**EUROPEAN UNIVERSITY OF LEFKE**

FACULTY OF ENGINEERING

Graduation Project I

**FITNESS SCHEDULER**

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**Abstract.** Fitness Scheduler is a website that will help the user get to their fitness goal by creating a platform for the trainer and trainee to communicate and set dates for there goals. It will also keep track of their progress as well as store data and relay information to each other.

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**1. Introduction**

**1.1. Problem definition**

A lot of fitness schedulers such as supersaas take more precedence on payment for using their websites rather than paying more attention to the type of training the client is receiving and if they are benefiting. Most of the subscription payment packages start from 6 euro up to 30 euro which for an unemployed student can be a burden to keep up with payment. If you’re offering fitness and health services to others, staying alert and focused on your client is important to their progress. Distractions like incessant phone bookings, last-minute cancellations, rogue payments, and more can keep an individual from giving them the best service as possible. That’s why the super fit workout scheduler is important and will make the users reach their goal without breaking a sweat. By simply booking and being assigned a class will be a step closer in achieving their goal

**1.2. Literature survey**

Fitness values for the last 50 years have pretty much been the same , same applies to the development of the websites. The only difference has been in the usability , functionality and interface. Certain web developers have done this concept before but in the form of the trainees not being able to communicate with their traness on a personal level. Most fitness schedules take more precedence of payment first then fitness later, they do not sell it as such but that's the way they market it as. Fitness scheduling will be free on the super fit website. Some of the websites give a free month trial such as class pass and you begin to pay when the trial is up.

New databases are being created to support vast amounts of data storage as well as data retrieval being easy. Most of the websites have an admin who books the appointments and reschedules the clashing ones however, our website will allow the trainer and trainee to login to separate accounts and govern themselves to ensure they have a clear understanding in their scheduling of classes.

**1.3. Goals The aims of this project.**

The goal of this project is to help create a platform where the trainer and trainee will communicate , have full access to the features provided by the website to achieve their fitness goal free of charge.

One of the aims is to insure that the website is easily navigational. Trainers can be set to particular sessions and let them handle their own students in their own manner. Every student should be accounted for and for those who missed the session , video will be uploaded to isur they do not lose out on the experience.

My personal aim that I plan on learning from this project is to ensure the primary objective of the creation of the website is met. Throughout the journey I plan on perfecting my programming skills as well as my knowledge for multiple programming languages. I plan on learning how to goven my time as well as manage

**2. Resources**

**2.1. Required**

HTML or Hypertext markup language will be needed to create the skeleton of the website. It will be applied on every web page as well as introducing some of the functionalities to be used by the users. As described by wikipedia it is the standard markup language for documents designed to be displayed in the web browser.

CSS also known as cascading style sheet is to be used for the styling as well as implementation of images colour back grounds and other creative styling of the web site. This will work hand in hand with HTML.

Java Script will be used as well hand in hand with HTML and CSS. JS will bring the functionality of buttons ,input bars and other futons to be active on the web site.

PHP is a popular general-purpose scripting language that is especially suited for web development. It is a back end language which interacts with the server. This will be used in conjunction with the other programming languages.

MySQL is a relational database management system based on SQL , Structured Query Language. The application will be used for a wide range of purposes, including data storage and logging in applications. The most common use for mySQL however, is for the purpose of a web database. MySQL will be the data storage system for the data input which will be passed on to the website.

**3. Modules**

**3.1. Calendar module**

The website will feature a calendar where the scheduled workouts will be placed. This will occupy most of the interface as it will showcase on which date certain workouts will be done as well as the video uploads for the ones that missed the workout.

**3.2. Chat box module**

The website will also feature a chat box for the trainer to communicate with the trainee. The client can directly communicate with the trainer to insure they can attend the workout or not, to be moved to a different schedule or even cancel a workout booking.

**3.3. Login module**

The user of the website can login or sign up as a trainer or a trainee.This is where one will input data, this data will be saved in the database. The trainer and trainee user interfaces will be different in the respect that they will use them differently. Trainers will have more access to certain functions to the website than the trainee which in most cases will be able just to schedule for their workout class. This will be processed using the different modules mentioned above and below in sections 3.1, 3,2 and 3.4

**3.4. Forth module**

The database which will be stored in MySQUL will be used on the website to store various types of data. This data may include the login information of the user, the dates and time schedules of the workouts as well as messages to and from the trainer and trainee saved in the database. The videos that will be uploaded and saved on the website will be stored on the database to be accessed by the trainee.

**4. Risk analysis**

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| --- | --- |
| ***Risk Summary*** | Hardware(personal computer) malfunctioning. |
| ***Risk Category*** | System Risk |
| ***Probability*** | medium |
| ***Impact (0-5)*** | 4 |
| ***Description*** | The computer being used to create the website tends to overheat and shut down in some cases. |
| ***Risk Mitigation*** | Data will be backed up frequently and a stand by pc will be at the ready. |

|  |  |
| --- | --- |
| ***Risk Summary*** | Overloading of data |
| ***Risk Category*** | System risk |
| ***Probability*** | Medium |
| ***Impact (0-5)*** | 3 |
| ***Description*** | A system may crash when a lot of data has to be processed with a machine that has limited computational power. |
| ***Risk Mitigation*** | Set a maximum quota for the data to be processed. |

|  |  |
| --- | --- |
| ***Risk Summary*** | Inaccessible video data |
| ***Risk Category*** | System Risk |
| ***Probability*** | low |
| ***Impact (0-5)*** | 5 |
| ***Description*** | Taking longer periods to access data or failing to acquire data from an external database |
| ***Risk Mitigation*** | Build our own database in our local machine. |

**5. Conclusion**

**5.1. Benefits**

### The website will save a lot of time for the users with less time in dealing with phones and unnecessary disturbances. This way the user will get quality time with the trainer in ensuring they get the best training possible

### The website will be available 24/7 and will need minimum upgrading. The trainers can revisit the workout they would have done at any time. Any changes to the scheduling will appear in their notification and they can change their schedule accordingly, and if they cannot make it, the can always watch the uploaded video. Notifications of new appointments or class bookings will make the planning of your daily schedule more manageable.

### Cut Costs without paying a penny. All the appointments are done for the trainee and all they have to do is show up. If not , an uploaded video on the site will be waiting for them all free of charge. This will not only benefit the trainee but the trainer as well as he can also keep track of the class without being charged anything and plan his day to day activities with no hustle.

### Recurring appointments will be easy to manage as they can be booked in on the same days as usual creating a pattern that the trainer can follow on which dates the students can make it and which days they cannot. Some appointments may be lesser than others and can be slotted into the bigger classes with no harm done. Booking in advance will be also easy in the future as people will be well versed with the website.

**5.2. Future works**

The fitness scheduler website can be expanded in the future by adding the user usage number as more people will gradually use the website. The success of the website can be based on the usability of the website and can be made even more user friendly with time as well as add on more features such as calorie count calculators and other features. We can also add the rating system which will rate the best trainees as well as their work routines based on the user comments. This will take the comments from users of the same MySQUL database and based on what they will be commenting whether negative or positive will then be used with natural language processing and provide the ratings of the workouts.

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