

Guided by  
Prof. Sheetal Gondal

# GYM BUDDY

## Your Health Companion

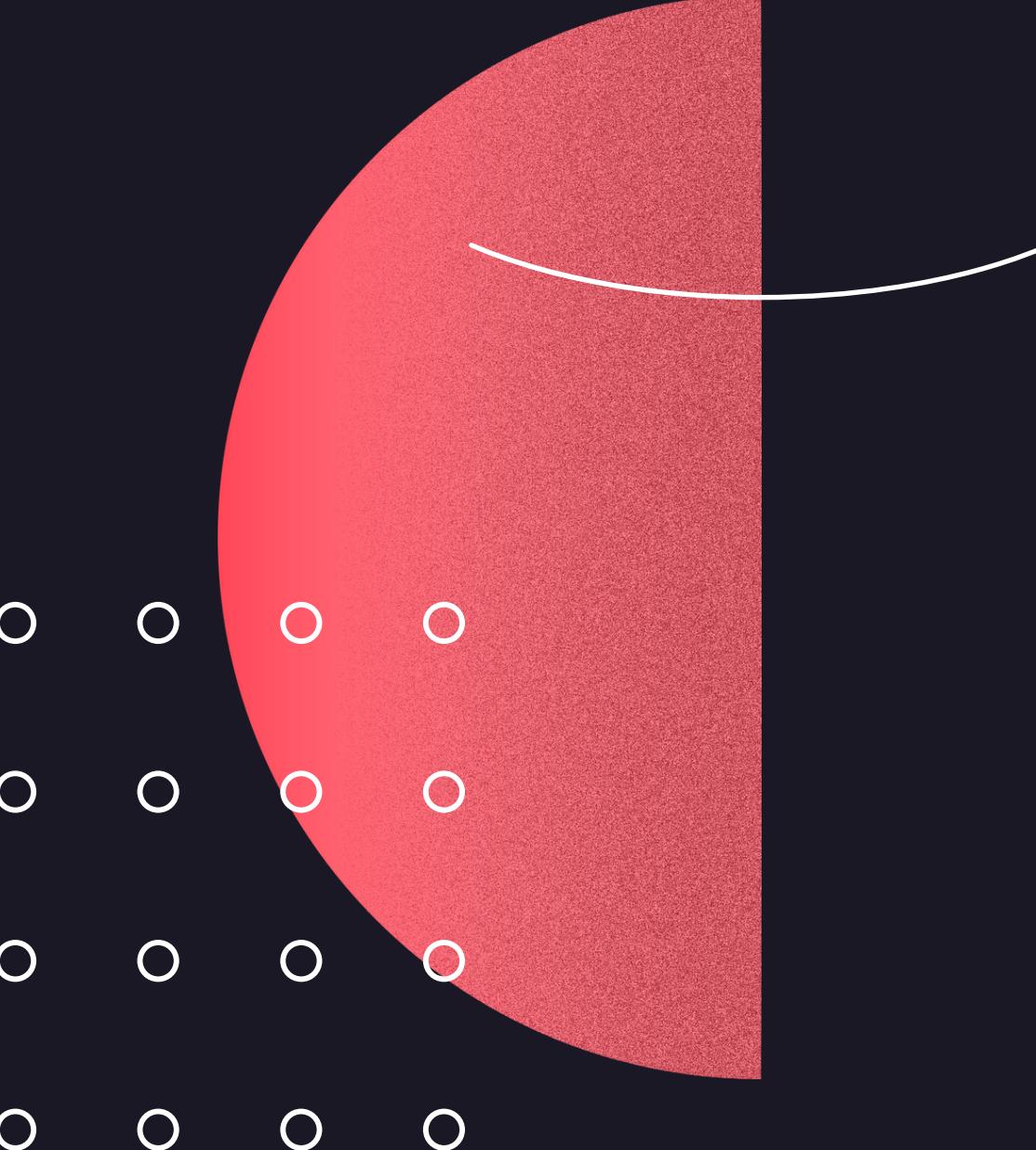
### Python Mini Project - Group 31

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.





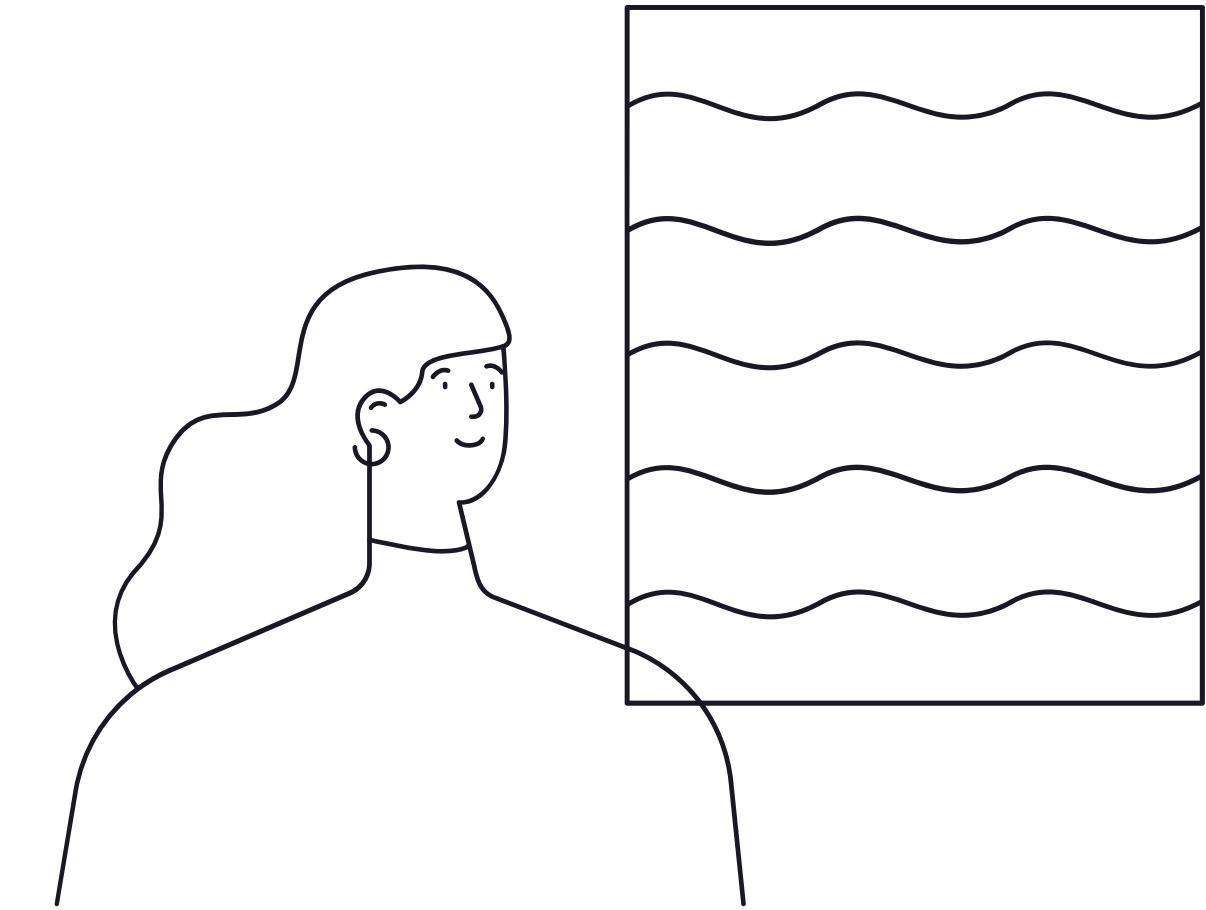
# Why do we need this?

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

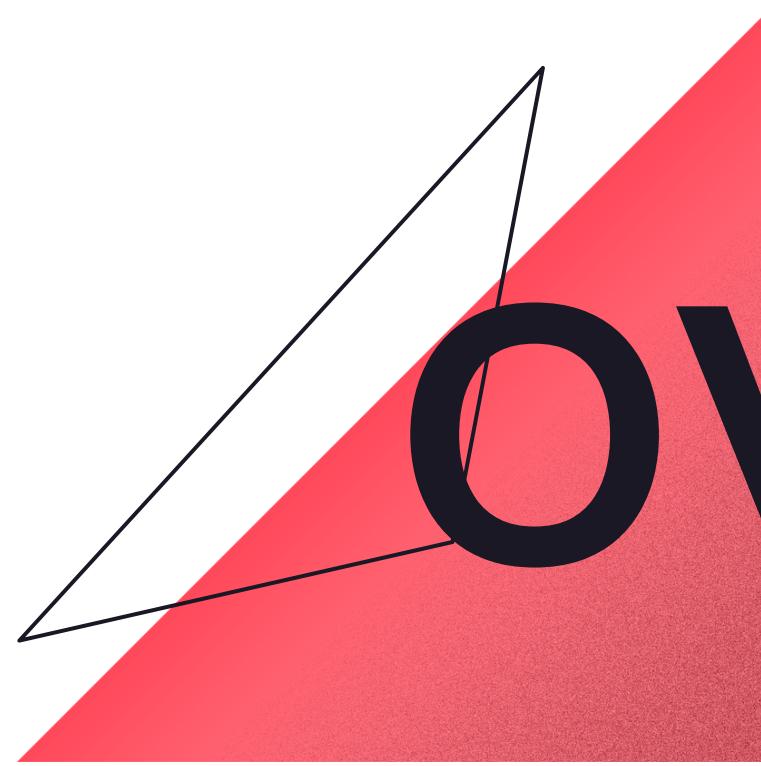
A recent study has found that people who exercise report

**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.

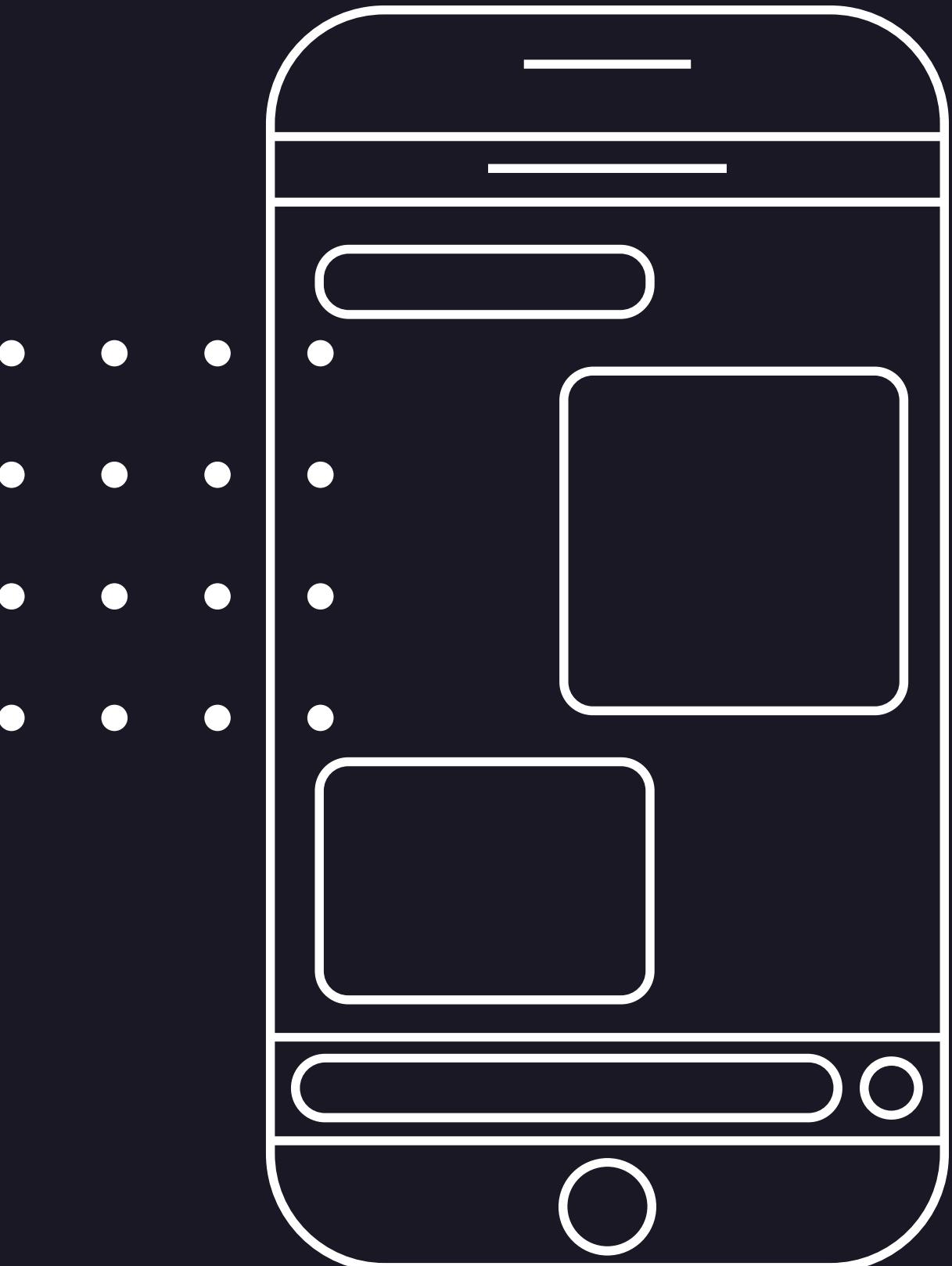


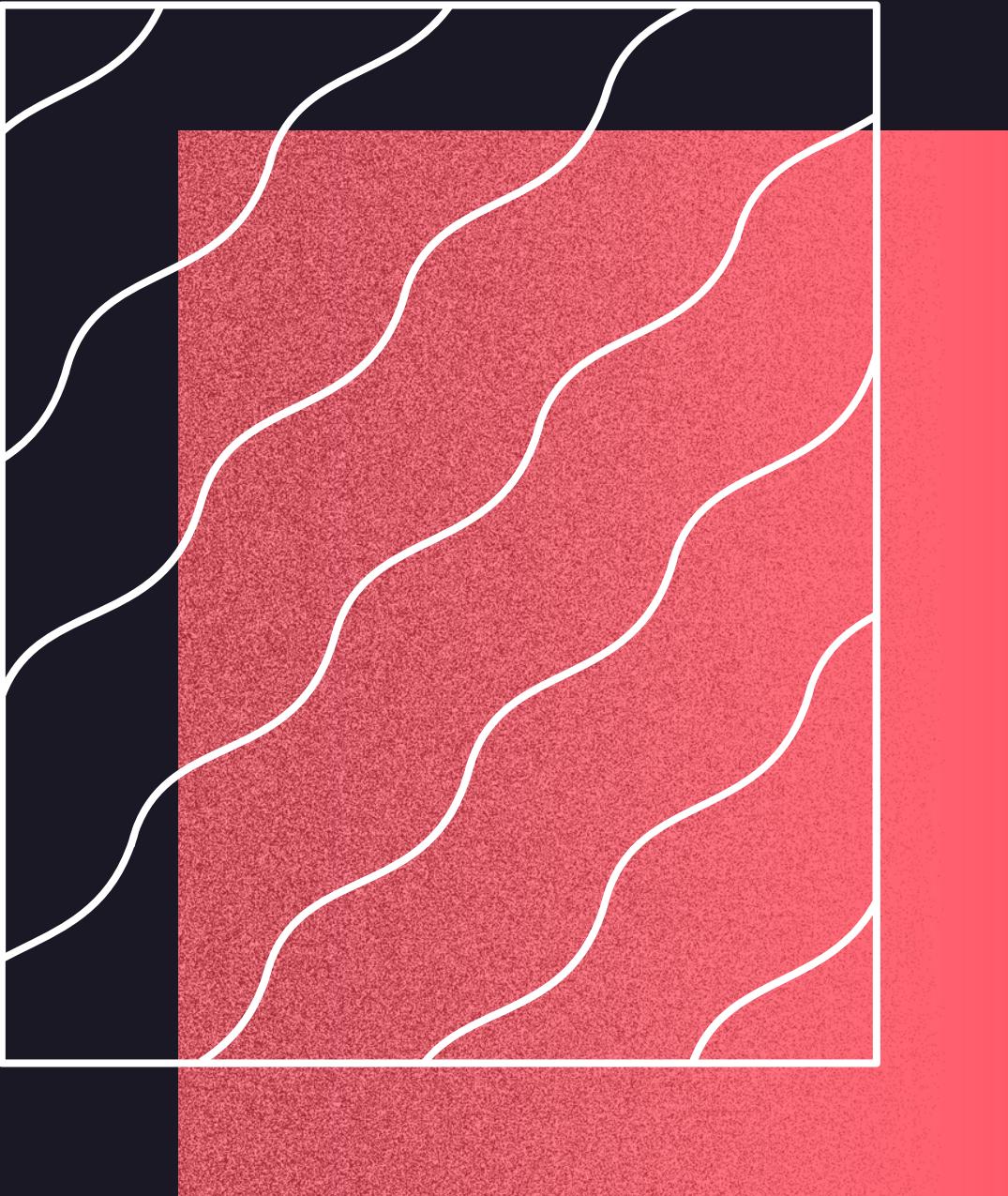
# OVERVIEW

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

# OUR APPROACH

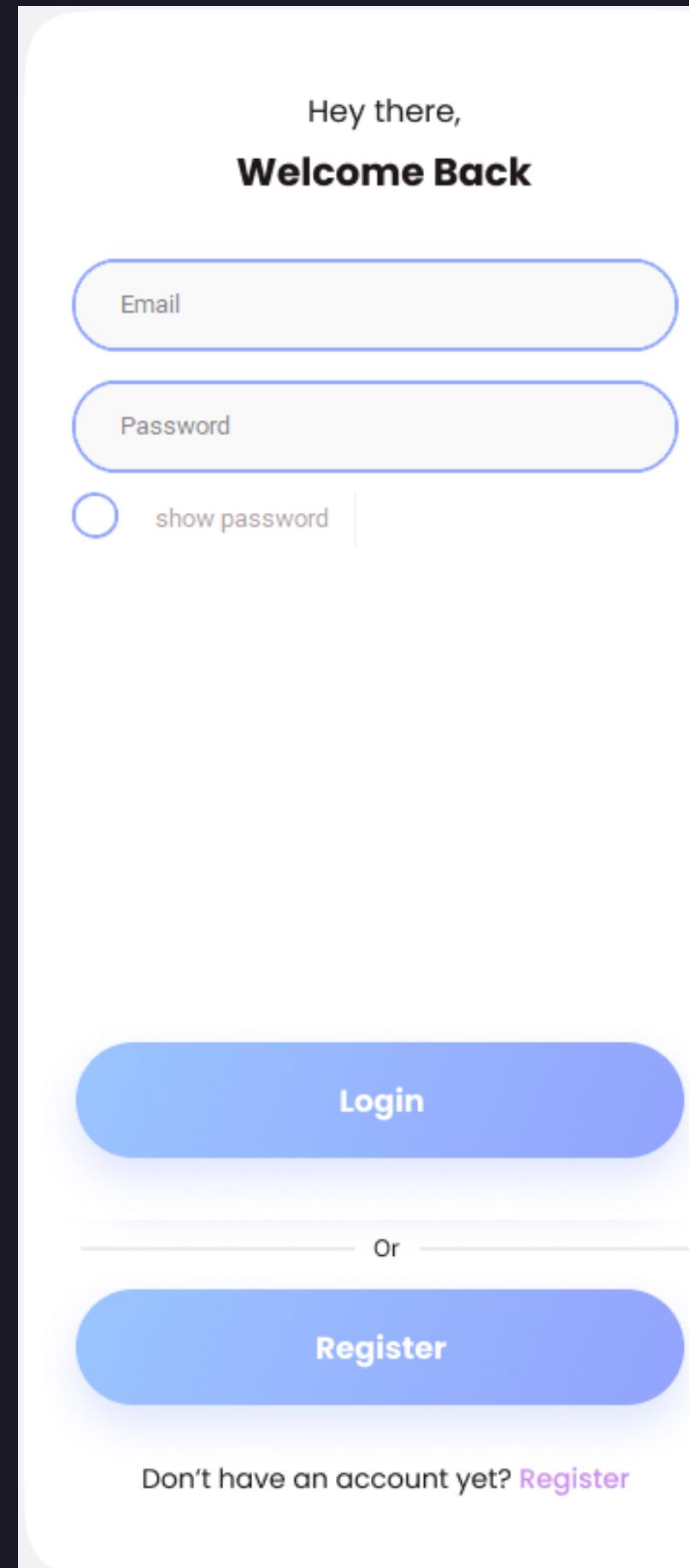
- We decided to go by a GUI approach similar to a mobile screen.
- For GUI Library we decided to go with a revamped version of Tkinter which is CustomTkinter for better widgets and to get a modern GUI experience.
- We have used a NoSql database, MongoDB to store the user data.





# 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!

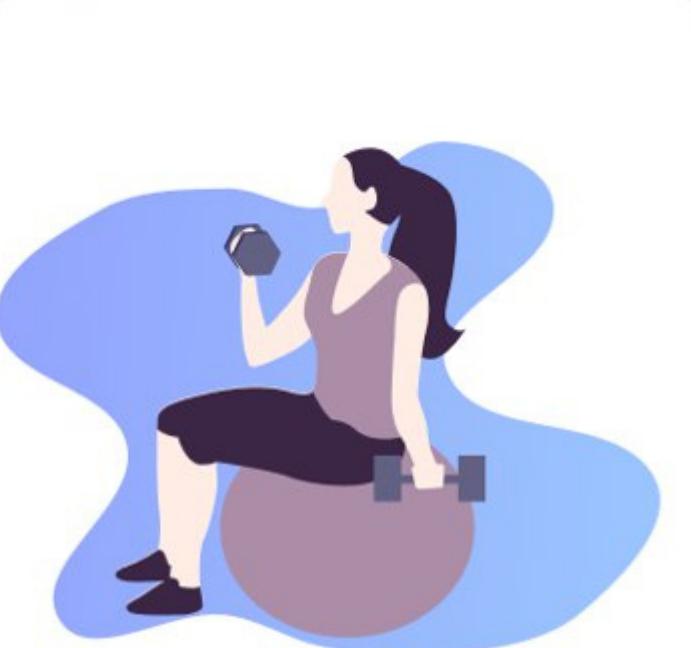
Gender

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?

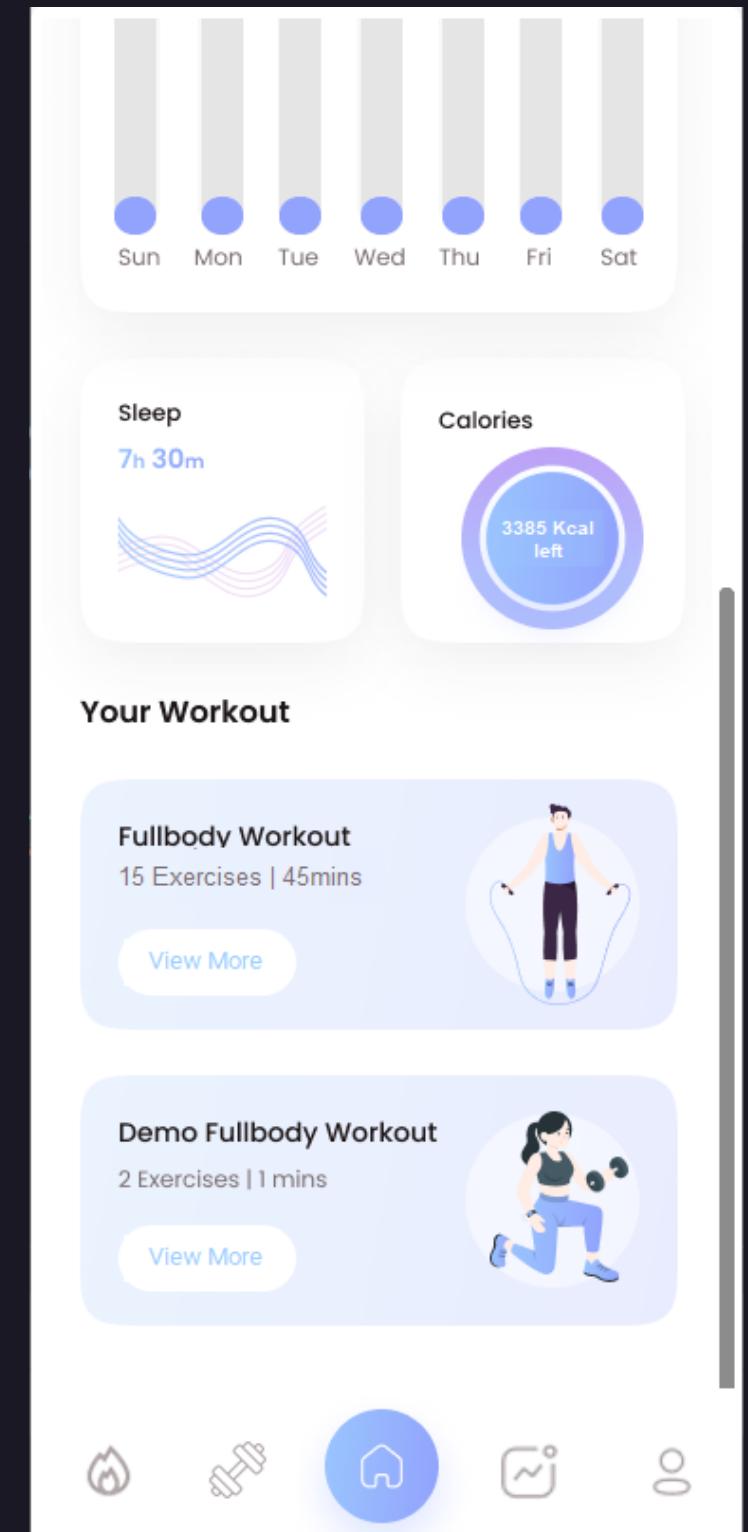
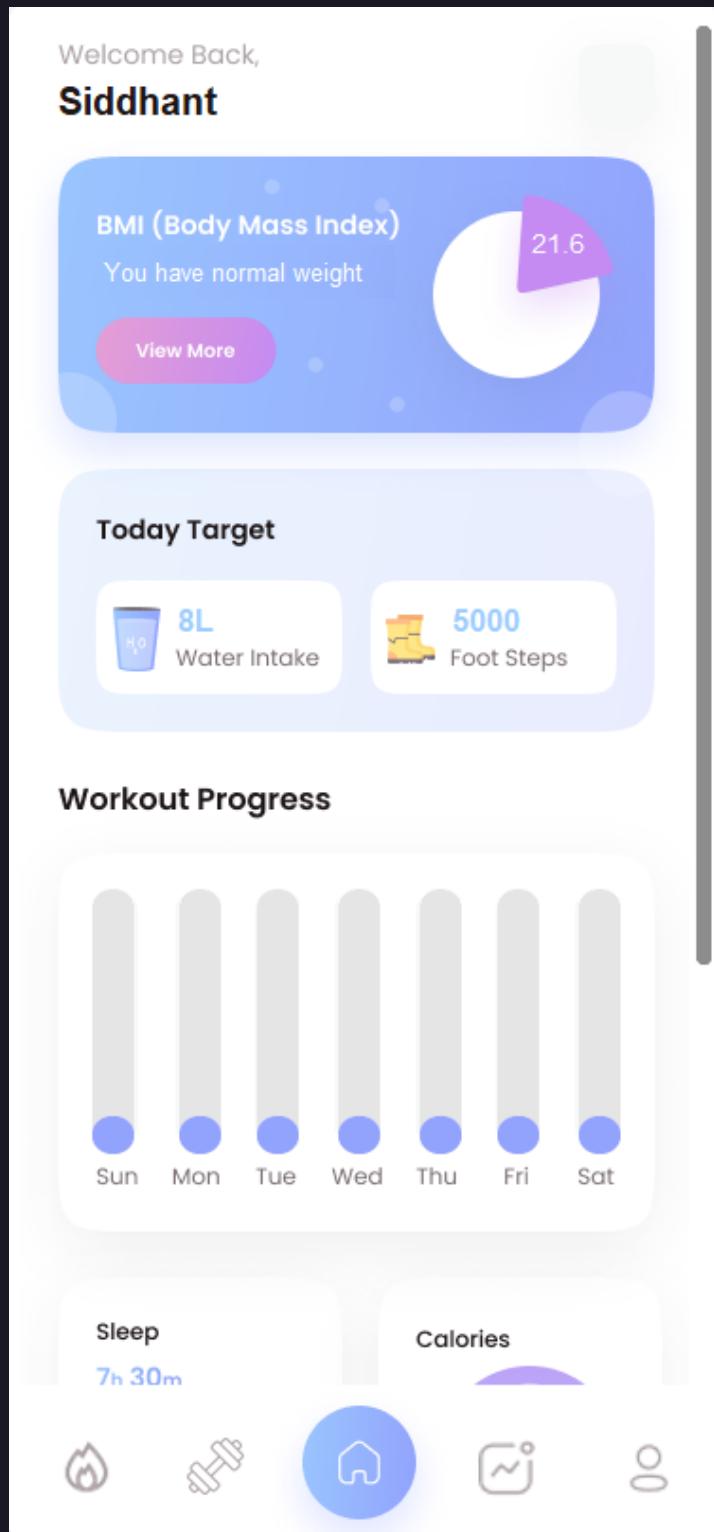
How many hours can you working out?

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**

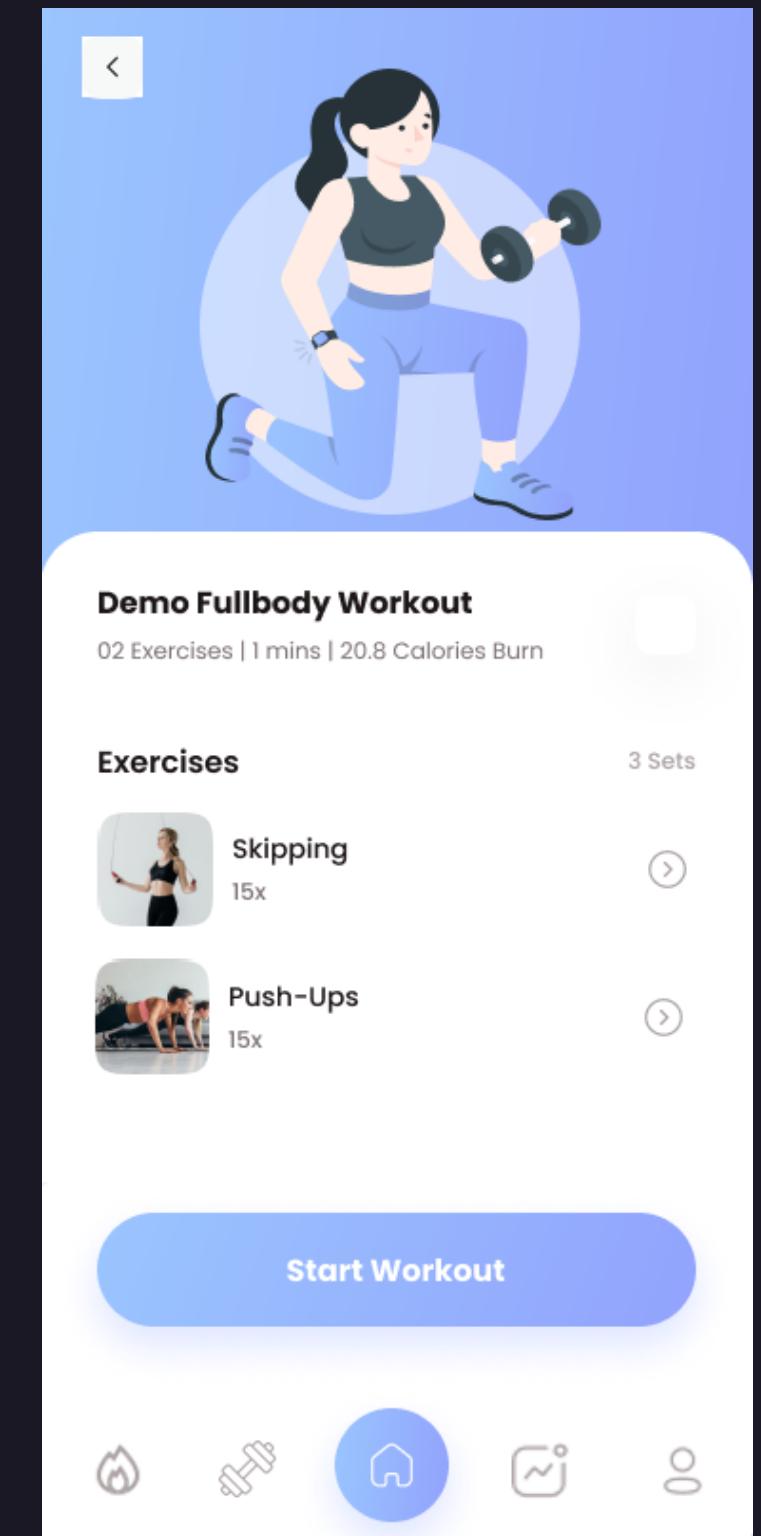
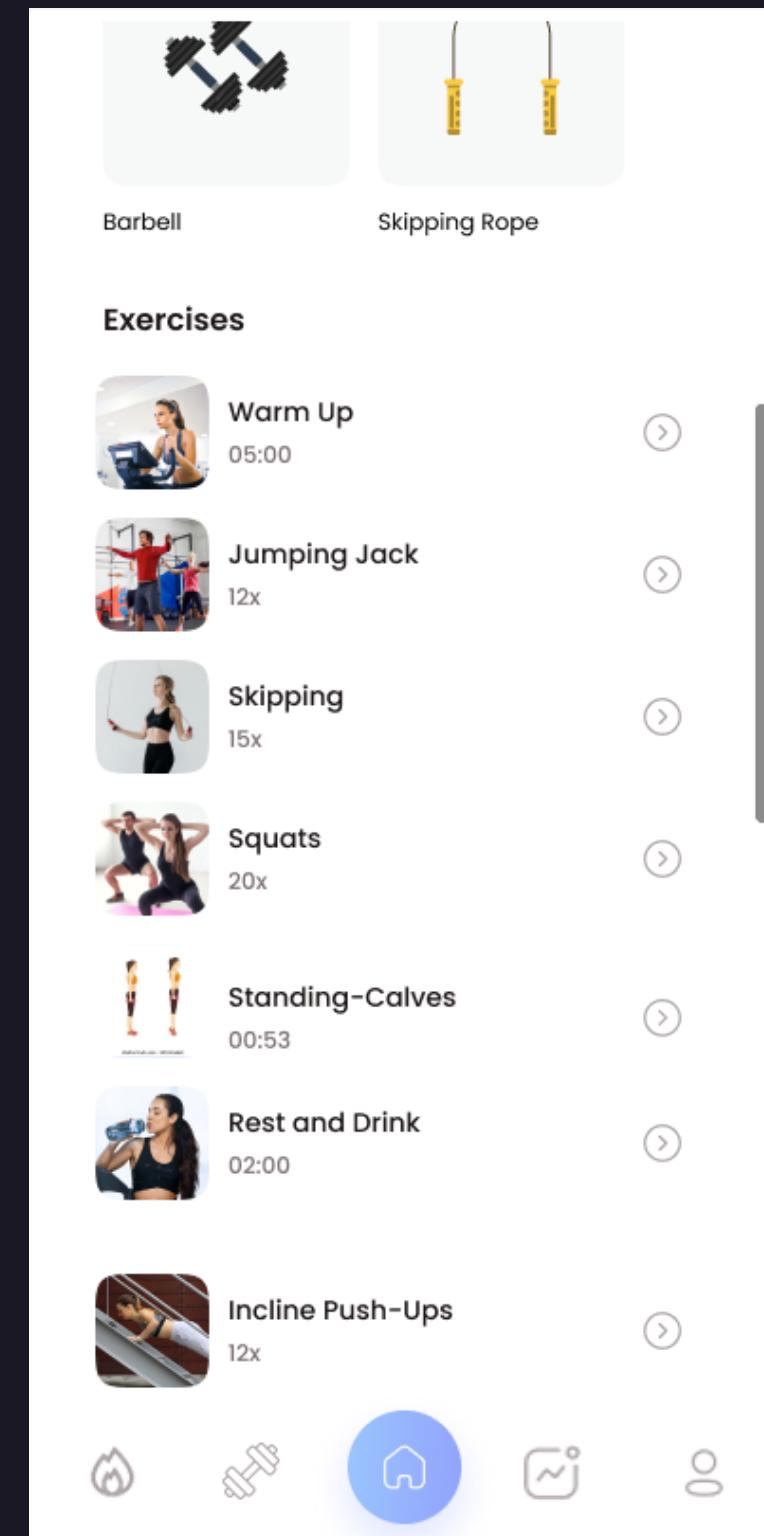
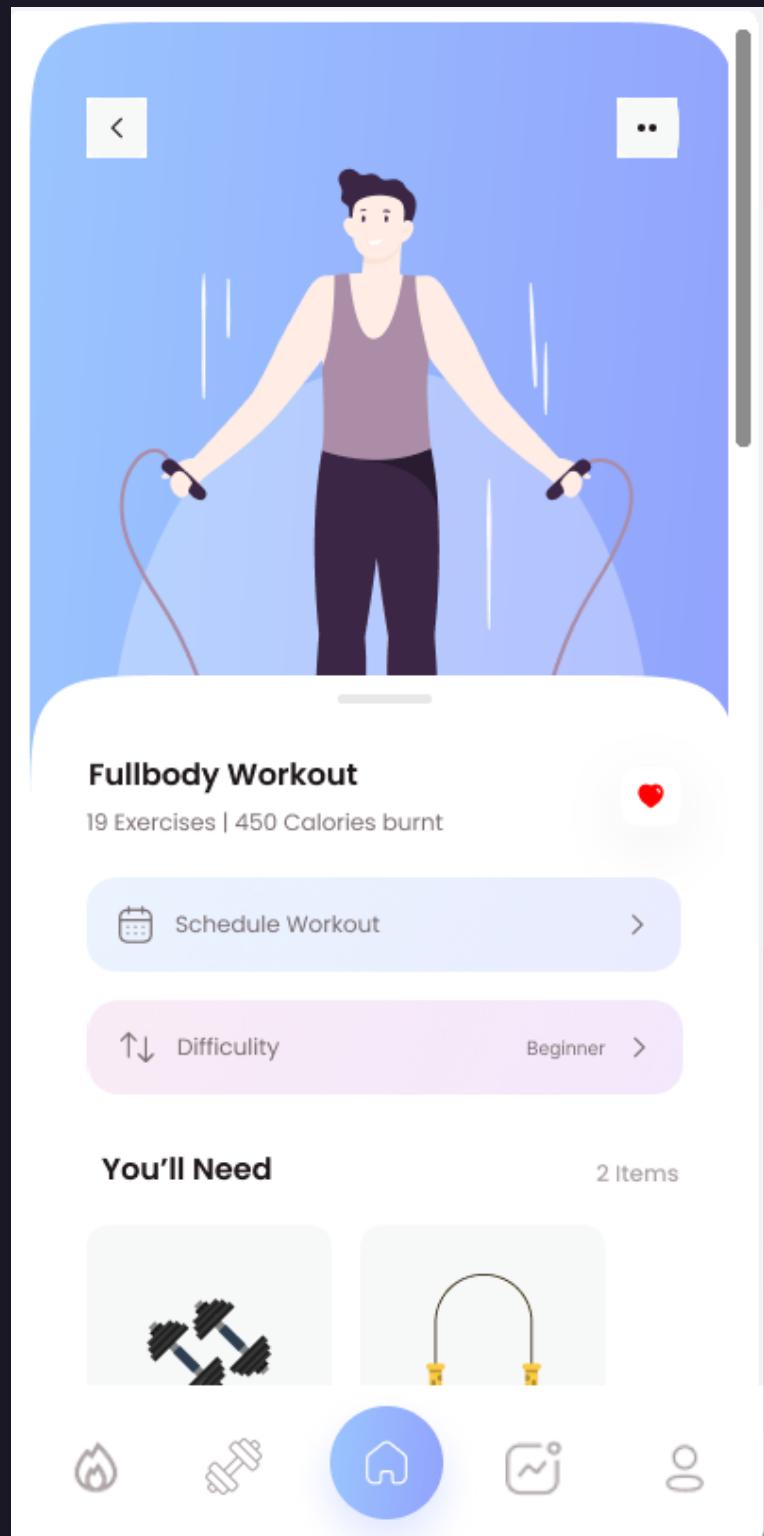
Personal Data    Achievement    Workout Progress

**Other**

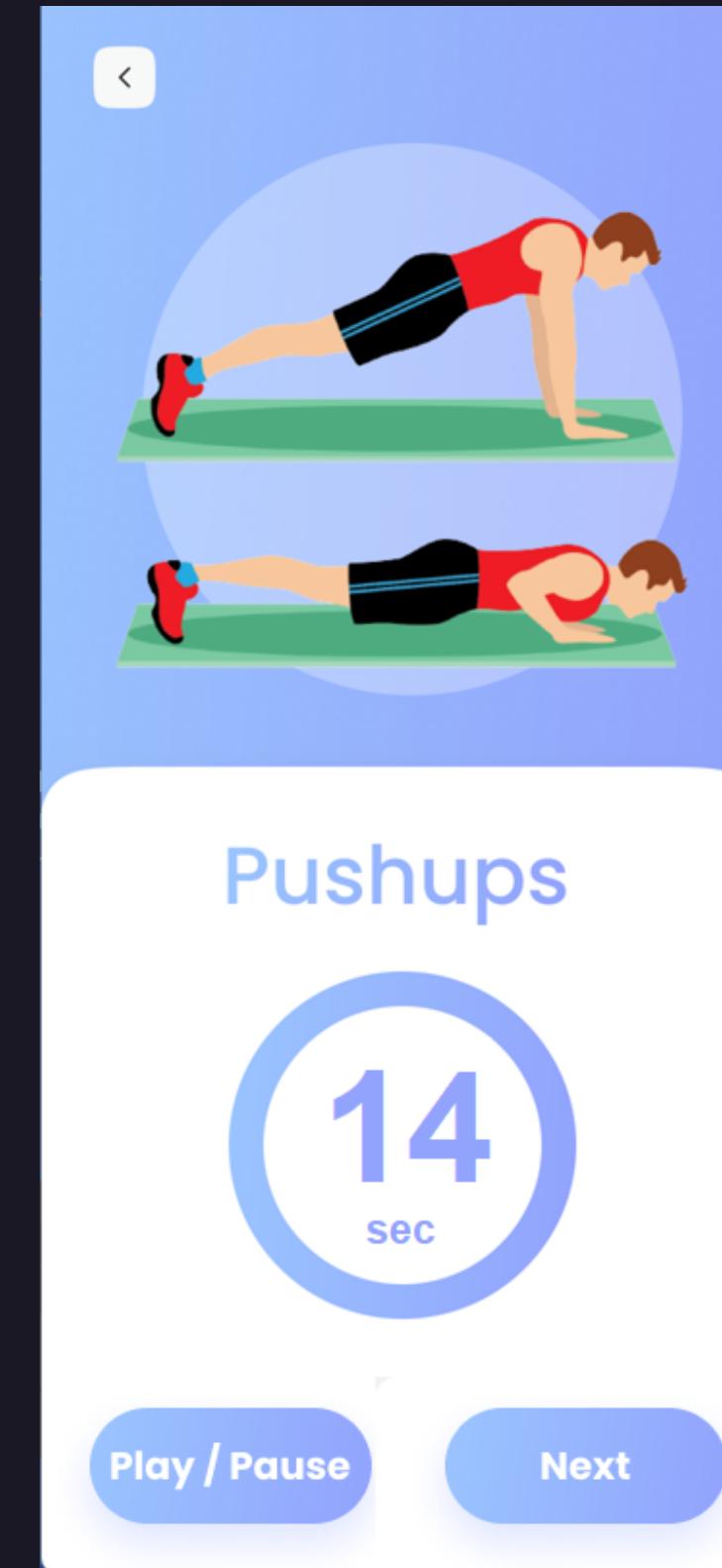
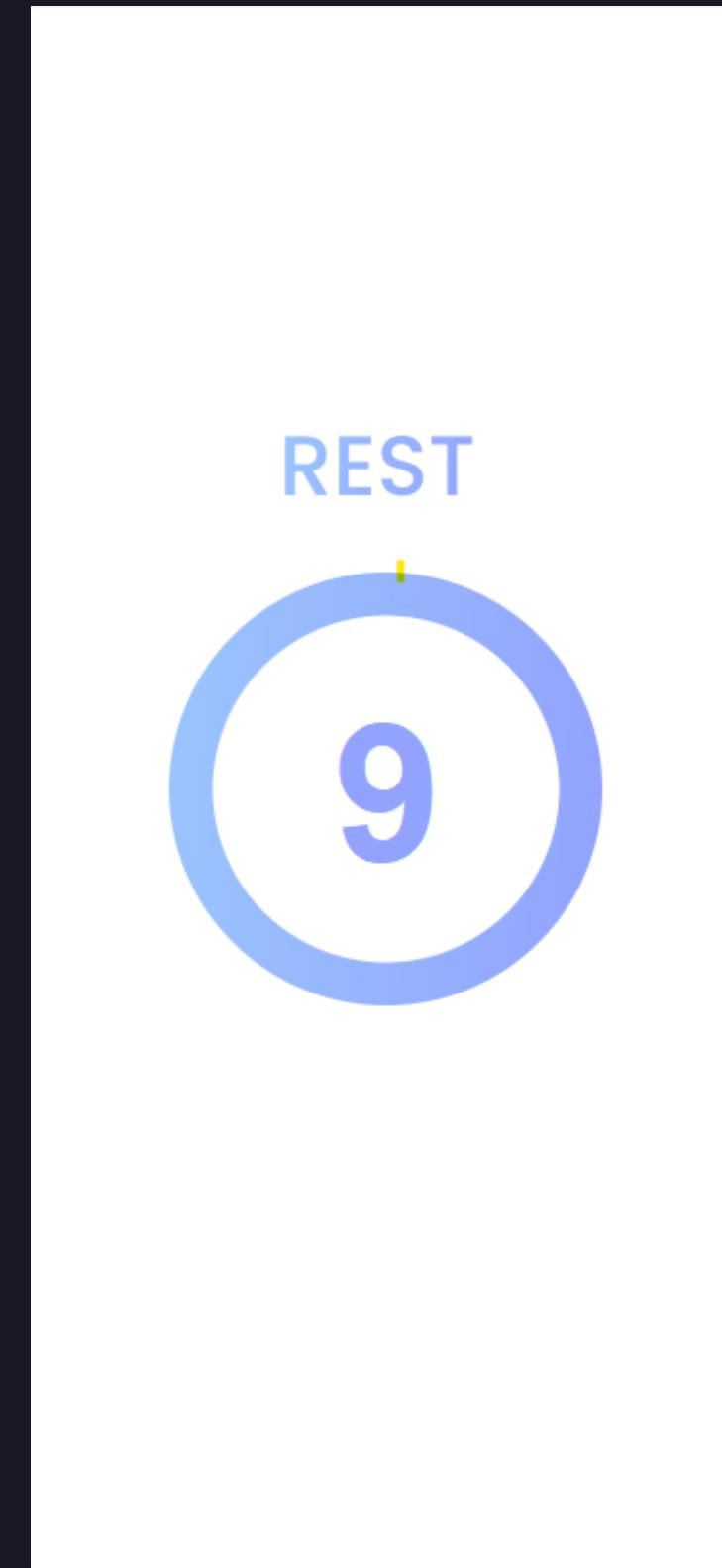
Contact Us    Privacy Policy    logout

The image displays two screenshots of a mobile application interface. The left screenshot shows a 'Meal Planner' section with a title 'Meal Nutritions'. It lists four meals: 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)), and Dinner (2 Tofu(5 Oz), Any vegetable(80g), Leafy GreensCooked Grain(150g), Small handful of nuts). The right screenshot shows a 'Profile' section for a user named 'Siddhant' (Advanced level). It displays physical statistics: Height (180 cm), Weight (70 kg), Age (19), and BMI (21.6). It also shows streaks: Current Streak (0 days) and Max Streak (0 days). Below these are sections for 'Account' (Personal Data, Achievement, Workout Progress) and 'Other' (Contact Us, Privacy Policy, logout). A navigation bar at the bottom includes icons for a flame, dumbbell, home (highlighted in blue), chart, and circle.

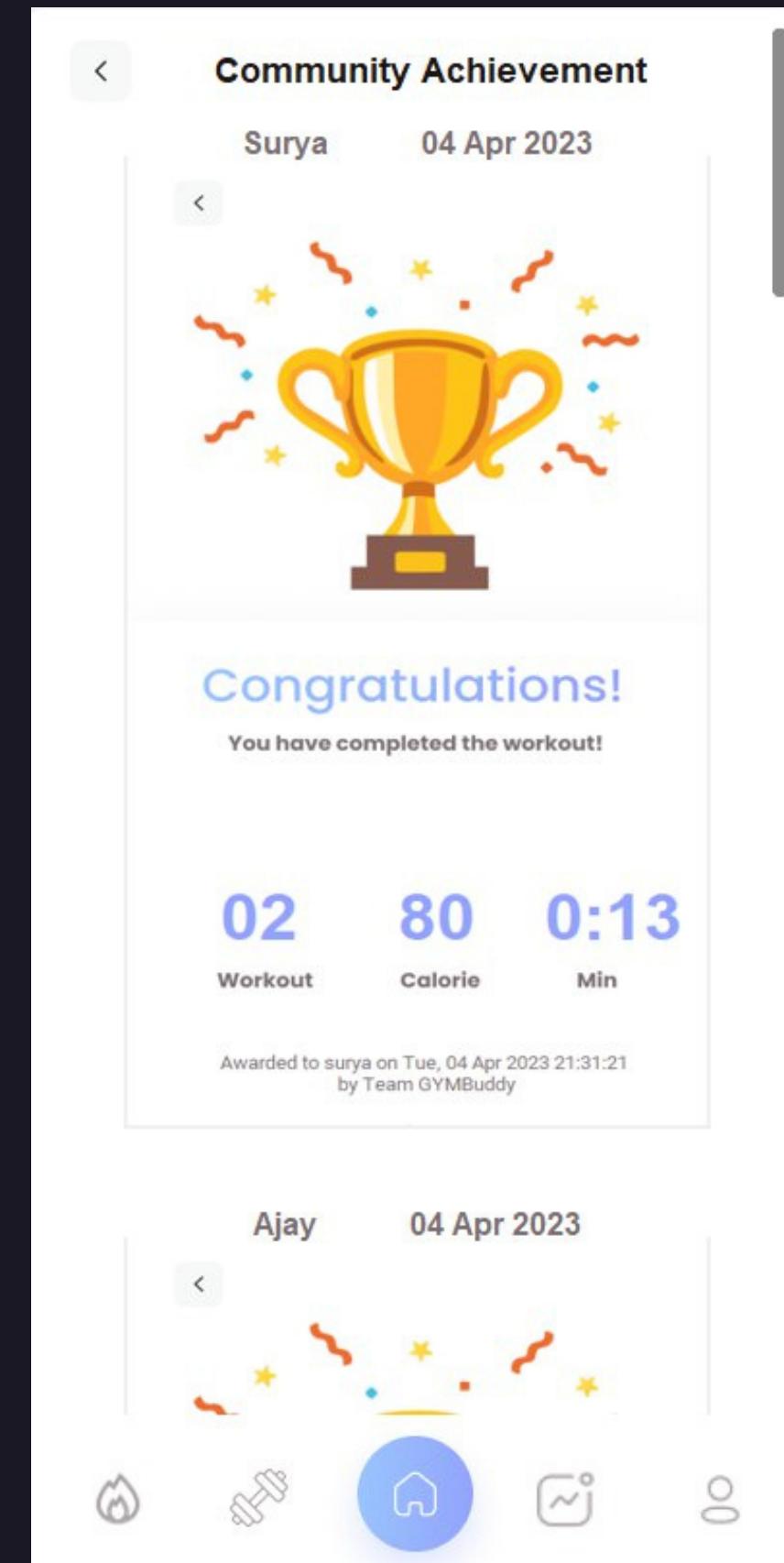
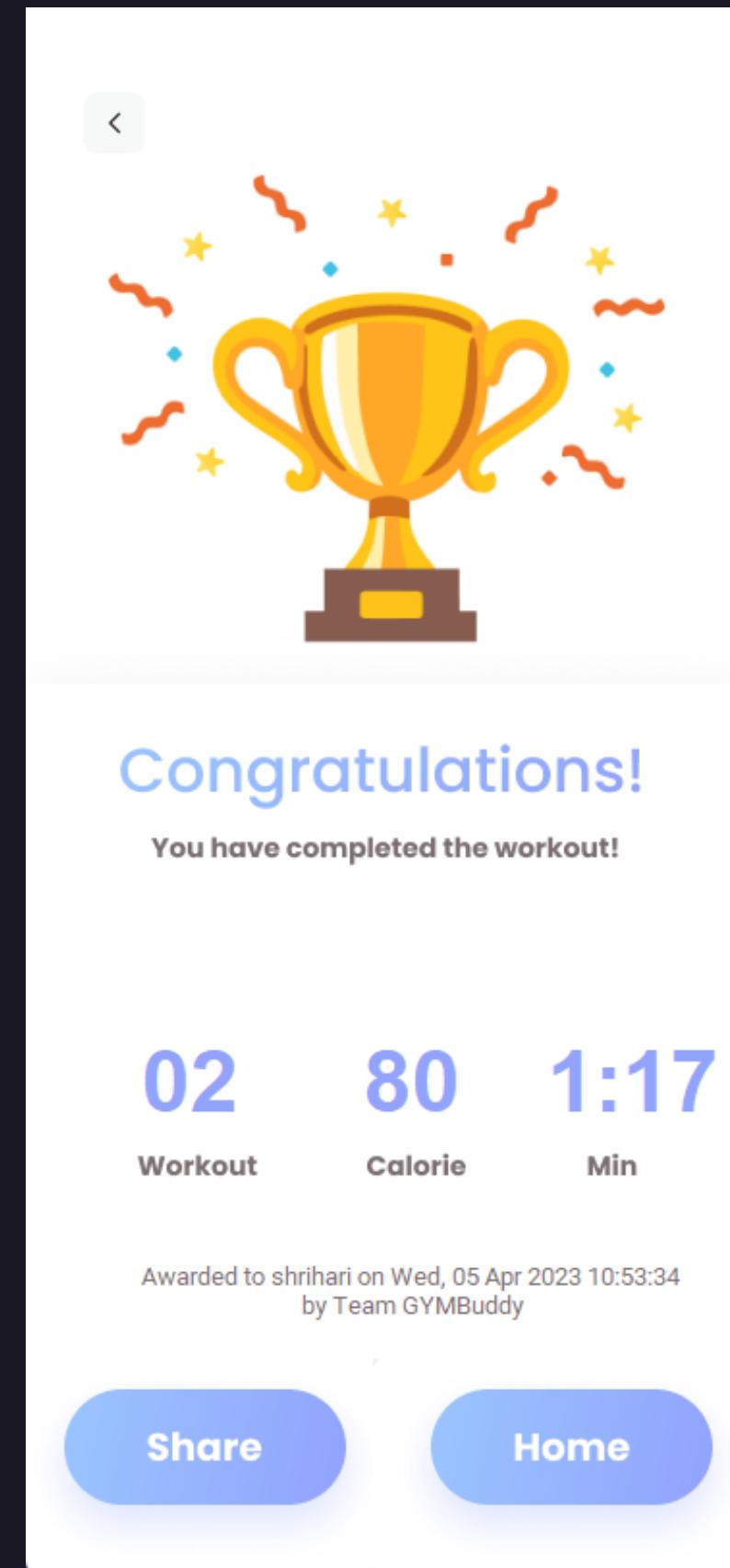
# WORKOUT SECTION



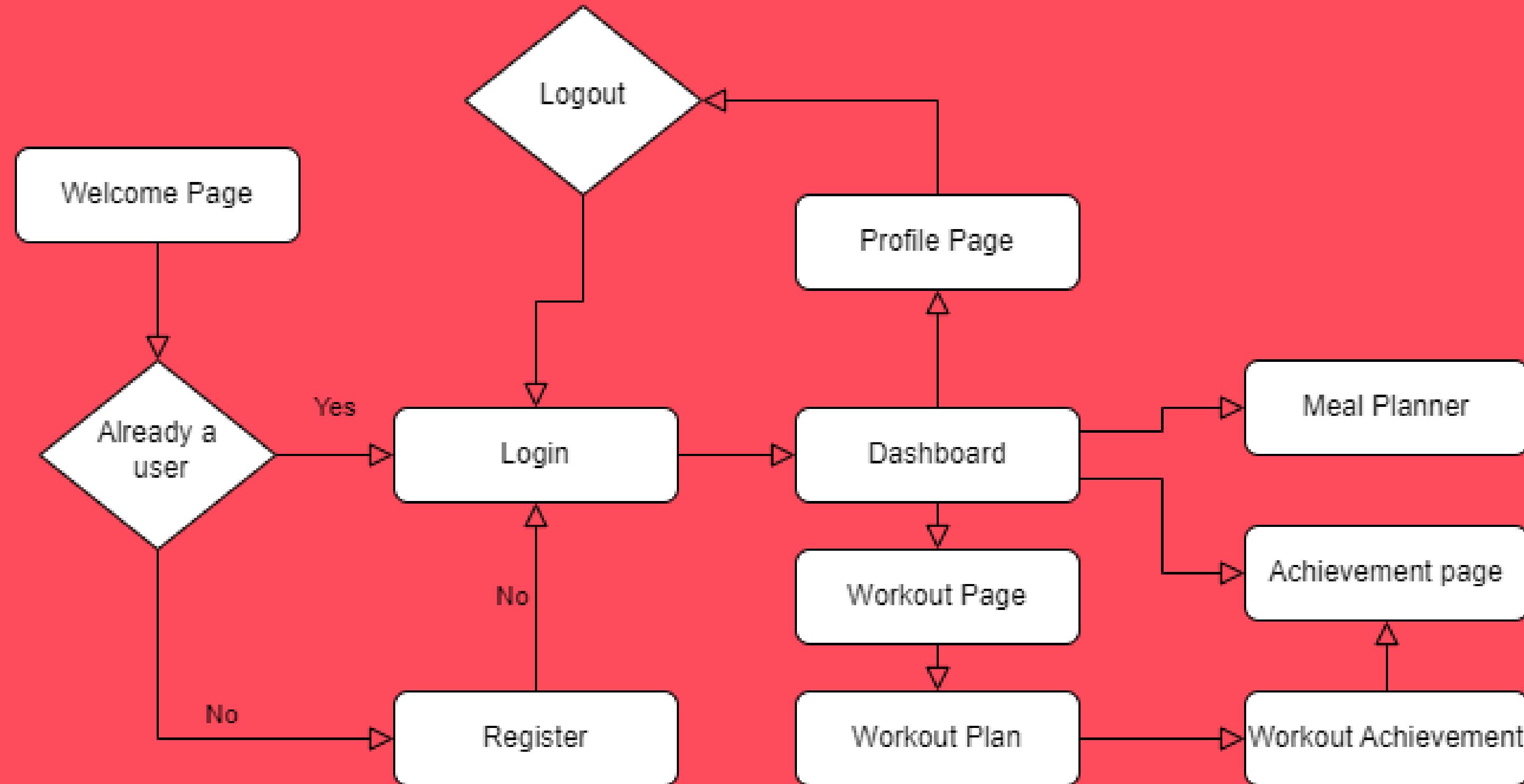
# WORKOUT PLAN

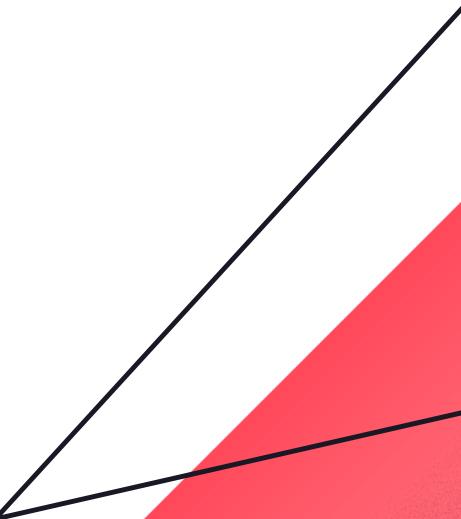


# ACHIEVEMENTS



# FLOWCHART





# Thank you