



FFSD Project

Gymrats

Team members:-

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Overview

Gymrats is a fitness platform tailored for two primary user groups: beginners and regular gym-goers. Our platform offers three subscription tiers—Standard, Gold, and Premium—designed to cater to diverse fitness needs and goals. Through Gymrats, users gain access to personalised workout plans, diet suggestions, and additional resources to support their health and wellness journeys.

Features:

1. **Standard Subscription:**

- a. Basic gym plans.
- b. Daily workout schedules.
- c. General diet suggestions.

2. **Gold Subscription:**

- a. Includes all features of Standard Subscription.
- b. Personalized weekly diet plan based on BMI.
- c. Specific muscle isolation exercises with video demonstrations.
- d. Ability to rate isolation exercises based on user experience.

3. **Premium Subscription:**

- a. Includes all features of Gold Subscription.
- b. Access to a personal online trainer.
- c. Supplement recommendations tailored to user goals (weight gain or loss).
- d. Links to purchase recommended supplements.

Users

1. Admin:

- Oversee platform operations.
- Approve content and manage user roles.

2. User:

- Access personalized plans based on their subscription.
- Track progress and rate exercises.

3. Trainer:

- Create and manage personalized workout and diet plans.
- Conduct virtual training sessions.

4. Verifier:

Verifier will verifies the Gym Trainer

Website Pages

Login Page:

- Secure access for all user roles.

Home Page:

- Central hub showcasing subscription options and key features.

Dashboard Pages:

- **Admin Dashboard:** Manage users, trainers, and platform content.
- **User Dashboard:** View and manage workout plans, diet suggestions, and purchase supplements.
- **Trainer Dashboard:** Create and monitor workout and diet plans for assigned users.

Forms:

Signup Form:

Collects user information (Name, Email, Password).

Allows role selection (User, Trainer, Supplement Provider).

Workout Plan Form:

Trainers can design workout plans, including exercise details and videos.

Nutrition Plan Form:

Trainers can create and upload personalized diet plans.

Progress Log Form:

Users can log daily workouts, diet adherence, and track progress.

Roles:

Rahul Naskanti: Develop subscription features and user functionalities for accessing personalized plans and tracking progress.

Vivek Thota: Build the admin panel for managing users, trainers, and content.

Anvesh Cheela: Design the trainer dashboard for workout and diet plan management.

Jayanth Chedideepu: implement the diet plan and isolation training exercises

Manoj Kumar B: Develop user feedback features, including rating systems and progress visualization.

Expected Project Timeline:

Mid-Review:

Complete frontend design with HTML and CSS.
Partial backend setup for user roles and dashboards.

Final Review:

Fully functional website with integrated database.
All features operational, including subscription management and feedback system.