

## PROJECT ABSTRACT

Our objective through this project is to create a fitness software for people so that they do not have to hit the gym everyday. This application includes all the workouts needed for the human body that can be done with or without fitness equipment, a diet plan so that people can stay fit physically. This application also includes yoga and meditation modules so that people can practice yogic poses and also meditate regularly for overall fitness of the body. Because we believe that a body has to be both physically and mentally fit. This software is the total package for ultimate fitness.

### USERS:

- Admin
- User
- Guest Users

#### **Admin**

Administrator is the highest privileged user. Admin module provides the super admin privileges with management of the entire application, creation of logins, adding, removing workouts, user accounts, viewing feedbacks, complaints issued by users, managing diet plans, yoga and meditation functions, supervision of the overall activities of the software etc.

#### **Registered Users**

The registered users of the software have privileges such as signup, login, viewing workouts, diet plans, yogic and meditation poses, provide feedback and queries, view the workout equipment description for all workouts just in case they wish to buy an equipment but are still confused due to lack of information.

**External Users**

External users have the provision to register/sign up and view details of the software functionalities. They can also submit queries through the contact us form and view replies.