

Object Oriented Programming (CSL210)

Lab Project



Health and Fitness Application

Made by Shujaat Hussain, Sohail Abbas, Abdul Ahad

Lab Instructor

Miss Salas Akbar

I. Introduction:

1. Background:

In this fast-paced world multitudes of men and women have grown to neglect their health, and overall fitness has been on a decline. People have become more sleep deprived due to long work hours or being generally distracted at night to gain sufficient amounts of sleep. Lots of them even face trouble keeping track of their weight due to lack of nutrition knowledge and having an un-sustainable workout routine.

2. Scope:

This scope of this project is a GUI Java Application made using swing library. It will be capable of user data management and processing. It will also apply basic OOP principles.

II. Proposed System:

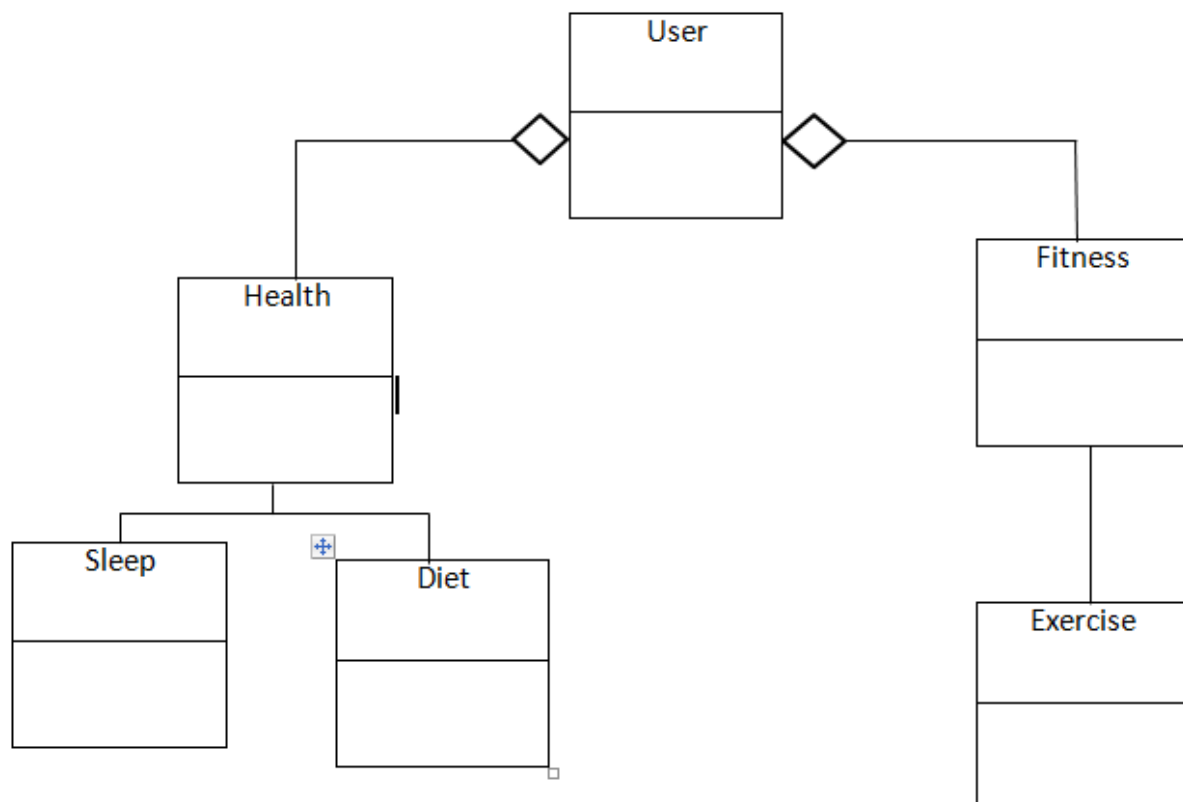
The purpose of this project is to develop a Java based Health and Fitness Application. This application aims to enable its users to:

- Maintain a healthy sleep routine
- Keep track of their weight and workout routine
- Manage the intake of nutrients
- Personalize based on personal requirements
- Keep track of their progress in attaining their health and fitness goals

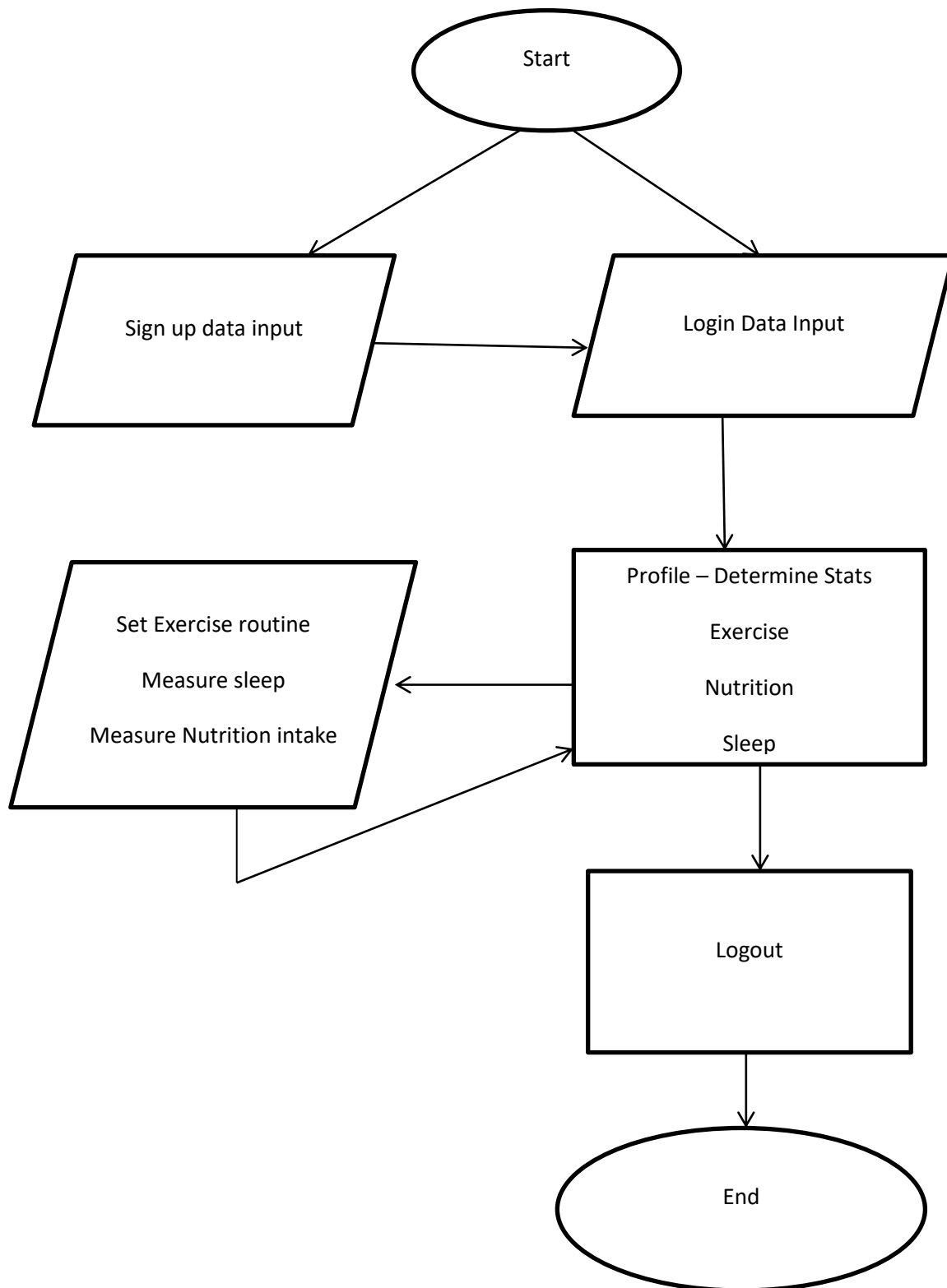
1. Requirements:

- Netbeans IDE
- JDE and JDK
- Windows 10

III. UML class diagram:



IV. Flow Chart:



V. Work distribution:

Group Members	Work
Shujaat Hussain	1. Application Development 2. Database
Sohail Abbas	1. Application Development 2. GUI Design 3. UML
Abdul Ahad	1. Application Development 2. GUI Design 3. Database