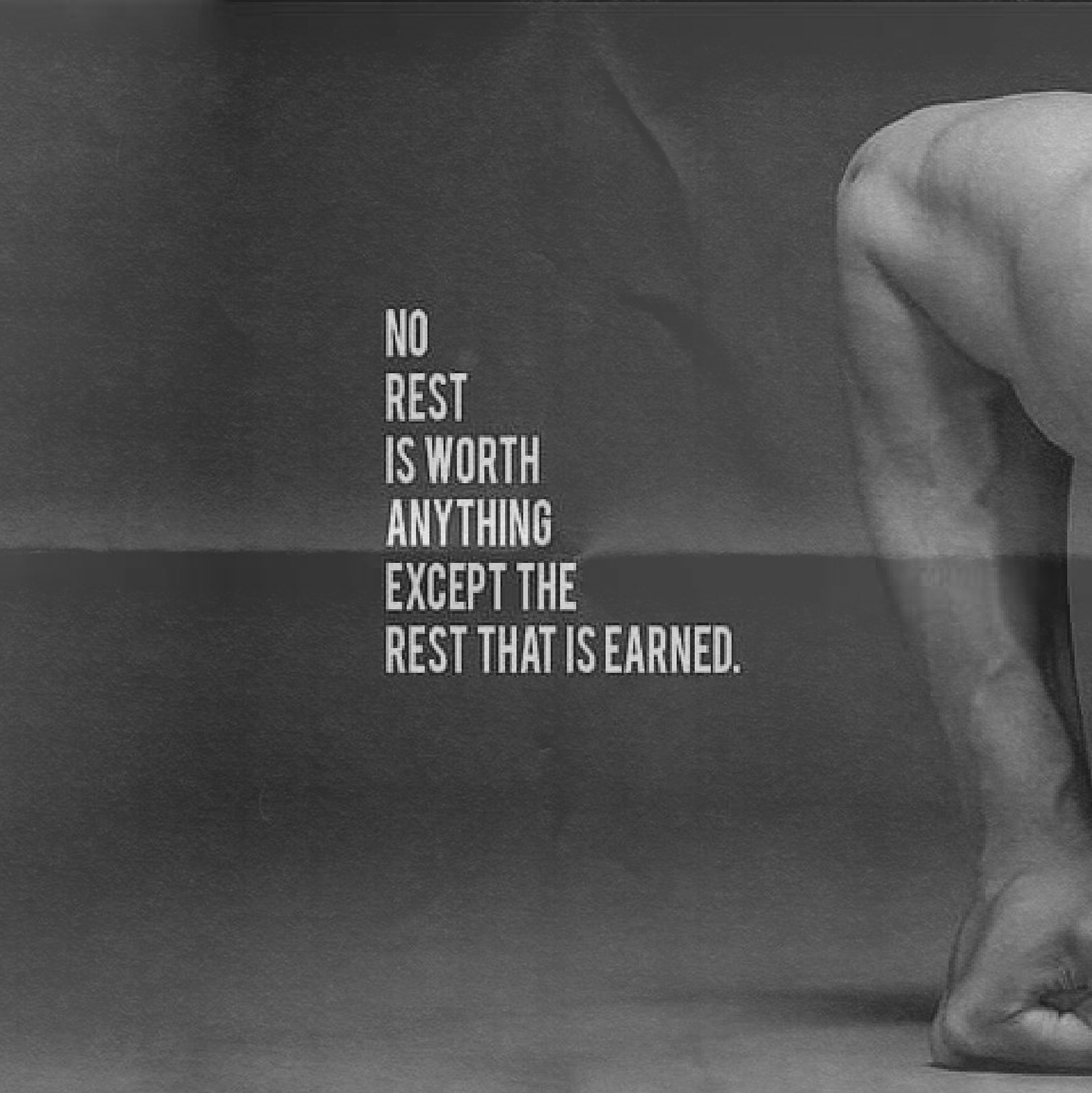




FITNESS  
TRACKER





NO  
REST  
IS WORTH  
ANYTHING  
EXCEPT THE  
REST THAT IS EARNED.

## YOU CAN FIND YOUR:

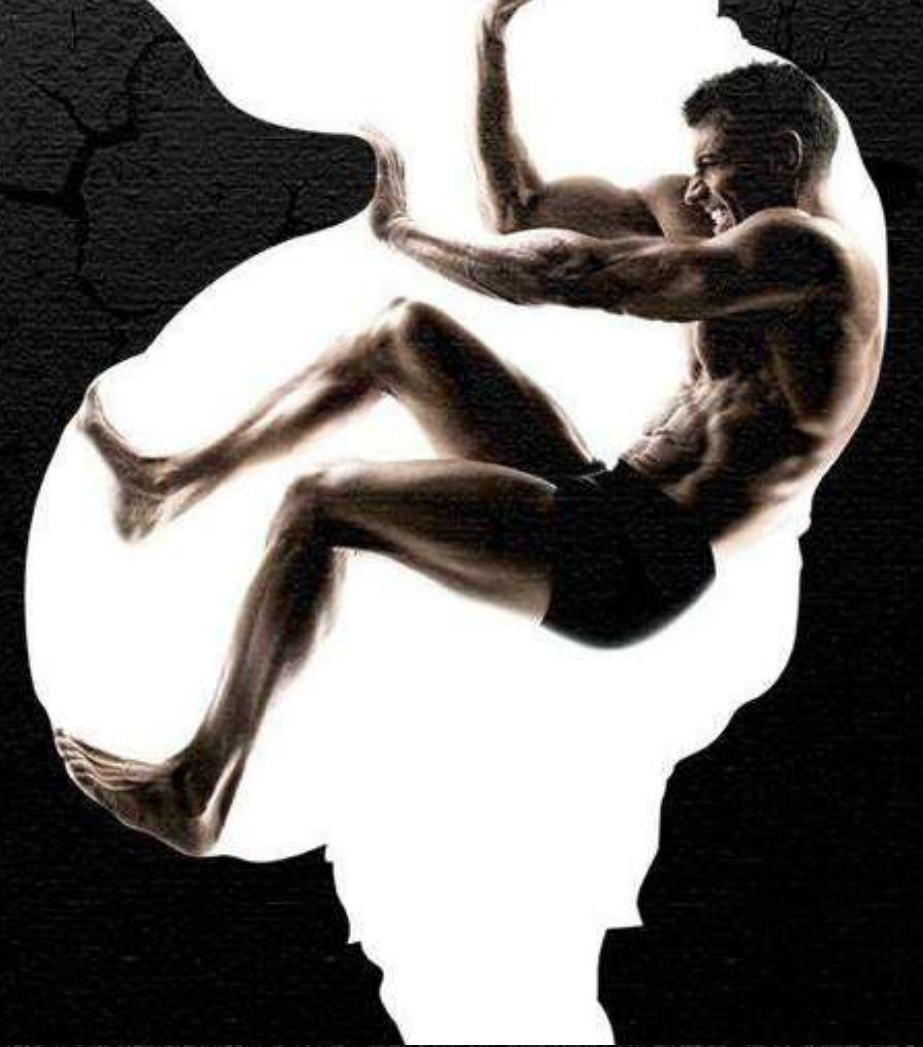
- **CALORIES BURNED**
- **BMI**
- **WEIGHT STATUS**



# ABSTRACT

**THIS PROGRAM HELPS USERS TRACK THEIR FITNESS. USERS ENTER DETAILS LIKE WEIGHT, HEIGHT, AGE, GENDER, TYPE OF EXERCISE, AND EXERCISE DURATION. WHEN THEY CLICK "SUBMIT," THE PROGRAM CALCULATES CALORIES BURNED, BMI (BODY MASS INDEX), AND WEIGHT STATUS. IT THEN SHOWS THESE RESULTS TO THE USER.**





# INTRODUCTION

"This is a computer program that helps people keep track of their fitness. Imagine it like a friendly assistant on a computer or phone. You tell it your weight, height, age, gender, and how much you exercise. After you share this information, it calculates things like how many calories you might burn during exercises, a number called BMI that helps understand if you are underweight, normal, or overweight, and tells you what your weight status is. It's like having a smart helper to guide you about your health!"





## CALORIES BURNED

**THESE ARE THE  
CALORIES YOU  
BURN WHILE  
WORKING OUT**



## BMI

**BMI STANDS  
FOR BODY MASS  
INDEX**

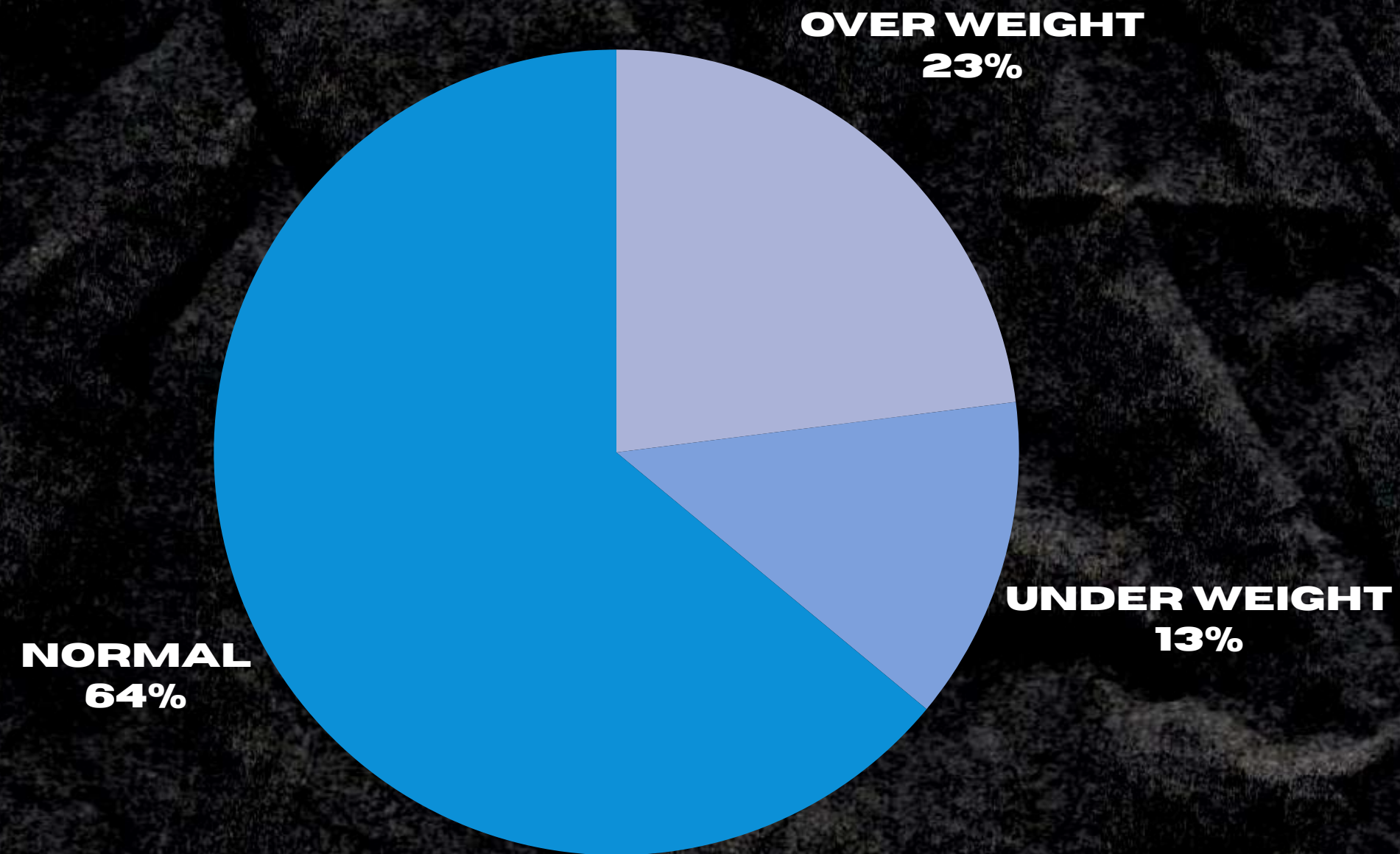


## WEIGHT STATUS

**IT TELLS HOW  
HEALTHY  
YOU'RE**

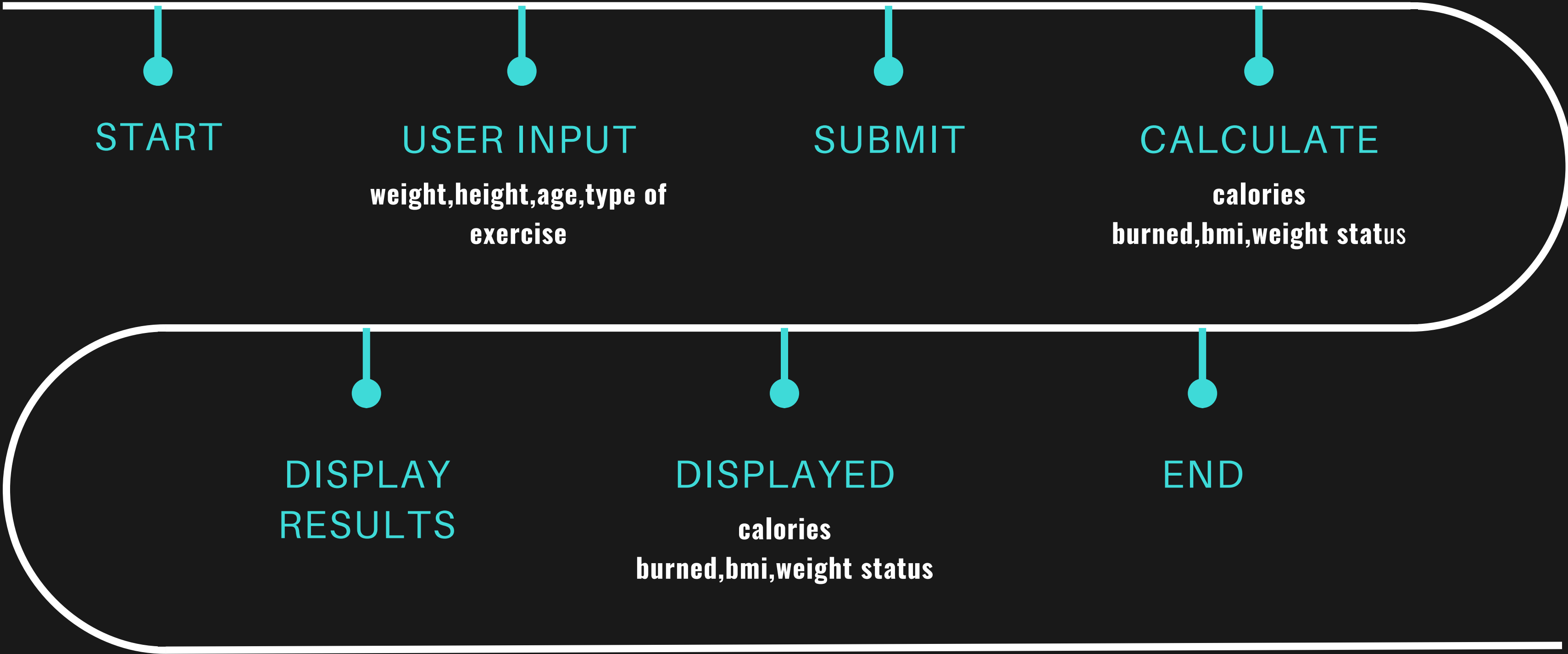


# BMI OF INDIA





# WORK FLOW DIAGRAM



# GUI INTERFACE

Select Exercise:

Weightlifting

Duration (minutes):

120

Weight (kg):

72

Height (cm):

179

Age:

18

Calculate Calories

Calories Burned: 457.63 kcal

BMI: 22.47

Weight Status: Normal Weight



**THANK YOU!**