the communication and business of B2C field. It provides the complete functionality to owner This system allows gym managers to manage users and full application, manage gym shifts and the members to search gyms, apply for membership and view workouts while it allows trainer to create schedule, diet chart.

This product aimed toward a person who don't want to visit the gym to see functionalities and packages provided by that gym to get membership, he/she can use the web application for ease.

Wellness warrior Website provides better users health and diet plan and workout plan maintaining their health care and taking care of all their health information.

Our System provides a very user-friendly platform where Member can easily search the gym trainer and check his updates online anytime about his/her fitness, diet plan etc.

Our system is aimed efficient management of various tasks like Generating diet and workout plan for members on weekly basis, managing fees payment. Digitally monitor daily activities along with managing all the resources and information on a single platform

3.SYSTEM REQUIREMENTS SPECIFICATION.

External Interface Requirements:

User Interfaces:

- All the users will see the same page when they enter in this website. This page asks the users a username and a password.
- After being authenticated by correct username and password, user will be redirect to their corresponding profile where they can do various activities.
- The user interface will be simple and consistence, using terminology commonly understood by intended users of the system. The system will have simple interface, consistence with standard interface, to eliminate need for user training of infrequent users.

Hardware Interfaces:

- No extra hardware interfaces are needed.
- The system will use the standard hardware and data communication resources.

This includes, but not limited to, general network connection at the server/hosting site, network server and network management tools.

Application Interfaces:

Web Browser:

The system is a web-based application; clients need a modern web browser such as Mozilla Firebox, Internet Explorer, Opera, and Chrome. The computer must have an Internet connection in order to be able to access the system.

Communications Interfaces:

- This system uses communication resources which includes but not limited to, HTTP protocol for communication with the web browser and web server and TCP/IP network protocol with HTTP protocol.
- This application will communicate with the database that holds all the booking information. Users can contact with server side through HTTP protocol by means of a function that is called HTTP Service. This function allows the application to use the data retrieved by server to fulfil the request fired by the us.

HARDWARE REQUIREMENT

Hardware requirements for insurance on internet will be same for both parties which are as follows:

RAM	4 GB
Hard disk	320 GB
Processor	Dual Core

Software Requirements

Client side:

Web Browser	Google Chrome or any compatible browser
Operating System	Windows 8 or above

Server side:

Web Server	To-be-decided
Server-side Language	J2EE(Spring, Hibernate)
Database Server	MYSQL
Web Browser	Google Chrome or any compatible browser
Operating System	Windows 8 or above

OPERATING ENVIRONMENT:

Server Side:

Processor: Intel® Xeon® processor 3500 series

HDD: Minimum 500GB Disk Space

RAM: Minimum 4GB

OS: Windows 10

Database: MySQL

Client Side (minimum requirement):

Processor: Intel Dual Core

HDD: Minimum 80GB Disk Space

RAM: Minimum 4GB

OS: Windows 7 or above

Design and Implementation Constraints:

- The application will use ReactJS, Axios and CSS as main web technologies.
- HTTP protocol is used as communication protocol. FTP is used to upload the web application in live domain and the client can access it via HTTP protocol.
- SMTP protocol is used for Email communication
- Several types of validations make this web application a secured one and SQL Injections can also be prevented.
- Since Wellness warrior is a web-based application, internet connection must be established.

User Characteristics:

User should be familiar with the terms like login, register etc.

Principle Actors:

Super admin, Gym Owners, Trainer, Members

General Constraints:

A full internet connection is required.

Functional Requirements:

This section provides requirement overview of the system. Various functional modules that can be implemented by the system will be –

1.Registration

If customer wants to take the membership, then he/she must be registered, unregistered user can't have access to packages. They can view the gym. The Super admin must be able to Register new gym branch details as well as the Branch manager details. The local gym branch owners can register new trainers for the gym.

2.Login

Each system user including Admin, Branch owners, Trainers and Customers/ Members must be able to login to application by entering valid user id and password.

3.Packages

Branch owners can provide different packages for customers. Customer can view and packages, trainers and choose one as per their requirements.

4.Membership

After choosing one of packages & making successful payment customer can avail the services provided by gym.

5.Gym Shifts

Branch owners can schedule different shifts for group of customers and trainers.

6.Workout plan

Trainers can add workout plans and diet suggestions to their respective members.

7.LogOut

Application user redirected to home page after surfing the application or whenever they wanted.

Non-Functional Requirements:

Security:

System will assign different roles to users for authentication. Users will be allowed to access application only after authentication by entering login id and password.

Reliability & Maintainability:

FCS will backup the users data after every activity using database.

Availability:

24X7 availability.

Modularity:

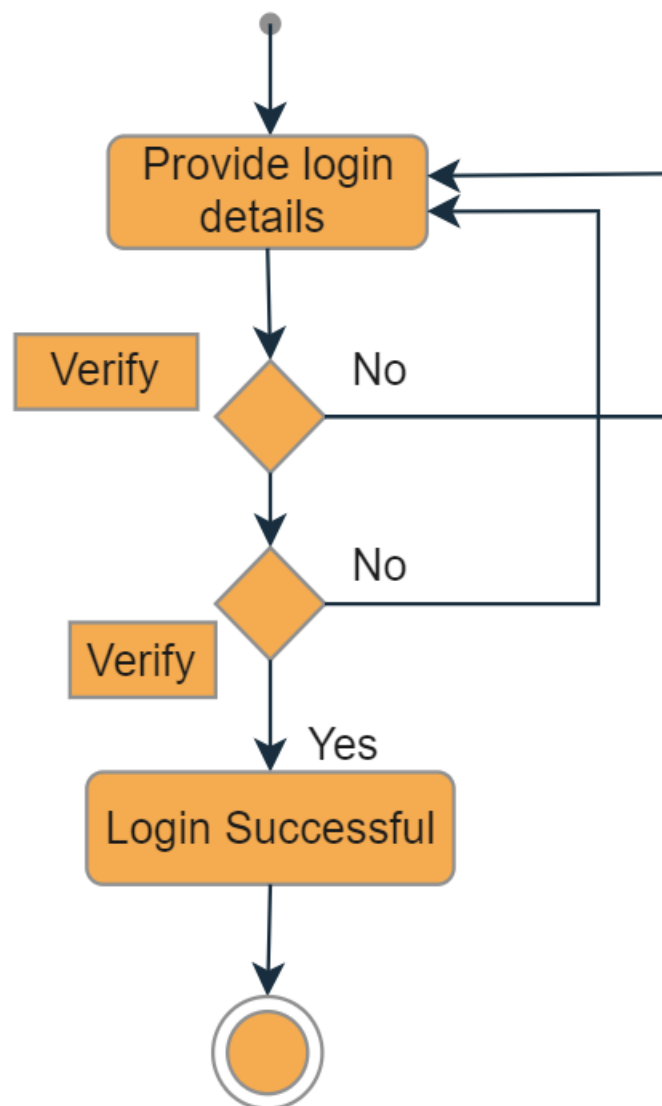
Wellness warrior will be designed and developed using independent or dependent business scenarios in the form of modules. It will contain modules such as Authentication, Package information, Branch Information, Trainers and customers data, Payment processing and Membership

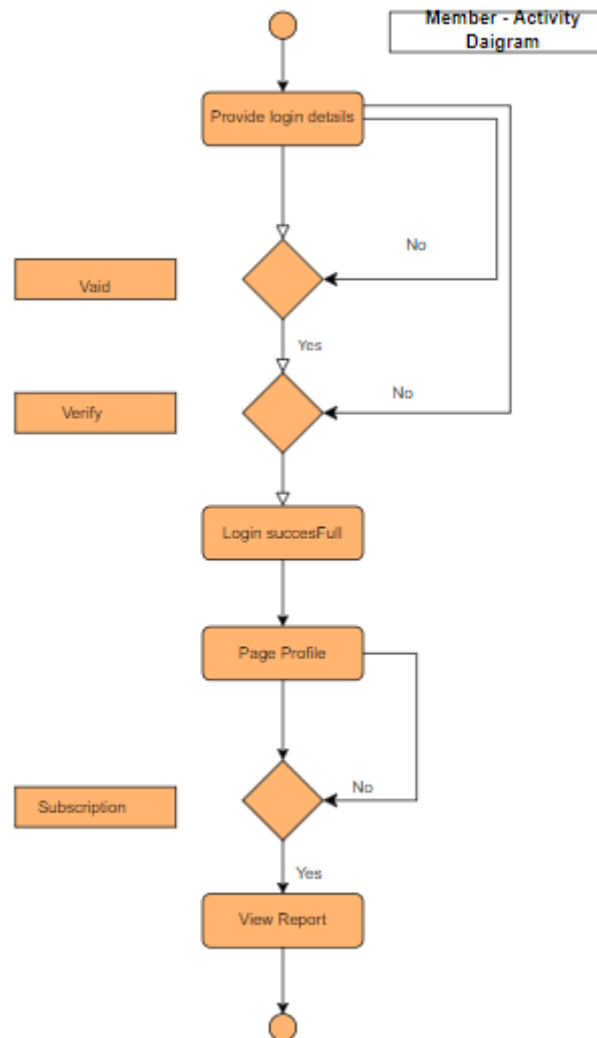
Reusability:

The different modules of system will be reusable and can be modified independently.

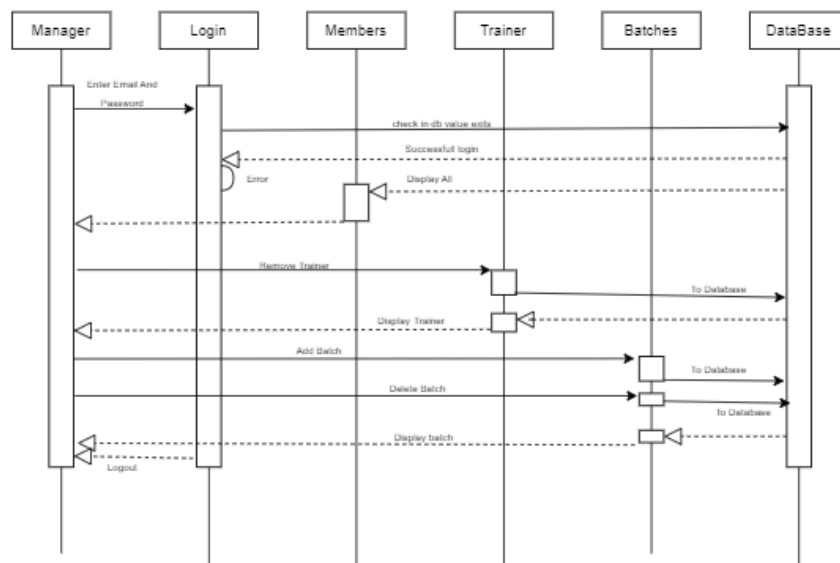
Scalability:

System will be able to provide consistent user experience to users.

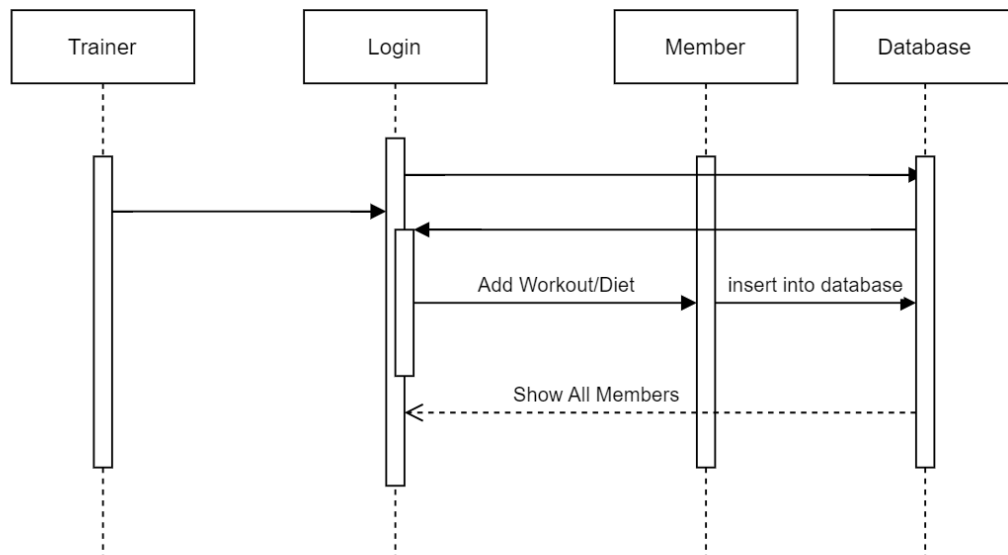


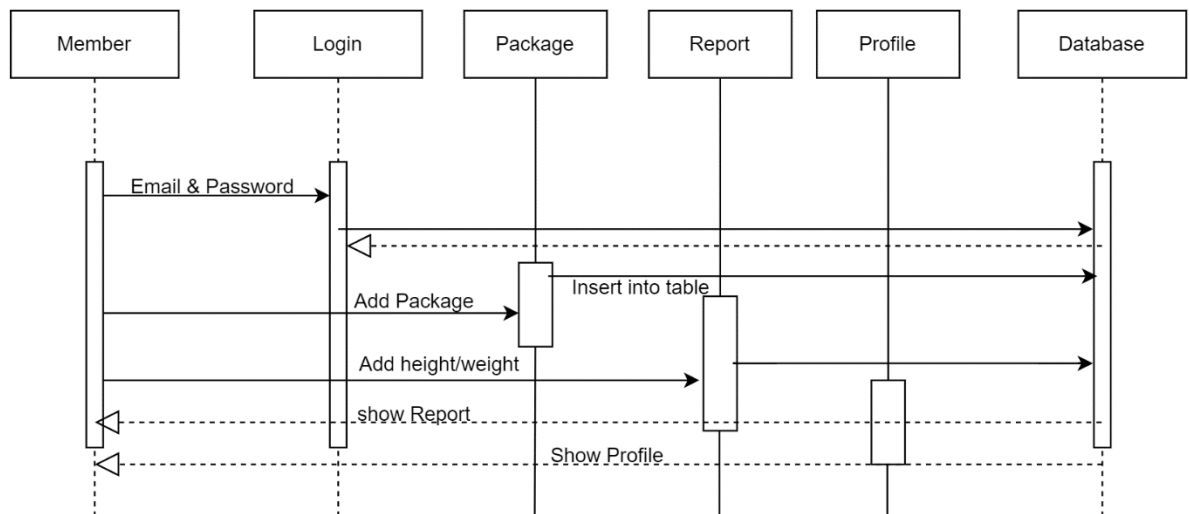
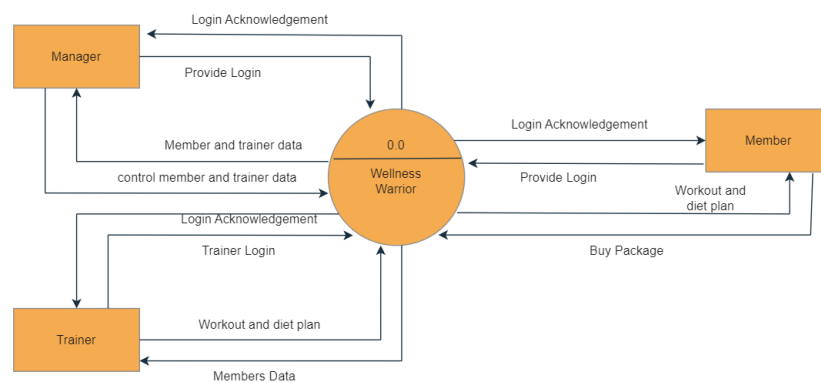


Manager Sequence Daigram

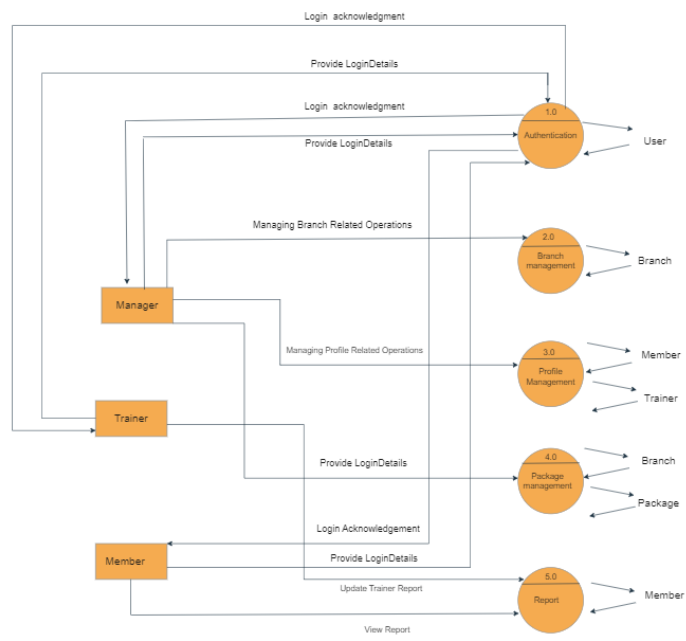


Trainer Sequence Flow Diagram

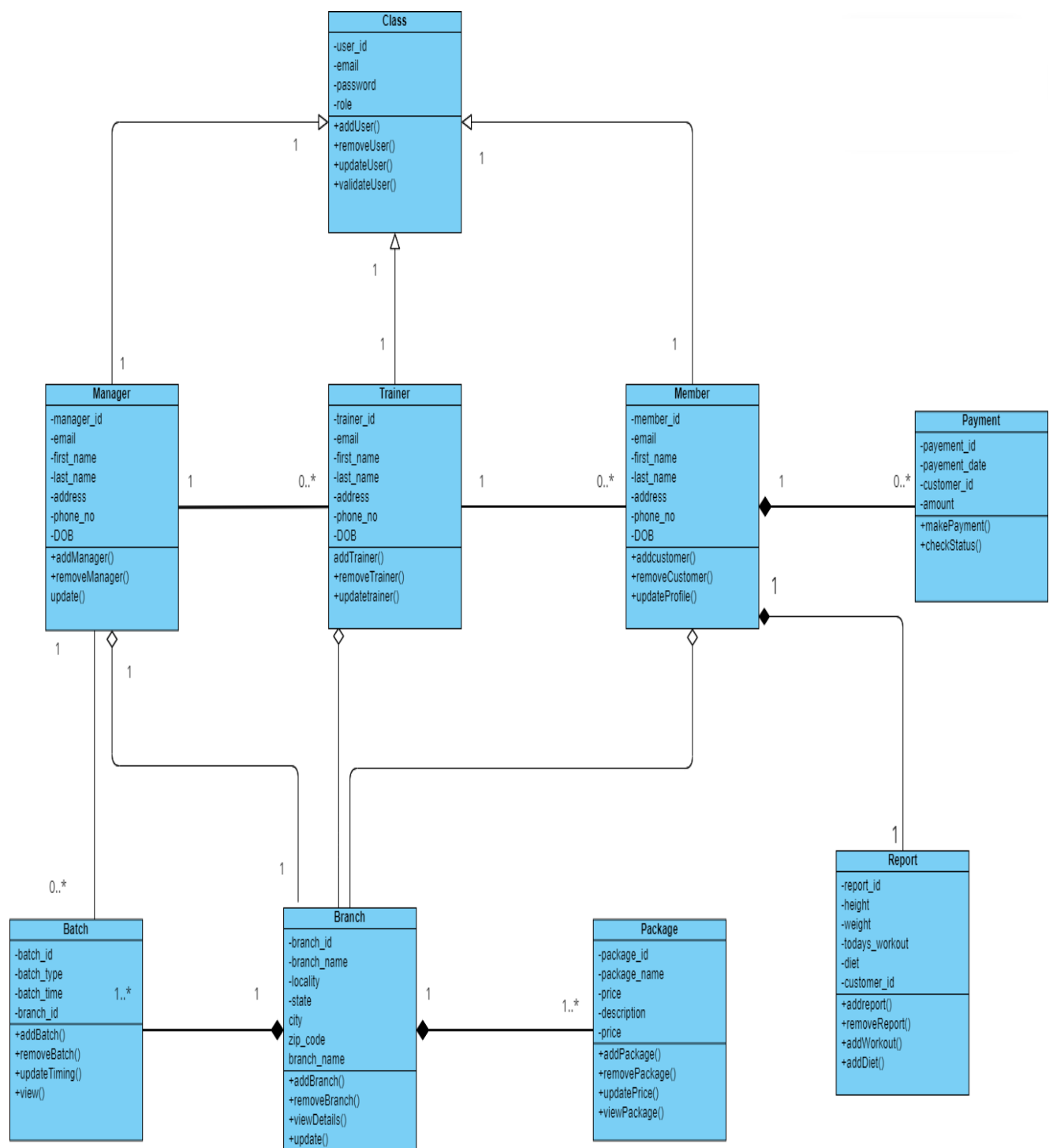


Member Sequence Flow Diagram**DFD 0th LEVEL**

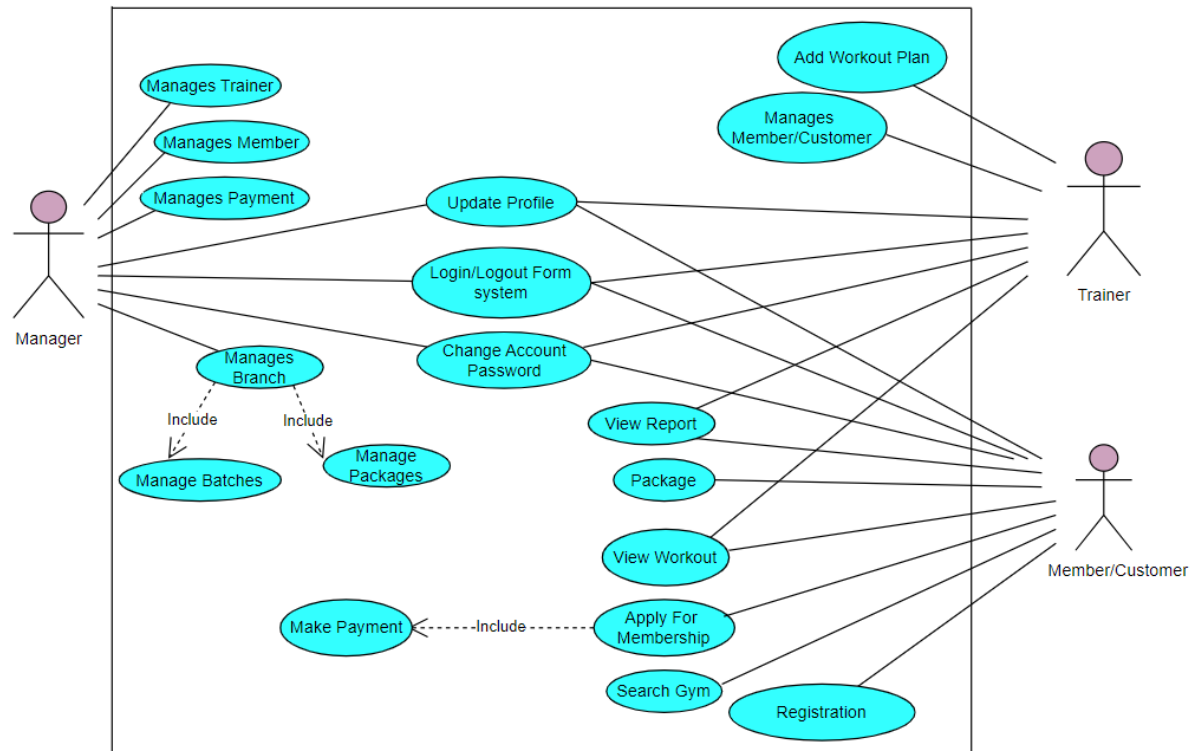
First Level DFD



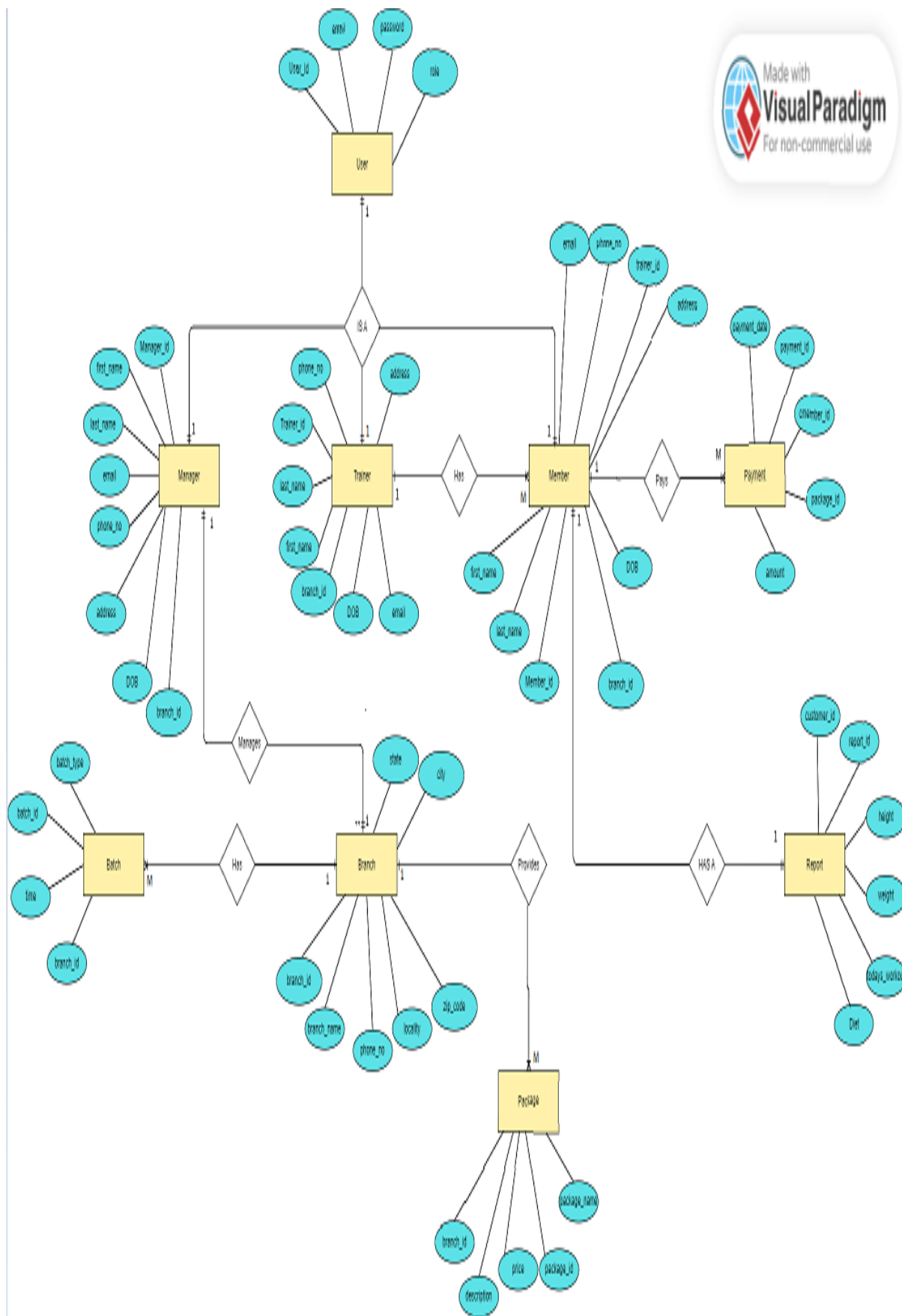
- Class Diagram



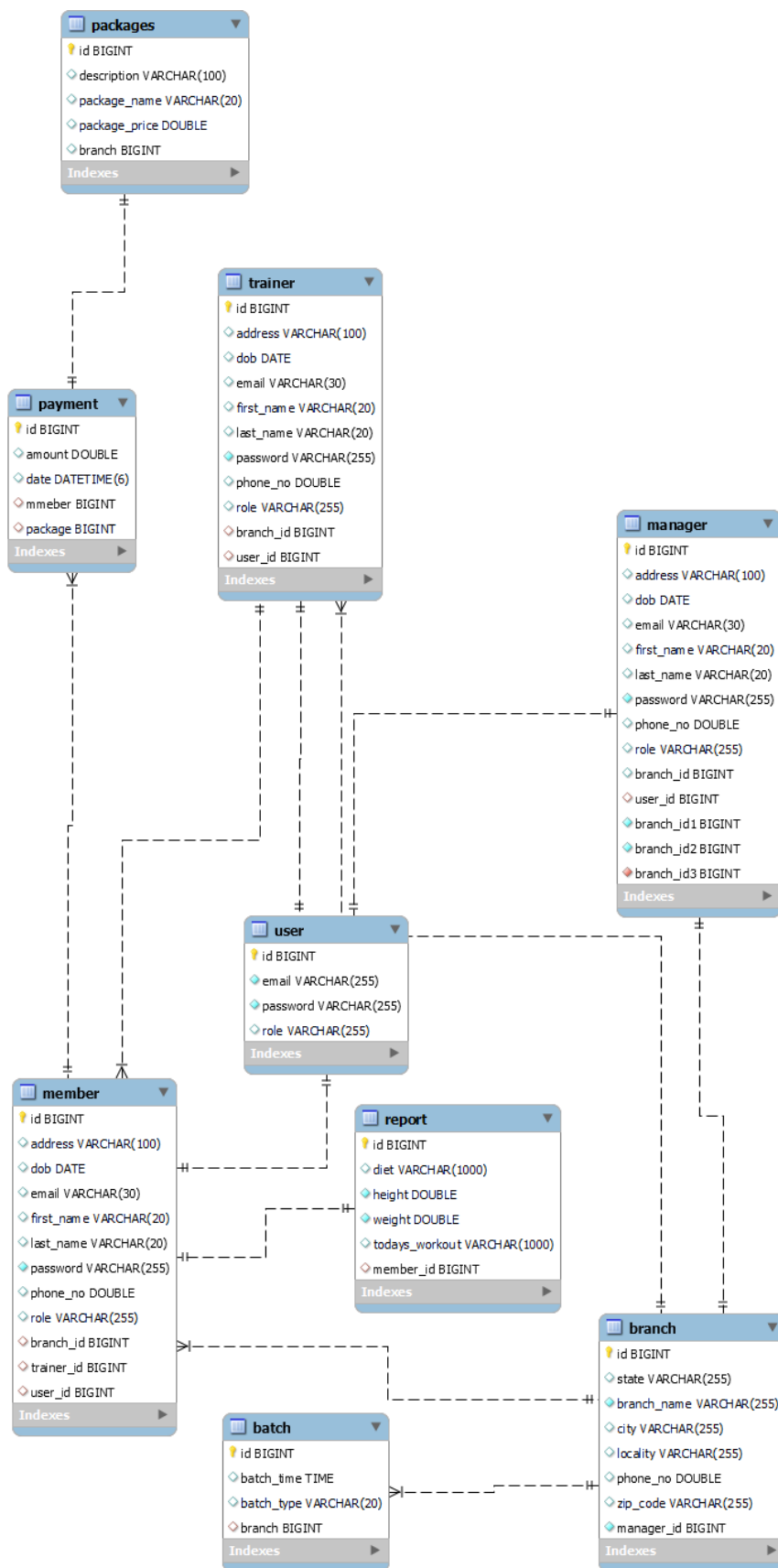
- Use Case Diagram



- ER Diagram



System Generated ERD



5. TABLE STRUCTURE

User:

<u>Field</u>	<u>Type</u>	<u>Null</u>	<u>Key</u>	<u>Default</u>	<u>Extra</u>
UserId	bigint	NO	PRI	NULL	auto_increment
email	Varchar(255)	NO		NULL	
password	Varchar(255)	NO		NULL	
role	Varchar(255)	YES		NULL	

Manager:

<u>Field</u>	<u>Type</u>	<u>Null</u>	<u>Key</u>	<u>Default</u>	<u>Extra</u>
ManagerId	bigint	NO	PRI	NULL	auto_increment
address	Varchar(100)	YES		NULL	
Dob	date	YES		NULL	
email	Varchar(30)	NO	UNI	NULL	
first_name	Varchar(20)	YES		NULL	
last_name	Varchar(20)	YES		NULL	
Password	Varchar(255)	NO		NULL	
phone_no	double	YES		NULL	
role	Varchar(255)	YES		NULL	
branch_id	bigint	YES	MUL	NULL	
user_id	bigint	YES	MUL	NULL	

Batch:

<u>Field</u>	<u>Type</u>	<u>Null</u>	<u>Key</u>	<u>Default</u>	<u>Extra</u>
BatchId	bigint	NO	PRI	NULL	auto_increment
batch_time	time	YES		NULL	
batch_type	Varchar(250)	YES		NULL	
branch	bigint	YES		NULL	

Trainer:

<u>Field</u>	<u>Type</u>	<u>Null</u>	<u>Key</u>	<u>Default</u>	<u>Extra</u>
TrainerId	bigint	NO	PRI	NULL	auto_increment
address	Varchar(100)	YES		NULL	
Dob	date	YES		NULL	
email	Varchar(30)	NO	UNI	NULL	
first_name	Varchar(20)	YES		NULL	
last_name	Varchar(20)	YES		NULL	
Password	Varchar(255)	NO		NULL	
phone_no	double	YES		NULL	
role	Varchar(255)	YES		NULL	
branch_id	bigint	YES	MUL	NULL	
user_id	bigint	YES	MUL	NULL	

Member:

<u>Field</u>	<u>Type</u>	<u>Null</u>	<u>Key</u>	<u>Default</u>	<u>Extra</u>
MemberId	bigint	NO	PRI	NULL	auto_increment
address	Varchar(100)	YES		NULL	
Dob	date	YES		NULL	
email	Varchar(30)	NO	UNI	NULL	
first_name	Varchar(20)	YES		NULL	
last_name	Varchar(20)	YES		NULL	
Password	Varchar(255)	NO		NULL	
phone_no	double	YES		NULL	
role	Varchar(255)	YES		NULL	
branch_id	bigint	YES	MUL	NULL	
trainer_id	bigint	YES	MUL	NULL	
user_id	bigint	YES	MUL	NULL	

Branch:

<u>Field</u>	<u>Type</u>	<u>Null</u>	<u>Key</u>	<u>Default</u>	<u>Extra</u>
BranchId	bigint	NO	PRI	NULL	auto_increment
state	varchar(255)	YES		NULL	
branch_name	varchar(255))	NO		NULL	
city	varchar(255)	YES		NULL	
locality	varchar(255)	YES		NULL	
phone_no	double	YES		NULL	
zip_code	varchar(255)	YES		NULL	

Packages:

<u>Field</u>	<u>Type</u>	<u>Null</u>	<u>Key</u>	<u>Default</u>	<u>Extra</u>
PackageId	bigint	NO	PRI	NULL	auto_increment
description	varchar(100)	YES		NULL	
package_name	varchar(20)	YES		NULL	
package_price	double	YES		NULL	
branch	bigint	YES	MUL	NULL	

Payment:

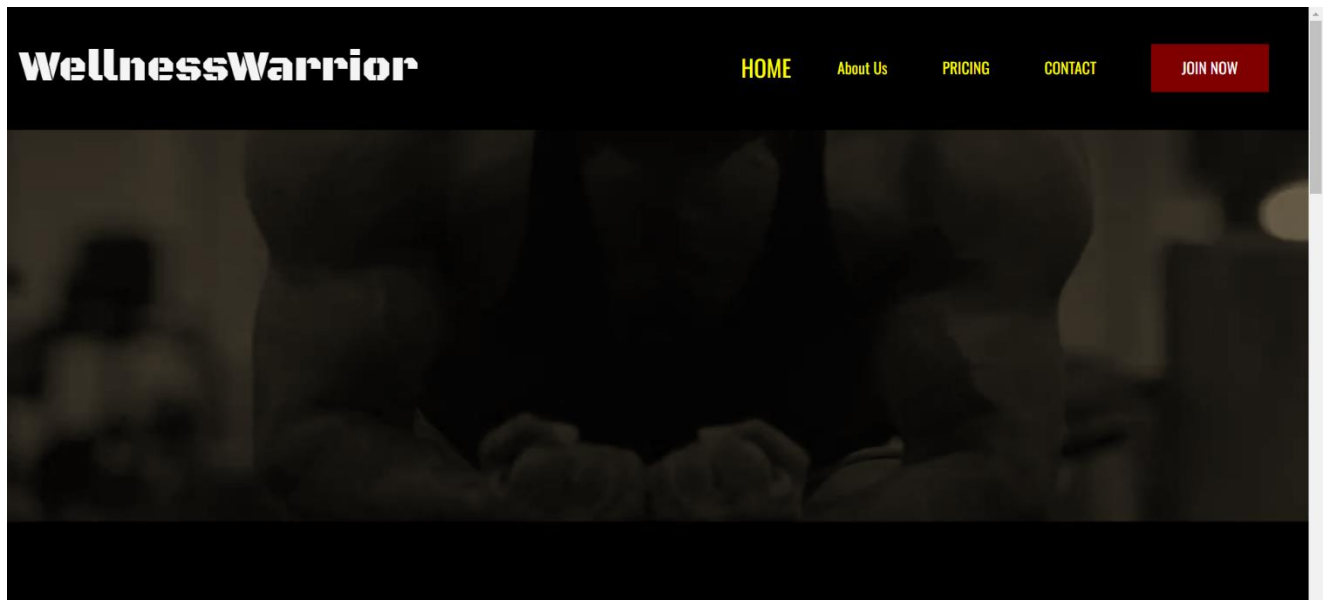
<u>Field</u>	<u>Type</u>	<u>Null</u>	<u>Key</u>	<u>Default</u>	<u>Extra</u>
PaymentId	bigint	NO	PRI	NULL	auto_increment
amount	double	YES		NULL	
date	datetime(6)	YES		NULL	
member	bigint	YES	MUL	NULL	
package	bigint	YES	MUL	NULL	

Report:

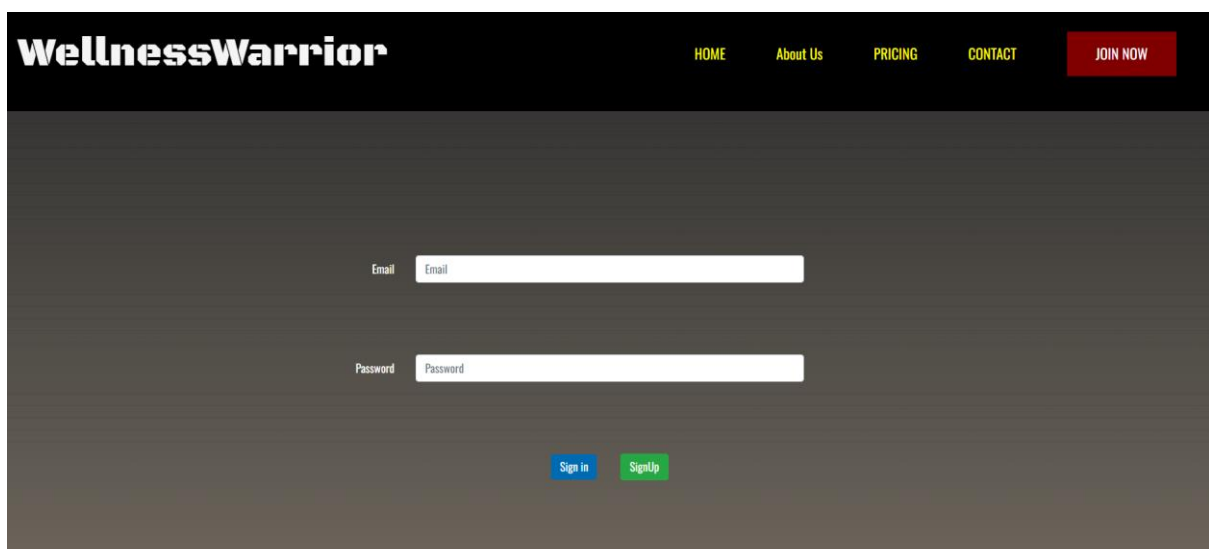
<u>Field</u>	<u>Type</u>	<u>Null</u>	<u>Key</u>	<u>Default</u>	<u>Extra</u>
ReportId	bigint	NO	PRI	NULL	auto_increment
diet	varchar(1000)	YES		NULL	
height	double	NO		NULL	
weight	double	NO		NULL	
todays_workout	varchar(1000)	YES		NULL	
member_id	bigint	YES	MUL	NULL	

6.SCREENSHOTS

HOME PAGE



SIGN IN / SIGN UP PAGE



GYM MANAGER BRANCH PAGE

WellnessWarrior

LOG OUT

Branch Page

Add Trainer

Add Batch

All Members

M	FirstName	LastName	email	Phone No.
1	rahul	rao	rahul@gmail.com	9822072899

All Trainers

M	FirstName	LastName	email	Phone No.	Action
1	Michael	Johnson	user@trainer1.com	3333333333	<div>Delete</div>

All Batches

M	Batch Time	Batch Type	Action
			<div>Delete</div> <div>Edit</div>
			<div>Delete</div> <div>Edit</div>

Back

TRAINER ADD PAGE

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First Name

First Name

Last Name

last Name

DOB

dd-mm-yyyy

Email

Email

Password

Password

Address

Address

Contact Number

phone number

Role

MEMBER

Register

Back

GYM SHIFT PAGE

WellnessWarrior

LOG OUT

Branch Id

Branch Id

Batch Time

--:--

Batch Type

●YOGA

●ZUMBA

●AEROBICS

●CROSSFIT

●WEIGHT TRAINING

Add Batch

Back

ADD NEW PACKAGE

WellnessWarrior

LOG OUT

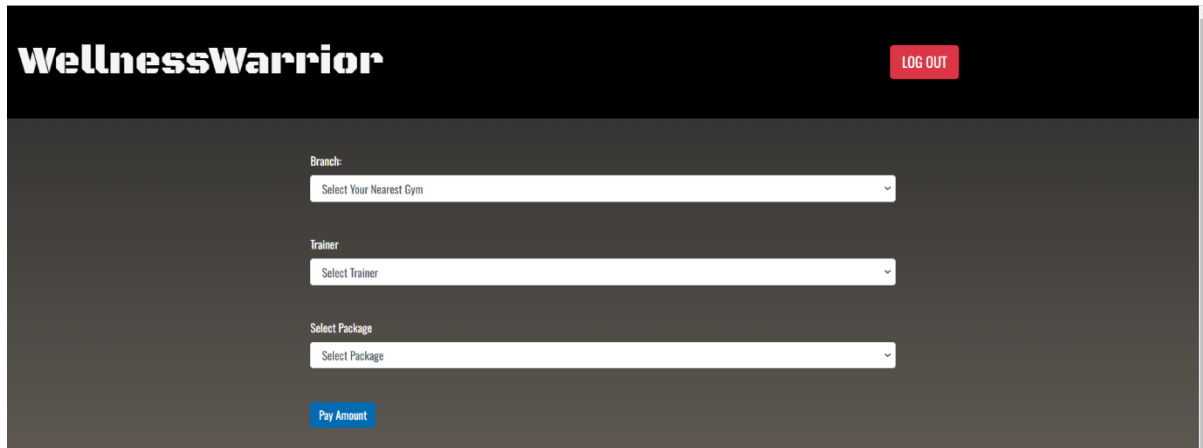
Add Packages

All Packages

Id	Package Name	Description	Price
1	WEIGHT TRAINING	ADVANCE	20000
2	STRENGTH TRAINING	INTERMEDIATE	15000
3	CARDIO	BEGINNER	10000

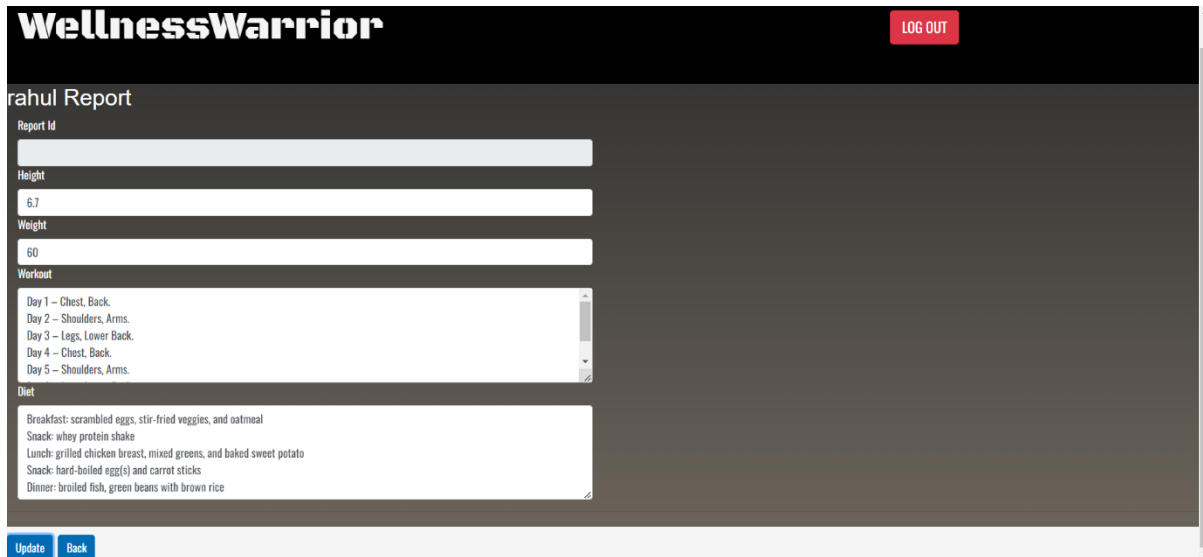
Back

PURCHASE MEMBERSHIP



The screenshot shows the 'PURCHASE MEMBERSHIP' form on the Wellness Warrior website. The header is dark with the 'WellnessWarrior' logo on the left and a red 'LOG OUT' button on the right. The form itself is on a dark grey background with white text and input fields. It includes three dropdown menus for 'Branch' (with 'Select Your Nearest Gym' as the placeholder), 'Trainer' (with 'Select Trainer' as the placeholder), and 'Select Package' (with 'Select Package' as the placeholder). Below these is a blue 'Pay Amount' button.

WORKOUT REPORT



The screenshot shows the 'WORKOUT REPORT' form on the Wellness Warrior website. The header is dark with the 'WellnessWarrior' logo on the left and a red 'LOG OUT' button on the right. The form is titled 'Rahul Report' and is on a dark grey background with white text and input fields. It includes several input fields: 'Report Id', 'Height' (with '6.7' entered), and 'Weight' (with '60' entered). Below these is a 'Workout' section with a text area containing a 5-day plan: 'Day 1 - Chest, Back.', 'Day 2 - Shoulders, Arms.', 'Day 3 - Legs, Lower Back.', 'Day 4 - Chest, Back.', and 'Day 5 - Shoulders, Arms.'. Below the workout section is a 'Diet' section with a text area containing a meal plan: 'Breakfast: scrambled eggs, stir-fried veggies, and oatmeal', 'Snack: whey protein shake', 'Lunch: grilled chicken breast, mixed greens, and baked sweet potato', 'Snack: hard-boiled egg(s) and carrot sticks', and 'Dinner: broiled fish, green beans with brown rice'. At the bottom of the form are two blue buttons: 'Update' and 'Back'.

ABOUT US

WellnessWarrior

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About Us

We at Wellness Warrior, have taken a vow to make our #Fitness healthy and happy. We have been winning the battle for the last 10 years when we started our journey. Today our family comprises thousands of members and we are growing every day.

We have trained experts with great education, experience and insight who will help you to be fit and healthy and help you optimize the transition process.

We help you optimize your nutrition intake with the help of our expert nutritionists and get in shape with the guidance of the best trainers in the industry.

Nutrition

Getting in the best shape needs a lot more than just working out. It is believed that 70% of what you eat decides your health and looks. Let's meet our team of **Nutritionists**



Yuvraj Bhavnagar

MS Nutrition and Food Science from University of California-Berkeley
Experience: 5 yrs

Yuvraj Bhavnagar has a MS Nutrition and Food Science from University of California-Berkeley degree and an assorted experience in the fitness industry for 5 years. He is highly skilled and motivating when it comes to being a personal trainer.



Rita Jairath

PhD in Applied Nutrition from Cornell University
Experience: 7 yrs

Rita Jairath has a PhD in Applied Nutrition from Cornell University degree and an assorted experience in the fitness industry for 7 years. She is highly skilled and motivating when it comes to being a personal trainer.



Rohan Sharma

MS in Nutrition and Food Science from University of Georgia
Experience: 3 yrs

Rohan Sharma has a MS in Nutrition and Food Science from University of Georgia degree and an assorted experience in the fitness industry for 3 years. He is highly skilled and motivating when it comes to being a personal trainer.



Rutuja Hegshetye

BS in Clinical Nutrition from Syracuse University
Experience: 2 yrs

Rutuja Hegshetye has a BS in Clinical Nutrition from Syracuse University degree and an assorted experience in the fitness industry for 2 years. She is highly skilled and motivating when it comes to being a personal trainer.

Trainers

With the best trainers across the country in our team, we guarantee you a better health and physique. With scientific approach towards working out, our team of expert trainers are here to optimize your training. Let's meet our team of **Fitness Trainers**



Manish Advilkar

Personal Trainer (ACE-CPT)
Experience: 6 yrs

Manish Advilkar has a Personal Trainer (ACE-CPT) degree and an assorted experience in the fitness industry for 6 years. He is highly skilled and motivating when it comes to being a personal trainer.



Yasmeen Chauhan

Personal Trainer (ACE-CPT)
Experience: 4 yrs

Yasmeen Chauhan has a Personal Trainer (ACE-CPT) degree and an assorted experience in the fitness industry for 4 years. She is highly skilled and motivating when it comes to being a personal trainer.



Anabel Da Slavia

ACSM Certified Personal Trainer (CPT)
Experience: 4 yrs

Anabel Da Slavia has a ACSM Certified Personal Trainer (CPT) degree and an assorted experience in the fitness industry for 4 years. She is highly skilled and motivating when it comes to being a personal trainer.



Samir Jaura

Certified Personal Fitness Trainer (CPFT)
Experience: 6 yrs

Samir Jaura has a Certified Personal Fitness Trainer (CPFT) degree and an assorted experience in the fitness industry for 6 years. He is highly skilled and motivating when it comes to being a personal trainer.



Bharat Singh Walia

International Fitness Professionals Association Personal Fitness Training Certification (IFPA - PFT)
Experience: 7 yrs

Bharat Singh Walia has a International Fitness Professionals Association Personal Fitness Training Certification (IFPA - PFT) degree and an assorted experience in the fitness industry for 7 years. He is highly skilled and motivating when it comes to being a personal trainer.



Tarun Bhatia

Certified Personal Fitness Trainer (CPFT)
Experience: 12 yrs

Tarun Bhatia has a Certified Personal Fitness Trainer (CPFT) degree and an assorted experience in the fitness industry for 12 years. He is highly skilled and motivating when it comes to being a personal trainer.

Location

Monday through Thursday (9AM to 6PM)
Friday (9AM to 4PM)

Community

Health Awareness
Positive Body Image
Blood Pressure Group

Services

Personal Trainer
Nutrition Guidance
Weight Loss Program

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PRICING

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Pricing and Membership

We provide the ultimate workout experience. We believe that a healthy body promotes healthy lifestyles and by that extension a healthier mind. We are riddled with bad food habits, hectic lifestyles and extreme pollution all around us. We have come up with a scientific approach to tackle all these issues and keep all of us healthy, both physically and mentally.

₹ 3000

Per Month

Basic package.

For all those who want to live healthy and happy. Best suited for regular users.

What you get :

- Cardio and Yoga
- Core strength enhancing exercises
- Crossfit exercises
- Nutritional guidance
- Personal Trainer

₹ 6000

Per Month

Premium package.

Get unlimited access to our spa and massages. Get best advices from nutritionists and personal trainers for optimum workout.

What you get :

- Cardio
- Yoga
- Personal Trainer
- Spa & theraputic massage
- Nutritional guidance

₹ 10000

Per Month

Family package.

For a family of four or less, the best package for a wholesome family health investment

What you get :

- Cardio
- Yoga
- Personal Trainer
- spa & Massage
- Nutritional guidance

JOIN US NOW

Location

Monday Through Thursday (6AM to 8PM)
Friday (6AM to 6PM)

Community

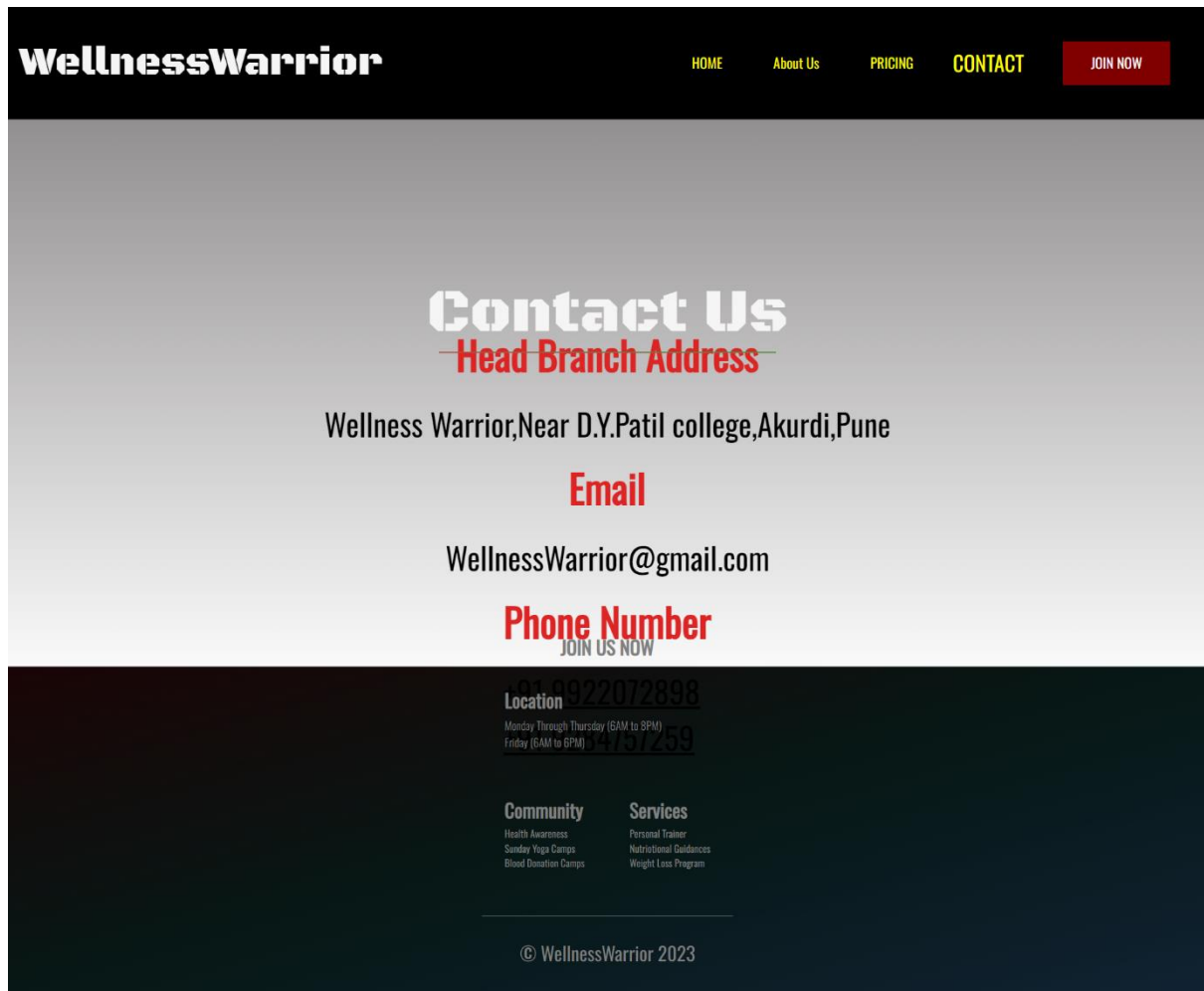
Health Awareness
Sunday Yoga Camps
Blood Donation Camps

Services

Personal Trainer
Nutritional Guidance
Weight Loss Program

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CONTACT US



The image shows a website mockup for 'Wellness Warrior'. The header is black with the brand name in white and navigation links in yellow. The main content area has a light gray gradient background with large, bold text for contact information. The footer is dark blue with contact details and service lists.

WellnessWarrior HOME About Us PRICING **CONTACT** JOIN NOW

Contact Us

Head Branch Address

Wellness Warrior, Near D.Y. Patil college, Akurdi, Pune

Email

WellnessWarrior@gmail.com

Phone Number

JOIN US NOW

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Monday Through Thursday (6AM to 8PM)
Friday (6AM to 6PM) 94757259

Community	Services
Health Awareness	Personal Trainer
Sunday Yoga Camps	Nutritional Guidance
Blood Donation Camps	Weight Loss Program

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7. CONCLUSION

This system brings ease in the communication and business of B2C field. It provides the complete functionality to owner This system allows admin to manage users and full application, manage gym shifts and the members to search gyms, apply for membership and view workouts while it allows trainer to create schedule, diet chart and add workout plans.

This system provides opportunity to Gym owners to expand their business online. Saves time and efforts of customers to right gym and reduces overall paper work of managing records and registers. Customers and Trainers can receive notifications via email.

- **Future Scope:**

This project can be enhanced further by adding payment gateway to reduce the maintenance of cash for Membership purchase payments. Online Workout tutorials and online Expert sessions can be hosted on this site for better customer satisfaction. The software is flexible enough to be modified and implemented as per future requirements. We have tried our best to present this free and user–friendly website to Institutes.

8.REFERENCES

- **References:**

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- ✚ [**Java 11 api docs**](#)
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- ✚ [Gym Management-UML](#)