

*A Mini Project Synopsis on*  
**Fitness Regime Management System**

**S.E. - I.T Engineering**

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## CERTIFICATE

This to certify that the Mini Project report on Fitness Regime Management System has been submitted by Aryan Sankholkar (20104010), Dhananjay Phalke (20104120),

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# Chapter 1

## Introduction

This project is designed to facilitate a gymming and fitness center to automate its operations of keeping records and store them in form of a large and user friendly database further facilitating easy access to the personnel. We all know “Physical fitness is the first requisite of happiness”. Our proposed “Fitness Regime Management System” is for those who run a fitness/gym business. The Fitness Regime Management requires a system that will handle all the necessary & minute details easily & proper database security according to the user.

### 1.1 Purpose:

- The software is capable enough to allow the concerned person to store and retrieve any type of record with just a single click of mouse. The software allows Interactive, Self describing Graphic User Interface environment where even standalone users can work very comfortably and easily.
- All the data pertaining to transactions or other important entities is kept at central database from where its attributes can be easily controlled. But, such kind of technical details are hidden from the standalone User. He just needs to type in correct details of the given entity and then click the save button with the help of mouse.
- However, that central repository of data can be easily accessed if required. Data Redundancy is no more the problem now. The data modified from one particular data entry form will reflect the modifications at the other related forms too.
- This has thus reduced the chances of data inconsistency in our data storage. There is no need to manage bulky registers now as data stored in the backend database can be rapidly retrieved either from the frontend form itself or directly from the database. Requires one time investment of setting up required Hardware and Software after which no more headaches is required by the Managers. Moreover, it also reduces dependence on Manpower.
- Effective Search measures are present at each and every data transactional forms from where by just entering a unique keyword for that data its whole records can be readily seen within microseconds. Moreover, Facility of Updating and Deletion of data through search is also available.

## **1.2 Objectives:**

- To design and develop a user friendly Fitness Regime Management System.
- To keep a track on member's progress.
- To develop easy to use software which handles the customer staff relationship in an effective manner.
- To create adaptable software which outlines the benefits of a healthy lifestyle.

### 1.3 Scope

Fitness Regime management software is meant to make running a fitness center easier. The program collects all data in one location, from online gym scheduling to automatic invoicing to administrative responsibilities, so you can operate your business more efficiently

- As the technology and the passion for being fit and healthy has seen a significant growth since the pandemic.
- Therefore, Digital Management System has become the need of the society and the fitness industry.
- BEFIT is here to instruct people about the importance of health and provide easiness in finding all the information at one place

## **Chapter 2**

### **Problem Definition**

Existing system was manual. Time consuming as data entry which include calculations took lot of time. Searching was very complex as Fitness Regime management system could be 100's of entry every year. Gym management system project proposed system is expected to be faster than gym management system project existing system. This Manually Managed system of gym management system project store was also heavily prone to data loss due to certain causes Misplacement of Registers, Destruction of Registers, Unauthorized access to registers etc. which can bring in disastrous Consequences. Gym management system project cost of maintenance of data and records of occurrence of transactions is very high. Searching a particular data specific to particular requirements is also very tedious in such system. In order to retrieve records, Gym management system project responsible person needs to manually locate gym management system project appropriate register and locate gym management system project appropriate placement of that particular record which may be very time consuming.

## Chapter 3

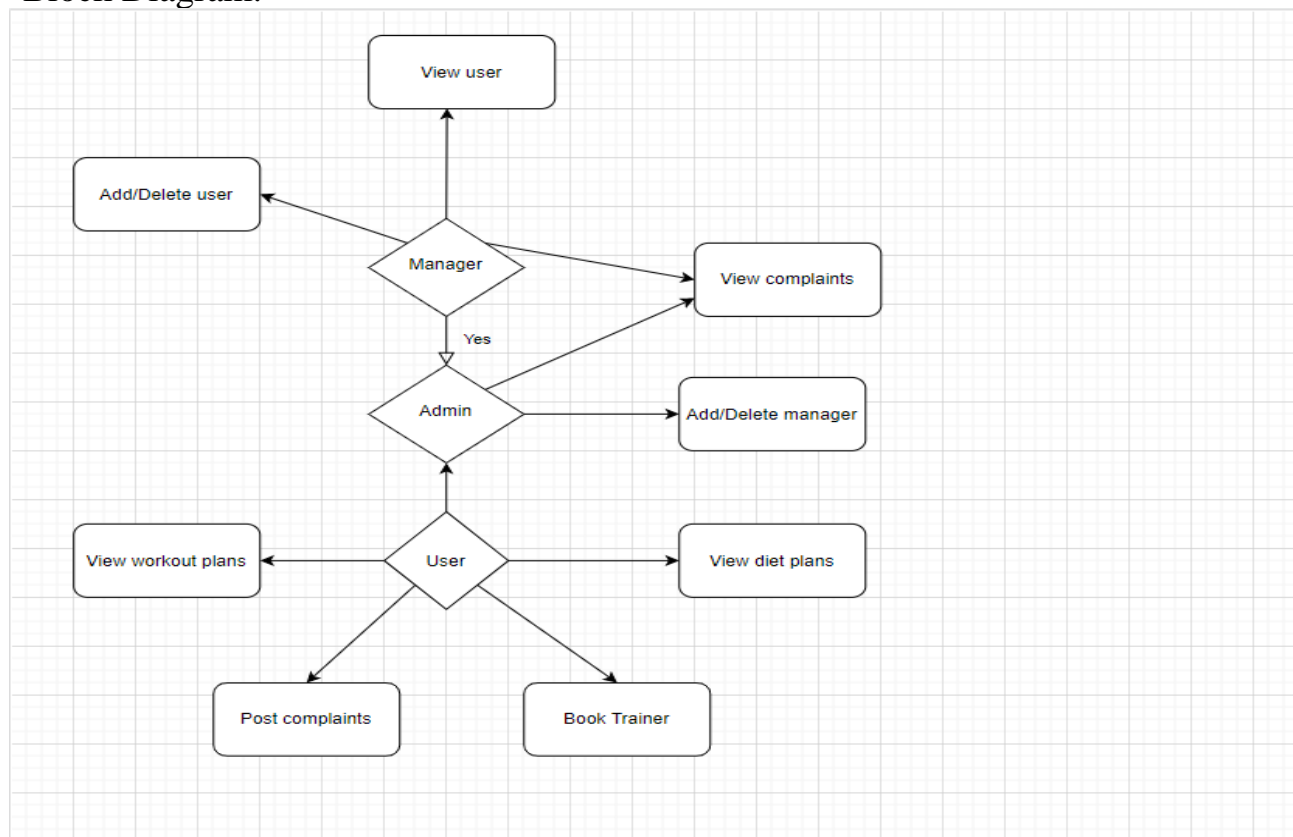
### 3. Proposed System:

Fitness Regime management system project proposed system will be designed to Support Fitness Regime management system project following features:-

- Fitness Regime management system project proposed system has a user friendly Interface for porting of data to server.
- This Gym Management System tool is basically developed to aid the user to add a member to the gym. The user shall be able to add the name, date of birth and contact address of the member.

Fitness Regime management system project proposed system provides gym management system project **no replication** of data

Block Diagram:-





### 3.1 Features and Functionality:

The feature and functionality implemented is as follow:

#### Feature 1: Training **and** workout

- Our fitness project includes workout plans and videos with explanatory comments and is easily able to adapt to the user. For example, it creates an individual training plan depending on the goals and initial data, as well as easily monitor the user's progress

#### Feature 2: Diet **and** Nutrition

- A popular and profitable diet and health nutrition application is user-friendly, has intuitive design, handy feature set, smart monetization models, and many more. Eating a well-balanced diet can help you get the calories and nutrients you need to fuel your daily activities, including regular exercise. In our Fitness project, according to the users need, various veg and non-veg diets are included according to the user's fitness plans.

#### Feature 3: Personalized **Trainer/ Nutritionist**

- For a better and more productive interaction with the client, we offer experienced trainers so that the users can take advantage of it. Personal training services and programs can help members hit their goals and offer the type of motivation needed to keep going. Trainers offer several benefits for members such as teaching the correct form, how to perform exercises and holding members accountable.

## **Chapter 4**

### **Project Outcome:**

- To gain access to the system in a safe way.
- To add, update or delete details of User. User will be able to login & Signup and if the user forget their password then they can change their password too.
- To keep an update on Fitness and Diet.
- To provide the searching facilities based on various factors. Such as Diet and Workout plans, Manage Trainers etc.
- To manage the Record details for enrolment details and view user complains.
- To manage the information of Database.
- To edit, add and update the records in an improved manner which results in proper resource management of BE-FIT.

## **5.1 Software Requirements:**

- Operating System: - Mac OS X and above, Windows 7 and above.
- Language: - Java 16
  - Database:-MySQL Server
- Software Development Kit: - Java JDK 1.8 or above
  - Database JDBC Driver: - MySQL /J Connector

## **Hardware Requirement: -**

- Ram: - 200 Mb and above
- Hard Disk: - 20GB
- Processor: - Intel i3 and above / M1 and above

## Chapter 6

### Project Design:

In this phase, a logical system is built which fulfils the given requirements. Design phase of software development deals with transforming the clients' requirements into a logically working system. Normally, design is performed in the following in the following two steps:

1. Primary Design Phase:

In this phase, the system is designed at block level. The blocks are created on the basis of analysis done in the problem identification phase. Different blocks are created for different functions emphasis is put on minimizing the information flow between blocks. Thus, all activities which require more interaction are kept in one block.

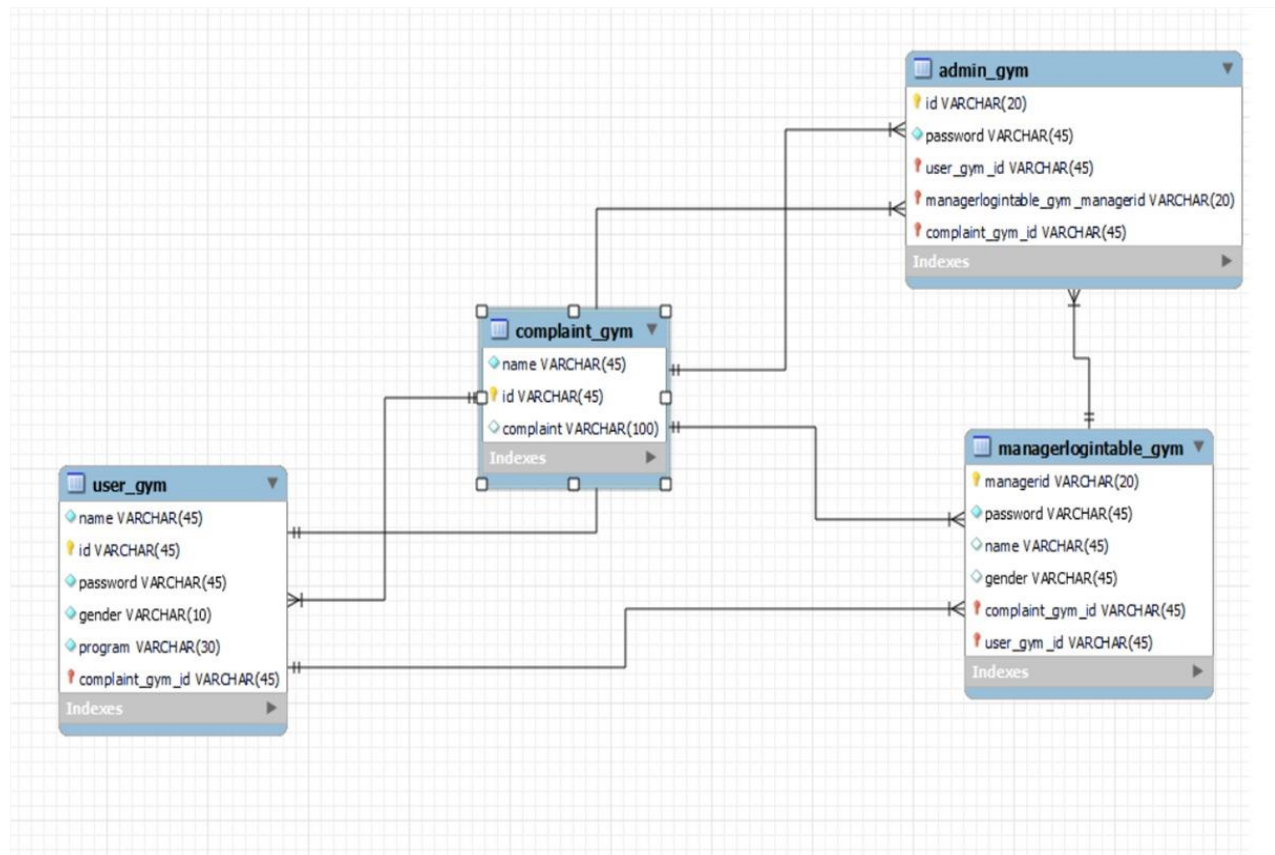
2. Secondary Design Phase:

In the secondary phase the detailed design of every block is performed.

The general tasks involved in the design process are the following:

1. Design various blocks for overall system processes.
2. Design smaller, compact and workable modules in each block.
3. Design various database structures.
4. Specify details of programs to achieve desired functionality.
5. Design the form of inputs, and outputs of the system.

## Database Design ER Model:-



## User Interface Design

User Interface Design is concerned with the dialogue between a user and the computer. It is concerned with everything from starting the system or logging into the system to the eventually presentation of desired inputs and outputs. The overall flow of screens and messages is called a dialogue.

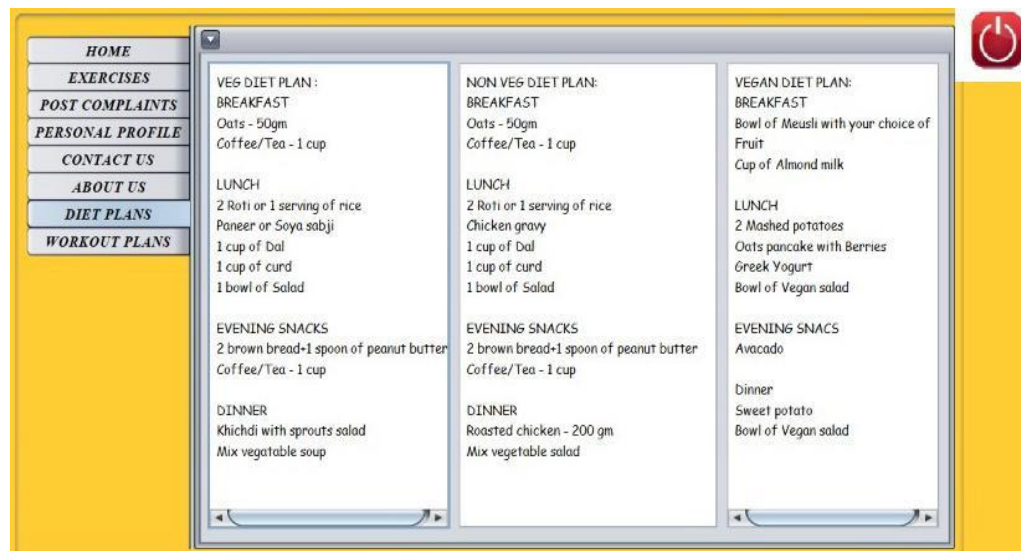
### Implementation:-



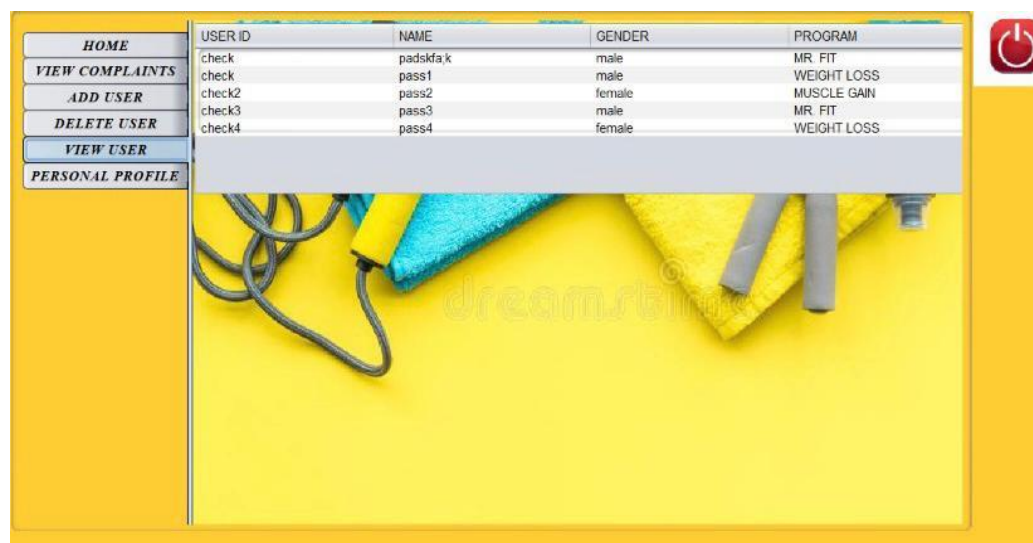
Here, we can select if we want to login as a User, Manager or Admin using their personal credentials.

A screenshot of a web application's "MANAGER FORM". The form is set against a yellow background with images of cleaning tools like a mop and a bucket. On the left, there is a vertical menu with buttons: "HOME", "VIEW COMPLAINTS", "ADD MANAGER", "DELETE MANAGER", and "PERSONAL PROFILE". The main form area contains four input fields labeled "NAME", "USER ID", "PASSWORD", and "GENDER". The "GENDER" field has two radio buttons labeled "FEMALE" and "MALE". A "SUBMIT" button is located at the bottom of the form. A red power button icon is visible in the top right corner.

In this Admin page, Admin can view complaints, add manager and delete manager.



In this User page, Users can choose which diet they want to do according to the Users preference



## Chapter 7

### Project Scheduling Template

Vaishnavi Shinde Aryan Sankholkar Dhananjay Phalke Gandharvi Walavekar	1 <sup>st</sup> week of October	Implementing 1st module/ functionality (Designing the main page/admin will login with password and will enter to the main menu) Testing 1st module
	2 <sup>nd</sup> week of October	Main menu /This will consist of the main page where user will have to select the following options: <ul style="list-style-type: none"> <li>• Login</li> <li>• Enroll</li> </ul>
	3 <sup>rd</sup> week of October	Implementing 2nd module/ functionality (designing next page/ functionality): Here the users can access all the Facilities <ul style="list-style-type: none"> <li>• Training And Workout</li> <li>• Diet And Nutrition</li> <li>• Personalized Trainer</li> </ul>
	2 <sup>nd</sup> week of November	Implementing 3rd module/ functionality (Guest page/ functionality): Users will get a glimpse of the system <ul style="list-style-type: none"> <li>• Blogs</li> <li>• Packages</li> </ul>



## **Chapter 8**

### **Conclusion:**

The “Fitness Regime Management System” is successfully designed and developed to fulfilling the necessary requirements, of gym members as the system is very much user friendly and easy to use. A perfectly structured database for the system would be made .The connectivity of the Data with the SQL database would be established.

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