

# Fill Your Fitness

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**Abstract-** Recent studies suggest that about average users have installed a fitness application on their smartphone. And one who's been working out at Gym must requires it. Nevertheless, most of adults do not engage in sufficient daily physical activity and much remains unknown with regard to the effectiveness of mobile applications. By adopting the Theory of Planned Behavior, we tested whether the use of fitness apps for daily workout and diet tracking could positively influence people's health behavior. By making such a work it can now maintain the diet and other fitness related stuff of their life also and encourage them to join the Gym and get awareness.

**Keywords-** Android, Java, Firebase, PHP.

## I. INTRODUCTION

This project will be made of Android app by Java and having Backend of Firebase and PHP. With this project we made an application which is useful for fitness oriented people. People who go to gym. This app will be complete guide to anyone who wants to do workout and learn the fitness related activities and other exercise and more over it provides complete diet plans which helps them to follow the health by managing food habits and improve their lifestyle. So ultimately it targets to the living of People.

## II. LITERATURE REVIEW

**Android:** *Android* is a mobile operating system based on a modified version of the Linux kernel and other open source software, designed primarily for touchscreen mobile devices such as smartphones. Developers can create programs for Android using the free Android software developer kit (SDK). Android programs are written in Java and run through a JVM that is optimized for mobile devices Dalvik.

**Java:** **Java** is a general-purpose, concurrent, object-oriented, class-based, and the runtime environment (JRE) which consists of **JVM** which is the cornerstone of the Java platform Java is a widely used designed for use in the distributed environment of the internet. Java can be used to create complete applications that may run on a single computer or be distributed among servers and clients in a network.

**Firebase:** Firebase is a Backend-as-a-Service BaaS that started as a YC11 startup and grew up into a next-generation app-development platform on Google Cloud Platform. Firebase frees developers to focus crafting fantastic user experiences. Firebase is server, there is API and to data store, all written so generically that it can modify all to suit most needs. It requires Google Cloud for advanced applications.

**PHP:** Stands for "Hypertext Preprocessor." (It is a recursive acronym, if you can understand what that means.) PHP is an HTML-embedded Web scripting language. This means PHP code can be inserted into the HTML of a Web page. When a PHP page is accessed, the PHP code is read or "parsed" by the server the page resides on. The output from the PHP functions on the page are returned as HTML code.

## III. STUDY FINDINGS

1. Users will be able to register to the application with their personal details. Initially this will be via email and password but future changes could allow for Google and Facebook log in functionality.
2. Registered users will be able to sign in and post a workout routine to the application for others to try out.
3. Registered users will be able to sign in and app a list of user submitted exercise programs and choose one they like to try out for themselves.
4. Registered users will be able to sign in and browse a list of user submitted exercise programs and save them to their own personal list. This serves the purpose of allowing users to edit a routine they find to better suit their needs. Some users may have a medical reason preventing them from doing certain exercises or they may just want to switch it up a bit to better suit their goals.
5. Registered users of the application will be able to participate in group discussions within the application or opt to communicate one on one with another single user. This allows users to discuss things as part of a group and meet new people and also allows them to discuss things privately or ask the author of a program a question should they need clarification on any aspect of their program.
6. Registered users will be able to apply positive or negative ratings to programs hosted within the application. This will help ensure the quality of the applications content

and programs listed will be displayed by most positive votes, to most negative votes.

7. Registered users will be able to use the application to find a Gym/Sports/Leisure Center nearby. This will be useful for people who are new to exercising as they may need to find a gym.
8. The minimum hardware requirement is Memory of 4 GB RAM or more, Monitor resolution of 1024\*768 or highest access, Intel i3 processor, 1 GB (or more) available hard disk space. Android Device with latest version

#### **IV. FUTURE ENHANCEMENTS**

1. In future user will receive diet and workout plans from app directly
2. It will be use full to keep track of activity
3. Uses to get gym data for uses

#### **V. CONCLUSION**

When evaluating applications currently on the market, it was established that the applications researched did not allow user submitted content, comprehensive editing of workouts and did not offer any social features. Gym Buddies aims to plug the gap in these areas and offer a one stop place for people to develop their health and fitness goals and to socialize with like-minded people who share similar goals.

#### **VI. ACKNOWLEDGEMENT**

We would like to express my deepest appreciation to all those who provided me the possibility to complete this report. A special gratitude we give to our final year project guide [Ms/Mr], whose contribution in stimulating suggestions and encouragement, helped us to coordinate our project.

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