Fitness Check Application

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Abstract- *Fitness app is a software which solves a very important issue of everyone lives that is how to stay fit and healthy in their busy and hectic lives. No one has proper guidance regarding what diet they should follow according to their body type (obese , underweight, overweight etc) and what exercises should they do to gain proper fit and healthy body. In this application, it will ask for your gender then height and weight and accordingly calculate BMI (body mass index) and according to that it will tell you the list of diet you should weekly have. Now a days everyone is becoming fitness freak so we have created this software to help them achieve their fitness goals.This application will first find your B.M.I (body mass index) by letting you enter your height and weight . Then according to you B.M.I , it will tell you the body type that you have by seeing in what category your BMI falls. Then according to your body type , you can see your diet plan and exercises that you have to follow in the gym to become fit.*

Keywords- BMI, fitness application, fitness, application, gym

I. INTRODUCTION

Fitness app is a software which solves a very important issue of everyone lives that is how to stay fit and healthy in their busy and hectic lives. No one has proper guidance regarding what diet they should follow according to their body type (obese , underweight, overweight etc) and what exercises should they do to gain proper fit and healthy body.

Now a days everyone is becoming fitness freak so we have created this software to help them achieve their fitness goals. People join gym but loose interest because there are not enough trainers to personally guide them all the time and provide them diet charts according to their particular body type. So this application will help them give personalized gym exercises to be followed for the whole month and diet chart to be followed.

II. IDENTIFY, RESEARCH AND COLLECT IDEA

The project "FITNESS APPLICATION" calculates BMI in the first place and then suggests the users their diets and gym plan for 30 days this helps the user to interact with virtual gym vond it suites the user ,as user can work according to the plan displayed by our project.

Not particularly this type of software was there on the web moreover software that were available on web do not have 30 day gym plans and cardio exercise plan.

Individually BMI index calculators were available easily on the web and individual gym plan for 30 days are also available on the internet but we have combined these 2 on a single platform.

This would help users to calculate BMI and further users will get their diet plan for a month.
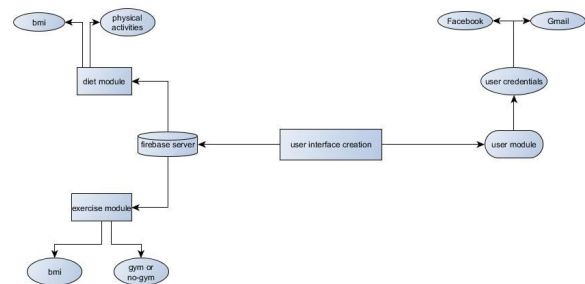
Whereas existing tools lacked these features.
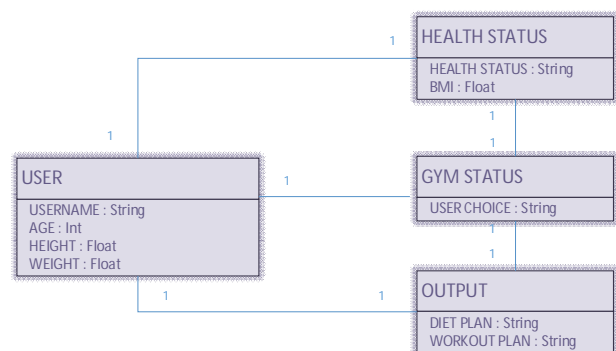

Fig 1.UI PROPOSED

Fig 2.CLASS DIAGRAM

III. STUDIES AND FINDINGS

This application will first find your B.M.I (body mass index) by letting you enter your height and weight . Then according to you B.M.I , it will tell you the body type that you have by seeing in what category your BMI falls. Then according to your body type , you can see your diet plan and exercises that you have to follow in the gym to become fit. We

have also created two sections , one is for the people you want to exercise properly in the gym and other who are not interested to join the gym and want to do normal and easy exercises at their homes or garden. Daily routine is specified and weekly diet chart is given in this application that a user has to follow.

People will get to gain knowledge that they used to get earlier from paying a hefty amount to personal trainers at a very nominal fees.

Moreover gyms will also profit from this application software as they will provide more personalized experience and knowledge to their customers without employing too many trainers . Gyms will give this application to all their customers who can sign up and create their account then they can everyday login into their account and see what physical exercise they need to do that day at the gym and diet they need to have that day.(We have created Sign up and Login Module for this).
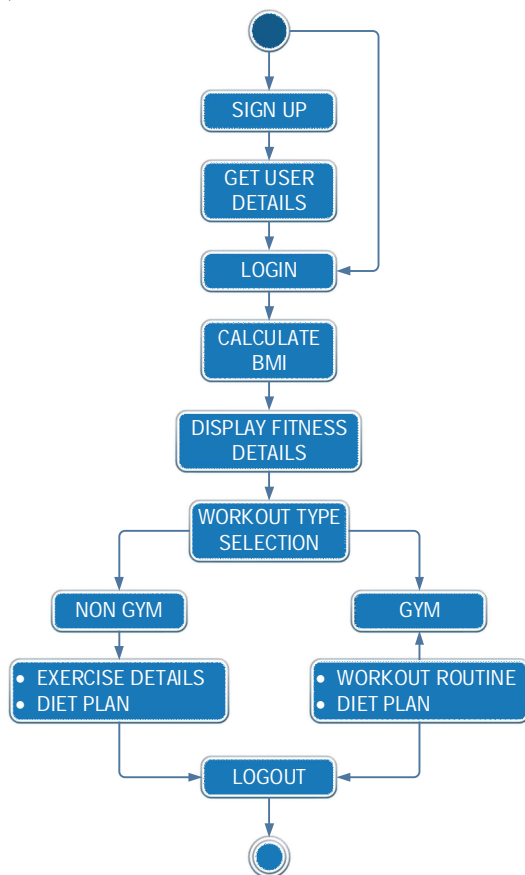

Fig.3 Activity diagram

IV. GET PEER REVIEWED

After the first interaction with our reviewer he suggested us to include features of login and sign up for their regular customers and new customer and reviewer also

mentioned about including 30 days cardio plan that will help user to get a diet plan and exercise plan for the user. Reviewer also said to make the interface user friendly so that most of the users can use the software.

V. IMPROVEMENTS AS PER PEER REVIEWER COMMENTS

We in the first place added the login-signup module which would help both new users and existing users we also created 30 day cardio plan for users. We have implemented few additional features such as a personalised diet chart for each BMI categories ranging from underweight to obesity. As the end user enters his/her height and weight, the BMI is calculated automatically by the fitness app and the generated data directs the user to their respective diet plan. In this diet plan module, the fitness app provides appropriate measures for intake of required calories and nutrients essential for the body. In order to benefit from our app, the customers are supposed to follow the diet plan accordingly. These diet plans have been devised under the expertise of a team of nutritionists.

The other features include the exclusive 30 day cardio workout for determined customers who are keen on maintaining their physique. According to statistical data reported, an average cardio workout is recommended to fit within a time frame of 150 minutes which our app provides efficiently that our customers can benefit from. The plan is structured in a way that it allows our customers are able to fit in their exercise schedule without disturbing their daily routine. One of the beneficial factors of our app is its user friendliness feature where customers enjoy all the above mentioned elements at their finger tips. Our team encourages all age groups to participate and enjoy the privileges of personalised virtual trainer. We focus on developing a healthier tomorrow and to eradicate the local taboo of exercising as worrisome.
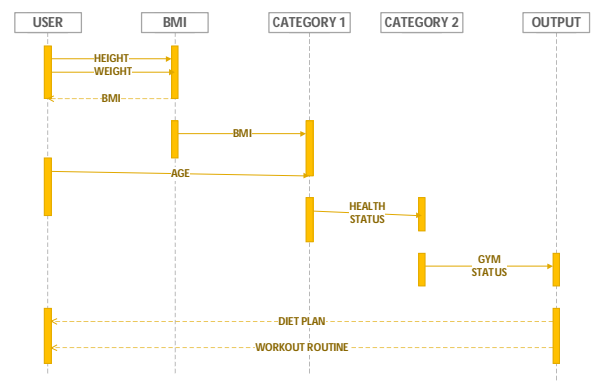

Fig.4 Sequence diagram

VI. CONCLUSION

The project "Fitness App" after being tested was found to be achieving what is meant for that is helping people achieve their fitness goals by giving them personalized training chart and diet chart.It is fulfilling all the requirements of the users i.e. their body mass index,their diets according to their body mass index and the exercises section whether the user want to go to gym and he wants to do cardio,we have mentioned all the things which a user need to maintain their health and keep their body fit.All the module of this software are well tested and its working properly. User personal information have been stored in the database so that we can retrieve that anytime.

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