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Gym Body App

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Abstract: ***The Gym Body App is a smart fitness management application designed to help users maintain their health and achieve their fitness goals. This system provides personalized workout plans, diet recommendations, BMI calculation, and progress tracking. Users can enter their personal details, and the system generates suitable fitness plans. The application helps users monitor their daily fitness activities and progress. This app reduces the need for personal trainers and provides an easy and efficient fitness solution.***
Keywords: Fitness App, BMI, Workout Plan, Diet Plan, Health Monitoring

I. INTRODUCTION

Fitness and health have become very important in modern life. Many people join gyms but do not have proper guidance, workout schedules, or progress tracking. Traditional fitness methods require personal trainers, which can be expensive and time-consuming.
The Gym Body App is designed to solve this problem by providing a digital platform for fitness management. The app allows users to enter their personal details and fitness goals. Based on this information, the system provides suitable workout plans and diet suggestions. The application also helps users track their fitness progress and stay motivated.
This project aims to provide an easy, efficient, and cost-effective solution for fitness management

II. METHODOLOGY

Step 1: User Registration
The user creates an account and enters details like age, height, weight, and fitness goal.

Step 2: BMI Calculation
The system calculates BMI using user height and weight to know fitness level.

Step 3: Workout Plan
Based on BMI and goal, the app provides a suitable workout plan.

Step 4: Diet Suggestion
The system suggests a proper diet plan for better fitness results.

Step 5: Progress Tracking
The app stores user data and shows progress like weight and fitness improvement.

III. DESIGN

A. Components

1) User Interface (Frontend): Allows users to register, login, and view workout and diet plans.
2) Backend Server: Processes user data, calculates BMI, and generates workout plans.
3) Database: Stores user details, BMI, workout plans, and progress

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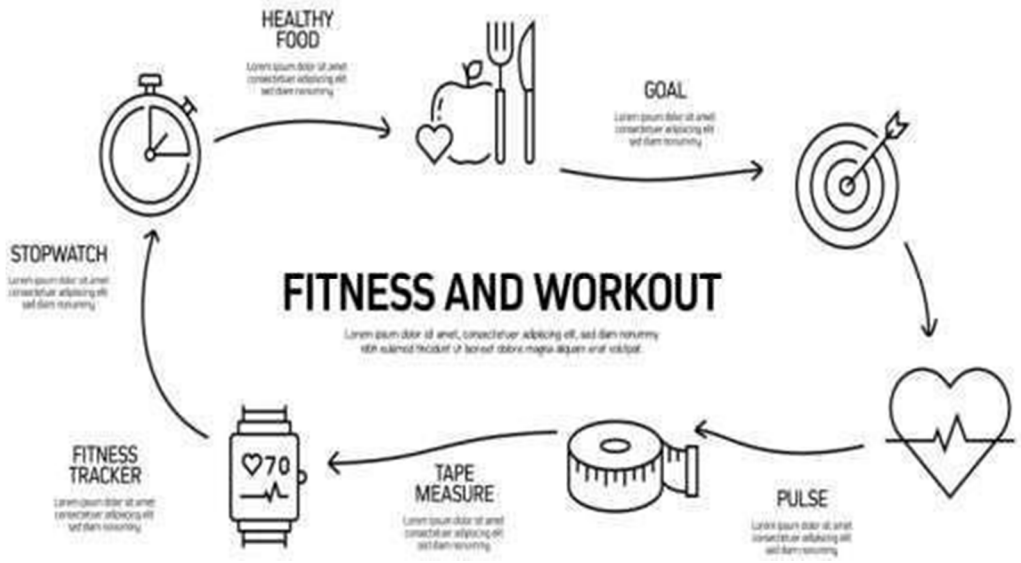


Fig.System Workflow

IV. RESULTS AND DISCUSSION

The Gym Body App was successfully developed and tested. The system provided accurate BMI calculation and personalized workout and diet plans based on user details.

The application helped users to track their fitness progress such as weight changes and workout completion. Users were able to easily access their fitness information through the app interface.

The system improved user motivation and made fitness management easier. The data was stored properly, and the app worked efficiently without errors.

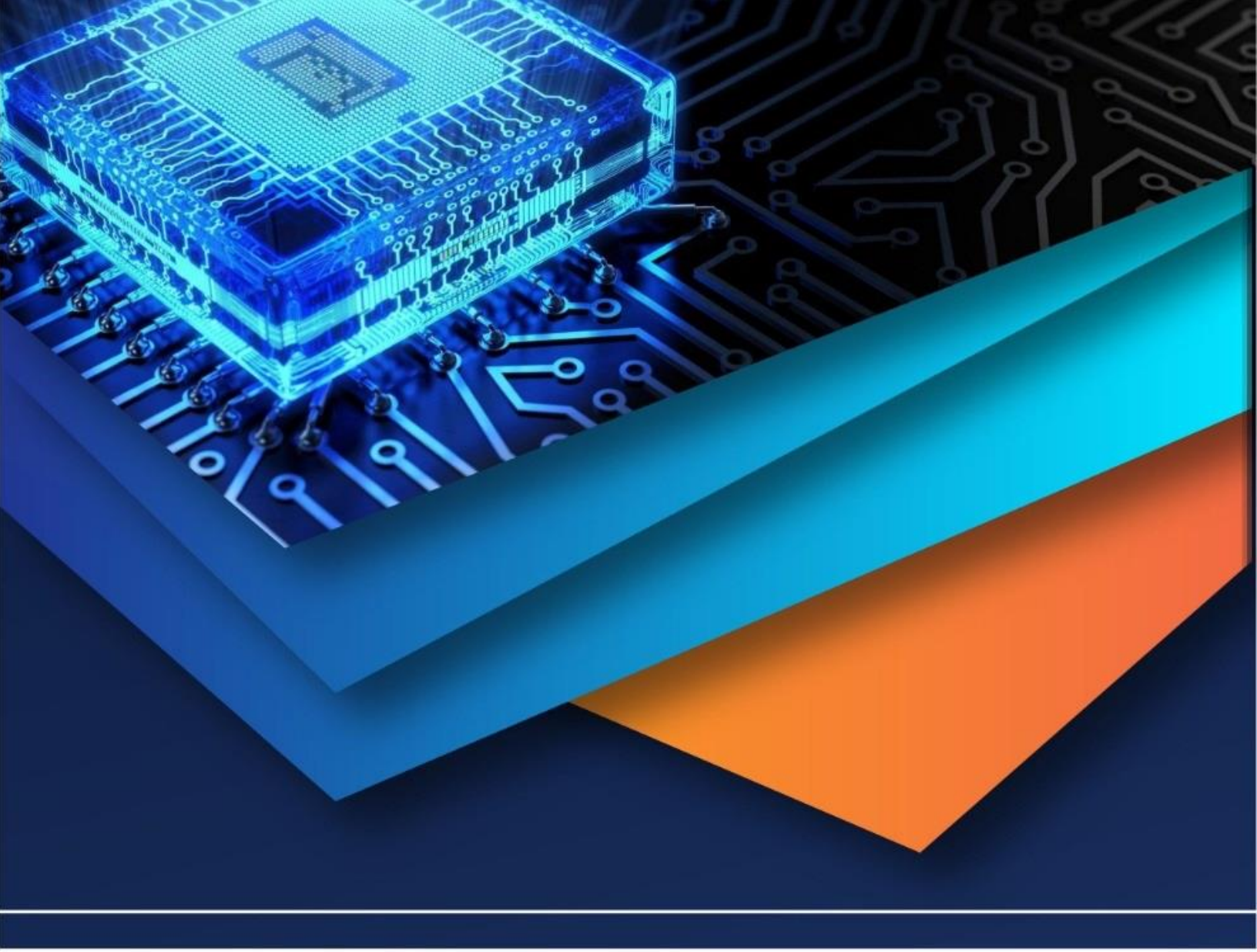
Overall, the Gym Body App proved to be useful, user-friendly, and effective for maintaining fitness and health.

V. CONCLUSION

The Gym Body App helps users maintain fitness by providing workout plans, diet suggestions, and BMI calculation. It also tracks user progress and stores data. The system is simple, useful, and helps users achieve their fitness goals easily.

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