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**Project Proposal**

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# 

# Title

FIT-ME APPLICATION

# **Introduction**

In these modern days when people all over the world have become so much concerned about their health and diet, it is obvious that they continually seek out for a Workout/Gym platform. This FIT-ME management system is an easy way to use gym and health membership system. It can help to keep the records of registered members, guidance which exercise and muscle groups to work out together, how much weight loss is required, their diet plans, logs of calories, daily targets to achieve. So, keeping in mind the main features of FIT-ME are guidance to their members about the.

• Health and fitness checklist

• Weekly/Monthly Diet plan

• Daily Exercise chart

• Weight gain/loss plans

• Nutrient/Calories intake logs

• and many more

# **Problem Statement**

Health clubs, moreover, called fitness centers or exercise centers, offer different administrations to assist individuals to meet their fitness objectives. Expanding your physical activity makes a difference anticipate cardiovascular disease and type 2 diabetes, among other common health dangers. Health clubs are a successful way to include assortment in your routine. However, you are doing not need to go to an exercise center to remain active. When considering a health club, it is vital that the features are worth the cost you pay.

# **Scope**

As innovation and the enthusiasm for being muscular and healthy are expanding day by day. So, the requirements for a well-organized, computer base gymnasium Management System has ended up the requirements of society and the gymnasium industry.

FIT-ME should be designed to facilitate a workout application to automate its operations of keeping records and store them in the form of a large and user-friendly database further facilitating easy access to the personnel.

# **OBJECTIVES**

Exercise and well-being should be enjoyed by everyone without any financial barriers and because of this, we are going to make FIT-ME, that will help people become healthier. The objective of the FIT-ME is to provide a system which handles the information of the members using the application.

# **Technological Stack involved**

* Programming languages: HTML, CSS, PHP
* Database: SQL

# **Different user categories involved in the application**

* Administrator
* End user

# **Flow of data**

A picture containing text, person

Description automatically generated

**Administrator**

**Back End**

**Front End**

**End User**

# **GitHub link:**

<https://github.com/shakabali>