FINAL YEAR PROJECT REPORT

FITNESS PORTAL FOR HEALTHY LIVING

In fulfillment of the requirement
For degree of
BS (COMPUTER SCIENCES)

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SPRING-2022

DECLARATION

We hereby declare that this project report is based on our original work except for citations and quotations which have been duly acknowledged. We also declare that it has not been previously and concurrently submitted for any other degree or award at Bahria University or other institutions.

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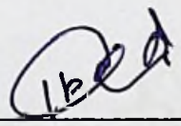
Signature : 

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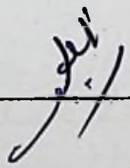
Signature : 

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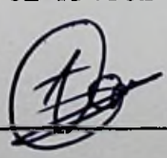
Signature : 

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ABSTRACT

The objective of this project is to provide users the information regarding home workout, a platform to expand their knowledge on fitness and nutrient plans. We do this by Collecting information from users like weight, height, medical history. Our main goal from this project is to encourage people to work out wherever and whenever they see fit and defeat the stereotype that working out requires machines or going to gym. This project uses a fitness portal as a source of information about the aforementioned objectives. Fitness portal is a very useful website which lets user have access to different sorts of information related to workouts, nutritional information, diet plans and much more. It is targeted specifically for beginners who are looking for fitness goals and want to achieve a certain goal in a certain time period, beginners who want to seek knowledge about nutrition and diet plans and how to proceed with their daily workouts, people who are not willing to invest their time in visiting gyms but need a regular basis plan remotely. It is basically a platform to motivate and develop interest in users who want to start working out without being overwhelmed with exercises and heavy lifting, it will allow users to slowly progress without losing interest in the field.

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