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FIT Quest App Embark on Your Fitness Journey

R. Pevin Raj[1], S. Nirmala Sujithra Rajini[2]
[1]*PG Student* [2]*Professor Department of Computer Applications DR MGR Educational and Research Institute, Chennai-600095*

Abstract: ***The primary objective of this article is to create the Fit Gym Management Application, an online platform that offers a means of learning and success in the most fascinating and adored industry—fitness—for individuals of all ages. It offers several well-known Trainers who can instruct the applicants. In addition, it offers a joyful and secure atmosphere that supports each person's fitness development. Here, candidates have the chance to participate in a variety of gym competitions. The human body is the clearest representation of the human soul, as everyone knows. Being physically fit means having the energy to engage in a range of physical activities and minimal risk of developing health issues too soon. A stress-free and healthy life depends on fitness.***

Keywords: Workout routines, Exercise plans, Fitness tracking, Nutrition guidance, Health goals, Progress monitoring, Personalized workouts, Meal planning, Wellness tips, Cardio exercises

I. INTRODUCTION

Health is wealth as we all know. Without health, we don't require a smart car, a big apartment, or a doctorate. The first thing we should think about is our health. Our attitude is typically shaped by our emotional state. Fitness and health give us the energy to achieve something. Staying physically fit is essential for a stress-free and healthy life. Sleep, exercise, and nutrition contribute to physical fitness. Each of these three basic concepts has a unique meaning in their lives and everyone should be aware of them to live a healthy life. [1].

People's ideas about exercise and health are evolving these days. People are unaware of the ways to keep themselves healthy. Maintaining one's health, wellness, and fitness requires consuming nutrient-dense foods and supplements in proportion to one's age and weight. They don't know how much they exercise or what they consume, though. They also don't know how to take vitamins or calculate calories. They don't know how many glasses of water a day they should drink, how much sleep is ideal, or how many calories their bodies burn when they work out, stroll, or even just sleep. [2].

Healthcare data about physical activity is becoming more and more free to be shared with the public. Improve provider-level exercise decision-making has spurred technology vendors, gym instructors, healthcare systems, start-ups, and researchers to create new tools, applications, and products[3].

In recent years, fatal diseases have been reported worldwide. One of the main factors of these diseases is obesity. According to reports, excess body fat can increase the risk of six different types of cancer: endometrial, breast, colon, esophageal, pancreatic, and kidney cancer. Very high fat content is considered dangerous. Low BFP can impair brain function, and high BFP can lead to atherosclerosis or heart disease. It is necessary to maintain a proper BFP[4].

All students have access to free group workouts and excellent gym facilities at UNC Chapel Hill. They are highly sought after and popular among students. But with so many options, students struggle to choose the best group exercise class. Students who are not into fitness may not know much about it. They have no idea what activities the class does and what class would be best for them. [5].

II. LITERATURE SURVEY

Adewole Adewumi (2018), et al. say that several smartwatches and mobile fitness devices have combined to change the technological landscape. However, adoption of these devices is still low, particularly in developing nations with rapidly growing populations. However, due to their steady price decline, smartphones are becoming more and more common, and the application's design specification was completed using unified modeling [6].

App Mayank Sharma Dixit (2021) says that the frustrating aspect of stamina is that the results are not immediately obvious, since they must be months and years away. Therefore, one of the problems affecting society these days is that they have poor tracking ability when it is difficult to keep track of their exercise statistics such as calories, distance traveled, speed, and steps taken. Some of them find it very difficult to motivate and continue to exercise regularly because exercise is completely voluntary[7].

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K.h.a.h Punsith (2022) et al. say that health and fitness are an essential part of life. Nowadays, people come across a lot of fitness web applications that provide many diets and workout plans separately. This project is about the combination of workout and diet instruction for each member. First, a person must log in to this application by providing their name, mobile, email, height, weight, age, and gender[8].

According to Mohamed Imran Mohamed Ariff (2021)et al.says that the background of the ongoing project is the observation that the use of mobile fitness applications has increased among athletes in recent years. However, extensive research on mobile fitness apps shows that most of them are not suitable for beginners. Therefore, this project document describes the development process of a mobile fitness application[9].

According to Ben-Joseph Philip (2023) et al. says that mobile health (health) applications have become ubiquitous and have enabled self-monitoring to help provide better health outcomes. However, the wide availability of health apps introduces new challenges when users need to download and use several apps. While past app evaluations have highlighted many issues, the surrounding work is limited. This study aims to analyze the current user challenges and expectations from future mHealth apps. [10].

III. PROPOSED SYSTEM

The application for the online gym management system is user-friendly. Owners and customers will find all functionality easier with this automated system. It is quite easy to apply and develop. There are extremely few system requirements. The system's functionality and resources will function in nearly every arrangement. Interested parties can sign up online for the fitness classes they want to take. There are two service options: at-home and in-gym. Each Trainer can only have a certain number of registrations completed. Also, this gym administrator expresses gratitude and awards to every winner. When multiple candidates register for the same trainer at different times and locations, the calendar gets blocked.

ARCHITECTURE DIAGRAM

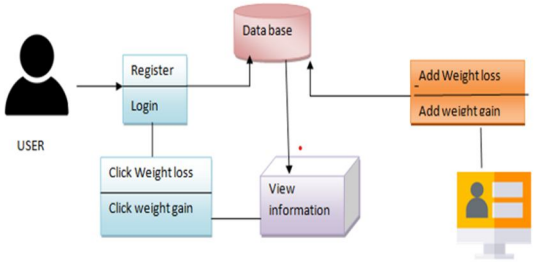


Figure 1 Architecture diagram for fitness web application

Main Modules

1) Admin

The login feature gives admin access to the fitness app dashboard by providing valid login details, ensuring a secure login. After logging in, the administrator can use the "View User" function to get a comprehensive list of registered users, including important information such as usernames and emails, which facilitates effective user management. The "Add Weight Loss and Weight Gain Guide" feature allows an admin to enter and update weight loss and weight gain guides, tips, and strategies, including exercise routines, nutrition tips, and motivational content to enhance your personal fitness experience. instructions In addition, the "Add food (or) fruit (calories)" function allows the administrator to integrate a rich database of foods and fruits with their calorie counts, allowing users to accurately track their calorie intake to improve nutrition management. Finally, the "Logout" function ensures a secure termination of the session and protects against unauthorized access to the control panel. Together, these features form a complete set of management tools to effectively manage and improve your fitness app.

2) User or client

The wellness application gives a user-friendly stage catering to both directors and clients, advertising basic highlights for compelling administration and utilization. For imminent clients, the application permits simple enlistment by giving essential data such as username, mail, and watchword, empowering them to form accounts and get to the platform's assets. Once enrolled, clients can utilize the "Login" highlight to safely get to their accounts utilizing their qualifications.

The application offers committed areas for weight misfortune and weight pick up, coordinating clients to curated assets such as articles, workout plans, and dietary counsel beneath "Tap Weight Misfortune" and "Tap Weight Pick up" functionalities.

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Moreover, clients can get to and audit guides and data gave by the director concerning weight administration through the "See Information Direct", guaranteeing access to profitable bits of knowledge and techniques. Furthermore, the application incorporates a "Check Calorie Calculator" instrument, engaging clients to calculate their day-by-day calorie needs based on personal components like age, weight, and movement level, encouraging more successful count calorie arranging and administration. In quintessence, this wellness application serves as a comprehensive stage, encouraging client engagement, objective following, and educated decision-making for accomplishing wellness destinations related to weight administration.

IV. RESULT AND DISCUSSION

The fitness web application extension yielded promising results, exhibiting a user-friendly interface and strong usefulness. Through screenshots, we watch consistent routes and natural highlights, such as client enlistment and coach tasks. Discourse highlights incorporate the app's effect on client engagement and coach administration. Despite victories, impediments in information security and versatility were famous, justifying future enhancements. In general, the venture illustrates the practicality of online wellness stages in upgrading client encounters and streamlining authoritative assignments. Advanced investigations may investigate progressed highlights and integration with wearable innovation for upgraded wellness.

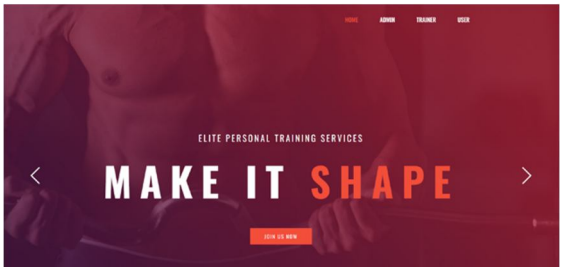


Figure 2. Desktop Login Page

The fitness web app features separate login pages for admins, trainers, and users. After logging in, they access respective functionalities through the home page.

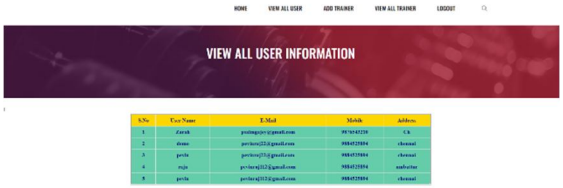


Figure 3 All user information

Admins can easily monitor the total number of users registered in the fitness web app. This feature provides administrators with essential insights into platform usage, facilitating effective decision-making and resource allocation for optimal user management.

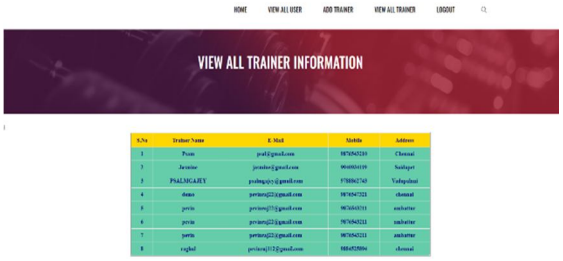


Figure 4 View all trainer information

Admins can conveniently track the total number of trainers registered in the fitness web app. This feature offers valuable insights into trainer availability and resource allocation, enabling effective management of fitness programs and services.

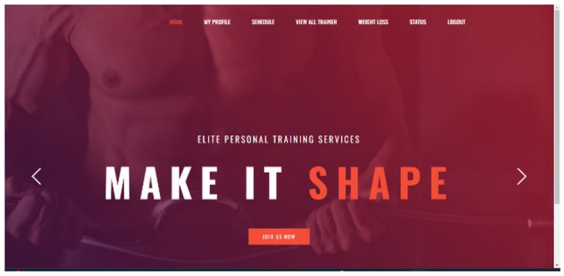


Figure 5 user login page

The user page displays all available trainers, allowing users to request them for fitness programs. Additionally, users can view the gym schedule, enabling them to plan their workouts effectively within the gym management system.



Figure 6 user status

Users can check their status to see if trainers have accepted their requests within the fitness web app. This feature ensures transparency and communication, allowing users to stay informed about the progress of their fitness program applications.

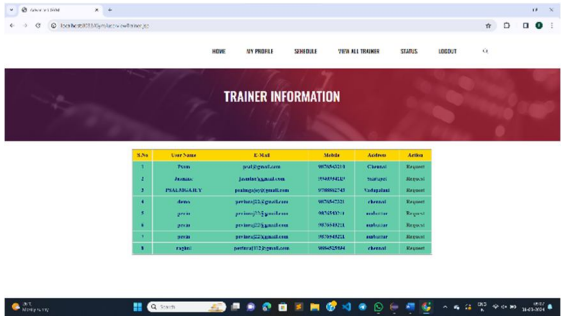


Figure 7 Trainer information

The user page displays all available trainers, allowing users to request them for fitness programs. Additionally, users can view the gym schedule, enabling them to plan their workouts effectively within the gym management system.

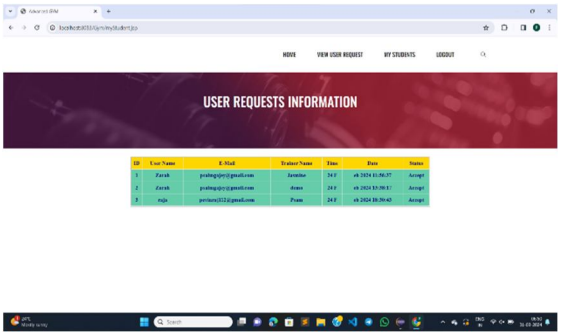


Figure 8 Trainer views student details

Trainers can effortlessly track the total number of students they are currently mentoring within the fitness web app. This feature offers valuable insights into workload management and enables trainers to provide personalized attention to each student effectively.

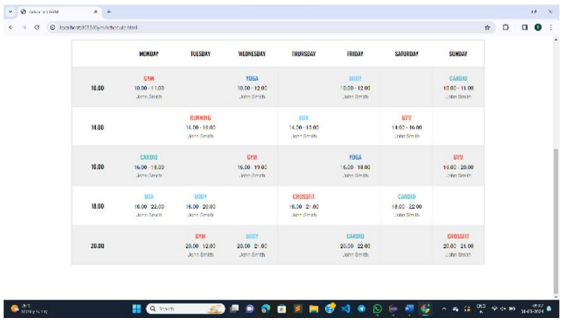


Figure 9 workout schedule for users

The user workout schedule allows individuals to plan and organize their exercise routines within the gym management system. Users can set specific times, exercises, and goals, helping them stay on track with their fitness journey and optimize their training efforts.

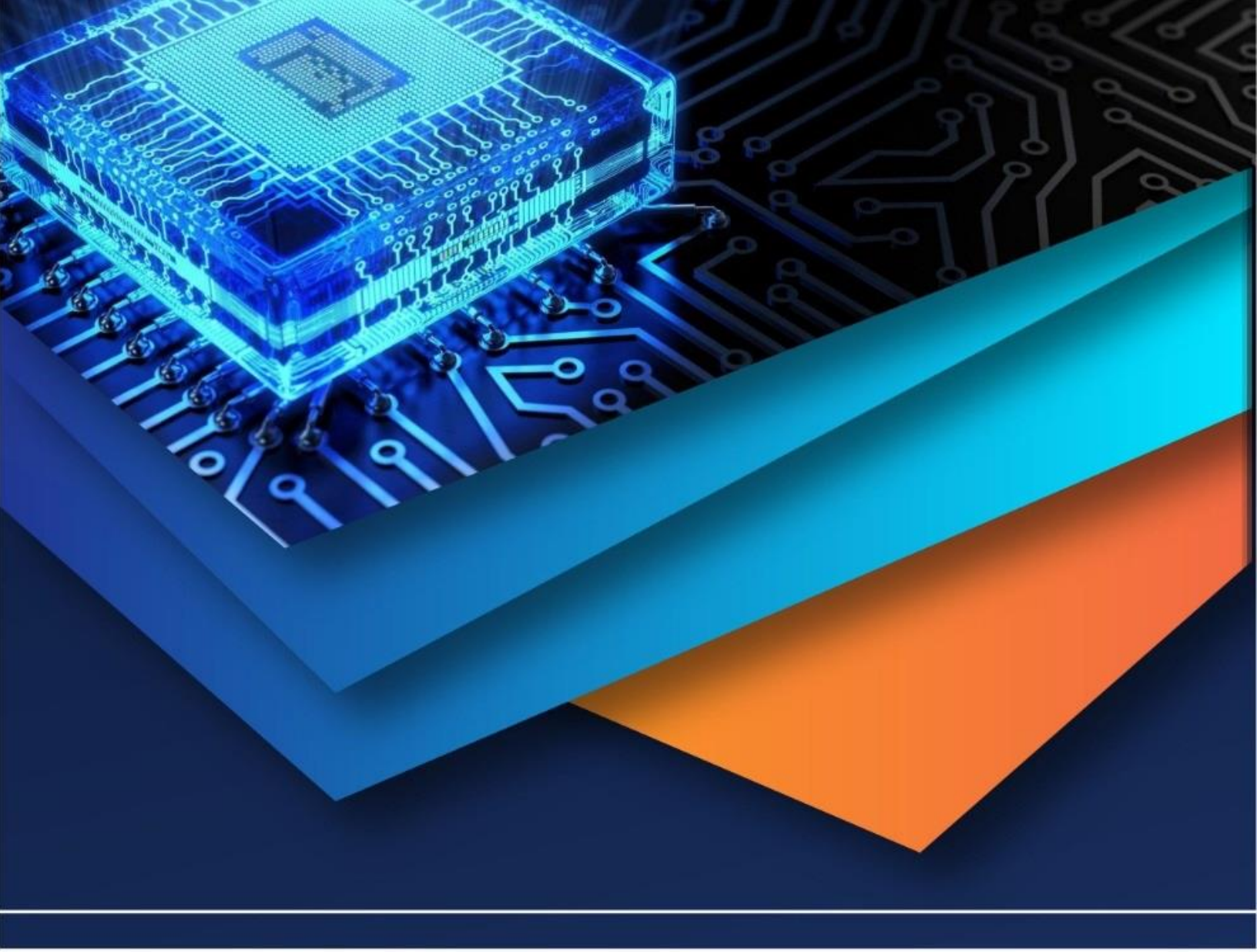
V. CONCLUSION

Online gym management systems are considered a great resource to easily connect the needs of customers and gym owners. There are many features to improve user experience, speed up processes, and promote the growth of the physical industry community. This method will make the gym more efficient. Many features allow managers to easily manage and organize training programs, and they can allocate and organize the right resources. The system requirements allow the system to be used in any type of facility regardless of size or financial constraints. Access allows gym owners to optimize their work and use their strengths for success, which is self-sustaining in the management process. In addition, the system's simple user interface simplifies operations and allows owners to move quickly.

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