A Project/Dissertation Final Review Report

on

Remote Fitness Application

Submitted in partial fulfillment of the
requirement for the award of the
degree of

Bachelor Of Technology in Computer Science and Engineering

GALGOTIAS UNIVERSITY

(Established under Galgotias University Uttar Pradesh Act No. 14 of 2011)

Under the supervision of
Mr. Ravinder Ahuja
(Assistant Professor)
Department Of Computer Science and Engineering

Submitted By: Team-BT4158
Naman Jain – 18SCSE1010069
Mohd. Saiful Mansoori – 18SCSE1010433

SCHOOL OF COMPUTING SCIENCE AND ENGINEERING DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING GALGOTIAS UNIVERSITY, GREATER NOIDA ,INDIA
DECEMBER, 2021

TABLEOFCONTENTS

Abstract

This project aims to automate gym and fitness admission process as the admission process in gyms and selecting a trainer is difficult. Sometimes it is difficult to get a desired slot timing. Being healthy is the first thing to be kept in mind because most of the time our attitude depends on how we feel. Being healthy gives us the energy to work and do things. It is hard to get admission in health club when slots are full. This health club management system will help to overcome such problems by booking the desired slot online and pay fees by electronic money transfer. In this fitness club system, there is 3 entity namely, Admin, Member, and Trainer. Admin can login using credentials. Admin can manage packages by adding cost, discount and deleting old packages. Admin can manage member details by adding, updating and deleting. Admin can view the package details of an individual member. Admin can also view the member's attendance taken by the trainer. Members can login using credentials. They can view their profile and list of trainers. They can also view the package and payment details. Members can give feedback on their trainers. They can make payments via card details. A trainer can log in using credentials. A trainer can set their profile. A trainer can take member's attendance daily, they can also change their password in case of security.

Literature Reviews

Existing system

The literature survey revealed that the Indian fitness industry was not very well researched. There was severe lack of literature related to studies on health fitness centers in India and during our research we did not come across any study about the infrastructure and functioning of health clubs in Punjab. The surveys regarding the state of health club industry were carried out mainly by professional organisations and they have published their findings through various surveys and reports. Much of the literature on the health and fitness centers

was available from the reports published by International Health, Racquet and Sports club Association (IHRSA). IHRSA is a trade association serving the health and fitness club industry. The latest status of IHRSA i.e.

June 2013 has shown that over 9,000 members in 76 countries were part of this association.

IHRSA has collected and reported key operational data on all aspects of the health fitness industry from consumer attitudes to industry trends. The majority of the reports published by

IHRSA were on the health and fitness industry in USA though it also publishes data on the global fitness industry. However in India there is no equivalent of IHRSA surveys and reports.

Proposed system

The proposed system will be designed to support the following features:-

Login: Admin can login using credentials.

Add member: Admin can add new member.

Delete member: Admin can delete unwanted members.

Add Trainer: New trainer can be added.

Delete trainer: Unwanted trainers can be deleted.

Modify Member Data: Admin will modify data of members.

Modify Trainers Shift: Admin will modify trainers shift.

The proposed system has a user friendly Interface for porting of data to server.

Modules:

The system comprises of 3 major modules with their sub-modules as follows:

1. **Admin:**

- **Login:** Admin can login using credentials.

- **Add member:** Admin can add new member.

- **Delete member:** Admin can delete unwanted members.

- **Add Trainer:** New trainer can be added.

- **Delete trainer:** Unwanted trainers can be deleted.

- **Modify Member Data:** Admin will modify data of members.

- **Modify Trainers Shift:** Admin will modify trainers shift.

2. **Member:**

- **Login:** Member can login using credentials.
- **Payment:** Member can pay money by using electronic transfer.

3. **Trainer:**

- **Login:** Trainer can login using credentials.
- **Attendance:** Trainer can mark attendance of the members .

SOURCE CODE

SignUp Code

```php
    <?php
include 'connection.php';
 error_reporting(0);
 ?>
<!DOCTYPE html>
<html>
<title></title>
<head>
<meta name="viewport" content="width=device-width, initial-scale=1">
<!-- Add icon library -->
<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/4.7.0/css/font-awesome.min.css">
<style>
body {font-family: Arial, Helvetica, sans-serif;}
* {box-sizing: border-box;}

.input-container {
  display: -ms-flexbox; /* IE10 */
  display: flex;
  width: 100%;
  margin-bottom: 15px;
}
```

```css
.icon {
  padding: 10px;
  background: dodgerblue;
  color: white;
  min-width: 50px;
  text-align: center;
}
```

```css
.input-field {
  width: 100%;
  padding: 10px;
  outline: none;
}
```

```css
.input-field:focus {
  border: 2px solid dodgerblue;
}
```

```css
/* Set a style for the submit button */
.btn {
  background-color: dodgerblue;
  color: white;
  padding: 15px 20px;
  border: none;
  cursor: pointer;
```

```css
  width: 100%;
  opacity: 0.9;
}
```

```css
.btn:hover {
  opacity: 1;
}
```

```html
</style>
</head>
<body>
```

```html
<form action="" method="POST" enctype="multipart/form-data" style="max-
width:500px;margin:auto">
  <h2>Register Form</h2>
  <div class="input-container">
    <i class="fa fa-user icon"></i>
    <input class="input-field" type="text" placeholder="Username" name="user" value=""/>
  </div>
  <div class="input-container">
    <i class="fa fa-user icon"></i>
    <input class="input-field" type="text" placeholder="fullname" name="name" value=""
/>
  </div>
  <div class="input-container">
    <i class="fa fa-phone icon"></i>
    <input class="input-field" type="text" placeholder="number" name="num" value="" />
  </div>
  <div class="input-container">
    <i class="fa fa-envelope icon"></i>
    <input class="input-field" type="text" placeholder="Email" name="email" value="" />
  </div>

  <div class="input-container">
    <i class="fa fa-key icon"></i>
    <input class="input-field" type="password" placeholder="Password" name="psw"
value="" />
  </div>
  <div class="input-container">
    <i class="fa fa-user icon"></i>
  <select class="input-field" type="text" placeholder="Category" name="cat">
  <option>Gym</option>
  <option>health</option>
  <option>yoga</option>
  </select>
  </div>
  <div class="input-container">
    <i class="fa fa-address-book-o icon"></i>
    <input class="input-field" type="text" placeholder="enter adress" name="adress"
value="" />
  </div>
    <div class="input-container">
    <input type="file" id="img" name="img" value="" />
```

```html
        </div>

        <div class="input-container">
        <i class="fa fa-key icon"></i>
        <input class="input-field" type="text" placeholder="about" name="about" value="" />
    </div>

    <button type="submit" name='submit' value="submit" class="btn" >Register</button>
</form>
<!--</script>-->
```

```php
<?php

if ($_POST['submit']){
    $user=$_POST['user'];
    $name=$_POST['name'];
    $num=$_POST['num'];
    $email=$_POST['email'];
    $password=$_POST['psw'];
    $category=$_POST['cat'];
    $adress=$_POST['adress'];
    $filename = $_FILES["img"]["name"];
    $tempname = $_FILES["img"]["tmp_name"];
    $folder = "images/".$filename;
    move_uploaded_file($tempname,$folder);
    $about=$_POST['about'];
    if($user!=" " && $name!=" " && $num!="" &&  $email!=" " && $password!=" " &&
$category!=" " && $adress!=" " && $filename!=" " && $about!=" ")
    {
```

```php
  $insertquery="insert into fitness
values('$user','$name','$num','$email','$password','$category','$adress','$folder','$about')";
  $res=mysqli_query($con,$insertquery);
  if($res){
    echo "data inserted";
  }
    }
else{
  echo "data is not inserted";
}
 }
?>
</body>
</html>
```

Sign in Code

```php
<?php
 session_start();
include 'connection.php';
if(isset($_POST['submit'])){
  $user=$_POST['usr'];
  $password=$_POST['psw'];
  $query = " select * from fitness where username='$user' && password='$password' ";
  $data = mysqli_query($con,$query);
  $total = mysqli_num_rows($data);

  if($total!=0){
      $_SESSION['user_name']=$user;
    echo 'login successful';
    ?>
    <script>
    location.replace('profile.php');
    </script>
    <?php
  }
  else{

    echo 'login failed';
  }
}
?>
<!DOCTYPE html>
<html>
<head>
<meta name="viewport" content="width=device-width, initial-scale=1">
<!-- Add icon library -->
<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/4.7.0/css/font-awesome.min.css">
<style>
body {font-family: Arial, Helvetica, sans-serif;}
* {box-sizing: border-box;}

.input-container {
  display: -ms-flexbox; /* IE10 */
  display: flex;
  width: 100%;
  margin-bottom: 15px;
}

.icon {
  padding: 10px;
  background: dodgerblue;
```

```css
    color: white;
    min-width: 50px;
    text-align: center;
}

.input-field {
    width: 100%;
    padding: 10px;
    outline: none;
}

.input-field:focus {
    border: 2px solid dodgerblue;
}

/* Set a style for the submit button */
.btn {
    background-color: dodgerblue;
    color: white;
    padding: 15px 20px;
    border: none;
    cursor: pointer;
    width: 100%;
    opacity: 0.9;
}

.btn:hover {
    opacity: 1;
}
</style>
</head>
<body>
```

```html
<form action="<?php echo htmlentities($_SERVER['PHP_SELF']); ?>" method="POST"
style="max-width:500px;margin:auto">
    <h2>Register Form</h2>
    <div class="input-container">
        <i class="fa fa-user icon"></i>
        <input class="input-field" type="text" placeholder="Username" name="usr" value="">
    </div>

    <div class="input-container">
        <i class="fa fa-key icon"></i>
        <input class="input-field" type="password" placeholder="Password" name="psw"
value="">
    </div>
```

```html
    <button type="submit" name="submit" class="btn">Login</button>
    Do you not have acount?please sign up<button type="btn btn-info"><a
href="signup.php">Sigu up</a></button>
</form>
```

```html
</body>
```

Home Page

```
<!DOCTYPE html>
<html lang="en">
<head>
<title>Saiful</title>
    <?php include 'links.php' ?>
</head>
<body>


        <div id="nav1">
        <nav>
          <div class="logo "><i style=" text-transform: lowercase;">healthy
life</i></div>
            <div id="mySidenav" class="sidenav">
                <a href="javascript:void(0)" class="closebtn"
onclick="closeNav()">&times;</a>
                <a href="#">Home</a>
                <a href="#aboutus">About us</a>
                <a href="#trainer" >Trainer</a>
                <a href="profile.php">Our work</a>
                <a href="login.php">Login</a>
                <a href="face.php">detect </a>
                <a href="#contact">Contact</a>
            </div>
            <span class="icon" style="cursor:pointer" onclick="openNav()">&#9776;
</span>
            </nav>
        </div>

      <div id="nav2">
            <div class="w3-top">
                <div class="w3-bar w3-white w3-padding w3-card" style="letter-
spacing:4px;">
                    <a href="#home" class="w3-bar-item w3-button">healthy life</a>
                    <!-- Right-sided navbar links. Hide them on small screens -->
                    <div class="w3-right w3-hide-small">

                      <a href="#demo" class="w3-bar-item w3-button">Home</a>
                      <a href="#aboutus" class="w3-bar-item w3-button">About</a>
                      <a href="filter.php" class="w3-bar-item w3-button">Trainer</a>
                      <a href="#ourwork" class="w3-bar-item w3-button">Our work</a>
                      <a href="login.php" class="w3-bar-item w3-button">Login</a>
                      <a href="face.php" class="w3-bar-item w3-button">detect</a>
                      <a href="#contact" class="w3-bar-item w3-button">Contact</a>
                    </div>
                </div>
            </div>
```

```html
            </div>

        <div id="demo" class="carousel slide" data-ride="carousel">
            <ul class="carousel-indicators">
              <li data-target="#demo" data-slide-to="0" class="active"></li>
              <li data-target="#demo" data-slide-to="1"></li>
              <li data-target="#demo" data-slide-to="2"></li>
            </ul>
            <div class="carousel-inner">
              <div class="carousel-item active">
                <img src="pics/image_1.jpg" alt="Los Angeles" width="1100" height="500">
                <div class="carousel-caption">
                    <h2><b>To ensure good health</b></h2>
                  <p><b>Yeat lightly, breathe deeply, live moderately, cultivate
</b></p>
                </div>
              </div>
              <div class="carousel-item">
                <img src="pics/gallery-1.jpg" alt="Chicago" width="1100" height="500">
                <div class="carousel-caption">
                  <h2><b>Health.</b></h2>
                  <p><b>is a state of complete harmony of the body, mind and
spiri</b></p>
                </div>
              </div>
              <div class="carousel-item">
                <img src="pics/h1.jpg" alt="New York" width="1100" height="500">
                <div class="carousel-caption">
                    <h2><b>Joseph Pilates</b></h2>
                    <p><b>Physical fitness is the first requisite of happiness</b></p>
                </div>
              </div>
            </div>
            <a class="carousel-control-prev" href="#demo" data-slide="prev">
              <span class="carousel-control-prev-icon"></span>
            </a>
            <a class="carousel-control-next" href="#demo" data-slide="next">
              <span class="carousel-control-next-icon"></span>
            </a>
          </div>
          <br>
```

```html
<!--header end-->

<section id="aboutus">
    <br>
    <br>
     <div class="container text-center text-warning  wow animate__animated
animate__rollIn" style="font-size: 30px;">
```

```html
                    <b>About</b> <b class="text-info">Us</b> </div>
                        <br>
                    <div class="row">
                        <div class="col-sm-4">
                            <div class="card  wow animate__animated
animate__slideInLeft"  id="card1">
                                <div class="card-body">
                                <img src="pics/gallery-3.jpg " class="img-fluid">
                                </div>
                            </div>
                        </div>
                        <br>
                        <div class="col-md-6">
                          <div class="card bg-transparent  wow animate__animated
animate__slideInRight"   id="card2">
                            <div class="card-body">
                                <h4 class="text-">  Who we are today…</h4>
                                <p class="text-center text-white"> <b style="font-size:
15px;">

                                This project aims to automate gym and fitness admission
process as the admission process in gyms and selecting a trainer is difficult. Sometimes
it is difficult to get a desired slot timing. Being healthy is the first thing to be
kept in mind because most of the time our attitude depends on how we feel. Being healthy
gives us the energy to work and do things.t is hard to get admission in health club when
slots are full. This health club management system will help to overcome such problems
by booking the desired slot online and pay fees by electronic money transfer. In this
fitness club system, there is 3 entity namely, Admin, Member, and Trainer.

                                </b></p>
                            </div>
                          </div>
                        </div>

                    </div>

</section>
```

```html
<section id="services">
    <br>
    <br>
     <div class="container text-center text-warning  wow animate__animated
animate__fadeInTopLeft" style="font-size: 30px;">
        <b>Important</b> <b class="text-info">Exercise
        </b> </div>
        <br>

        <div class="container"style="background-image:url('pics/bg.jpg')">
          <div class="row">
            <div class="col-sm" id="services-col">
                <div class="card shadow-sm wow animate__animated
animate__fadeInTopLeft" >
                    <div class="card-body text- text-center">
```

```html
                    <br><h3 class="text-">Exercise controls weight</h3> <br>
                    <p class="text-">Exercise can help prevent excess weight gain or
help maintain weight loss. When you engage in physical activity, you burn calories. the
more calories you burn. </p>

                </div>
            </div>
        </div>
        <div class="col-sm">
            <div class="card  shadow-sm wow animate__animated
animate__fadeInTopRight" id="services-col" >
                <div class="card-body text- text-center">

                    <br><h3 class="text-">Exercise combats health conditions and
diseases</h3> <br>
                    <p class="text-">This one-two punch keeps your blood flowing
smoothly, which decreases your risk of cardiovascular diseases. </p>

                </div>
            </div>
        </div>
        <div class="col-sm" id="services-col">
            <div class="card shadow-sm  wow animate__animated animate__slideInLeft">
                <div class="card-body text- text-center">

                    <br><h3 class="text-">Exercise improves mood</h3> <br>
                    <p class="text-">You may also feel better about your appearance
and yourself when you exercise regularly, which can boost your confidence and improve
your self-esteem.</p>

                </div>
            </div>
        </div>
    </div>
    <div class="row">
        <div class="col-sm" id="services-col">
            <div class="card shadow-sm wow animate__animated
animate__slideInRight">
                <div class="card-body text- text-center">

                    <br><h3 class="text-">Exercise boosts energy</h3> <br>
                    <p class="text-">Winded by grocery shopping or household
chores? Regular physical activity can improve your muscle strength and boost your
endurance. </p>

                </div>
            </div>
        </div>
        <div class="col-sm">
            <div class="card shadow-sm wow animate__animated animate__slideInUp"
id="services-col">
```

```html
                    <div class="card-body text- text-center">

                            <br><h3 class="text-">Exercise promotes better sleep</h3>
<br>
                            <p class="text-">Struggling to snooze? Regular physical
activity can help you fall asleep faster, get better sleep and deepen your sleep. </p>

                    </div>
                </div>
            </div>
            <div class="col-sm">
                <div class="card shadow-sm wow animate__animated animate__slideInUp"
id="services-col">
                    <div class="card-body text- text-center">

                            <br><h3 class="text-">Exercise can be fun</h3> <br>
                            <p class="text-">They give you a chance to unwind, enjoy the
outdoors or simply engage in activities that make you happy. </p>

                    </div>
                </div>
            </div>
        </div>
    <br>
        </div>
        <br>
</section>
```

```html
<section id="ourwork">
    <br>
    <br>
    <br>
     <div class="container text-center text-warning  wow animate__animated
animate__rollIn
```

```html
" style="font-size: 30px;">
        <b>Our</b> <b class="text-info">Work</b> </div>

 <div class="container  wow animate__animated animate__zoomIn">


        <div class="row">

            <div class="col-sm-4">
              <div class="card">
                <img src="images/program-1.jpg">
                <div class="info">
                  <h1><b>Physique Trainers </b></h1>
                We're covering the largest portion of trainers with this first
category. Most people want to change the look of their body, so most trainers are
helping people do just that
```

```
                    </div>
                </div>
            <div class="card">
            <img src="images/per.jpg">
                <div class="info">
                <h1><b>Performance Trainers</b></h1>
                ere is a much smaller group of trainers who specialize in the
performance side of fitness. These can be sport specific for athletes, or just people
who would prefer to talk about their 3-mile run time instead of trying to show you how
much weight they've lost.
                    </div>
                </div>
            </div>

            <div class="col-sm-4">

              <div class="card">
                <img src="images/yogi.jpg">
                <div class="info">
                <h1><b>Lifestyle Trainers (Mindset)</b></h1>
                Most of us have a goal. We usually think we don't obtain our goal
because we are missing the strategy.

                </div>
              </div>
              <div class="card">
                <img src="images/bg_2.jpg">
                <div class="info">
                <h1><b>Yoga</b></h1>
                It's time to roll out your yoga mat and discover the combination of
physical and mental exercises.
                </div>
              </div>


            </div>

            <div class="col-sm-4">
                <div class="card">
                <img src="images/push-ups.jpg">
                <div class="info">
                  <h1>Push-ups<b>
                  </b></h1>
                The Push-up is an oldie but goodie.You can modify intensity by
changing hand placement.
                    </div>
                </div>
                <div class="card">
                  <img src="images/walks.jpg">
                  <div class="info">
                    <h1><b>Walking</b></h1>
```

```
                                Morning walk is an exercise with many benefits. A person who
goes on morning walk has to get up early in the morning
                        </div>
                    </div>

            </div>

        </div>


    </div>
    <br>
    <br>
</section>
<br>
<br>

<section id="team">
        <div class="container text-center text-warning wow animate__animated
animate__swing" data-wow-delay="0.2s" style="font-size: 30px;">
    <br>
 <b>Our</b> <b class="text-info">Team</b> </div>
      <br>
    <div class="container">
            <div class="row">
                    <div class="col-sm-6  wow animate__animated animate__fadeInLeft"
id="team-col1" style=" transform: rotate(15deg); width: 450px; ">
                    <div class="card" >
                            <div class="card-body">
                                <img src="pics/team.jpg" class="img-fluid">
                            </div>
                        </div>
                    </div>
                    <div class="col-sm-4 bg-white  shadow wow animate__animated
animate__fadeInUp" id="team-col2"><div id="carouselExampleCaptions" class="carousel
slide team-member bg-info" data-ride="carousel">
                        <ol class="carousel-indicators"><li data-
target="#carouselExampleCaptions" data-slide-to="0" class="active"></li>
                            <li data-target="#carouselExampleCaptions" data-slide-
to="1"></li>
                            <li data-target="#carouselExampleCaptions" data-slide-
to="2"></li>
                        </ol>
                        <div class="carousel-inner">
                            <div class="carousel-item active">
                                <img src="images/saiful11.jpg" style="height: 350px; width:
200px;" class="d-block w-100" alt="...">
                                <div class="carousel-caption  d-md-block " id="team-detail">
                                    <h5><b>Saiful Mansoori</b></h5>
                                    <p>Web developer</p>
                                </div>
                            </div>
```

```html
                        <div class="carousel-item">
                            <img src="images/naman.jpeg" style="height: 350px; width:
200px;" class="d-block w-100" alt="...">
                                <div class="carousel-caption  d-md-block"  id="team-detail">
                                  <h5 ><b>Naman jain</b></h5>
                                  <p>Competitive Coder</p>
                                </div>
                        </div>
                        <div class="carousel-item">
                            <img src="images/saiful11.jpg" style="height: 350px; width:
200px;" class="d-block w-100" alt="...">
                                <div class="carousel-caption  d-md-block"  id="team-detail">
                                  <h5><b>Saiful Mansoori</b></h5>
                                  <p>Web developer</p>
                                </div>
                        </div>


                    </div>
                    <a class="carousel-control-prev "
href="#carouselExampleCaptions" role="button" data-slide="prev">
                        <span class="carousel-control-prev-icon" aria-
hidden="true"></span>
                        <span class="sr-only ">Previous</span>
                    </a>
                    <a class="carousel-control-next "
href="#carouselExampleCaptions" role="button" data-slide="next">
                        <span class="carousel-control-next-icon" aria-
hidden="true"></span>
                        <span class="sr-only">Next</span>
                    </a>
                </div>

            </div>
        </div>

    </div>
</section>
```

```html
<section id="contact">
    <div class="container text-center text-warning" style="font-size: 30px;">
        <b>Contact</b> <b class="text-info">us</b> </div>
        <br>
        <div class="row">
          <div class="col-sm-6 wow animate__animated animate__slideInLeft">
                <div class="card" id="contactcard1" style=" height:350px; padding:
10px; ">
                    <div class="card-body text-center text-white">
                        <h5 class="card-title text-white text-center"><b>Get in
Touch</b></h5>
                            <span class="fa fa-mobile" aria-hidden="true"
style="font-size:50px;"></span>
```

```html
                                       <h6 class="card-subtitle mb-2 text-white text-
center">7786029131</h6><br>
                                       <span class="fa fa-envelope-o " aria-hidden="true"
style="font-size:30px;"></span>
                                       <h6 class="card-subtitle mb-2 text-white text-
center">saifulmansoori777@gmail.com</h6><br>
                                       <span class="fa fa-map-marker " aria-hidden="true"
style="font-size:30px;"></span>
                                       <p class="card-text text-center text-white">Greater
noida, UP.  </p>
                            </div>
                    </div>
            </div>
            <div class="col-sm-6  wow animate__animated animate__slideInRight">
                        <div class="card bg-transparent" id="contactcard2">
                            <div class="card-body">
                            <h5 class="card-title text-center">Drop a note</h5>
                            <form>
                                <div class="form-group">
                                    <input type="email" class="form-control" placeholder="Your
Name" aria-describedby="emailHelp">
                                </div>
                                <div class="form-group">
                                    <input type="email" class="form-control" placeholder="Your
Email" aria-describedby="emailHelp">
                                    <small id="emailHelp" class="form-text text-muted">We'll
never share your email with anyone else.</small>
                                </div>
                                <div class="form-group">
                                    <textarea class="form-control"  rows="2" placeholder="Your
Message"></textarea>
                                </div>
                                <button type="submit" class="btn btn-primary">Submit</button>
                            </form>

                        </div>
                    </div>
            </div>
            </div>


</section>


<footer>
  <p>Footer</p>
</footer>

<script>
    $('.carousel').carousel({
  interval: 2000
})
function openNav() {
```

```
                document.getElementById("mySidenav").style.width = "250px";


        }

        function closeNav() {
            document.getElementById("mySidenav").style.width = "0";
        }
</script>
    <script src="js/wow.min.js"></script>
            <script>
            new WOW().init();
            </script>


</body>
</html>
```

Profile Page

```php
<?php

session_start();
error_reporting(0);
include('connection.php');
```

```php
$username = $_SESSION['user_name'];
if($username==true){
```

```php
}
else{
    header('Location: index.php');

}
```

```php
$query ="SELECT * from fitness where username='$username' ";
$data =mysqli_query($con, $query);
$result = mysqli_fetch_assoc($data);
```

```php
//set variables for values
$name = $result['name'];
$number= $result['number'];
$email = $result['email'];
$cat = $result['cat'];
$adress= $result['adress'];
$pic= $result['pic'];
$about=$result['about'];
```

```php
?>
```

```html
<!DOCTYPE html>
<html>
```

```html
<head>
  <title></title>
<!-- Latest compiled and minified CSS -->
<link rel="stylesheet"
href="https://maxcdn.bootstrapcdn.com/bootstrap/4.4.1/css/bootstrap.min.css">
```

```html
<!-- jQuery library -->
<script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
```

```html
<!-- Popper JS -->
<script
src="https://cdnjs.cloudflare.com/ajax/libs/popper.js/1.16.0/umd/popper.min.js"></script
>
```

```html
<!-- Latest compiled JavaScript -->
<script
src="https://maxcdn.bootstrapcdn.com/bootstrap/4.4.1/js/bootstrap.min.js"></script>
<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/4.7.0/css/font-awesome.min.css">
<meta name="viewport" content="width=device-width, initial-scale=1">
<style type="text/css">
  .box{
    margin-top: 10px;
  }
  .card {
 /* box-shadow: 0 4px 8px 0 rgba(0, 0, 0, 0.2); */
  max-width: 300px;
  margin: 20px;
  text-align: center;
  font-family: arial;
  border:none;
}
```

```css
.title {
  color: grey;
  font-size: 18px;
}
```

```css
.card a {
  text-decoration: none;
  font-size: 22px;
  color: black;
}
.container{
  height: 300px;
  width: 300px;
}
.box3{
  height: 150px;
}
.about{
```

```
   margin-left: 5px;
}
</style>
</head>
<body>
  <div class="container-fluid  box">
    <div class="row">

      <div class="col-xl-3 bg-light"><br>
           <div class="container">
          <img  src="<?php echo $pic ; ?>"  class="rounded" alt="Chania" width="280"
height="280">
          </div>
      </div>
      <div class="col-sm-9 ">


              <div class="col-sm-10 bg-light">
         <ul class="nav nav-tabs" role="tablist">
               <li class="nav-item">
                  <a class="nav-link" href="index.php">Home</a>
               </li>


                 <li class="nav-item dropdown">
                    <a class="nav-link dropdown-toggle" data-toggle="dropdown"
href="#">Option</a>
                    <div class="dropdown-menu">
                     <a class="dropdown-item" href="index.php">Home</a>
                     <a class="dropdown-item" href="profile.php?un=<?php echo
$result['username'] ?> &pp=<?php echo $result['pic'] ?>">change Image</a>
                       <a class="dropdown-item" href="update.php">Edit Profile</a>
                      <a class="dropdown-item" href="logout.php">Logout</a></div>

                   </li>



              </ul>

           </div><br>
           <div class="col-sm-10">
             <div class="" style="border-bottom:1px solid black">
                     <h2><?php echo $name; ?></h2>
                  </div>
                   <hr>
             <div class="col-md-8">
                   <ul class=" details">
                    <li><p><span class="fa fa-phone"></span> <?php echo
$number ; ?></p></li>
                        <li><p><span class="fa fa-envelope-o"></span> <?php
echo $email ; ?></p></li>
                         <li><p><span class="fa fa-address-book-o"></span> <?php
echo $adress; ?></p></li>
```

```html
                    <li><p><span class="fa fa-address-book-o"></span> <?php
echo $cat; ?></p></li>
                        <li><p><span class="fa fa-
calendar" ></span> DOB:&nbsp6/04/1998</p></li>
                    </ul>
                </div>

            </div>


        </div>
      </div>

    </div>
<!--  section 2 -->
    <div class="row">
            <div class="col-sm-3 bg-">
             <div class="container box3">


                        <p class="text-center text-info">Important Link</p>
                        <a href="">Facebook</a><br/>
                        <a href="">Linkdin</a><br/>
                        <a href="">Instagram</a>



            </div>
            </div>

            <div class="col-sm-8 bg-light">
                <h1 class="about text-center text-info id= about "><i>About me</i></h1>
                <br>
                <div class="about">
                 <p><?php echo $about; ?></p>
                <p><i>"Blood Donation will cost you nothing, but it will save a
life!"</i></p>
                <p><i> "If you really want to lend a hand, lend an arm."</i></p>
                <p><i>"Never feel yourself weak, you have the ability to save a life.
Just donate blood."</i></p>
                </div>
            </div>
        </div>


  </div><br><br>
  <div class="col-sm-12 bg-dark"><br><br>
```

```html
            <P class="text-center text-white" style="margin-bottom:50px; "> Copyright
@ 2020, by mtm4010</P>

    </div>
```

```html
</body>
</html>
```

Filter Page

```php
<?php
session_start();
include('connection.php');

/**$userprofile = $_SESSION['user_name'];
if($userprofile==true){
```

```php
}else{
        header('Location: index.php');

}   **/
```

```php
?>
```

```html
<!DOCTYPE html>
<html>
<head>
  <title></title>
<!-- Latest compiled and minified CSS -->
<link rel="stylesheet"
href="https://maxcdn.bootstrapcdn.com/bootstrap/4.4.1/css/bootstrap.min.css">
```

```html
<!-- jQuery library -->
<script src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
```

```html
<!-- Popper JS -->
<script
src="https://cdnjs.cloudflare.com/ajax/libs/popper.js/1.16.0/umd/popper.min.js"></script
>
```

```html
<!-- Latest compiled JavaScript -->
<script
src="https://maxcdn.bootstrapcdn.com/bootstrap/4.4.1/js/bootstrap.min.js"></script>
<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/4.7.0/css/font-awesome.min.css">
<meta name="viewport" content="width=device-width, initial-scale=1">
<style type="text/css">
  .data{
    margin-top: 100px;
  }
  .btn {
      margin-left:130px;
```

```html
        }

    </style>


</head>
<body>

<div class="container">
    <h1 class="text-white bg-dark text-center"> FIND YOUR  Trainer</h1>
    <br>
</div>
<!---modal Button -->
<button type="button"  class="btn btn-info btn-lg" data-toggle="modal" data-target="#myModal">Select Category</button>
<button type="button" class="btn btn-info btn-lg"><a href="index.php">Back</a></button>
<br>
<!-- Modal -->
<div id="myModal" class="modal fade" role="dialog">
  <div class="modal-dialog">


    <!-- Modal content-->
    <div class="modal-content">
      <div class="modal-header">
        <button type="button" class="close" data-dismiss="modal">&times;</button>

      </div>
      <div class="modal-body">
        <form action="" method="post">
            <label for="blood">Choose your Category :</label>
            <select class="form-control " name="category">
                        <option value="Gym">Gym</option>
                        <option value="health">health</option>
                        <option value="yoga">yoga</option>

            </select>
            <br>
             <input type="submit" value="Search" name="submit">
        </form>
      </div>
      <div class="modal-footer">

      </div>
    </div>

  </div>
</div>
```

```php
  <div class="container data">

   <div class="table-responsive ">
    <table class="table table-bordered table-striped table-hover table-sm">
     <thead>
     <th>Name</th>
     <th>Username</th>
     <th>view Profile</th>

          </thead>

          <tbody>
           <?php
 include("connection.php");

if(isset($_POST['submit'])){
 $cat = $_POST['category'];

error_reporting(0);
$query = "select * from fitness where cat = '$cat' ";
$data = mysqli_query($con,$query);
$total = mysqli_num_rows($data);

if($total !=0)
{

   while ($result = mysqli_fetch_assoc($data)) {
      ?>

      <tr>

            <td><?php echo $result['name']; ?></td>
            <td><?php echo $result['username']; ?></td>
            <td>
          <button> <a href="other_profile.php?ad=<?php echo $result['adress'] ?>
&em=<?php echo $result['email'] ?> &bt=<?php echo $result['cat'] ?> &nm=<?php echo
$result['name'] ?> &ab=<?php echo $result['about'] ?> &un=<?php echo
$result['username'] ?>  &pp=<?php echo $result['pic'] ?>  &pn=<?php echo
$result['number'] ?> ">View Profile </a> </button> </td>

      </tr>
```

```php
        <?php
    }
}
}
?>
```

```html
        </tbody>

    </table>

  </div>
```

```html
  </div>
```

```html
</body>
</html>
```
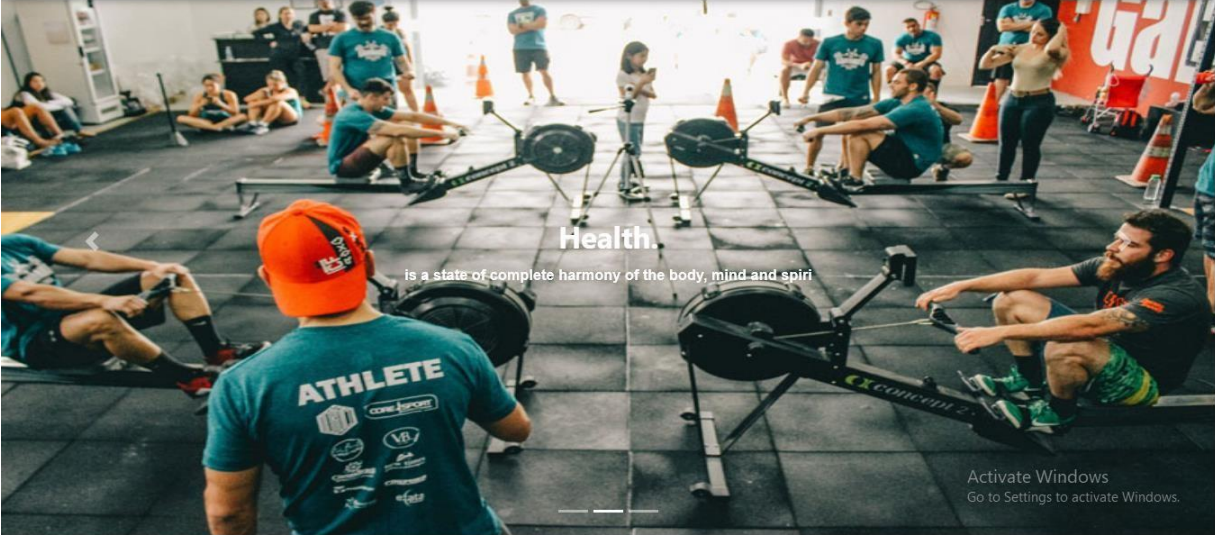
SCREENSHOT OF THE WEBSITE

Home Page

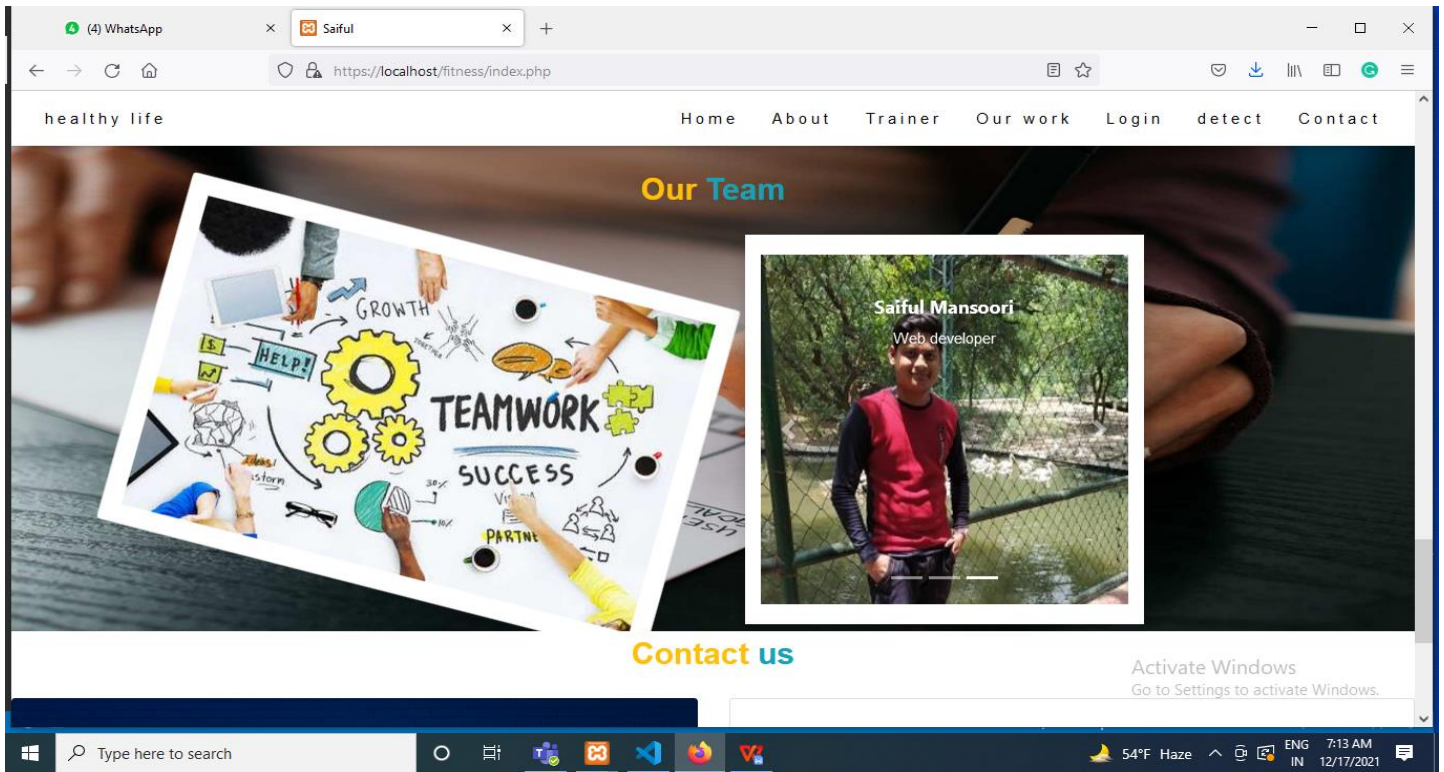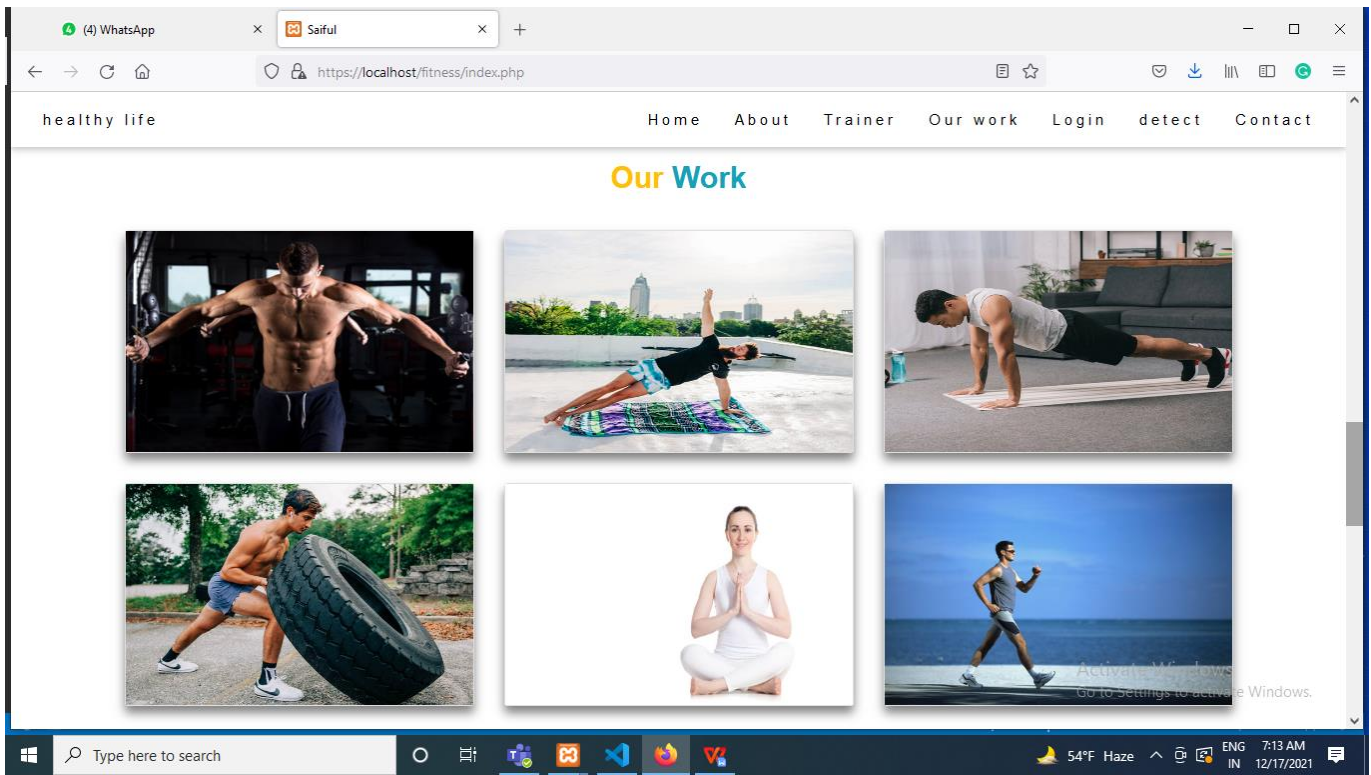localhost/health/index.php

nealtny life

About Us

Who we are today...

This project aims to automate gym and fitness admission process as the admission process in gyms and selecting a trainer is difficult, Sometimes it is difficult to get a desired slot timing. Being healthy is the first thing to be kept in mind because most of the time our attitude depends on how we feel. Being healthy gives us the energy to work and do things.t is hard to get admission in health club when slots are full. This health club management system will help to overcome such problems by booking the desired slot online and pay fees by electronic money transfer. In this fitness club system, there is 3 entity namely, Admin, Member, and Trainer.

---

https://localhost/fitness/index.php

healthy life   Home   About   Trainer   Our work   Login   detect   Contact

Important Exercise

Exercise controls weight

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. the more calories you burn.

Exercise combats health conditions and diseases

This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases.

Exercise improves mood

You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

Exercise boosts energy

Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance.

Exercise promotes better sleep

Struggling to snooze? Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep.

Exercise can be fun

They give you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy.

Activate Windows
Go to Settings to activate Windows.

Type here to search   54°F Haze   ENG 7:13 AM
IN 12/17/2021

Our Work

Our Team

Saiful Mansoori
Web developer

Contact us

Find Your Trainer

Profile Page

Login Page
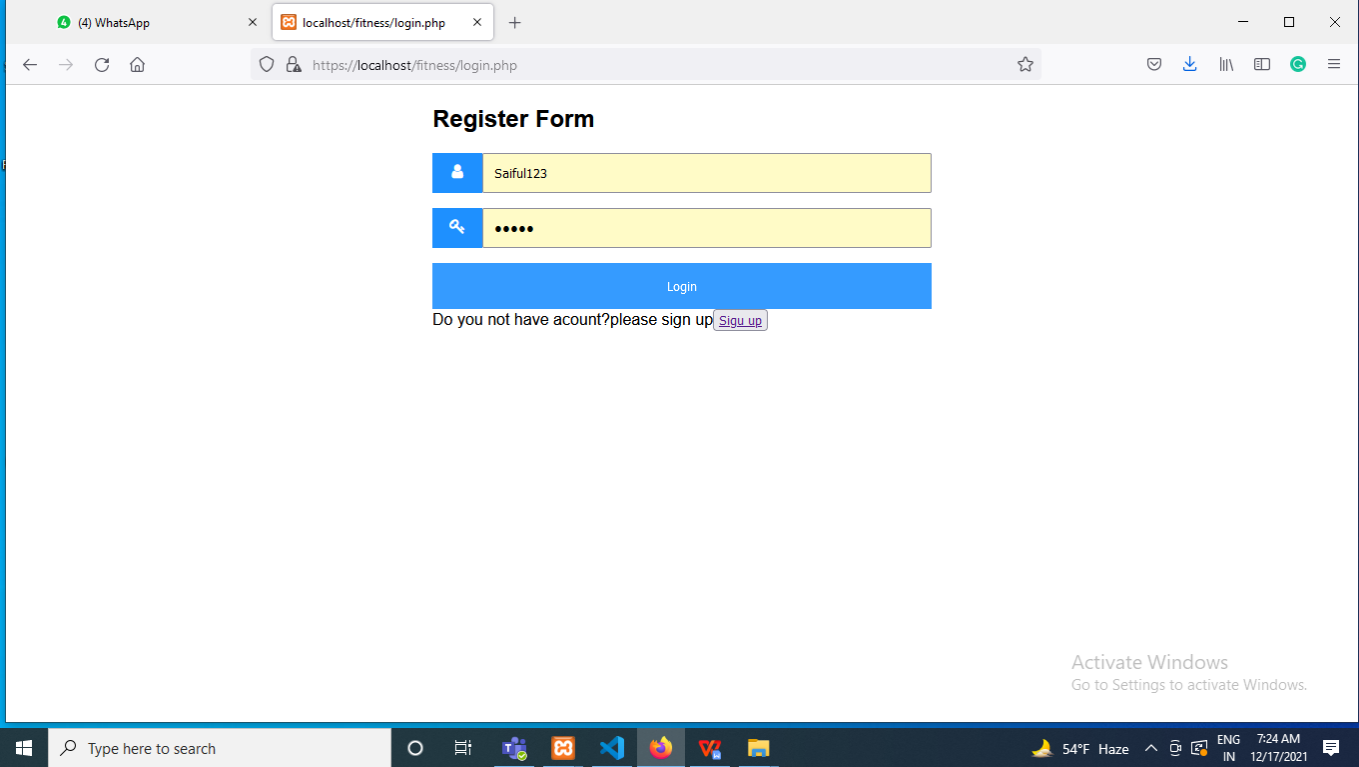
Sign Up Page
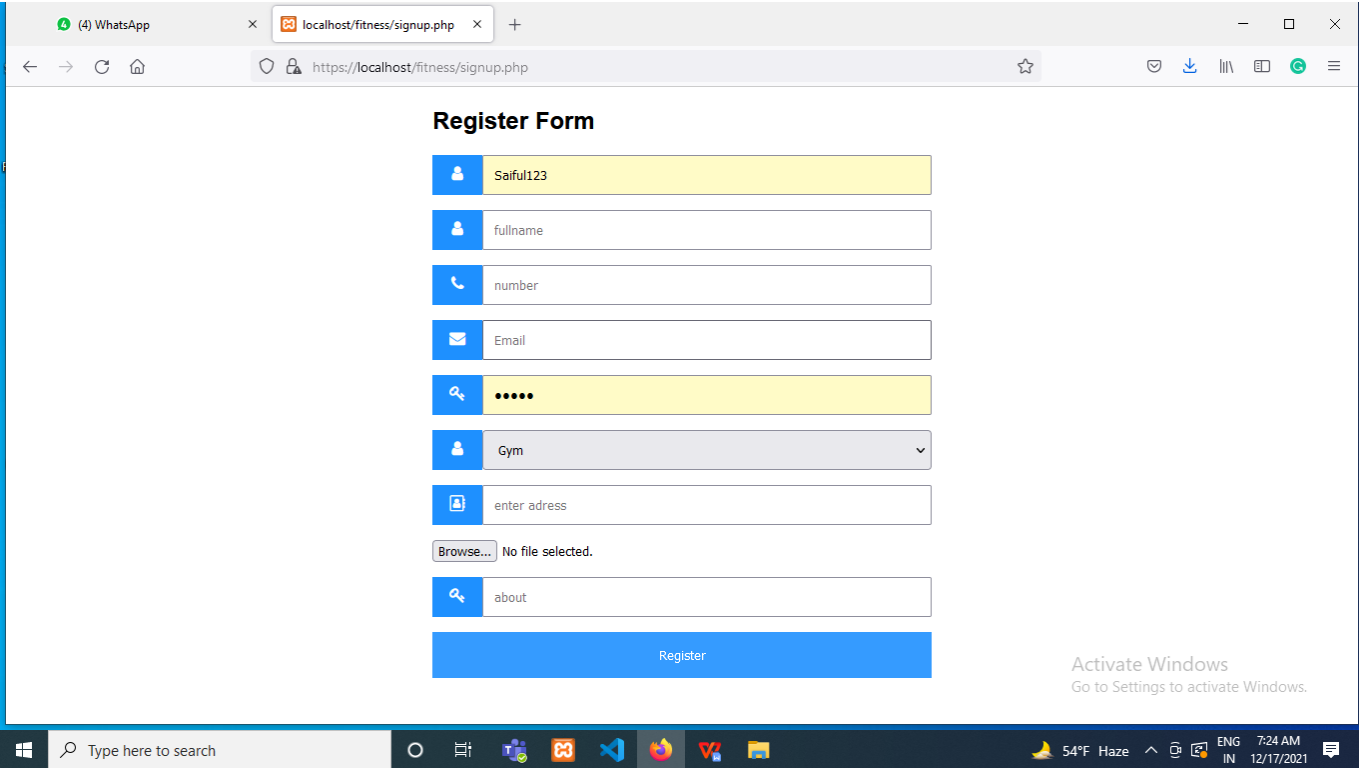
UML DIAGRAM

CLASS DIAGRAM

Role Class

+role_id: int
+role_title: string
+role_description: string

+addRole()
+editRole()
+deleteRole()
+searchRole()
+assignRole()

Permission Class

+permission_id: int
+permission_role_id: int
+permission_title: string
+permission_module: string
+permission_description: string

+addPermission()
+editPermission()
+deletePermission()
+searchPermission()

Membership Class

+membership_id: int
+membership_name: string
+membership_type: string
+membership_description: string
+membership_customer_id: int

+addMembership()
+editMembership()
+deleteMembership()
+searchMembership()

User Class

+user_id: int
+user_role_id: int
+user_name: string
+user_email: string
+user_dob: date
+user_address: string

+addUser()
+editUser()
+deleteUser()
+searchUser()

Trainer Class

+trainer_id: int
+trainer_name: string
+trainer_mobile: string
+trainer_email: string
+trainer_address: string
+trainer_username: string
+trainer_password: string

+addTrainer()
+editTrainer()
+deleteTrainer()
+searchTrainer()

Member Class

+member_id: int
+member_name: string
+member_mobile: string
+member_email: string
+member_address: string
+member_username: string
+member_password: string

+addMember()
+editMember()
+deleteMember()
+searchMember()

Fitness Class

+fitness_id: int
+fitness_description: string
+fitness_type: string
+fitness_name: string

+addFitness()
+editFitness()
+deleteFitness()
+searchFitness()

Branch Class

+branch_id: int
+branch_name: string
+branch_city: string
+branch_address: string
+branch_type: string

+addBranch()
+editBranch()
+deleteBranch()
+searchBranch()
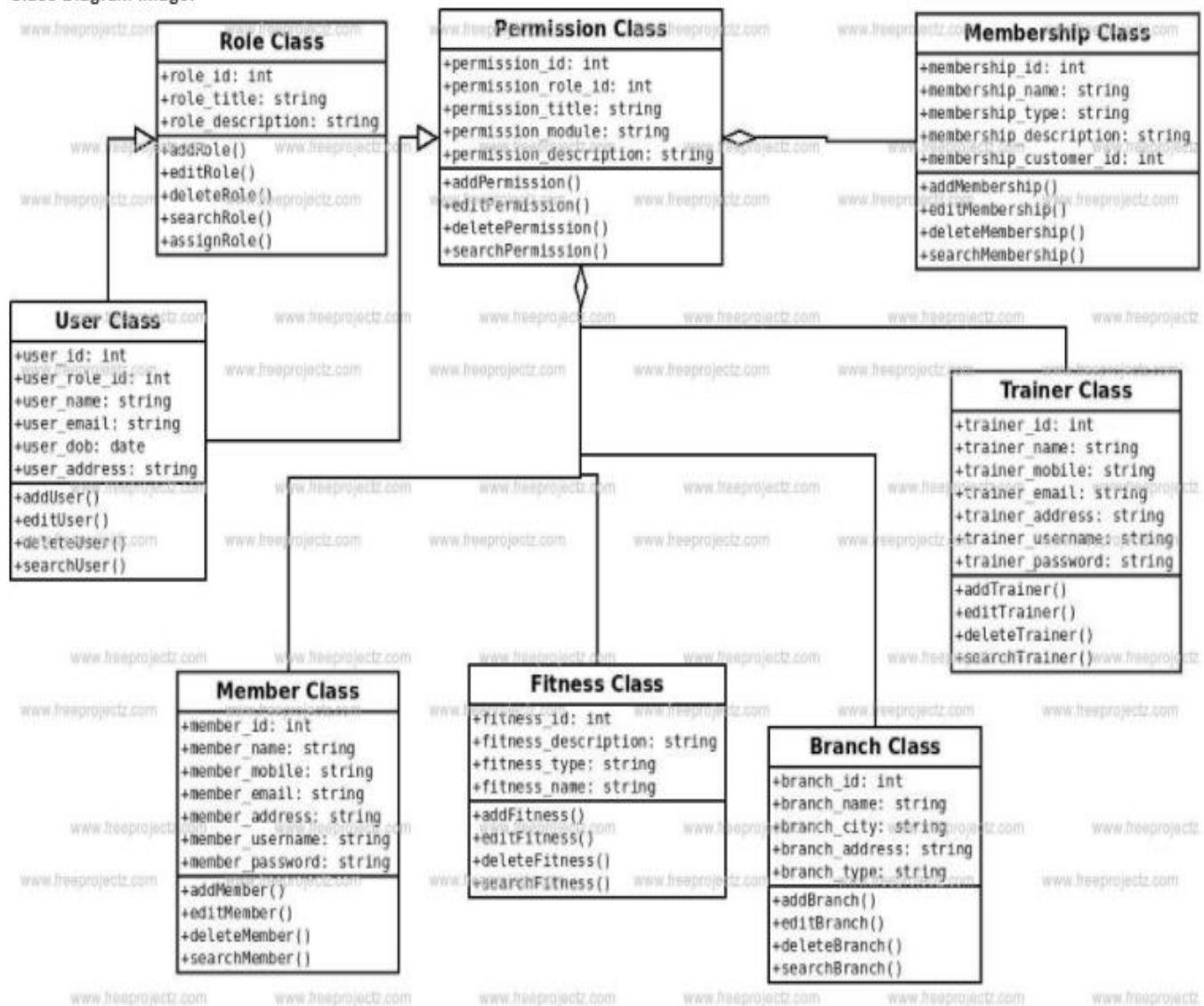
FEATURES AND USP'S OF WEBSITE

- This website will help people to get registered and choose the trainer. In this system there are three entity namely Admin, Member and Trainer. Admin can login, Add new members. Admin can also delete the members who left the gym. Admin will add new trainer, Update the information of trainer and delete the trainer. Admin can also modify members data and trainers shift. Member can login using credentials and transfer money online. Trainer can login and mark the attendance of the members.

- The USP of the website is it will provide an individual mentorship and selection according to one's needs and other criteria's like age and gender

Advantages :

1. Low cost, Cost effective service.

2. Easy to use
3. Reduces the staff requirements
4. Best for communicating with the members

5. This system is user friendly

Problems

- Data need to be entered properly otherwise, outcome may won't be accurate.

- It requires internet service active all time.

- Data should be filled properly.

Required tools

Software requirement

➢ Operating System: Windows 10

➢ IDE/Text Editor: Sublime Text, Atom, Git Bash CLI

➢ Application : Virtual Studio Code

➢ Back-end language:PHP

➢ Database: Mysql

➢ Run Server-xamp

➢ Front End: HTML5, CSS3, Bootstrap JavaScript, jQuery

➢ Web Service: aws web services and Api

➢ Browser: Preferable Google Chrome or Mozilla Firefox

Hardware requirement :

➢ Processor: Intel core i3

➢ Processor Speed: 2.50 GHz

➢ RAM: 8 GB

Usage

- People enrolled for various yoga sessions , gym sessions , meditation sessions online which enabled to continue or realise the importance of fitness .

- The current situation helped people in realizing the importance of fitness as a very important aspect of their health .

- People from remote areas also enrolled in the programme via website along with the people especially in the town areas .

- Even children from all age groups were made to follow this routine by their parents and school authorities when their physical activities stopped in Lockdown

EXISTING INOVATIONS IN THE FIELD

- CURE.FIT

- Fitbit

- Healthify.com

- Well steps

- Kinema fitness

- Premise Health

- Wellable

- Training Amigo

- Life Dojo

Feasibility Analysis

The main purpose of feasibility analysis is to check the economic viability of the proposed system.

The result of the feasibility study will indicate whether to proceed with the proposed system or not. If the results of the feasibility study are positive, then we can proceed to develop a system otherwise project should not be pursued.

Technical Feasibility :

This system will be developed using PHP. As we require some time to learn all these technologies, All these technologies are easy to learn and can develop system very rapidly.

After developing and deploying the system, any user can view this site on the Internet.

Economical Feasibility

Visual Studio Code was announced on April 29, 2015, by Microsoft at the 2015 Build conference. A Preview build was released shortly thereafter.

On November 18, 2015, Visual Studio Code was released under the Expat License and its source code posted to GitHub. Extension support was also announced.[11]

On April 14, 2016, Visual Studio Code graduated the public preview stage and was released to web.

Visual Studio Code is a source-code editor that can be used with a variety of programming languages, including Java, JavaScript, Go, Node.js and C++.[13][14][15][16] It is based on the Electron framework,[17] which is used to develop Node.js Web applications that run on the Blink layout engine. Visual Studio Code employs the same editor component (codenamed "Monaco") used in Azure DevOps (formerly called Visual Studio Online and Visual Studio Team Services).[18]

Instead of a project system, it allows users to open one or more directories, which can then be saved in workspaces for future reuse. This allows it to operate as a [language-agnostic](#) code editor for any language. It supports a number of programming languages and a set of features that differs per language. Unwanted files and folders can be excluded from the project tree via the settings. Many Visual Studio Code features are not exposed through menus or the user interface, but can be accessed via the command palette.

Operational feasibility

Users of the system will the registered user of the website.

To put an orders user should have only basic knowledge of computer and

Internet which is not a big issue.

Basic training is required for other users to handle and manage the information.

Conclusion

The ob!section of this project was to build a program for maintaining the details of all the member's employees and inventory. The system developed is able to meet all the basic re"requirements. The management of the records both members and employees will be also benefited by the proposed system as it will automate the whole procedure which will reduce the workload. The security of the system is also one of the prime concerns. There is always room for improvement in any software however efficient the system may be. The important thing is that the system should be flexible enough for future modifications. The system has been factored into different modules to make the system adapt to further changes. Every effort has been made to cover all user re"virements and make it user friendly.

Goal achieved:-

The System is able to provide the interface to the owner so that he can replicate his desired data.

User-friendliness:-

Though most parts of the system are supposed to act in the background efforts have been made to make the foreground interaction with the user owner as smooth as possible. also, the integration of the existing system with the project has been kept in mind throughout the development phase.

Reference

Cure fit website : Get fit and stay healthy from the comfort of your home with cure fit.

BUSINESS, International Journal of Advanced Research in Management and

Social Sciences ISSN: 2278-6236

BOOK:

a. Debjani Nag, "E-commerce," Tata McGraw-Hill., First Edition, vol.32, pp. 54-59, Nov, 2005.

b. Thomas A.powel, The complete reference HTML and CSS 5th edition McGraw-Hill.

c. Pearson Education Developing e-commerce Sites An Integrated Approach By Vivek Sharma and Rajib Sharma.

Web Site:

I.   www.apache.org

II.   www.en.wikipedia.org

III.   www.w3school.com

IV.   www.tutotialpoint.com

V.   www.sqllite3.com