

**SYNOPSIS**

**ONLINE FITNESS SOLUTION**

**SUBMITTED TO:** **PRESENTED BY:**

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**Synopsis**

1. Title of the project:

ONLINE FITNESS SOLUTION

1. 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.

1. Description of proposed System:

The main objective of our online fitness solution is to a provide a convenient way to get your own personal trainer and nutrition coach anytime, anywhere. Peopleare 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.

1. 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 and shall include (but shall not be limited to) the following data: age, sex, weight, and height.

* R4.

After selecting the add/delete workout page, the users shall be presented with a page that lists the dates of recent workouts either in the form of a drop-down list or a scroll box. There shall also be buttons that shall allow users to add or change a workout. When an existing date is selected, an non editable table shall be displayed, and on each line of the table an exercise set shall be displayed, including the name of the exercise, weight used, repetitions, and a comment box. Bellow this table, in a separate table, any cardio performed on that day shall be displayed in the same tabular format as above, including name, time, calories burnt, and a comment box. The user shall have the option of editing the table from this view.

* R5.

When users select to add or change an existing workout the table shall become editable and the user shall be able to add a set or multiple sets to the database. Weight and cardio exercises shall be edited separately, so that one or the other can be skipped on any day. The user shall also be able to remove sets from the table. From this view the user shall be able to delete the entire workout and remove it from the database.

* R6.

When the users select the template page they shall be able to store up to one week of future exercise routines, separated on days of the week.

* R7.

When the users select the progress page, they shall be shown a screen that allows them to input by date their weight, body fat, and their body measurements: neck, chest, arms (left/right), stomach, waist, thighs (left/right), and calves (left/ right). All measurements are optional, and shall be treated as such, for example if the user chooses to enter some but not all measurements he or she shall be able to partially completes the template.

1. Technologies /Tools used

**HardwareRequirement:**

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

1. Methodology

6.1: SDLC(Software Deveploment 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.

1. 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.

8. 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/>