

A
MINI PROJECT REPORT
on
“DAILY-FITNESS CALCULATOR”

Submitted in partial fulfillment for the completion of
BE-IV Semester
In
INFORMATION TECHNOLOGY
By
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CERTIFICATE

This is to certify that the project work entitled **“DAILY-FITNESS CALCULATOR”** submitted to **CHAITANYA BHARATHI INSTITUTE OF TECHNOLOGY**, in partial fulfillment of the requirements for the award of the completion of IV semester of B.E in Information Technology, during the academic year 2018-2019, is a record of original work done by **Thalla Pavan (160117737045)** during the period of study in Department of IT, CBIT, HYDERABAD, under our supervision and guidance.

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DECLARATION

I hereby declare that the mini project which we have done was under the supervision of the faculty of our college.

No part of our project has previously been submitted for a degree or any other qualification at this University or any other institution, this has been clearly stated.

Date:

Name: Thalla Pavan(160117737045)

Signature :

ABSTRACT

Fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest.

Most of the people in today's world are not satisfied with their current body status, they are either under or overweight. To ensure a proper diet and physical activity we introduce you with the daily fitness app.

We propose to develop this application using JAVA in netbeans IDE..

There is only one module in this system i.e user since the whole information is inhibited in the app itself.

The user can daily enter the type of food which he is consuming and simultaneously enter the type of workout he is doing. By considering a lot of other factors of the user the app finally shows whether the user is going through a calorific deficit or a calorific overload and further suggests a better diet by helping the user get his perfect physique in no time.

This system might not be the most accurate, but it surely gives you an idea on how you can consider your health life and improve your total fitness on the daily.

ACKNOWLEDGEMENTS

We take this opportunity to remember and acknowledge the cooperation, good will and support both moral and technical extended by several individuals out of which this project evolved. We shall always cherish my associate on with them.

We have immense pleasure in expressing my thanks and deep sense of gratitude to my project guide **Mrs.Y.Gnyana Deepa**, Assistant Professor, for the guidance and help throughout the development of this project work by providing us with required information.

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1. INTRODUCTION

1.1 Motivation

The main motivation for making this project took to life to correct people with idea's of false dieting habits.

1.2 Objective of the project

The main objective of the project is to acknowledge people in the world with better strategical methods for maintaining good health including daily fitness goals to ensure a healthy lifestyle.

1.2 Existing & Proposed Systems

Samsung Health and some wrist bands are used to calculate the calories burnt while doing some activites. They used to just calculate the total calories burn when an activity is done. But there is no exactly like this app which calculates the calories and it will suggest you to do some workouts.

2. SOFTWARE AND TOOLS

3.1 Java Introduction

Java is an object-oriented, cross platform, multi-purpose programming language produced by Sun Microsystems. First released in 1995, it was developed to be a machine independent web technology. It was based on C and C++ syntax to make it easy for programmers from those communities to learn.

3.2 Swings in Java

Swing is a part of JFC (**Java Foundation Classes**). Building Graphical User Interface in Java requires the use of Swings. Swing Framework contain a large set of components which allow high level of customization and provide rich functionalities, and is used to create window based **applications**.

3.3 Attributes

Action:

The `Action` interface provides a useful extension to the `ActionListener` interface in cases where the same functionality may be accessed by several controls.

Jlabel:

A display area for a short text string or an image, or both.

TextField:

`TextField` is a lightweight component that allows the editing of a single line of text.

Button:

An implementation of a "push" button.

EditorPlane:

A text component to edit various kinds of content.

3. SYSTEM DESIGN

3.1 Flowchart

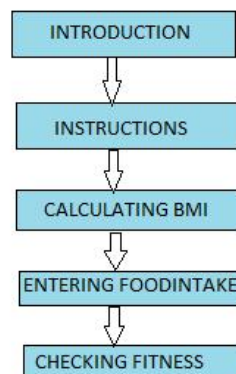


Fig 3.1 Flowchart of Daily-Fitness

By running this app you will get a introduction page and next instruction page which give some instructions to follow inorder to use this app properly. Then you have to enter the details like weight and height to calculate bmi ,in next page you have to enter the food intaken .In final page by clicking the 'checkfitness' button workouts will be displayed.

4 .IMPLEMENTATION

4.1 :Code to calculate bmi.

```
public Fit() {
    initComponents();

    double wt,ht1,ht2,s,s1;
    public double bm,ans,bml,sum=0;
    public void bmi ()
    {
        wt=Double.parseDouble(jTextField1.getText());
        ht1=Double.parseDouble(jTextField2.getText());
        ht2=Double.parseDouble(jTextField4.getText());
        s=12*ht1+ht2;
        s1=s*(0.0254);
        bm=((wt)/(s1*s1));
        jTextField3.setText(Double.toString(bm));
        bml=bm;
    }
}
```

Fig 1.1 Code to calculate bmi.

4.2 :Code for food intaking.

```
public void food()
{
    ArrayList<Double>z=new ArrayList<Double>();
    z.add(100000.000000);z.add(100.0);z.add(120.0);z.add(60.0);z.add(75.0);
    z.add(150.0);z.add(100.0);z.add(120.0);z.add(250.0);z.add(50.0);z.add(50.0);z.add(35.0);
    i1=Double.parseDouble(jTextField6.getText());
    int en1=(int)i1;
    j1=z.get(en1);
    i2=Double.parseDouble(jTextField3.getText());
    int en2=(int)i2;
    j2=z.get(en2);
    i3=Double.parseDouble(jTextField4.getText());
    int en3=(int)i3;
    j3=z.get(en3);
    i4=Double.parseDouble(jTextField5.getText());
    int en4=(int)i4;
    j4=z.get(en4);
    n1=Double.parseDouble(jTextField2.getText());
    n2=Double.parseDouble(jTextField7.getText());
    n3=Double.parseDouble(jTextField8.getText());
    n4=Double.parseDouble(jTextField9.getText());
    sum=j1*n1+j2*n2+j3*n3+j4*n4;
}
// ...
```

Fig1.2 Code for food intaking.

4.3 : Code to show WorkOuts.

```
public void fun1(float value)
{
    value=value*10;
    //double ex0,ey1,ey2,ey3,ey4,ey5,ey6,ey7,ey8,ey9,ex1,ex2,ex3,ex4,ex5,ex6,ex7,ex8,ex9;
    List<Float> exercise=new ArrayList<Float>();
    exercise.add(value/(71));
    exercise.add((value/81));
    exercise.add((value/102));
    exercise.add((value/25));
    exercise.add((value/30));
    exercise.add((value/34));
    exercise.add((value/81));
    exercise.add((value/36));
    exercise.add((value/100));
    exercise.add((value/50));
    jTextField3.setText(Float.toString(exercise.get(2)));
    jTextField4.setText(Float.toString(exercise.get(0)));
    jTextField5.setText(Float.toString(exercise.get(8)));
    jTextField6.setText(Float.toString(exercise.get(9)));
    jTextField7.setText(Float.toString(exercise.get(5)));
    jTextField8.setText(Float.toString(exercise.get(1)));
    jTextField9.setText(Float.toString(exercise.get(6)));
    jTextField10.setText(Float.toString(exercise.get(3)));
    jTextField11.setText(Float.toString(exercise.get(4)));
}
/* public void dianlaui()
```

Fig 1.3 Code to show WorkOuts.

5 TESTING & RESULTS

5.1 INTRODUCTION PAGE:

Displays the starting page of the app with title “dailyFitness”. Click the next button to jump into next page.



Fig 2.1 Introduction Page

5.2 INSTRUCTION PAGE:

Its shows all the instructions to follow, so one can check his fitness. Click Start button to jump into next page.

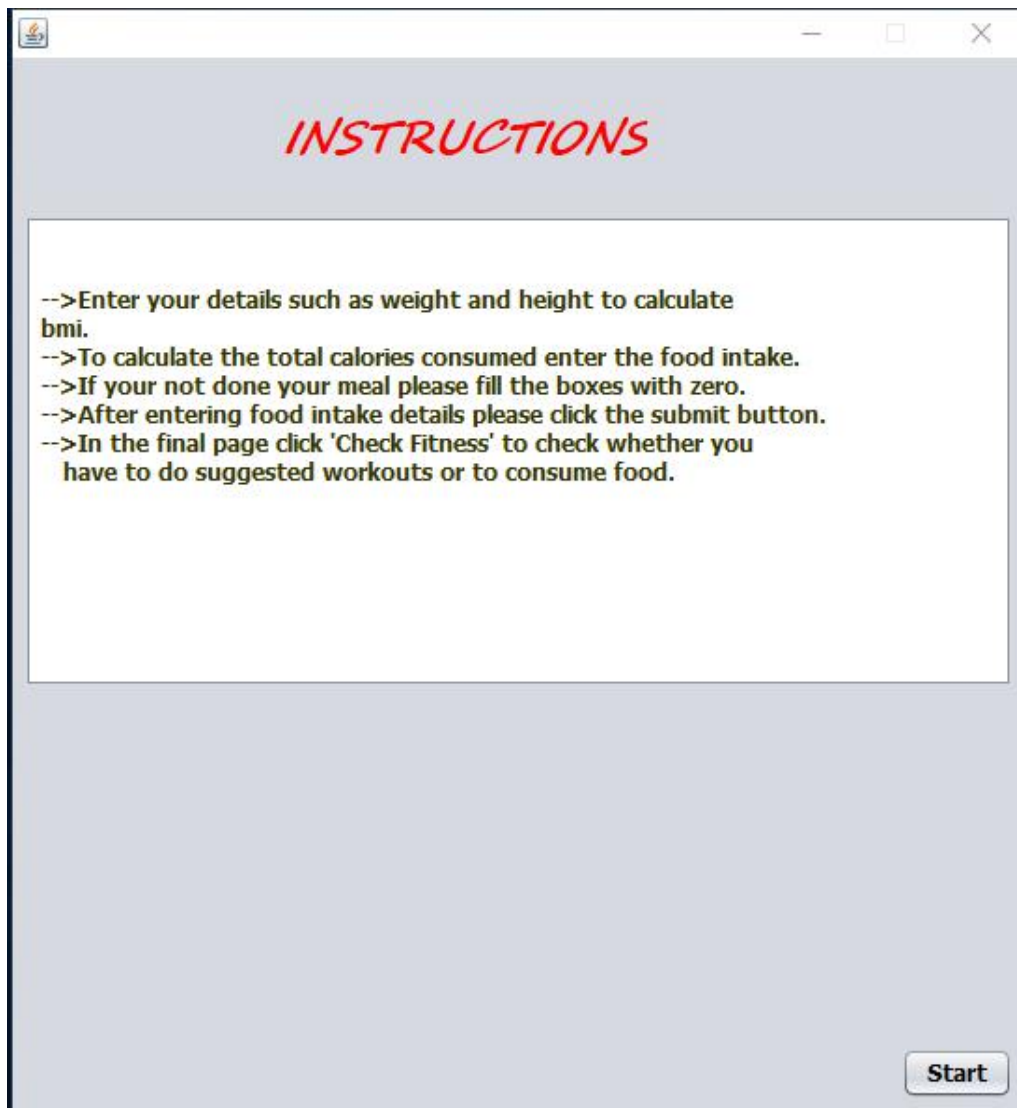
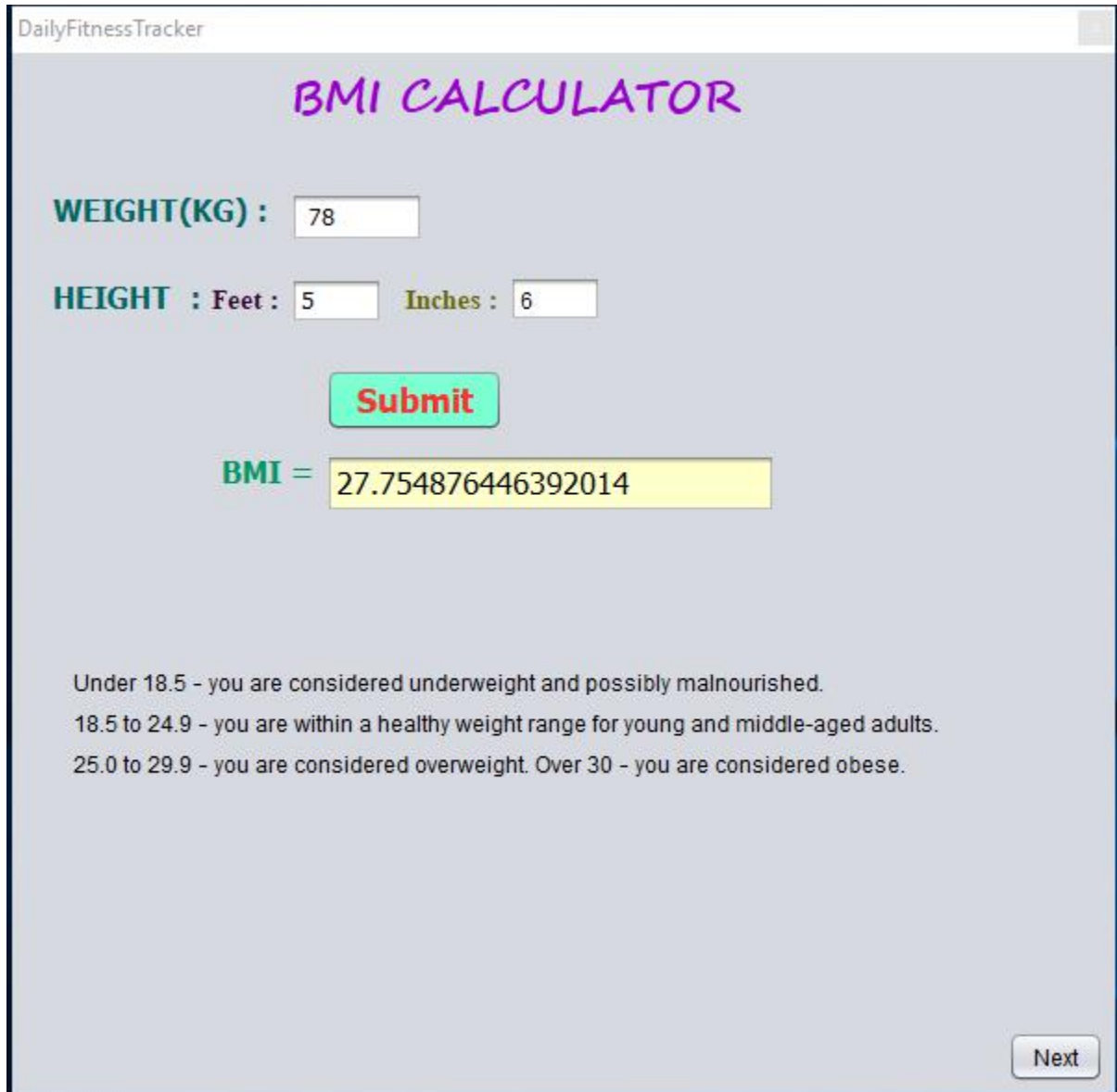


Fig 2.2 Instructions to follow

5.3 BODY MASS CALCULATOR:

Enter height in feet and weight in kgs to know your bmi. Once you entered the details then click submit button to know your bmi and check your body condition in the below given box.

Click next button to jump into next page.



DailyFitnessTracker

BMI CALCULATOR

WEIGHT(KG) :

HEIGHT : Feet : Inches :

Submit

BMI =

Under 18.5 - you are considered underweight and possibly malnourished.
18.5 to 24.9 - you are within a healthy weight range for young and middle-aged adults.
25.0 to 29.9 - you are considered overweight. Over 30 - you are considered obese.

Next

Fig 2.3 BodyMassIndex Calculator

5.4 ENTERING FOOD INTAKE:

By seeing the above table you need to enter the breakfast item nos and quantity of items in the respective fields. Once entering is completed make sure that you clicked the submit button. Do same for lunch, snacks, dinner.

BREAKFAST

The screenshot shows a web application window titled "Enter Food Intake". Inside, there is a yellow box labeled "BREAKFAST MENU". Below it, a text box contains the legend: "1=idly, 2=omlette, 3=chapathi, 4=puri, 5=paratha, 6=dosa, 7=masaladosa, 8=curry(100grams), 9=sambar(100grams), 10=chutney(100grams)". Below the legend, there are four rows of input fields. Each row has an "item" label followed by a text box and a "quantity" label followed by a text box. The values entered are: (1, 3), (3, 1), (10, 1), and (9, 2). At the bottom center is a yellow "Submit" button. At the bottom right are "previous" and "next" buttons.

item	quantity
1	3
3	1
10	1
9	2

Fig 2.4 Breakfast intake

LUNCH & SNACKS

LUNCH MENU

0=pickle(1 spoon) ,1 =rice(1 cup) ,2= chapathi ,3 =leafcurry(50gm),4= Dhal ,5 =(potato,carrot) ,6 =curd(100ml) ,7 =biryani(Single) ,8= meat(100gm) ,9= vegetables(50gm) ,10 =eggcurry(1 Piece) ,11 =Veg Biryani(Single)

item1	<input type="text"/>	quantity	<input type="text"/>
item2	<input type="text"/>	quantity	<input type="text"/>
item3	<input type="text"/>	quantity	<input type="text"/>
item4	<input type="text"/>	quantity	<input type="text"/>

SNACKS MENU

0=tea,coffee,milk(100ml),1=fastfood(on avg),2=bakeryStuff,3=hotsnacks(plate)

item5	<input type="text"/>	quantity	<input type="text"/>
item6	<input type="text"/>	quantity	<input type="text"/>


Submit

previous

next

Fig 2.5 Lunch&Snacks intake.

DINNER



—

□

×

DINNER

0=pickle(1 spoon) ,1 =rice(1 cup) ,2= chapathi ,3 =leafcurry(50gm),4= Dhal ,5 =(potato,carrot) ,6 =curd(100ml) ,7 =biryani(Single) ,8= meat(100gm) ,9= vegetables(50gm) ,10 =eggcurry(1 Piece) ,11 =Veg Biryani(Single)

item1	<input type="text" value="8"/>	quantity	<input type="text" value="2"/>
item2	<input type="text" value="1"/>	quantity	<input type="text" value="4"/>
item3	<input type="text" value="6"/>	quantity	<input type="text" value="2"/>
item4	<input type="text" value="8"/>	quantity	<input type="text" value="1"/>

SUBMIT

TOTAL CALORIES CONSUMED TODAY :=

previous

next

Fig 2.6 Dinner intake.

5.5 CHECKING FITNESS&DISPLAYING WORKOUTS:

Press Check Fitness button to know whether you have to do exercises or consume food.

The screenshot shows a window titled "Exercises" with a light blue background. At the top left, there is a "BMI :" label followed by a text input field containing "0.0". At the top right, there is a "Calories" label followed by a text input field containing "3400.0". In the center, there is a yellow button with the text "Check Fitness" in red. Below this, the word "WORKOUTS" is written in red. To the right of "WORKOUTS", there are two columns of exercises. Each exercise name is followed by a text input field containing a numerical value. The exercises and their values are: Running (39.215687), Dancing (56.338028), Skipping (40.0), Walking (80.0), Cycling (117.64706), Swimming (49.382717), Yoga (49.382717), PushUps (160.0), and PullUps (133.33333). At the bottom, there is a "NOTE :" label followed by a green text box containing the text "You need to do atleast one workout". Below the note, there is a green rectangular area. In the bottom right corner, there is a button labeled "previous".

	minutes		minutes
Running	39.215687	Yoga	49.382717
Dancing	56.338028	PushUps	160.0
Skipping	40.0	PullUps	133.33333
Walking	80.0		
Cycling	117.64706		
Swimming	49.382717		

NOTE : You need to do atleast one workout

previous

Fig 2.7 Checking fitness and displaying workouts.

6 .CONCLUSION&FUTURE SCOPE

”DAILY-FITNESS CALCULATOR” is an application that is used to track your fitness daily by entering your nutrition into the application.

The benefit of using this application is to gain or loose weight by calculating bmi and tallying it with nutrition intake.

After entering your nutrition into the app if you are consuming more than the limit ,then it shows some workouts you can choose to do.You need to choose only one workout so you can maintain good health and fitness.

By adding some more features like storing the data of the previous day which will help you to gain or loose weight .

By adding more food items it can be accurate.

7.BIBLIOGRAPHY

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