**INTRODUCTION**

**1.INTRODUCTION: FITFLEX: YOUR PERSONAL FITNESS COMPANION**

In the modern world, maintaining a consistent fitness routine can be challenging, particularly for students and young professionals who often juggle busy schedules. The increasing dependency on technology and sedentary lifestyles have led to numerous health issues, making it difficult for individuals to prioritize their well-being. Recognizing this gap, **FitFlex** was created as a mobile application designed to help users stay on track with their fitness goals, encouraging a more active lifestyle through technology.

FitFlex serves as a fitness companion that allows users to easily track their daily physical activities, including steps walked and calories burned. The app uses real-time data from mobile sensors to provide users with personalized workout suggestions, tailored to their fitness levels and objectives. With a clean, user-friendly interface, FitFlex makes fitness tracking engaging, accessible, and informative for anyone, whether they’re a beginner or experienced athlete.

Developed using **Flutter**, a cross-platform framework, FitFlex works seamlessly on both **Android** and **iOS** devices. It connects with **Google Fit API** to retrieve data from mobile sensors, enabling accurate step tracking and activity monitoring. The app’s backend is powered by **Firebase**, ensuring secure user authentication and data storage. To calculate calories burned, FitFlex uses basic metabolic formulas and **MET (Metabolic Equivalent of Task)** values, giving users real-time insights into their physical activities.

**SOURCE CODE**

**<!DOCTYPE html>**

**<html lang="en">**

**<head>**

**<meta charset="UTF-8" />**

**<meta name="viewport" content="width=device-width, initial-scale=1.0" />**

**<title>FitFlex</title>**

**<style>**

**\* {margin: 0; padding: 0; box-sizing: border-box;}**

**body {font-family: Arial, sans-serif; background: #000; color: #fff; line-height: 1.6;}**

**header {background: #111; padding: 20px; display: flex; justify-content: space-between; align-items: center;}**

**header h1 {color: limegreen;}**

**nav a {color: #fff; margin-left: 20px; text-decoration: none; font-weight: bold;}**

**nav a:hover {color: limegreen;}**

**section {padding: 60px 20px; max-width: 1100px; margin: auto;}**

**/\* Flex layout for sections with images \*/**

**.flex-section {**

**display: flex;**

**justify-content: space-between;**

**align-items: center;**

**flex-wrap: wrap;**

**gap: 20px;**

**}**

**.flex-section .text {flex:1; min-width:300px;}**

**.flex-section .image {flex:1; min-width:300px; text-align:center;}**

**.flex-section .image img {width:100%; max-width:400px; border-radius:10px;}**

**/\* Home \*/**

**#home h2 {font-size: 2rem; color: limegreen; margin-bottom: 15px;}**

**#home button {background: limegreen; border: none; padding: 10px 20px; cursor: pointer; border-radius: 5px; margin-top: 10px; font-weight: bold;}**

**#home button:hover {background: #00ff00;}**

**/\* Workouts \*/**

**#workouts h2 {color: limegreen; margin-bottom: 20px;}**

**.category-buttons {text-align: left; margin-bottom: 30px;}**

**.category-buttons button {**

**background: limegreen; border: none; margin: 5px; padding: 10px 15px; border-radius: 5px; cursor: pointer; font-weight: bold;**

**}**

**.workout-grid {**

**display: grid; grid-template-columns: repeat(auto-fit,minmax(200px,1fr)); gap: 20px;**

**}**

**.workout-card {**

**background: #111; padding: 15px; border-radius: 10px; text-align: center;**

**}**

**.workout-card img {**

**width: 100%; height: 150px; object-fit: cover; border-radius: 8px; margin-bottom: 10px;**

**}**

**.workout-card h3 {color: limegreen; margin-bottom: 10px;}**

**/\* Blog \*/**

**#blog h2 {color: limegreen; margin-bottom: 20px;}**

**#blog p {font-size: 1.1rem;}**

**#motivational-quotes {margin-top: 30px; text-align: left; font-style: italic; color: #0f0;}**

**/\* Contact \*/**

**#contact h2 {text-align: center; color: limegreen; margin-bottom: 20px;}**

**#contact p {text-align: center; font-size: 1.1rem;}**

**/\* Login Page \*/**

**#login-page {display: none; padding: 60px 20px; max-width: 400px; margin: auto; text-align: center; background: #111; border-radius: 10px;}**

**#login-page h2 {color: limegreen; margin-bottom: 20px;}**

**#login-page input {width: 90%; padding: 10px; margin: 10px 0; border-radius: 5px; border: none;}**

**#login-page button {background: limegreen; border: none; padding: 10px 20px; cursor: pointer; border-radius: 5px; font-weight: bold;}**

**#login-page button:hover {background: #00ff00;}**

**footer {text-align: center; padding: 20px; background: #111; color: #777; margin-top: 40px;}**

**</style>**

**</head>**

**<body>**

**<header>**

**<h1>FitFlex</h1>**

**<nav>**

**<a href="#home">Home</a>**

**<a href="#workouts">Workouts</a>**

**<a href="#blog">Blog</a>**

**<a href="#contact">Contact</a>**

**<a href="#" onclick="showLogin()">Login</a>**

**</nav>**

**</header>**

**<!-- Login Page -->**

**<section id="login-page">**

**<h2>Login</h2>**

**<input type="text" id="username" placeholder="Username" />**

**<input type="password" id="password" placeholder="Password" />**

**<br>**

**<button onclick="login()">Login</button>**

**<p id="login-msg" style="color:red; margin-top:10px;"></p>**

**</section>**

**<!-- Home -->**

**<section id="home" class="flex-section">**

**<div class="text">**

**<h2>Push Yourself Because No One Else Will</h2>**

**<p>Your fitness journey starts today. Stay consistent. Stay strong.</p>**

**<button onclick="document.getElementById('workouts').scrollIntoView({behavior:'smooth'})">View Workouts</button>**

**</div>**

**<div class="image">**

**<img src="C:\Users\bs01\Pictures\Saved Pictures\gym workout image.jpg" alt="Gym Workout">**

**</div>**

**</section>**

**<!-- Workouts -->**

**<section id="workouts" class="flex-section">**

**<div class="text">**

**<h2>Workout Categories</h2>**

**<div class="category-buttons">**

**<button onclick="showCategory('cardio')">Cardio</button>**

**<button onclick="showCategory('dumbbell')">Dumbbell</button>**

**<button onclick="showCategory('back')">Back</button>**

**<button onclick="showCategory('chest')">Chest</button>**

**</div>**

**<div id="workoutCards" class="workout-grid"></div>**

**</div>**

**<div class="image">**

**<img src="C:\Users\bs01\Pictures\Saved Pictures\workout image.jpg" alt="Workout Image">**

**</div>**

**</section>**

**<!-- Blog -->**

**<section id="blog" class="flex-section">**

**<div class="text">**

**<h2>Our Story</h2>**

**<p>**

**At FitFlex, we believe fitness is not just about the body—it’s about the mind too.**

**Our journey started with a single goal: to make workouts accessible to everyone.**

**Stay motivated, stay strong. Every rep brings you closer to your best self.**

**</p>**

**<div id="motivational-quotes">**

**<p>"The only bad workout is the one that didn’t happen."</p>**

**<p>"Don’t limit your challenges, challenge your limits."</p>**

**<p>"Sweat is just fat crying."</p>**

**</div>**

**</div>**

**<div class="image">**

**<img src="C:\Users\bs01\Pictures\Saved Pictures\motivation image.jpg" alt="Motivation">**

**</div>**

**</section>**

**<!-- Contact -->**

**<section id="contact">**

**<h2>Contact Us</h2>**

**<p>Email: fitflexsupport@gmail.com</p>**

**<p>Location: Chennai, India</p>**

**</section>**

**<footer>**

**&copy; 2025 FitFlex. All rights reserved.**

**</footer>**

**<script>**

**const workouts = {**

**cardio: [**

**{name:'Jumping Jacks', img:'C:\Users\bs01\Pictures\Saved Pictures\jumping jacks image.jpg'},**

**{name:'High Knees', img:'images/cardio2.jpg'},**

**{name:'Mountain Climbers', img:'images/cardio3.jpg'},**

**{name:'Burpees', img:'images/cardio4.jpg'},**

**{name:'Skaters', img:'images/cardio5.jpg'}**

**],**

**dumbbell: [**

**{name:'Bicep Curls', img:'images/dumbbell1.jpg'},**

**{name:'Dumbbell Squats', img:'images/dumbbell2.jpg'},**

**{name:'Dumbbell Lunges', img:'images/dumbbell3.jpg'},**

**{name:'Dumbbell Shoulder Press', img:'images/dumbbell4.jpg'},**

**{name:'Dumbbell Deadlifts', img:'images/dumbbell5.jpg'}**

**],**

**back: [**

**{name:'Pull-Ups', img:'images/back1.jpg'},**

**{name:'Bent Over Rows', img:'images/back2.jpg'},**

**{name:'Lat Pulldown', img:'images/back3.jpg'},**

**{name:'Deadlifts', img:'images/back4.jpg'},**

**{name:'Supermans', img:'images/back5.jpg'}**

**],**

**chest: [**

**{name:'Push-Ups', img:'images/chest1.jpg'},**

**{name:'Incline Push-Ups', img:'images/chest2.jpg'},**

**{name:'Chest Dips', img:'images/chest3.jpg'},**

**{name:'Dumbbell Bench Press', img:'images/chest4.jpg'},**

**{name:'Chest Fly', img:'images/chest5.jpg'}**

**]**

**};**

**function showCategory(cat){**

**const container = document.getElementById('workoutCards');**

**container.innerHTML = '';**

**workouts[cat].forEach(w=>{**

**container.innerHTML += `**

**<div class="workout-card">**

**<img src="${w.img}" alt="${w.name}">**

**<h3>${w.name}</h3>**

**</div>**

**`;**

**});**

**}**

**// Show cardio by default**

**showCategory('cardio');**

**// Login functionality**

**function showLogin(){**

**document.getElementById('login-page').style.display = 'block';**

**document.getElementById('home').scrollIntoView({behavior:'smooth'});**

**}**

**function login(){**

**const username = document.getElementById('username').value;**

**const password = document.getElementById('password').value;**

**const msg = document.getElementById('login-msg');**

**if(username === "admin" && password === "1234"){**

**msg.style.color = "limegreen";**

**msg.textContent = "Login successful!";**

**} else {**

**msg.style.color = "red";**

**msg.textContent = "Invalid username or password!";**

**}**

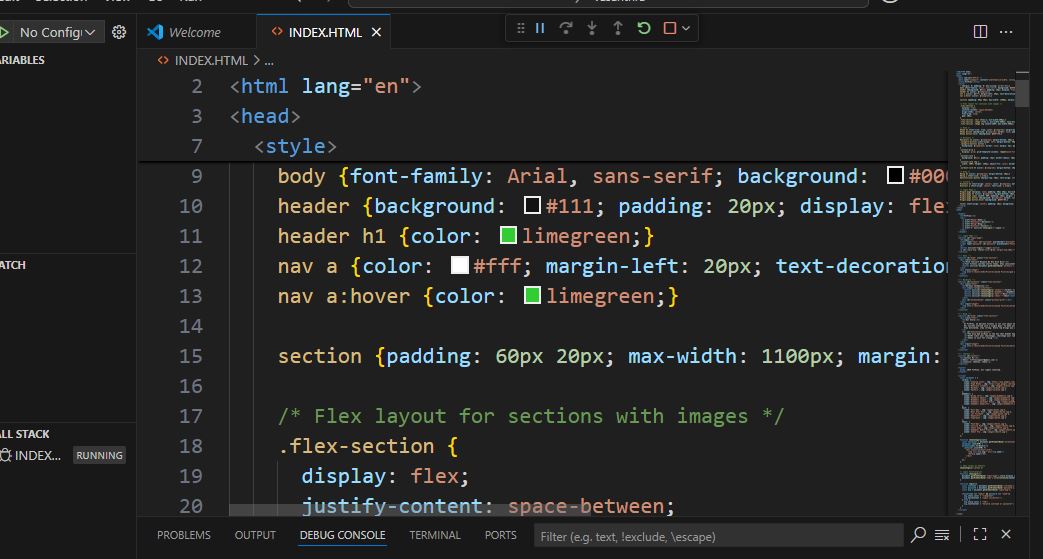
**}**

**</script>**

**</body>**

**</html>**

**OUTPUT SCREENSHOT**

****

**CODE WEBSITE DEMO LINK**

**C:\Users\bs01\Desktop\vasanthra\INDEX.HTML**

**GITHUB LINK**