

FITNESS AND WELLNESS

ABSTRACT

Fitness apps are promising digital tools to support self-tracking and physical activity. Specified app functions such as diet-chart, BMI calculator, workout tips, supplement recommendation health supplements or fitness product purchases, these are the facilities provided by the web application to the users. It is necessary to have a computerized system that manages all these functions. The implementation of a normalized step target on aspects of motivation and physical activity by using self-determination theory. With the aim to reduce epidemiologic problems associated with overweight and obesity, it has been recommended that people engage in moderate exercise and diet chart according to their body type and body mass index. According to the body type and BMI of user, the web app will provide workout tips and supplementary recommendations for user's daily routine.

The user can select a goal for themselves and set a target. The apps consist of various diet plans as per their BMI and type. This web app will guide the users on various body exercises through videos. This system also provides excellent security of data to its users.

MODULES

I. ADMIN

LOGIN:

- Admin can login into the account using id and password

MEMBERS:

- Admin view all the members
- Filter them by programs or search them by name
- Can freeze or suspend their accounts

INSTRUCTORS:

- Admin view all the instructors
- Filter them by name
- Check their activities
- Can delete their videos
- Can freeze or suspend their account

SELLER:

- Admin view all the sellers and their products
- Check their activities
- Delete their product
- Can freeze or suspend their account

II. USER

CREATE ACCOUNT:

- Create a new new account with the web application using google account or phone number.

LOGIN

PROFILE:

- View and update profile
- View plans
- Change password
- Change plans
- User can also freeze their account and continue it later.

DIET PLANS:

- See diet plans based on BMI and body type

TRAINING VIDEOS:

- provides youtube videos based on BMI, body type and on the basis of intensity they need

NOTIFICATION:

- view notification

BUY PRODUCT:

- Check supplements or fitness products provided by each sellers and can buy it.

INTERACT:

- User can interact with instructors and sellers.

III. INSTRUCTOR

LOGIN

SUPPLEMENTS:

- Instructor can recommend supplements to the users according to their body type and need.

WORKOUT TIPS:

- instructors can check the users informations like BMI and body type, workout intensity and provide workout tips
- Can provide diet plan and workout according to the user.

IV. SELLER

- Create an account
- Login using password and id
- Can add product which is needed to sell, and can update or delete the product
- Can interact with the user and can contact
- Redeem payment for the products
- Can get the access to the information of user like phone no, address etc.