

# Fitness Training WebApp

Sakshi Gawand<sup>1</sup>, Chetana Deshmukh<sup>2</sup>, Priya Arote<sup>3</sup>, Anusha Dalvi<sup>4</sup>, Rohini Palve<sup>5</sup>

<sup>1,2,3,4</sup>BE Computer Engineering Student, Terna Engineering College, Nerul, Maharashtra, India

<sup>5</sup>Professor, Dept. of Computer Engineering, Terna Engineering College, Nerul, Maharashtra, India

\*\*\*

**Abstract** - In today's world there are so many people who want to be fit, compete in bodybuilding competitions, lose weight, and burn fat. However, there isn't a proper platform where people can get all the needed information such as workout instructions, lifting technique, diet guidance, fitness plans according to each individual's goals, find cheap dietary supplements and hire trainers/coaches.

In this project, we developed a web-app to help people in achieving their fitness goals. The web-app build with Flask Python provides users information with regard to fitness, diet, training and membership plans. The project is aimed to provide an efficient, secure and scalable web-app design

**Key Words:** Fitness, Trainer, Trainee, Goals, Workout, Plans, Equipments.

## 1. INTRODUCTION

Physical fitness promotes good health and reduces the risk of several diseases. It also helps in improving the quality of life. Many studies have shown that exercising reduces depression. It blocks your mind from negative thoughts and helps in distraction from problems. But as we observe, in this world of technology, many physical activities are replaced by machines. Mankind has become lazy and most of the corporate work is sedentary. Also, in the areas where there is no access to gyms, or times like pandemic, online platforms prove to be very useful and time saving. Good health can not only be acquired with the help of exercise but also a healthy diet. Taking all the points in consideration, we would like to introduce you to our very own fitness webapp FIT-N-FINE. This webapp will include many features like workout videos, diet recipes, calorie counter and a facility of trainers.

### 1.1 Objective:

Basically, the FIT-N-FINE website is for those who wants to prefer the online gym because of several reasons including insecurities in going to gym, no time to travel and many more and also useful for the Owners of the gym to get online platforms for marketing and expanding their business.

This system will also be useful for storing, analyzing the data of both trainer and trainee.

### 1.2 Drawbacks of other platforms:

In the Existing system, the trainer as well as trainee has to go physically to gyms and do all the work manually. The process from registration to admission of both has been done in the same manner. The data gathering is done in piles of sheets which are hard to access for gym owners because of manual paper work. There is a lot of effort and more use of man resources to make the data entries.

### 1.3 Objective:

The main objective of this project is as follows:

- To make a user friendly platform for both the Trainers and Trainees.
- For Gym Owners a better platform to rely on for database management of their clients.
- To make one in all platform including
  1. Registrations
  2. Choices for trainee to select the Trainee
  3. Progress Goals for both trainer and trainee
  4. Diet for trainee
  5. Workout videos for trainee suggested by trainer

### 1.4 Reasons for choosing a Fitness Webapp:

- Fitness Webapp is one of the grooming projects in the current market.
- The scope of project is high as the age group from teen to adult use such online platform
- The scalability of the project is high as it also has some future features which never make this business get close.

### 1.5 Characteristics of Web app:

- All-in-one Platform: Project includes various modules like diet, goal, plans and many more in one single platform which reduces the users time for surfing on different platforms.

- Efficiency : Efficiency of the project is high. It works for both the trainer and trainee.
- Accuracy: Because of the digital system, the information within the system is highly accurate and also prevents data from getting lost.
- Scalability: The project is highly scalable. The webapp can be used by people of any age group. It includes Body Mass Index (BMI)calculator, videos, progress and many things.
- Automation: The automatic store of data and also less response time increases the project automation.
- Maintenance cost: Cost of maintaining the project is low.
- User-Friendly: It has a user-friendly interface which allows the user to access easily.

## 2. PROPOSED SYSTEM

### 2.1 System Features

- The proposed system is implemented in the python flask framework.
- The system has two main modules: trainee and trainer.
- Login credentials are created for both trainer and trainee.
- The basic functionalities of trainee module contain:
  - Workout exercises
  - Diet
  - BMI calculator
  - Daily goals

The trainer module will contain access to all the members where he will be able to manage information of his members, make routine plans and diet for them and upload videos.

### 2.2 System Architecture:

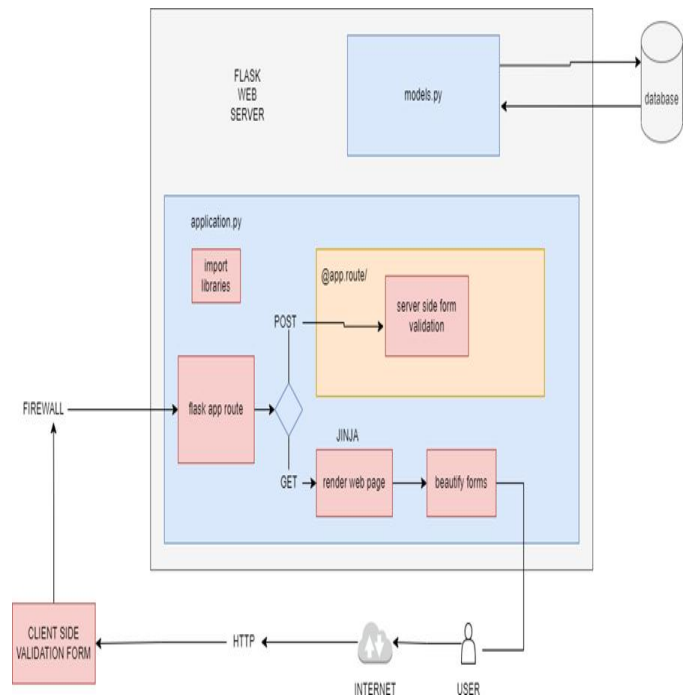
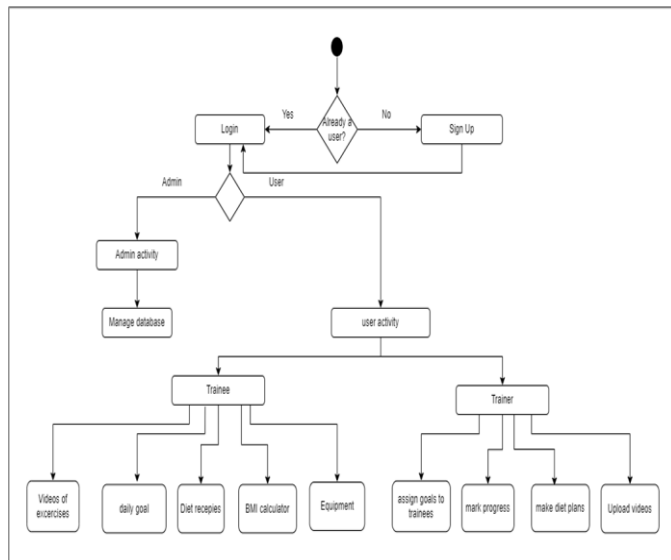


Figure 1. System Architecture

- Administrative Module: This module includes storing and retrieving the details of the data.
- User Module :Depend on user type it will work for trainer and trainee
- Trainer:
  1. Trainer has features which includes sign up, login, update profile and has the list of all trainees under him.
  2. The trainer module will contain access to all the members where he will be able to manage information of his members, make routine plans and diet for them and upload videos.
- Trainee:
  1. Trainee features include register, login, update profile, use of BMI calculator, access to videos.
  2. Trainees work according to trainer guidance and also has options to choose trainer as per the convenience, and also get feedback from the trainer in the performance bar.

### 2.3 Information Architecture Diagram



**Figure 2.**Information Architecture

- User will first registered as trainee or trainer then he will have access to the respective module like trainee or trainer
- Trainee Page will have access to the page which has features mentioned for trainees like BMI calculator, diet recipes, video playlist and diet plans.
- Trainer will be directed to the page having features like upload video, assign goals to trainees and mention diet pans.

### 3. SUGGESTED IMPROVEMENTS:

The project can be improved through these ideas in the future:

1. Validation of trainer by the admin to register on the website.
2. Trainer selection on the basis of ratings and certificates by the trainee.
3. Progress feedback using WhatsApp chatbot.

### 4. CONCLUSION

We developed the 'FIT-N-FINE' webapp according to the requirement analysis. The main objective of the project was to create a user-friendly web application which can benefit the users. The users can login to the app and access features like exercise videos, daily goals provided by trainer and BMI calculator. This application will also help trainers to expand their business and work experience. The app will be beneficial to the people who don't have access to gyms where they live.

### REFERENCES

[1] Walter R. Thompson, 2021, "Worldwide Survey of Fitness Trends", FACSM, Research Gate, 2021

[2] Xiaoxiao Zhang, Xiaoge Xu, "Continuous use of fitness apps and shaping factors among adults" , September 2020.

[3] Xiaoxiao Zhang, Xiaoge Xu, "A systematic review of fitness apps and their potential clinical and sports utility", 2019

[4] Lucy Mburu-Matiba, "The impact of exercise and healthy lifestyle, diet and fitness", 2015