



**Vivekananda Institute  
of Professional Studies**

# **Web Technologies**

## **Paper code: MCA 210**

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# Project title

## ONLINE FITNESS SOLUTION

## **Problems with the existing system**

Most people do not have a well-formed plan for how to get fit at the gym when they manage to go, and without hiring a trainer.

People do not have a good idea of what exercises or diet plan would help them to stay fit without going to gym or without using any equipment.

## **Description of proposed System**

The main objective of our online fitness solution is to provide a convenient way to get your own personal trainer and nutrition coach anytime, anywhere. People are no longer restricted by geographic boundaries and no matter where you are located around the globe you will be able to find and use the best health and fitness services that can help you develop the will and motivation to exercise.

- Our service is the most affordable way to get access to the services of a fitness professional as well as complete workout programs and nutrition advice for a fraction of cost. Client also save money on travel expenses and also expensive fee of a personal trainer in the gym.
- It offers flexibility. Rather than having to meet a personal trainer at a scheduled time and location for a coaching/training session, with online services the client has complete control over when and where they exercise.
- It is super convenient. Client can sit in the comfort of their home on computer to receive coaching and advice. People can receive personalized workout and diet plan.

## **Description and identification of the Functional requirements**

### **• R1.**

Upon accessing the UFT, the users shall be presented with a screen that shall allow them to log in, register, or take a tour of the web site.

### **• R2.**

If a registered user chooses to log into the site the system shall take the user to the main membership page. An unregistered user shall be taken to a registration page after two failed attempts to log into the site.

- **R3.**

When the users register, they shall be asked a series of questions for forming each user's profile. This profile shall be used to customize the site to the users' needs

- **R4.**

User can also calculate his/her BMI (Body Mass Index) by entering their body weight and height. The system will print the calculated BMI and also mention whether the user is under weight, overweight or normal.

- **R5.**

After login user is able to go through the entire website and can check the list of the nutritionist and trainers.

## **Technologies /Tools used**

### **Hardware Requirement:**

Operating System: Window 7 & above

3.00 MH Intel Pentium IV Processor

Ram: 256 Mb & above

### **Software Requirement:**

Front end: HTML, CSS, JavaScript

Back end: MySQL 5.0

Technology: ASP.NET

WEB SERVER: Xampp

Tools: Microsoft Visual Studio 2017

# Methodology

SDLC (Software Developments Life Cycle): Water Fall Model

## Iterative Waterfall Model

- **Requirement Gathering and analysis** – All possible requirements of the system to be developed are captured in this phase and documented in a requirement specification document.
- **System Design** – The requirement specifications from first phase are studied in this phase and the system design is prepared. This system design helps in specifying hardware and system requirements and helps in defining the overall system architecture.
- **Implementation** – With inputs from the system design, the system is first developed in small programs called units, which are integrated in the next phase. Each unit is developed and tested for its functionality, which is referred to as Unit Testing.
- **Integration and Testing** – All the units developed in the implementation phase are integrated into a system after testing of each unit. Post integration the entire system is tested for any faults and failures.
- **Deployment of system** – Once the functional and non-functional testing is done; the product is deployed in the customer environment or released into the market.
- **Maintenance** – There are some issues which come up in the client environment. To fix those issues, patches are released. Also to enhance the product some better versions are released. Maintenance is done to deliver these changes in the customer environment.

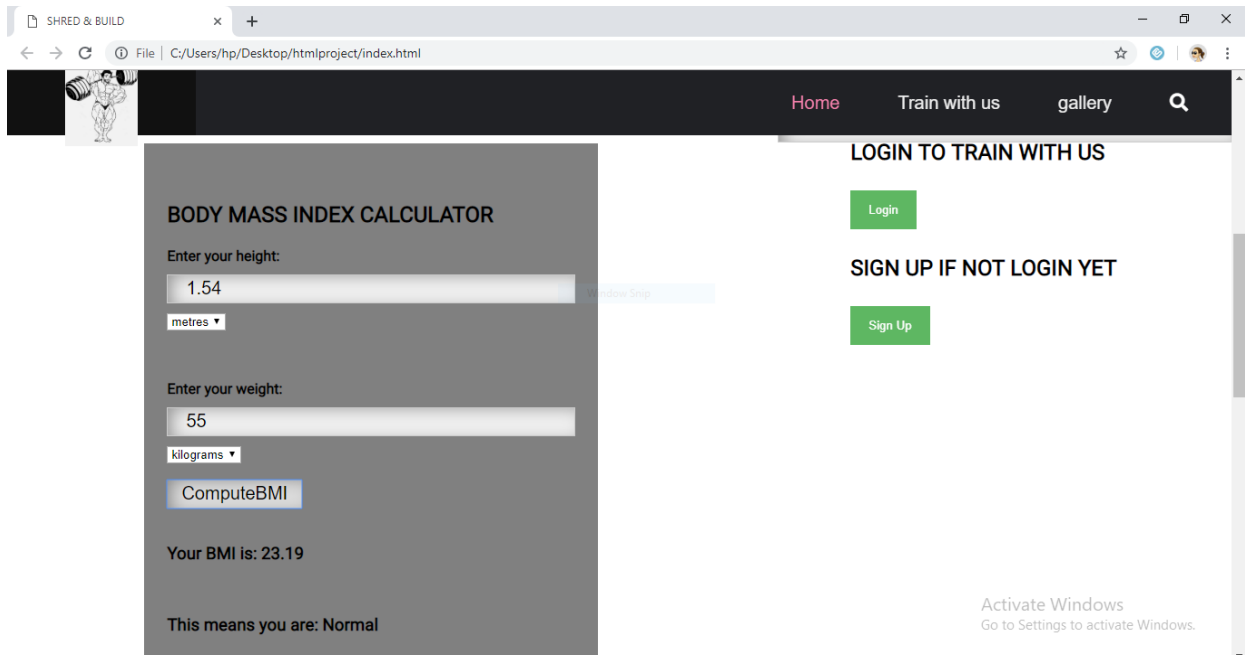
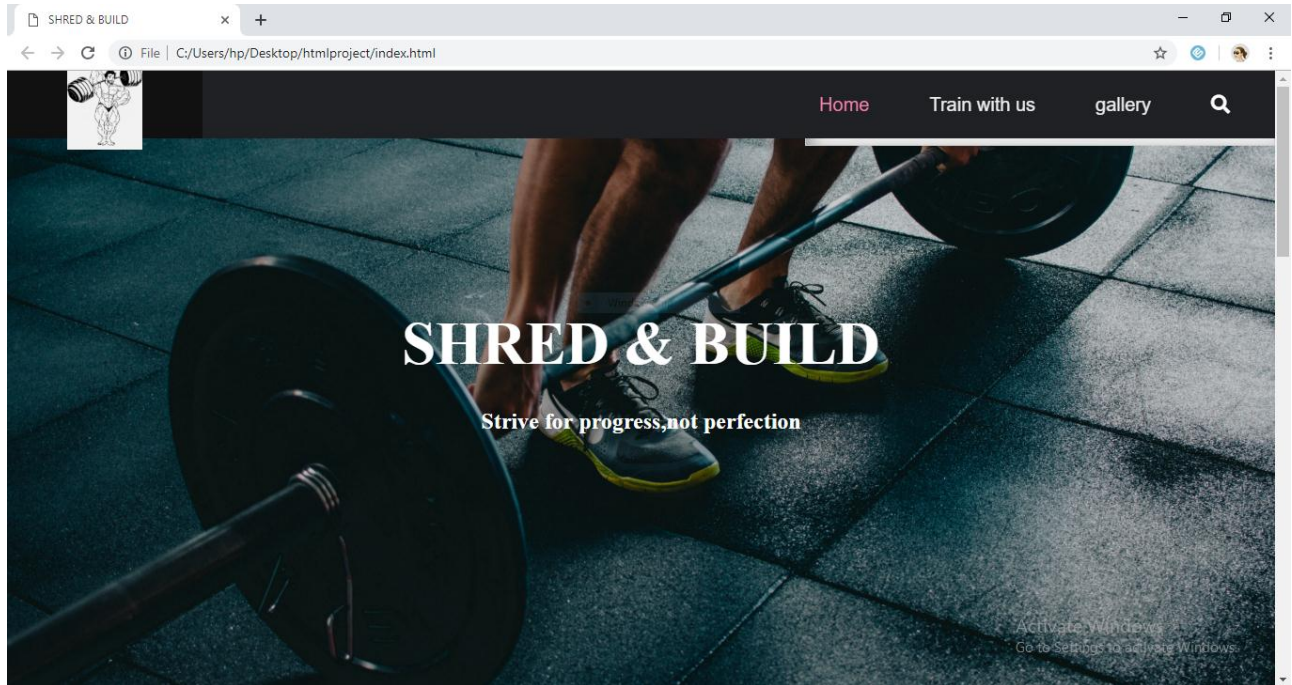
## Future Scope

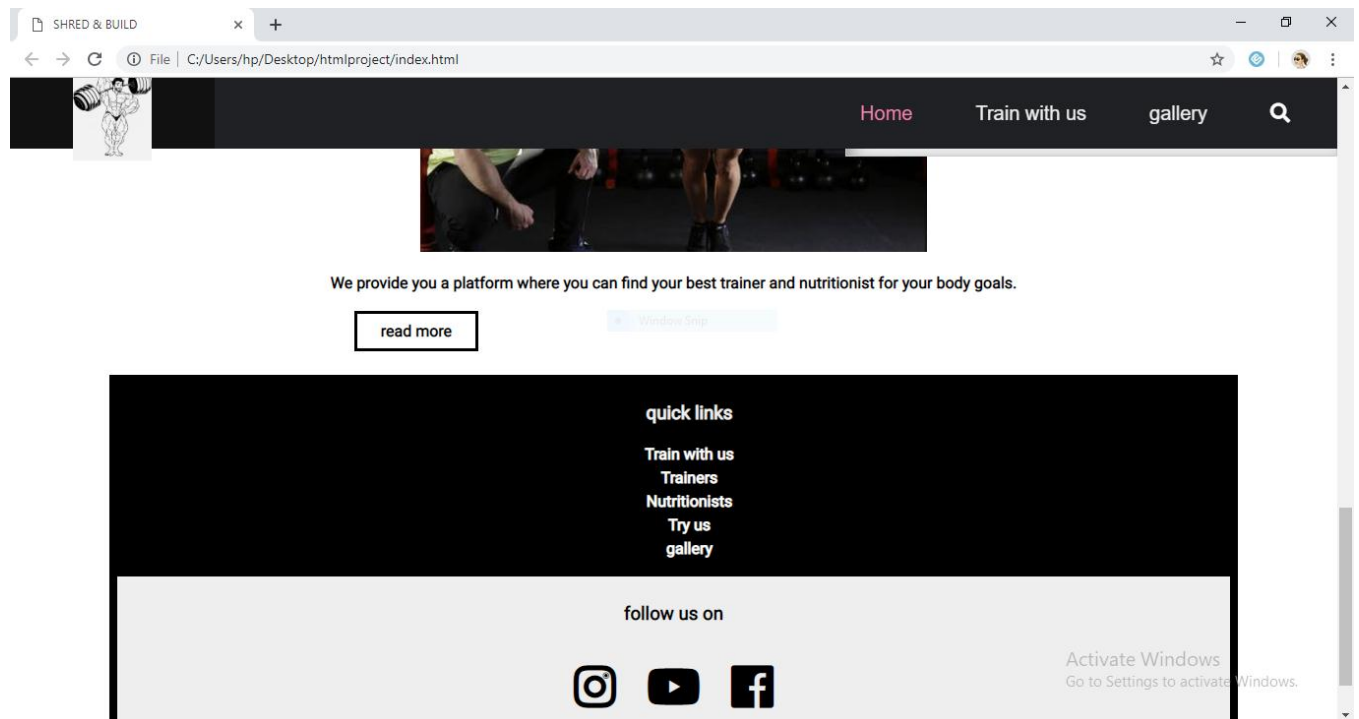
Future Work Future extensions to the OFS (ONLINE FITNESS SOLUTION) include new GUI features and functional options that enables the user to maintain a profile in which they can check their progress over the time period. Planned extensions include a nutrition section and a comprehensive database of recipes, user forums such that the users can interact with each other, share their experiences, and pass on useful recommendations and tips.

## References

- [1] UFT website, <http://www.yourultimatefitness.com/>
- [2] Bodybuilding website, [www.bodybuilding.com](http://www.bodybuilding.com)
- [3] <https://www.entrepreneur.com/article/290579>
- [4] <https://getbootstrap.com/>
- [5] <https://origin.fontawesome.com/>
- [6] <https://www.w3schools.com/>

# Snapshots





# Registration/Login

### Register

Username

Email

Password

Confirm password

Already a member? [Sign in](#)

### Login

Username

Password

Not yet a member? [Sign up](#)

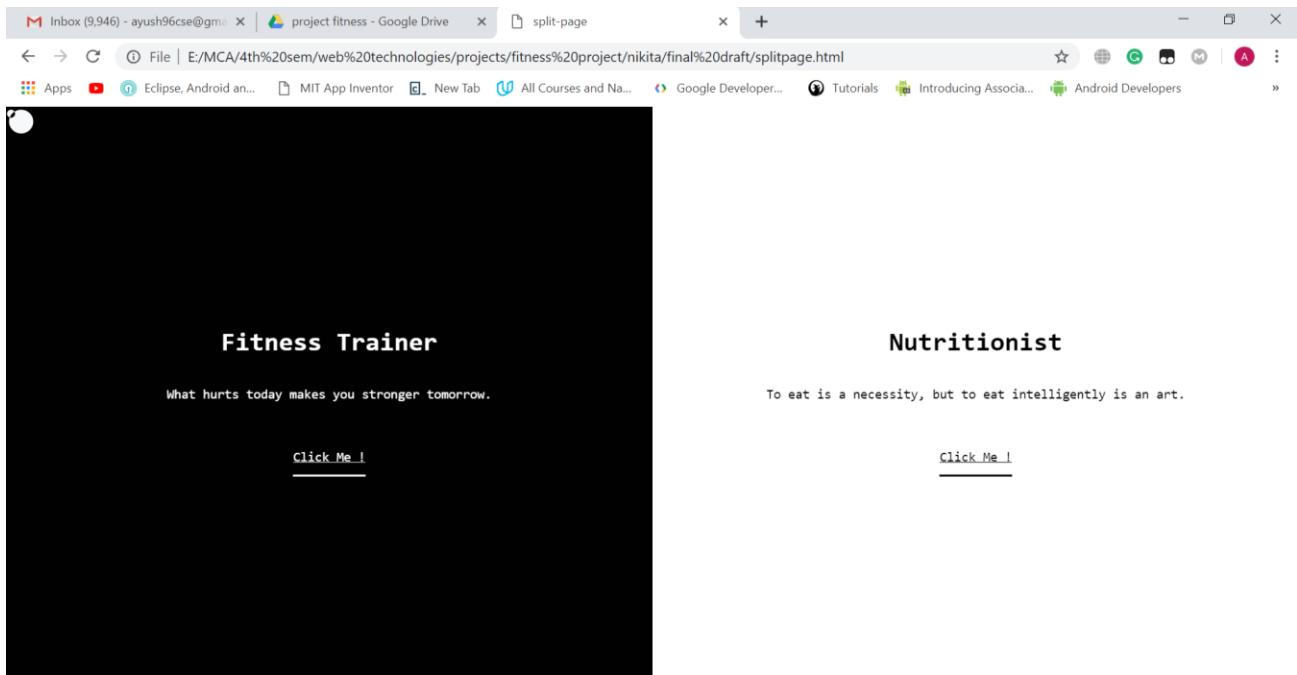
### Home Page

You are now logged in

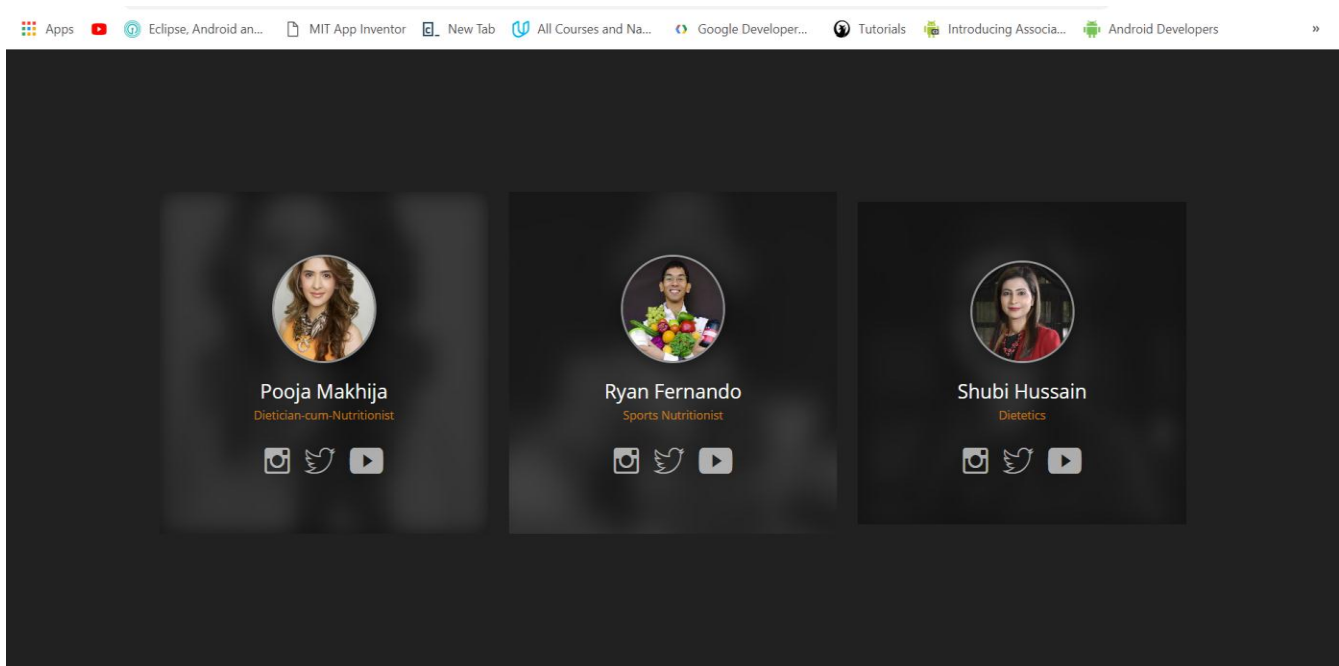
Welcome **ayush96**

[logout](#)

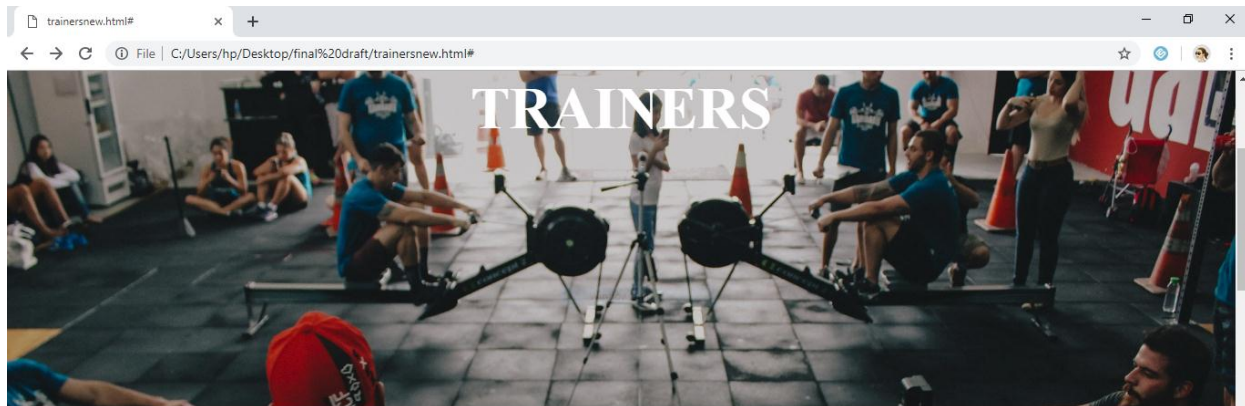




# Nutritionists



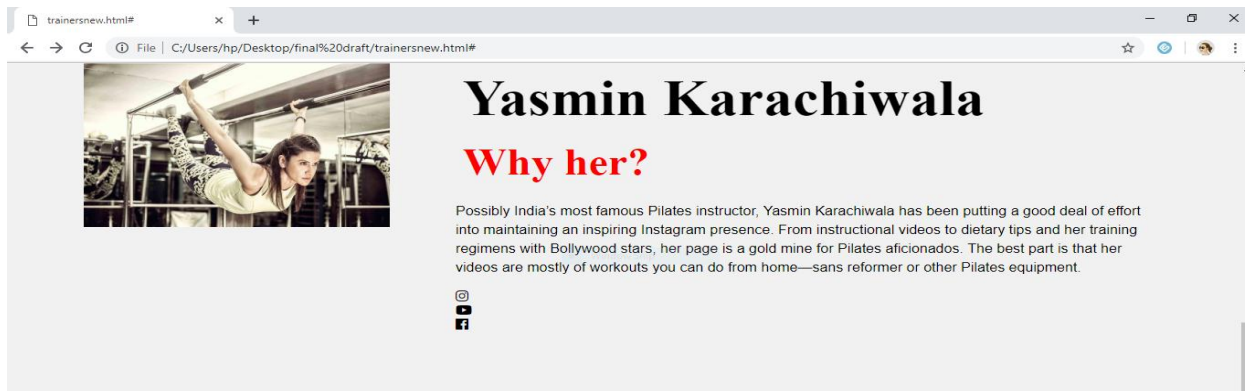
# Trainers



## Devraj

### Why him?

Co-founder of The Outfit, one of the most popular functional training centers, Devrath Vijay is clearly



## Simran khosla

### Why her?



# Gallery

