

Group Mentor
Prof. Sheetal Gondal

GYM BUDDY

Your Health Companion

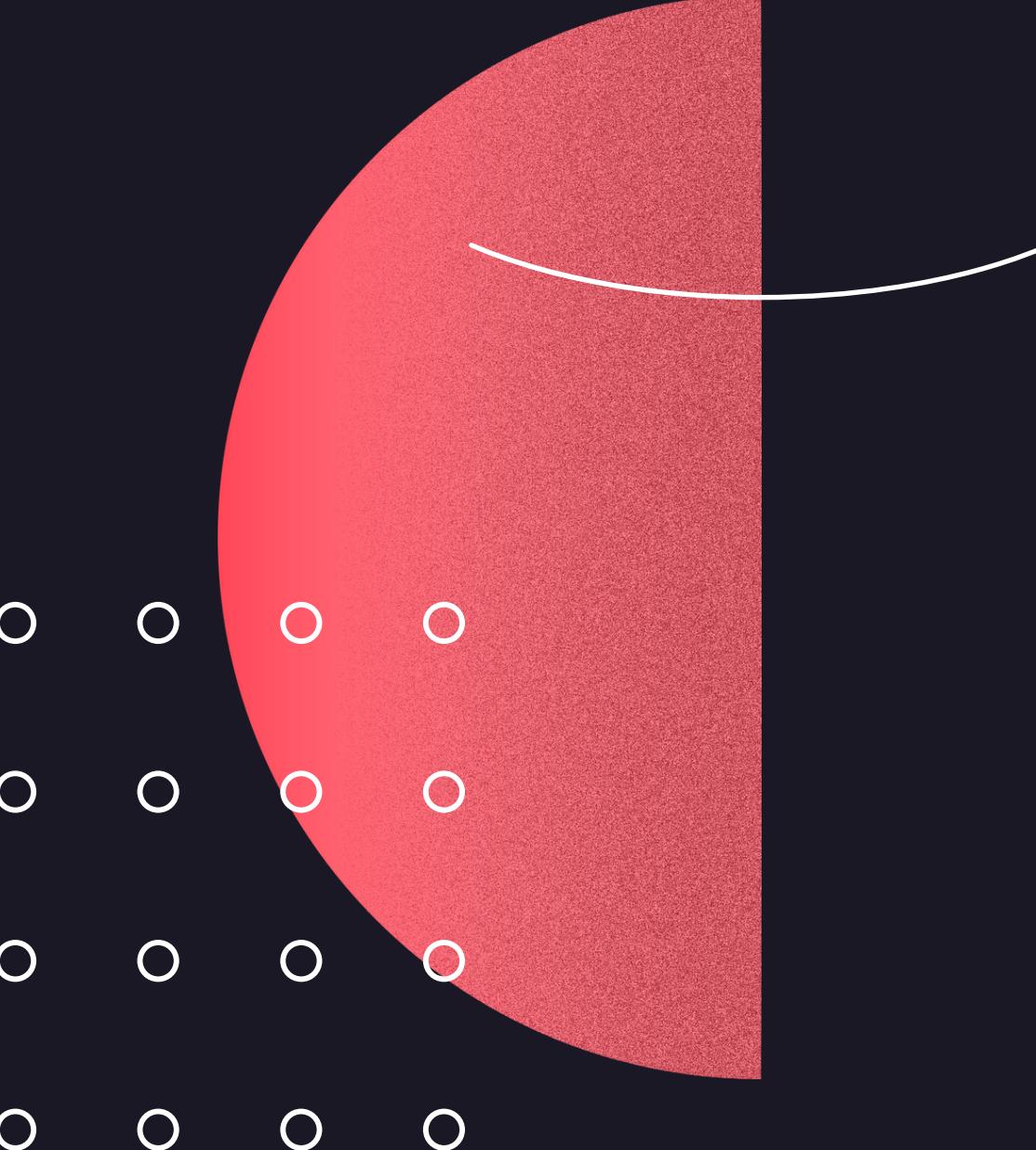
Python Mini Project - Group 31

Sumil Suthar 120
Sarthak Tanpure 121
Shreyas Dhamankar 113
Shaunak Rananawre 88

PROBLEM STATEMENT

- To provide users with an easy and convenient way to access workout plans and track progress.
- Connect with other gym-goers for motivation.
- To provide personalized workout plans based on their fitness Levels, BMI, BMR index.
- Get personalized diet plans based on their calorie requirements.
- Download your workout Session details and share it on your Social Media platforms.





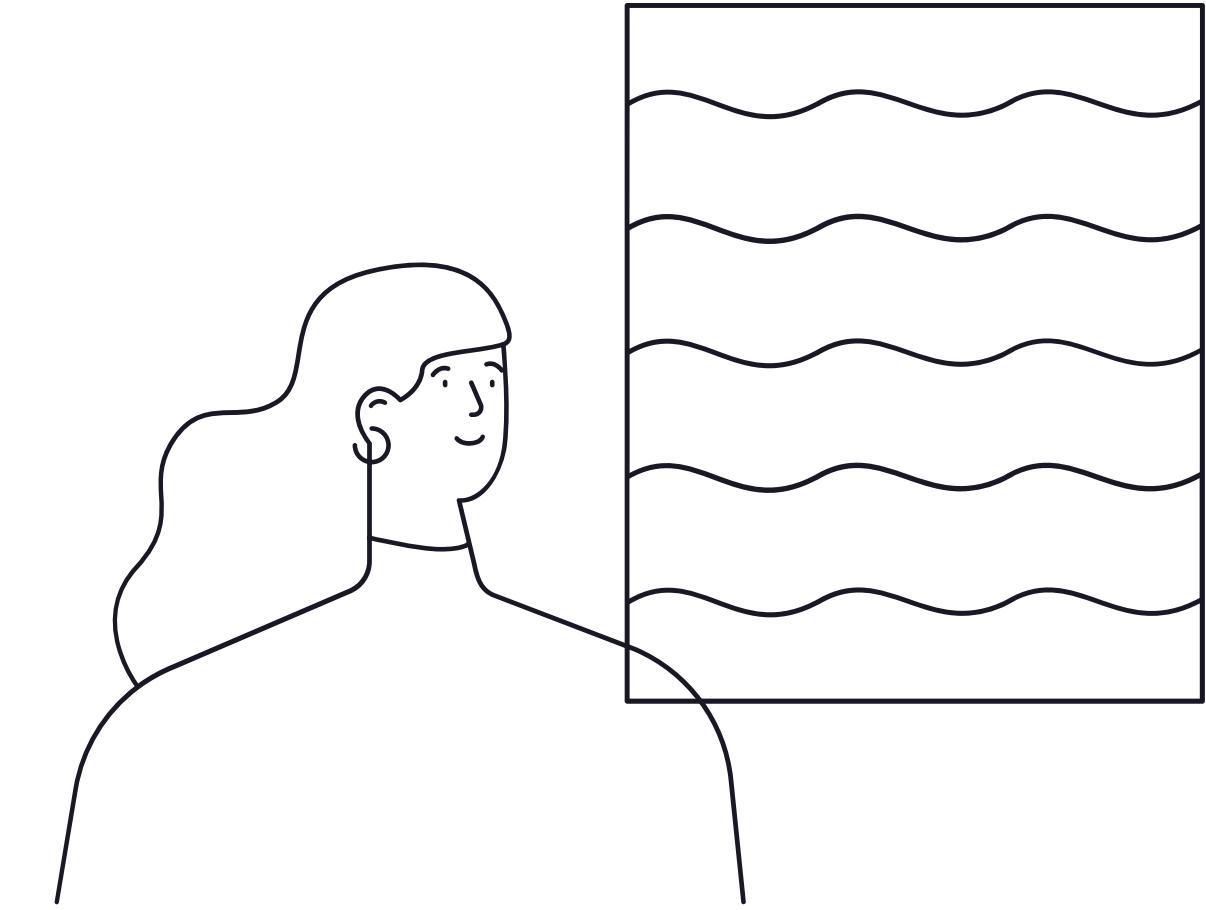
Why do we need this?

In todays busy lifestyle people are very ignorant about thier physical health, worrying more about thier mental health. As a matter of fact, physical health and mental health are very intricately related.

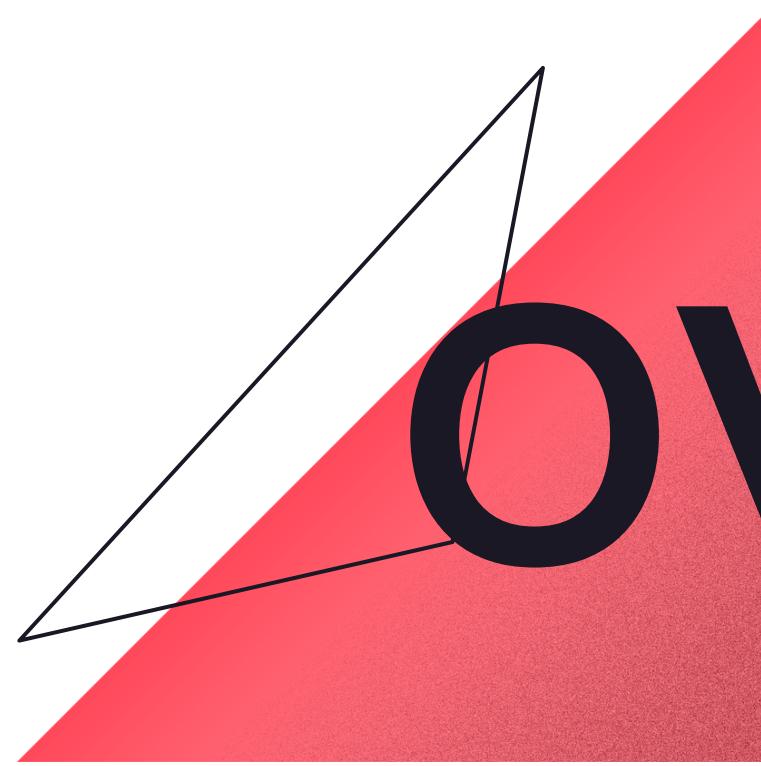
A recent study has found that people who exercise report

43.2%

less days of poor mental health than who didnt exercise.



Sooner or later, we reach a point where we realize why we shouldn't take our health for granted. And we want to help people who are getting started on thier journey to be in their finest health.

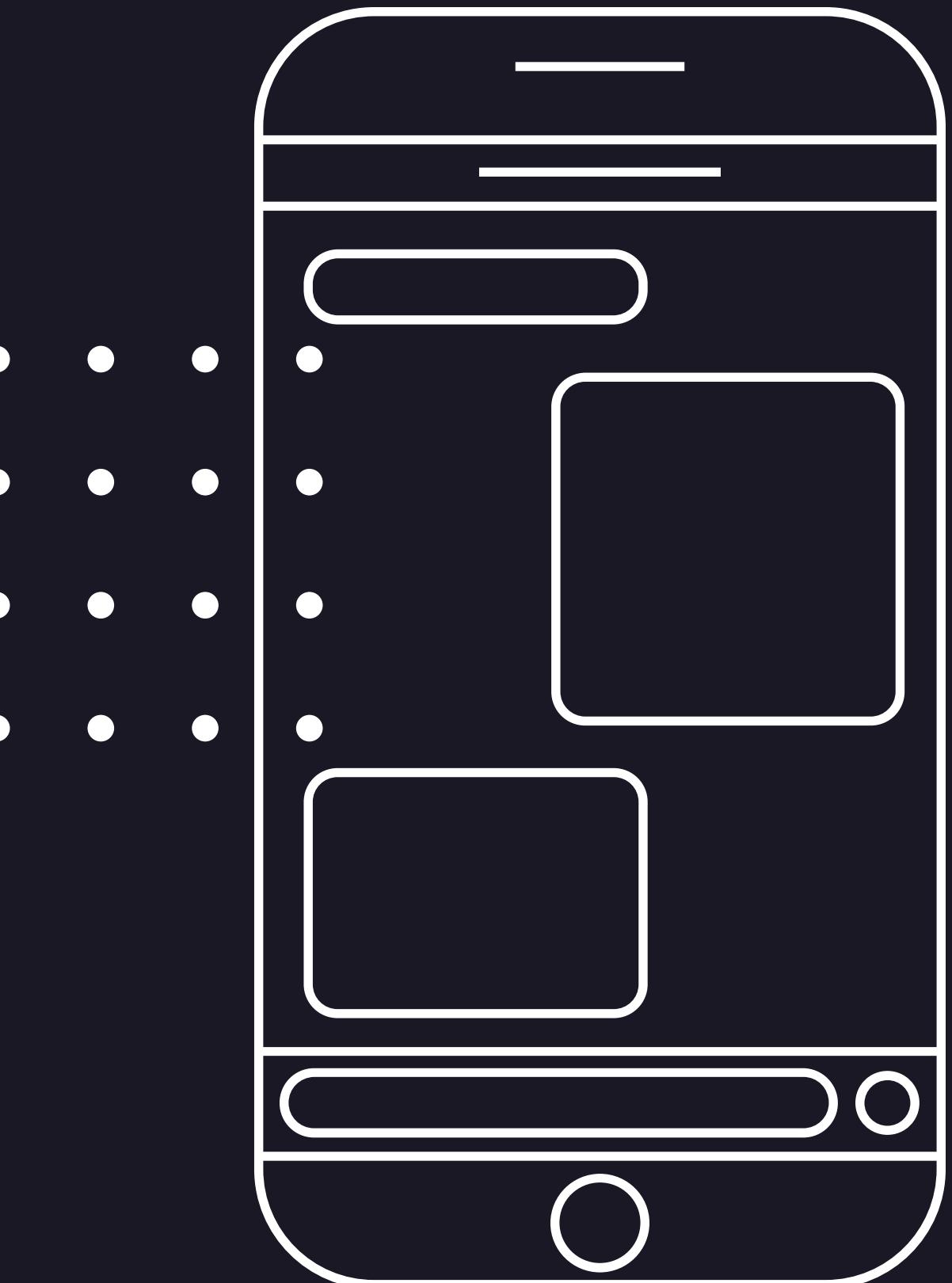


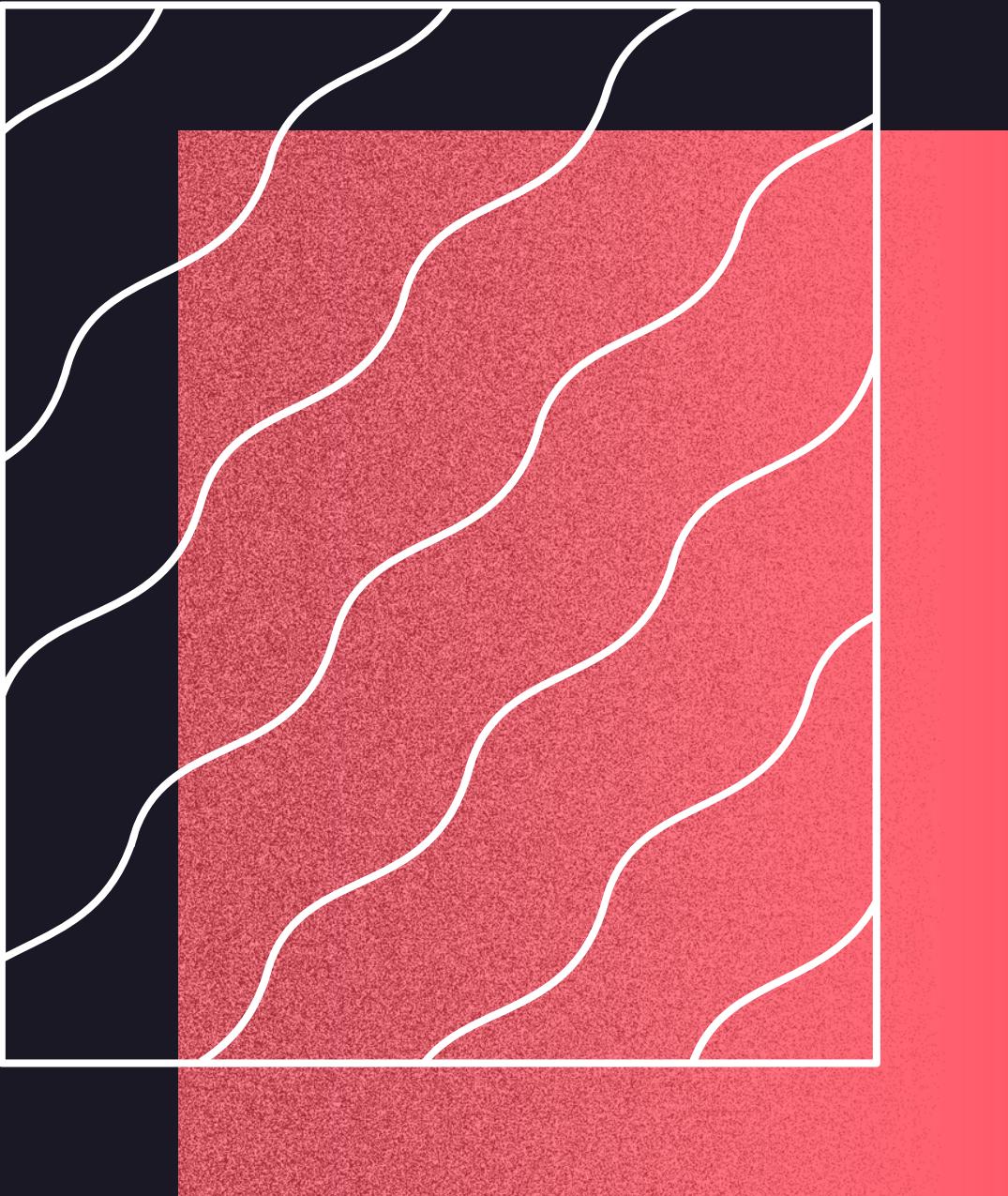
OVERVIEW

- User Friendly UI
- Analytical Dashboard
- Pre-crafted training routines
- Exercise Details
- Realtime Community Updates
- Workout Tracking
- Personalized Diet Plan
- Social Media Sharing

OUR APPROACH

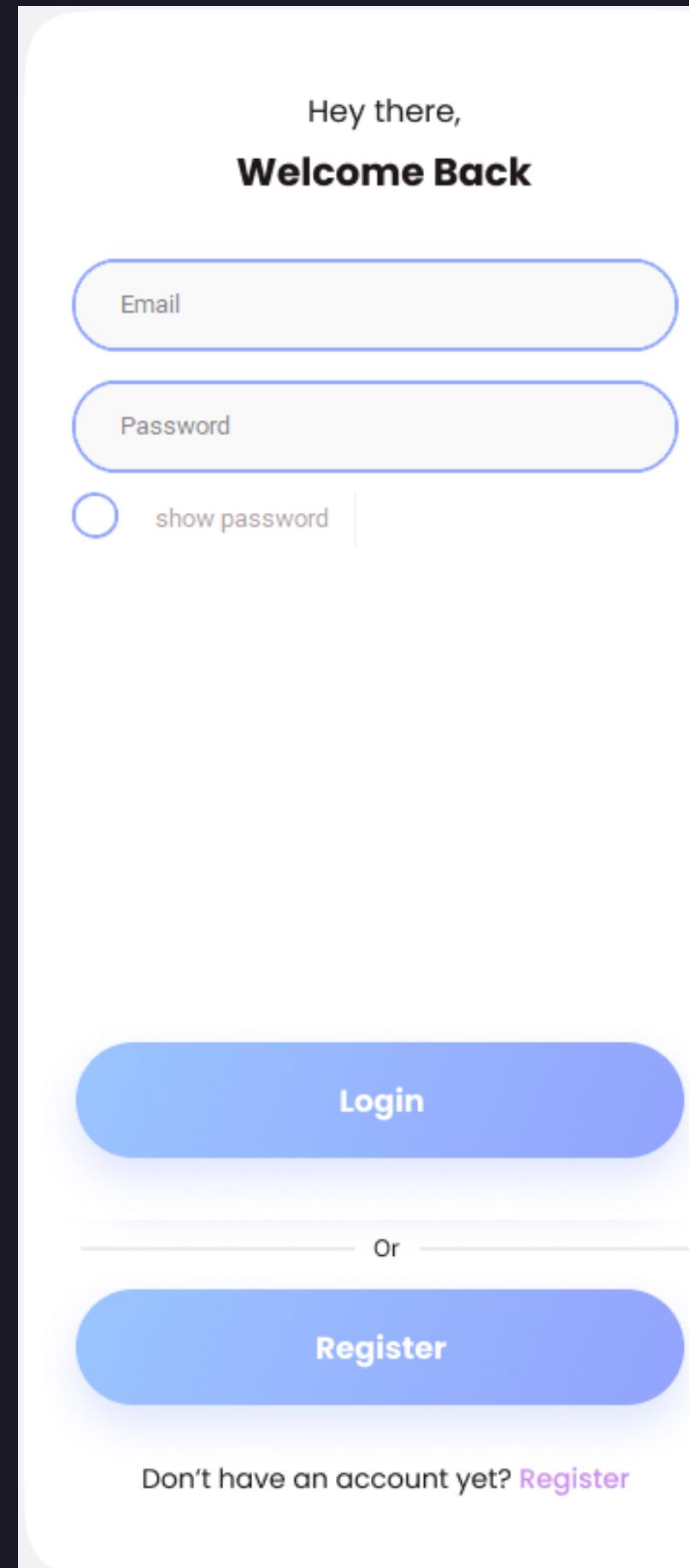
- We decided to go by a GUI approach similar to a mobile screen.
- For GUI Library we decided to go with a revamped version of Tkinter which is CustomTkinter for better widgets and to get a modern GUI experience.
- We have used a NoSql database, MongoDB to store the user data.





TECHSTACK, SOFTWARE AND LIBRARIES

- Python
- MongoDB
- Pycharm
- Tkinter / CTkinter
- Pymongo
- Regex
- pillow
- tk
- kellanb-cryptography
- pyscreenshot



LOGIN PAGE



Emails verified using following regex

`r'([A-Za-z0-9]+[.__])*[A-Za-z0-9]+@[A-Za-z0-9-]+\.[A-Z|a-z]'`

Passwords are encrypted

REGISTRATION PAGES

Hey there,

Create an Account

Full Name

Email

Password

Confirm Password

show password

Register

Or

Login

Already have an account? [Login](#)



Let's complete your profile

It will help us to know more about you!

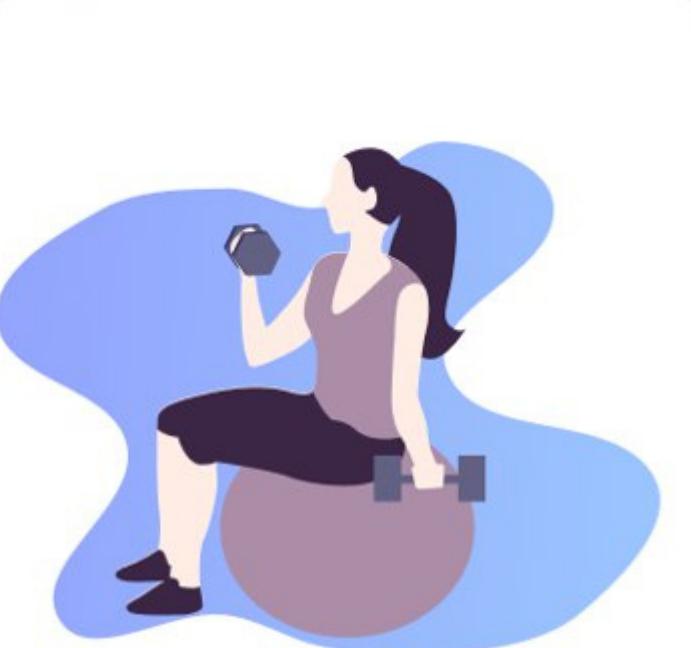
Gender

DOB DD/MM/YYYY

Weight KG

Height CM

Next >



Let's complete your profile

It will help us to know more about you!

Do You Have Access to Equipments?

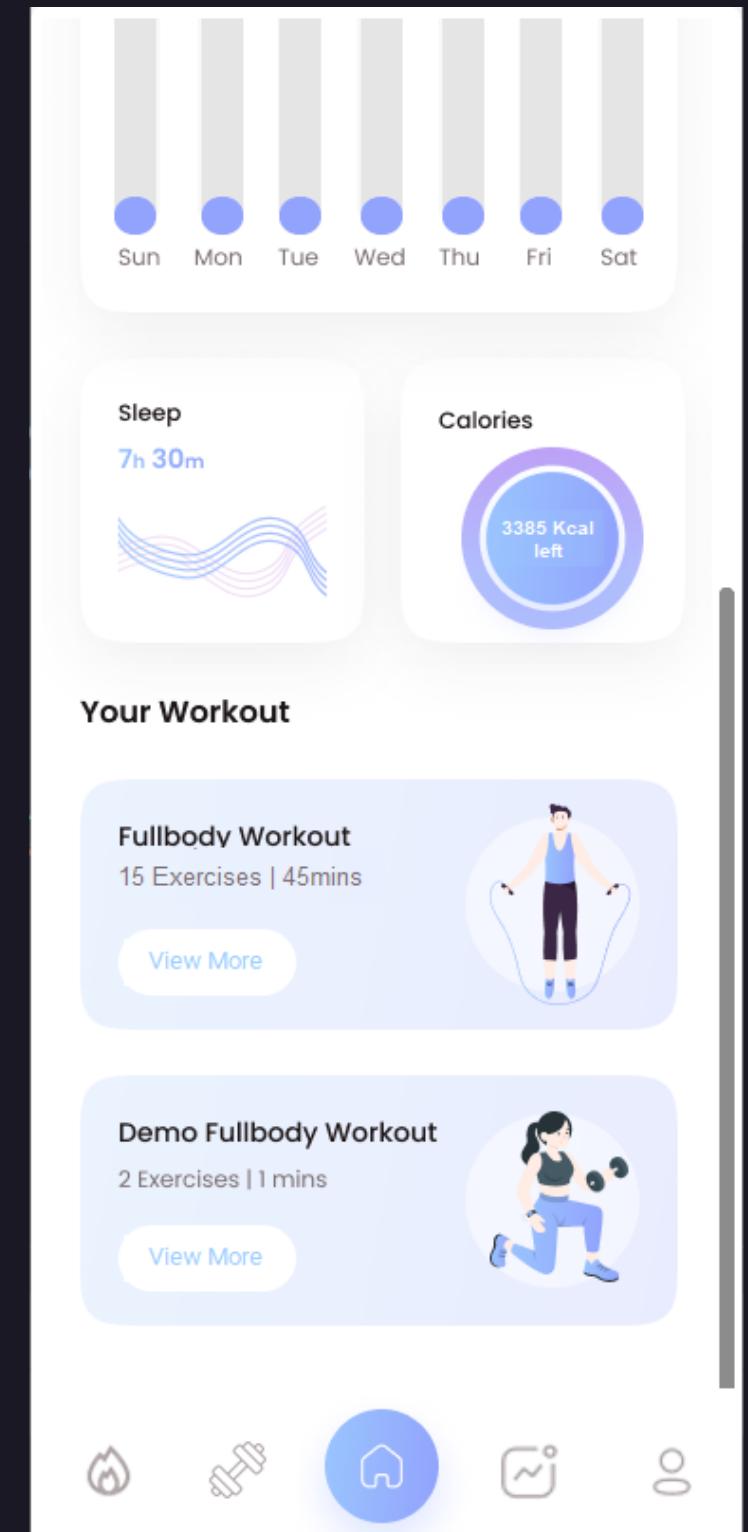
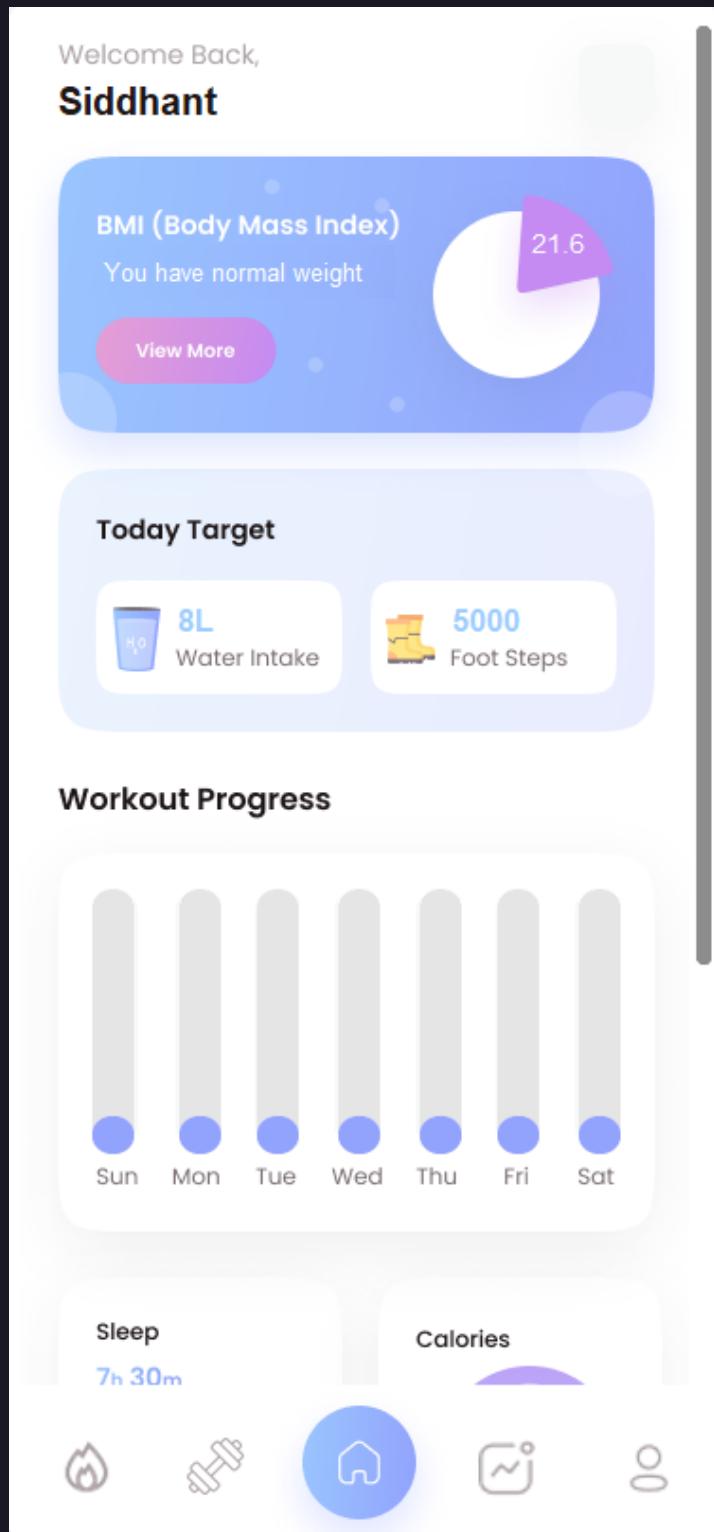
How many hours can you working out?

How many days a week will you workout?

What is your experience with working-out

Next >

DASHBOARD



DIET PLANNER / PERSONAL INFO

Meal Planner

Meal Nutritions

- Breakfast:** Tofu(5 Oz)
Orange
- Lunch:** 1 whole egg + 4 egg whites
Any vegetable(80g)
Leafy GreensOats(250g)
Small handful of nuts
Berries(80 Oz)
- Snack:** Low fat milk(250ml)
Any vegetable(80g)
- Dinner:** 2 Tofu(5 Oz)
Any vegetable(80g)
Leafy GreensCooked Grain(150g)
Small handful of nuts

Profile

Siddhant
Advanced

180 cm Height 70 kg Weight 19 Age

21.6 BMI 0 days Current Streak 0 days Max Streak

Account

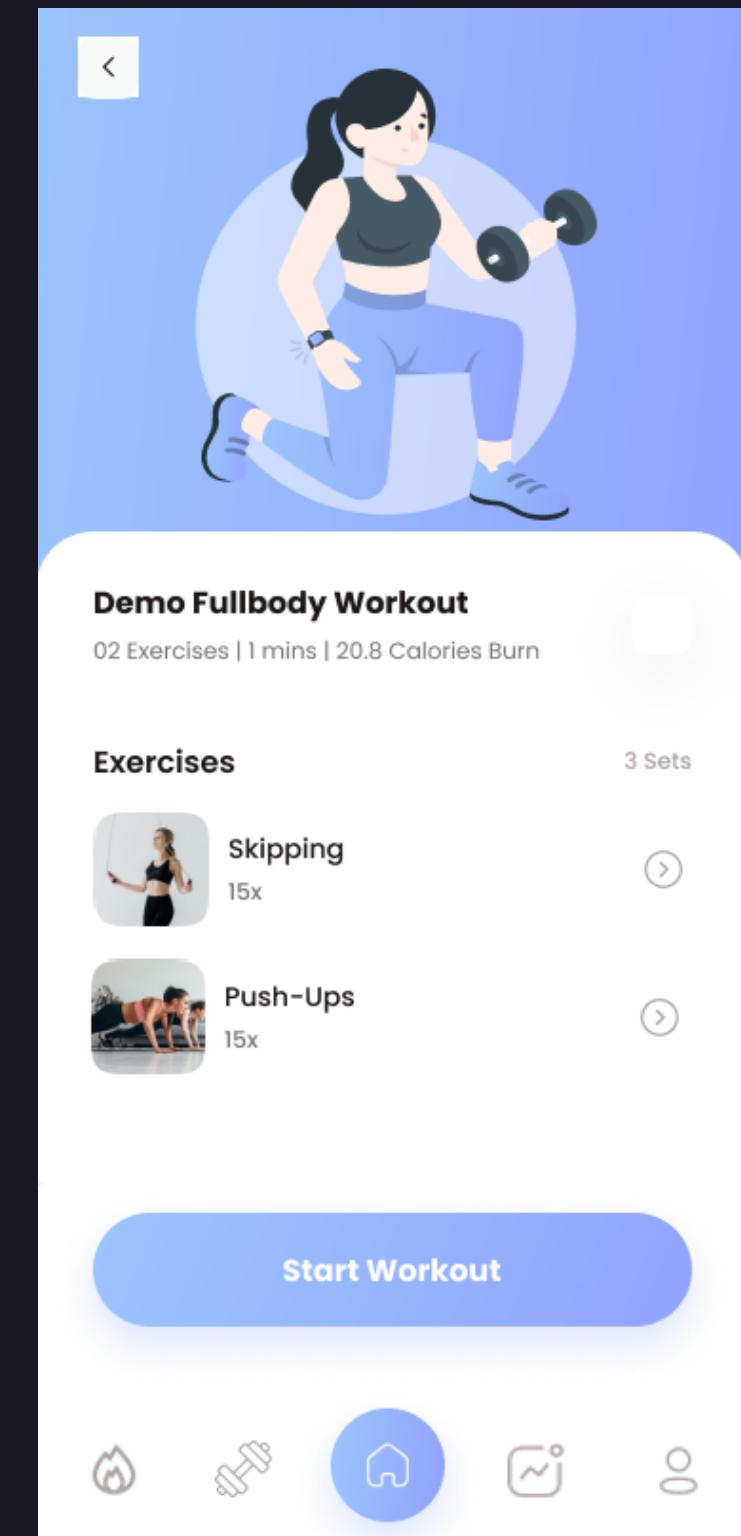
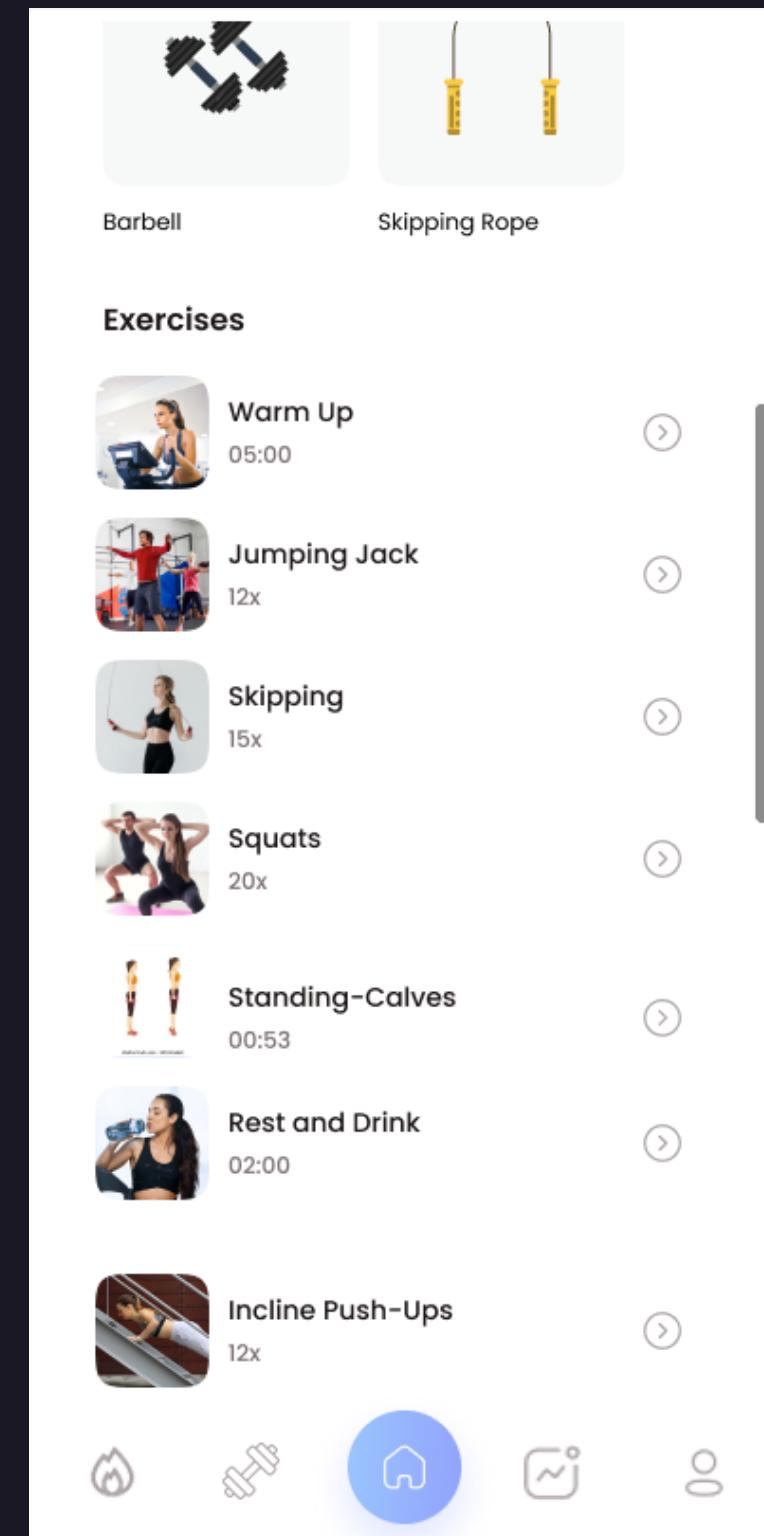
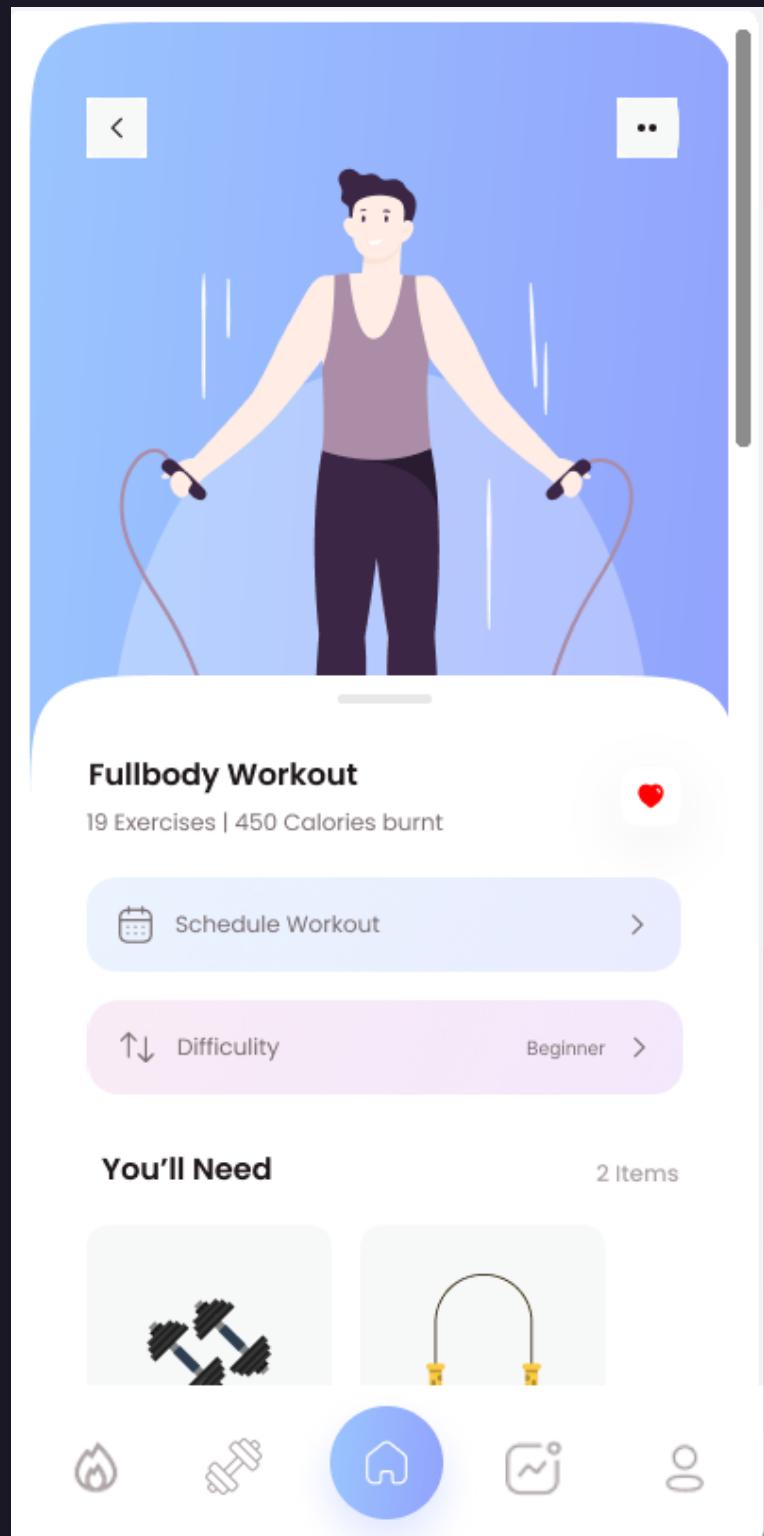
Personal Data Achievement Workout Progress

Other

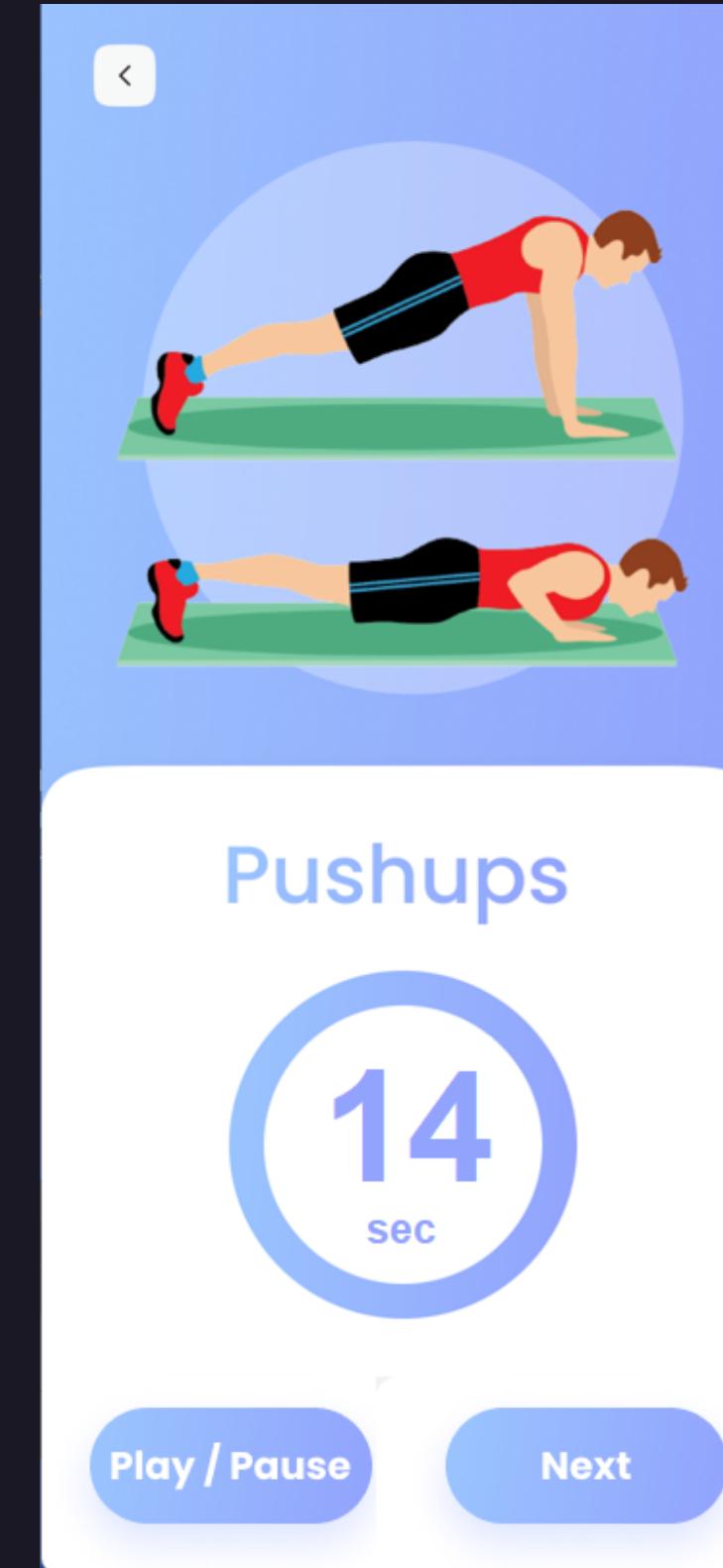
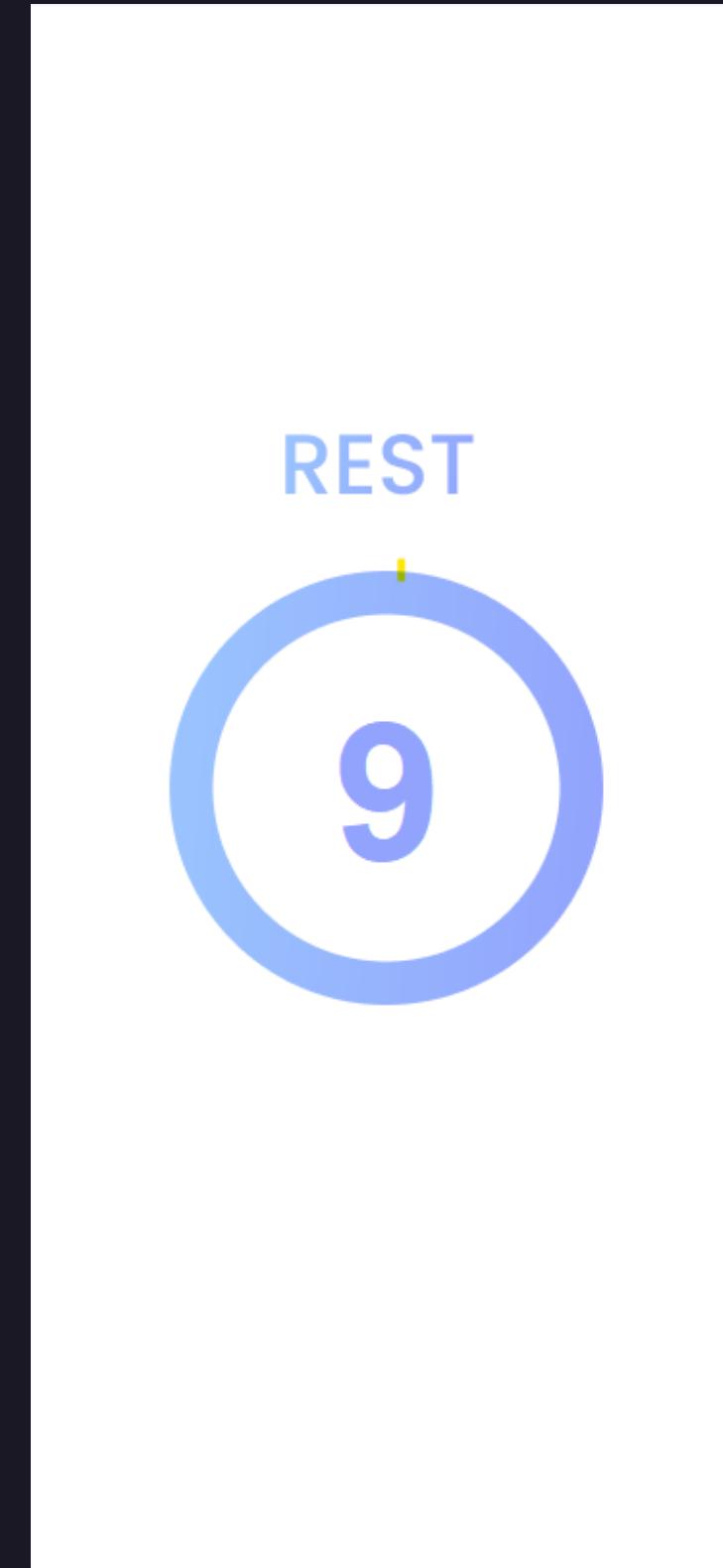
Contact Us Privacy Policy logout



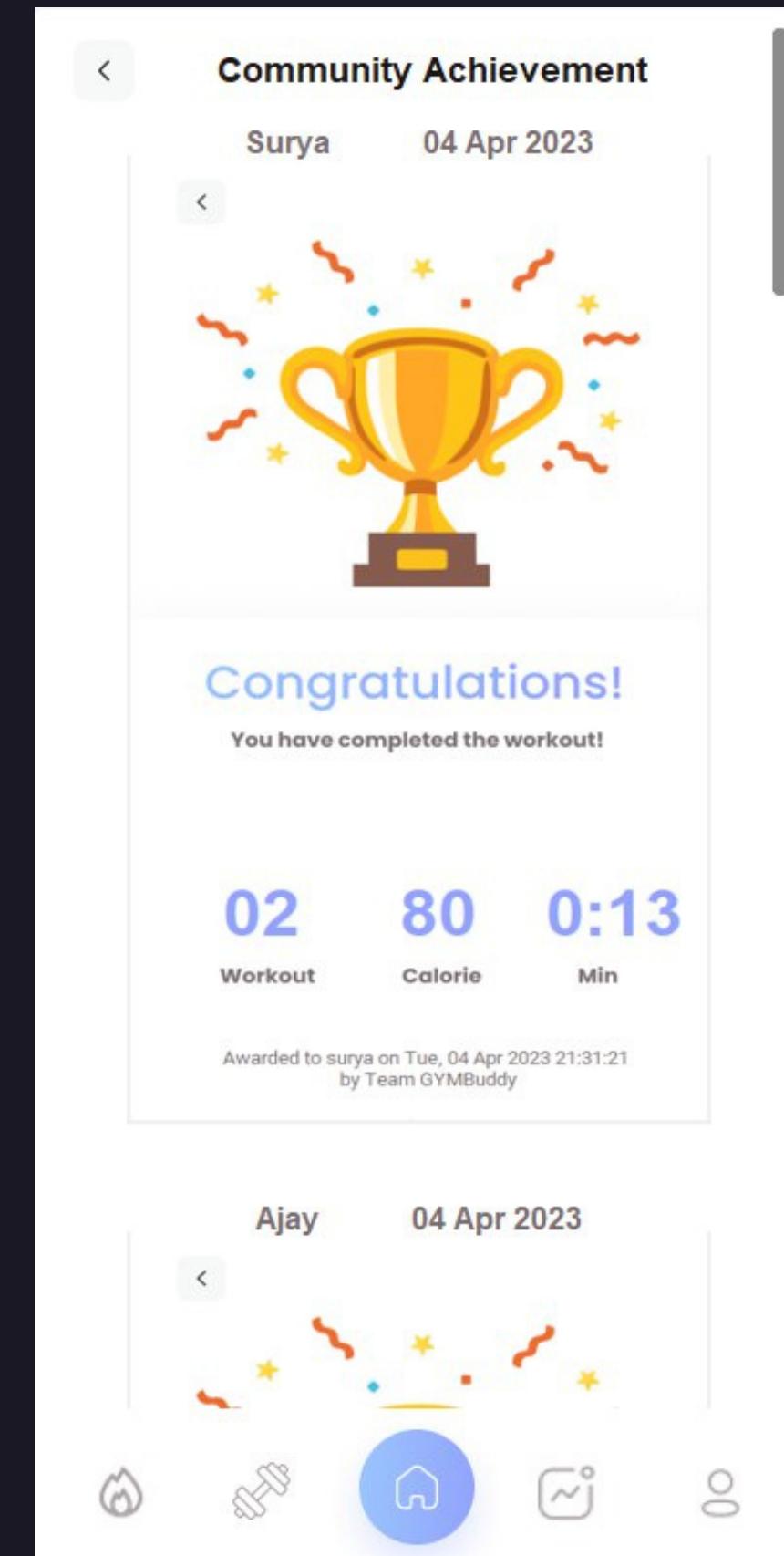
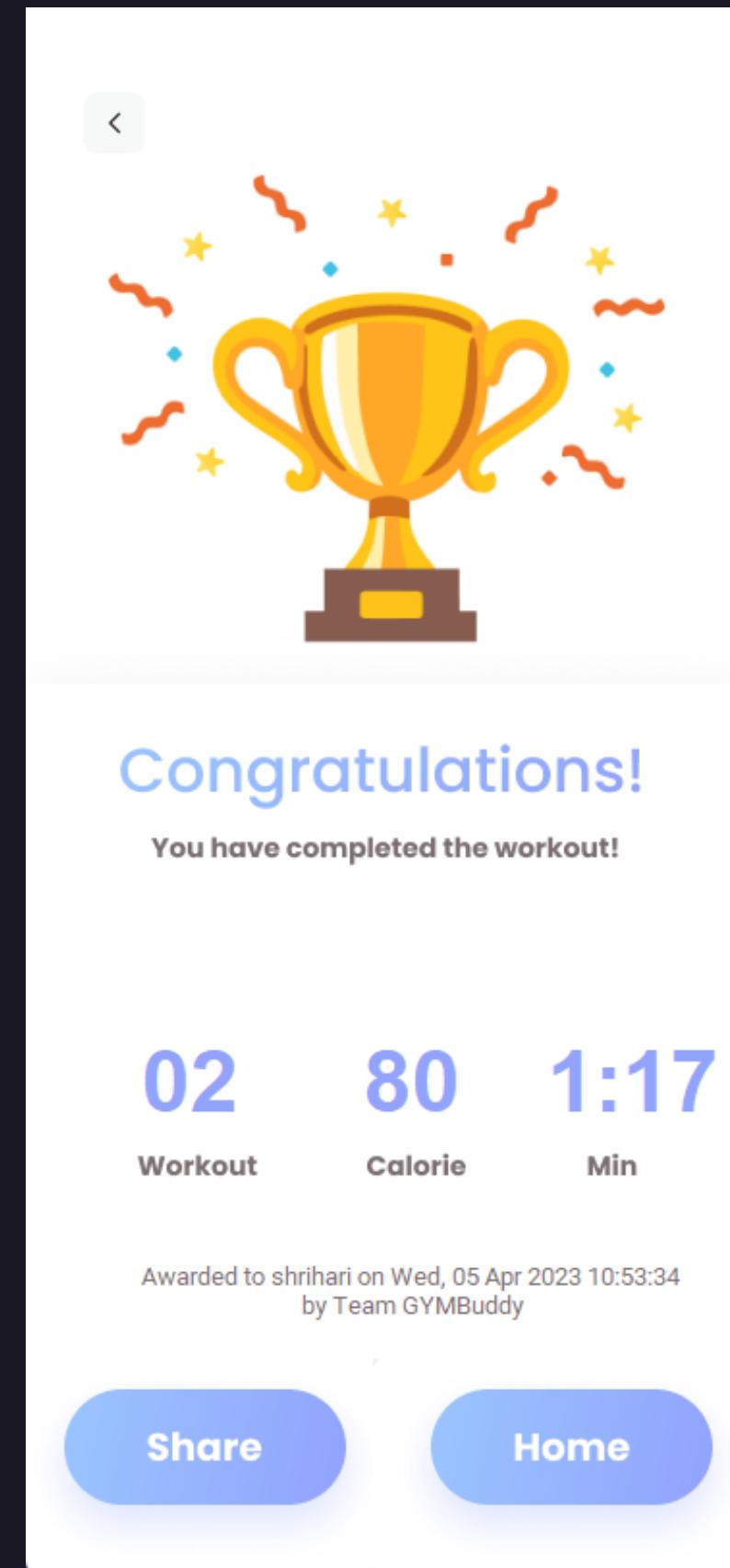
WORKOUT SECTION

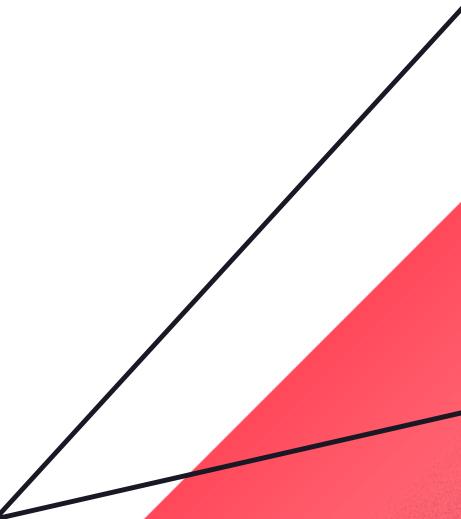


WORKOUT PLAN



ACHIEVEMENTS





Thank you