# FITNESS TRACKING SYSTEM MAJOR PROJECT REPORT

Submitted by

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Under the Guidance of

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In partial fulfillment of the requirements for the award of the degree of

## Bachelor of Computer Applications

Of Bharathiar University



# PSG COLLEGE OF ARTS & SCIENCE

**DEPARTMENT OF COMPUTER APPLICATIONS**

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APRIAL 2024

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**CERTIFICATE**

This is to certify that this Project work entitled **Body Fitness Tracking System** is a bonafide record of work done by **Sailendhira Shankar. M** (21BCA045) for the award of Degree of Bachelor of ComputerApplications of Bharathiar University.

Signature of the Faculty Guide Signature of the HoD

Submitted for Viva-Voce Examination held on **26.04.2024**

Internal Examiner External Examiner

# DECLARATION

I, **Sailendhira Shankar. M**, 21BCA045, hereby declare that this Project work entitled **Fitness Tracking System**, is submitted to PSG College of Arts & Science (Autonomous), Coimbatore in partial fulfillment for the award of degree is a record of original work done byme under the supervision and guidance of Dr**. C. Subha M.Sc., M.Phil., PhD. Assistant Professor,** Department of Computer Application, PSG College of Arts and Science, Coimbatore.

This project work has not been submitted by me for the award of any other Degree/ Diploma/ Associate ship/ Fellowship or any other similar degree to any other university.

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| Place | : Coimbatore | Sailendhira Shankar M |
| Date | : 26.04.2024 | (21BCA045) |

**ABSTRACT**

The development of a comprehensive health and fitness website has been undertaken to provide users with a seamless experience integrating four essential applications: BMI calculation, maintenance calorie estimation, body fat percentage determination, and a fitness quiz for knowledge enhancement. This unified platform offers users quick and convenient access to crucial health metrics and educational resources, all within a single website interface.

The website aims to streamline the process of accessing essential health information and tools by consolidating multiple applications into one cohesive platform. By offering these diverse functionalities in a unified setting, users can easily navigate between different features without the need for multiple applications or websites. Additionally, the website prioritizes responsiveness, ensuring swift access and efficient performance across various devices and platforms.

The BMI calculator provides users with a straightforward tool to assess their body mass index, offering insights into their weight status and potential health risks. Meanwhile, the maintenance calorie estimator aids individuals in determining their daily caloric needs for weight maintenance, supporting their dietary and fitness goals. The body fat percentage calculator offers further insights into body composition, empowering users with a more comprehensive understanding of their physical health.

Furthermore, the inclusion of a fitness quiz enriches the user experience by providing an interactive way to enhance fitness knowledge and awareness. Through engaging quizzes and informative content, users can expand their understanding of various fitness concepts, from exercise techniques to nutrition principles.

Overall, this integrated health and fitness website offers a user-friendly solution for individuals seeking to improve their overall well-being. By combining essential health metrics, educational resources, and interactive features, the website strives to promote health awareness and empower users on their journey towards better health and fitness.