**FITNESS AND WORKOUT TRACKER**

**ABSTRACT:**

The Fitness and Workout Tracker project aims to create a user-friendly platform designed for fitness enthusiasts, personal trainers, and beginners. By utilizing a design thinking approach, we engage with users to identify their needs for personalized workout plans, progress tracking, and goal setting. Key features include customizable workout schedules, calorie tracking, and visual progress graphs to enhance motivation.

The project employs Java technologies, using Java Servlets to enable functionalities such as profile creation, workout logging, and tracking progress over time. JDBC is integrated to manage user data, storing workout logs, calorie consumption, and fitness goals in a database. This setup allows for efficient querying and generation of progress reports and personalized workout recommendations.

Ultimately, the Fitness and Workout Tracker aims to empower users with the tools and insights necessary to achieve their fitness goals, promoting a healthier lifestyle through informed decision-making and consistent engagement in their fitness journeys.

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