DATA BASE PROJECT

Group Member	Roll Numbers
Abid Hussain	19I-1982
M Aqeel Afzal	19I-0650
Sahil Parkash	19I-0679

DATED 19/06/2021

ERD OF FIT ME GYM

SCHEMA OF GYM

Staff

PK,FK1	Staff_ID
	Name
	Address

Equipment

PK,FK1	Equip_ID
	Name

Intake Logs

PK	Log_id
	Weight
	BMI_Rate
	Muscle gain

Personalized Plan

PK	Plan_ID
FK	Mem_id
	Gender
	Daily target
	Monthly target
	Weekly target
	Height
	Weight

Workout plan

PK	Plan_ID
FK	Equip_ID
FK	Staff_ID
	Workout_Plan_fee
	Description
	Type
	Nutritional Quantity
	daily_target

Member

PK	Mem_ID
FK	log_id
	Gender
	Name
	Weight
	Contact_No
	Age

FIT Me Gym

PK	Code
	Address
	Regis_Fee
	Plan_ID
	Mem_ID

Custom Plan

PK	Plan_ID
FK	Mem_id
	Description
	Daily target
	Monthly target
	Weekly target
	Type
	Nutritional Quantity

Description of our ERD:

- **Equipment:**
  - In this Table we take the Equip_ID of the Equipment and the name of the that Equipment.
  - We have the Equip_Id as the Primary key here.
- **Intake Logs:**
  - In this table we take the Log_id, Weight, BMI_rate, Muscle_gain. We have the login_id as the Primary key here.
- **Staff:**
  - In this table we take the Staff_ID, Name, Address as input. We have the Staff_id as the Primary key.
- **Custom Plan:**
  - In this table we take the description of the custom plan, Plan_id, Mem_id, daily_target, Weekly_target, Monthly_target, type and Nutritional_Quantity. We have the Plan_id as the primary key. and the member_id as the foreign key here. The purpose of this table is to set the plan of the members.
- **Workout plan:**
  - In this table we take the discription of the Workout_Plan, Plan_id, Equip_ID, Plan_fee, Staff_ID, daily_target, Weekly_target, Monthly_target,Type and Nutritional_Quantity. We have the Plan_id as the primary key. we have the Staff and Equipment as the Foreign key as the foreign key here. The purpose of this table is to set the daily, weekly and monthly workout plan for the member. The purpose of the Staff_id is that he will set the workout_plan plan for the each member.
- **Member:**
  - In this table we take the gender, name, Log_is, mem_id, weight, Contact_No, and age. We have the member_is as the primary key here. and log_id as the foreign_key here. Because each member has its own Intake_logs.
- **FIT_ME_Gym:**
  - In this Table we have code, Mem_id, Plan_id, Regis_id, Address. We have the code as the primary key here. Plan_id and Mem_id as the Foreign key here.
- **Personalized Plan:**
  - In this table we have the Plan_id, Mem_id, age, gender, height, weight, daily plan, weekly_plan and monthly_plan. We have the Plan_id as the primary key here. and member_id as the foreign key here.

Tables Creation:

```
SQL> Create table Equipment (
  2  Equip_ID NUMBER(20),
  3  Name VARCHAR(20) Not NULL,
  4  Primary key (Equip_ID)
  5  );

Table created.

SQL> Describe Equipment;
 Name                                      Null?    Type
 ---------------------------------------- -------- ----------------------------
 EQUIP_ID                                  NOT NULL NUMBER(20)
 NAME                                      NOT NULL VARCHAR2(20)
```

```
SQL> Create table Staff (
  2  Staff_ID NUMBER(10),
  3  Name VARCHAR(20) Not NULL,
  4  Address VARCHAR(20),
  5  Primary Key(Staff_ID)
  6  );

Table created.

SQL> Describe Staff;
 Name                                      Null?    Type
 ---------------------------------------- -------- ----------------------------
 STAFF_ID                                  NOT NULL NUMBER(10)
 NAME                                      NOT NULL VARCHAR2(20)
 ADDRESS                                            VARCHAR2(20)

SQL>
```

```
SQL> Create table Intake_Logs(
  2  log_id NUMBER(20),
  3  Weight NUMBER(10),
  4   BMI_rate FLOAT(10),
  5  Muscle_gian VARCHAR(20),
  6  Primary Key(log_id)
  7  );

Table created.

SQL> Describe Intake_Logs;
 Name                                      Null?    Type
 ---------------------------------------- -------- ----------------------------
 LOG_ID                                    NOT NULL NUMBER(20)
 WEIGHT                                             NUMBER(10)
 BMI_RATE                                           FLOAT(10)
 MUSCLE_GIAN                                        VARCHAR2(20)
```

```
SQL> Create table Member (
  2   Gender VARCHAR(2),
  3   Name VARCHAR(20),
  4   log_id NUMBER(20),
  5   Mem_ID NUMBER(10),
  6   Weight NUMBER(10),
  7   Contact_No NUMBER(20),
  8   Age NUMBER(20),
  9   Primary key (Mem_ID),
 10   FOREIGN KEY (log_id) REFERENCES Intake_Logs(log_id)
 11  );

Table created.

SQL> Describe Member;
 Name                                      Null?    Type
 ----------------------------------------- -------- ----------------------------
 GENDER                                             VARCHAR2(2)
 NAME                                               VARCHAR2(20)
 LOG_ID                                             NUMBER(20)
 MEM_ID                                    NOT NULL NUMBER(10)
 WEIGHT                                             NUMBER(10)
 CONTACT_NO                                         NUMBER(20)
 AGE                                                NUMBER(20)
```

```
SQL> Create table Custom_Plan (
  2   Description VARCHAR(100),
  3    Plan_ID NUMBER(10) Not NULL,
  4   Mem_ID NUMBER(10) Not NULL,
  5   daily_target VARCHAR(100),
  6        Weekly_target VARCHAR(100),
  7        Monthly_target VARCHAR(100),
  8   Type VARCHAR(20),
  9   Nutritional_Quantity NUMBER(10),
 10   Primary Key(plan_ID),
 11   FOREIGN KEY (mem_id) REFERENCES member(mem_id)
 12  );

Table created.

SQL> Describe Custom_Plan;
 Name                                      Null?    Type
 ----------------------------------------- -------- ----------------------------
 DESCRIPTION                                        VARCHAR2(100)
 PLAN_ID                                   NOT NULL NUMBER(10)
 MEM_ID                                    NOT NULL NUMBER(10)
 DAILY_TARGET                                       VARCHAR2(100)
 WEEKLY_TARGET                                      VARCHAR2(100)
 MONTHLY_TARGET                                     VARCHAR2(100)
 TYPE                                               VARCHAR2(20)
 NUTRITIONAL_QUANTITY                               NUMBER(10)
```

```
SQL> Create table Workout_Plan (
  2  Description VARCHAR(100),
  3   Plan_ID NUMBER(10),
  4         Equip_ID NUMBER(20),
  5  Plan_fee NUMBER(10),
  6  Staff_ID NUMBER(10),
  7  daily_target VARCHAR(100),
  8  Weekly_target VARCHAR(100),
  9         Monthly_target VARCHAR(100),
 10  Type VARCHAR(20),
 11  Nutritional_Quantity NUMBER(10),
 12  Primary Key(plan_ID),
 13  FOREIGN KEY (Staff_ID) REFERENCES Staff(Staff_ID),
 14  FOREIGN KEY (Equip_ID) REFERENCES Equipment (Equip_ID)
 15  );

Table created.

SQL> Describe Workout_Plan;
 Name                                       Null?     Type
 ---------------------------------------- -------- ----------------------------
 DESCRIPTION                                        VARCHAR2(100)
 PLAN_ID                                   NOT NULL NUMBER(10)
 EQUIP_ID                                           NUMBER(20)
 PLAN_FEE                                           NUMBER(10)
 STAFF_ID                                           NUMBER(10)
 DAILY_TARGET                                       VARCHAR2(100)
 WEEKLY_TARGET                                      VARCHAR2(100)
 MONTHLY_TARGET                                     VARCHAR2(100)
 TYPE                                               VARCHAR2(20)
 NUTRITIONAL_QUANTITY                               NUMBER(10)

SQL>
```

```
SQL> Create table FIT_ME_Gym (
  2  Code NUMBER(10) ,
  3  Mem_ID NUMBER(10),
  4  Plan_ID NUMBER(10),
  5  Regis_fee NUMBER(10),
  6  Address VARCHAR(20) Not NULL,
  7  Primary Key (Code),
  8         FOREIGN KEY (Plan_ID) REFERENCES Workout_Plan (Plan_ID),
  9  FOREIGN KEY (Mem_ID) REFERENCES Member(Mem_ID)
 10  );

Table created.

SQL> Describe FIT_ME_Gym;
 Name                                       Null?     Type
 ---------------------------------------- -------- ----------------------------
 CODE                                      NOT NULL NUMBER(10)
 MEM_ID                                             NUMBER(10)
 PLAN_ID                                            NUMBER(10)
 REGIS_FEE                                          NUMBER(10)
 ADDRESS                                   NOT NULL VARCHAR2(20)
```

```
SQL> Create table Personalized_Plan(
  2          plan_id NUMBER(10),
  3  Mem_ID NUMBER(10) Not NULL,
  4  age NUMBER(5),
  5  Gender VARCHAR(2),
  6  Height NUMBER(5),
  7  Weight NUMBER(5),
  8  Daliy VARCHAR(150),
  9  Weekly VARCHAR(150),
 10  Monthly VARCHAR(150),
 11  Primary Key (plan_id),
 12  FOREIGN KEY (mem_id) REFERENCES member(mem_id)
 13  );

Table created.

SQL> Describe Personalized_Plan;
 Name                                      Null?    Type
 ----------------------------------------- -------- ----------------------------
 PLAN_ID                                   NOT NULL NUMBER(10)
 MEM_ID                                    NOT NULL NUMBER(10)
 AGE                                                NUMBER(5)
 GENDER                                             VARCHAR2(2)
 HEIGHT                                             NUMBER(5)
 WEIGHT                                             NUMBER(5)
 DALIY                                              VARCHAR2(150)
 WEEKLY                                             VARCHAR2(150)
 MONTHLY                                            VARCHAR2(150)
```

Insertion in tables:

```
SQL> select * from Equipment;

  EQUIP_ID NAME
---------- --------------------
      1010 Cardiovascular
      1011 The treadmill
      1012 Rowing machine
      1013 Elliptical machine
      1014 Upright bike
      1015 Stair mill
      1016 Exercise Bikes
      1017 Training bench
      1018 Barbell Set
      1019 Rowing machine

10 rows selected.
```

```
SQL> select * from Staff;

  STAFF_ID NAME                        ADDRESS
---------- --------------------        --------------------
      2000 Sahil Parksh                G-11, Islamabad
      2001 Abid Hussain                G-11, Islamabad
      2002 Aqeel Afzal                 I-9, Islamabad
      2003 Saqib Riaz                  Bahria Town, Karachi
      2004 Asif Mahmood                AnarKali , Lahore
      2005 Ahmed Ali                   G-13, Islamabad
      2006 Khalid Hussain              E-11, Islamabad
      2007 Aftab Afzal                 F-9, Islamabad
      2008 Saqib Hussain               Bahria Town, Lahore
      2009 Amjad Mahmood               G-10, Islamabad

10 rows selected.
```

```
SQL> select * from Intake_logs;

    LOG_ID      WEIGHT    BMI_RATE MUSCLE_GIAN
---------- ---------- ---------- --------------------
      1501         51        7.8 1 lb
      1502         67        8.5 1 lb
      1503         78        9.2 2 lb
      1504         61        8.2 1 lb
      1505         88       12.8 2 lb
      1506         90        7.4 3 lb
      1507         80        4.5 2 lb
      1508        100        8.2 2 lb
      1509         56        7.2 5 lb
      1510         76        8.8 1 lb

10 rows selected.
```

```
SQL> select * from Member;

GE NAME                        LOG_ID     MEM_ID     WEIGHT CONTACT_NO        AGE
-- -------------------- ---------- ---------- ---------- ---------------- ----------
M  ALI KHAN                   1501       7111         67 3456454427         22
M  Abid Hussain               1502       7112         44 3456456427         21
M  Nasir Mahmood              1503       7113         88 3456454927         22
M  Ahmad KHAN                 1504       7114         71 3456454227         45
M  Sahil Parkash              1505       7115         91 3456554427         77
F  Fariya KHAN                1506       7116         60 3452464427         50
M  Hussain Khan               1507       7117         40 3246756427         30
M  Zubair Kiyani              1508       7118         58 3578454927         32
F  Fiza Ahmed                 1509       7119         65 3456487656         41
M  Ramzan Mubarak             1510       7120         68 3456109747         49

10 rows selected.
```

```
SQL> select * from Workout_Plan;

DESCRIPTION                                                                              PLAN_ID   EQUIP_ID   PLAN_FEE   STAFF_ID
---------------------------------------------------------------------------------------  -------   --------   --------   --------
DAILY_TARGET
---------------------------------------------------------------------------------------
WEEKLY_TARGET
---------------------------------------------------------------------------------------
MONTHLY_TARGET                                                                           TYPE
          NUTRITIONAL_QUANTITY                                                           ----------------
Aerobic exercise for 5 weeks. Daily average intake to meet the nutrient requirements is (97%-98%).   3210   1010   1500   2000
Lose 500 g, Gain .002 BMI_Rate, MUSCLE GAIN .005 lb
Lose 3 kg, Gain .02 BMI_Rate, MUSCLE GAIN .05 lb
Lose 9 kg, Gain .2 BMI_Rate, MUSCLE GAIN .5 lb                                           Aerobic exercises
          20


DESCRIPTION                                                                              PLAN_ID   EQUIP_ID   PLAN_FEE   STAFF_ID
---------------------------------------------------------------------------------------  -------   --------   --------   --------
DAILY_TARGET
---------------------------------------------------------------------------------------
WEEKLY_TARGET
---------------------------------------------------------------------------------------
MONTHLY_TARGET                                                                           TYPE
          NUTRITIONAL_QUANTITY                                                           ----------------
Strength training for 4 weeks. Daily average intake to meet the nutrient requirements is (97%-98%).   3211   1011   2000   2001
Lose 600 g, Gain .002 BMI_Rate, MUSCLE GAIN .007 lb
Lose 2 kg, Gain .02 BMI_Rate, MUSCLE GAIN .07 lb
Lose 6 kg, Gain .2 BMI_Rate, MUSCLE GAIN .7 lb                                           Strength training
          10


DESCRIPTION                                                                              PLAN_ID   EQUIP_ID   PLAN_FEE   STAFF_ID
---------------------------------------------------------------------------------------  -------   --------   --------   --------
DAILY_TARGET
---------------------------------------------------------------------------------------
WEEKLY_TARGET
---------------------------------------------------------------------------------------
```

```
SQL>
SQL> select * from FIT_ME_Gym;

      CODE      MEM_ID     PLAN_ID   REGIS_FEE ADDRESS
---------- ---------- ---------- ---------- ----------------------
      1301        7111        3210         500 E-8, Islamabad
      1302        7112        3211         500 I-10, Islamabad
      1303        7113        3212         500 F-8, Islamabad
      1304        7114        3213         500 F-11, Islamabad
      1305        7115        3214         500 G-9, Islamabad
      1306        7116        3215         500 H-11, Islamabad
      1307        7117        3216         500 G-10, Islamabad
      1308        7118        3217         500 D-8, Islamabad
      1309        7119        3218         500 G-11, Islamabad
      1310        7120        3219         500 G-10, Islamabad

10 rows selected.
```

```
SQL> select * from Personalized_Plan;

   PLAN_ID     MEM_ID        AGE GE    HEIGHT     WEIGHT
--------- ---------- ---------- -- ---------- ----------
DALIY
-------------------------------------------------------------------------------
WEEKLY
-------------------------------------------------------------------------------
MONTHLY
-------------------------------------------------------------------------------
      1234       7111         18 M          5         59
Back Exercise
DAY1-Back / BICEPS, DAY2-FULL BODY, DAY3-REST, DAY4-CHEST, DAY5-REST,DAY6-LEGS,DAY7-REST
Drinking water


   PLAN_ID     MEM_ID        AGE GE    HEIGHT     WEIGHT
--------- ---------- ---------- -- ---------- ----------
DALIY
-------------------------------------------------------------------------------
WEEKLY
-------------------------------------------------------------------------------
MONTHLY
-------------------------------------------------------------------------------
      4521       7112         24 F          5         54
Shouders Exercise
DAY1-SHOULDERS / TRICEPS, DAY2-QUADS / GLUTES, DAY3-REST, DAY4-BACK / BICEPS, DAY5-REST,DAY6-HAMSTRINGS, GLUTES / CALVES,DAY7-REST
Taking Nutrients


   PLAN_ID     MEM_ID        AGE GE    HEIGHT     WEIGHT
--------- ---------- ---------- -- ---------- ----------
DALIY
-------------------------------------------------------------------------------
WEEKLY
-------------------------------------------------------------------------------
MONTHLY
-------------------------------------------------------------------------------
      1238       7113         30 M          6         58
Chest Exercise
DAY1-Back / BICEPS, DAY2- CHEST / CORE, DAY3-REST, DAY4-QUADS / GLUTES, DAY5-SHOULDERS / TRICEPS,DAY6- REST,DAY7-HAMSTRINGS / CALVES
Take Proteins


   PLAN_ID     MEM_ID        AGE GE    HEIGHT     WEIGHT
--------- ---------- ---------- -- ---------- ----------
```

HTML and PHP forms:

Main form

Registration form

Choose Workout plans form:

Ready made plans form:

BLACKFIT

7120

3211

Set Plan

Back

function get-execute

Plan_ID----> 3211

Equip_ID----> 1011

Plan_fee----> 2000

AWESOME BOD
CHAMPIONS TRAIN, LOSERS COMPLAIN
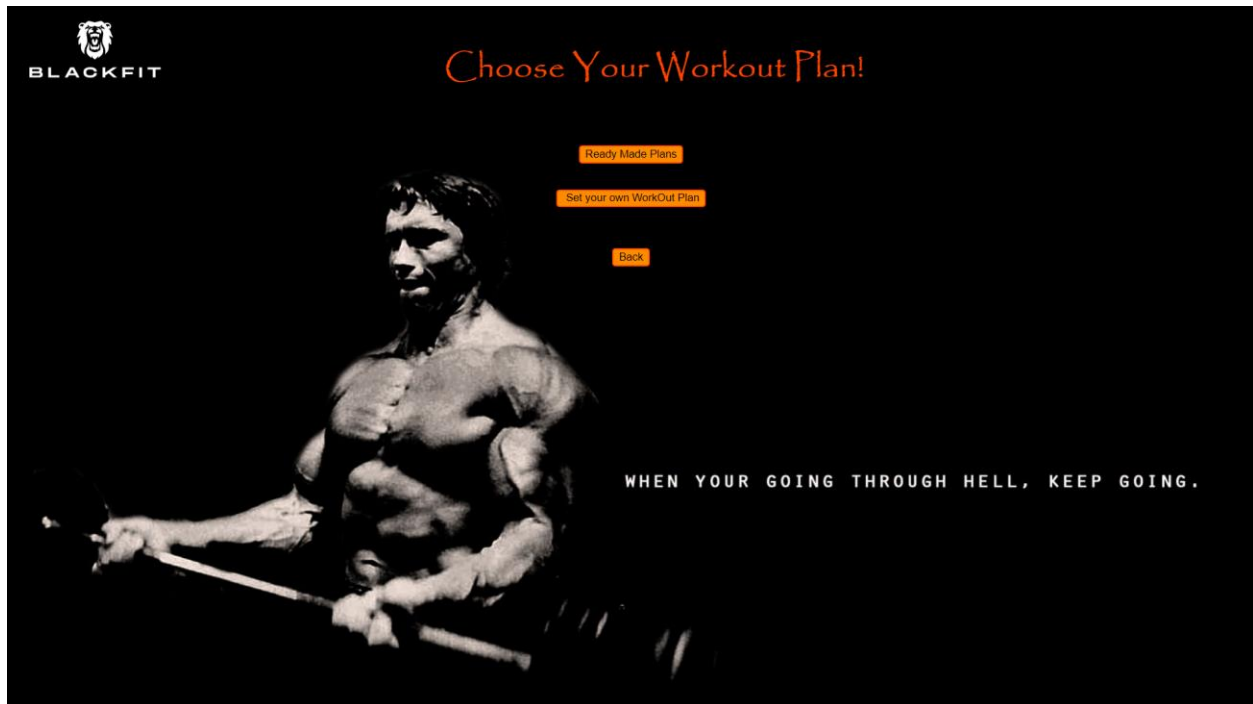
Custom plans form:

BLACKFIT

Aerobic exercise for 5 weeks. Daily average intake to meet the nutrient requirements is (97%-98%).

4578

7111

Lose 200 g, Gain .002 BMI_Rate, MUSCLE GAIN .007 lb

Lose 2 kg, Gain .02 BMI_Rate, MUSCLE GAIN .07 lb

Lose 9 kg, Gain .2 BMI_Rate, MUSCLE GAIN .5 lb
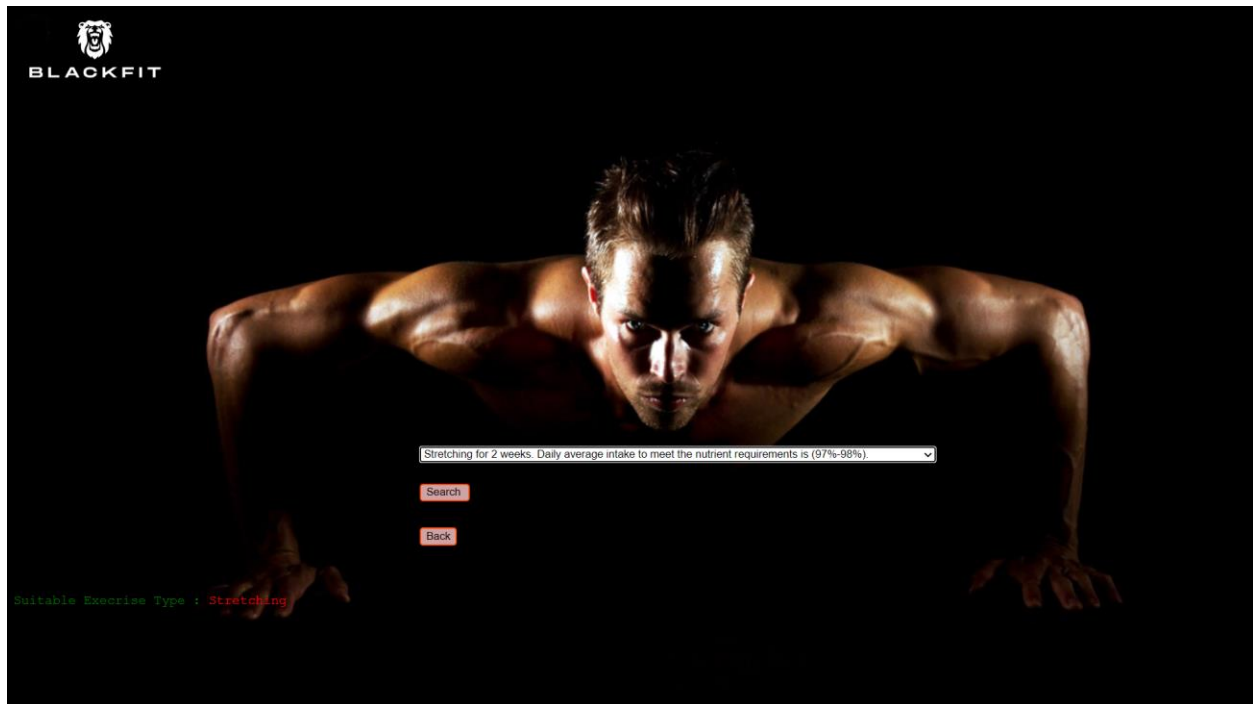
Aerobic exercises

10

Submit

Back

Reports main form:
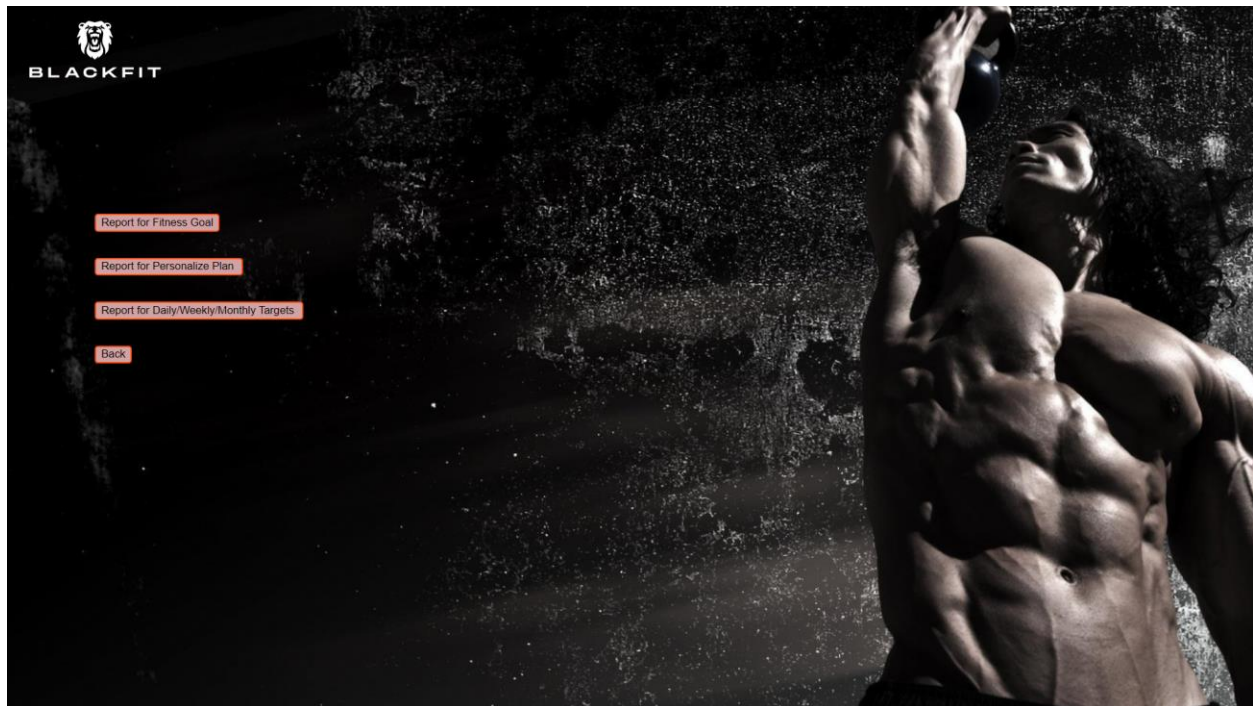
Report for fitness form:

Report for Personalize Plan form:

Report for Daily/Weekly/Monthly Targets form: