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Fitness On Fire

In partial fulfilment of the requirements for the degree of
Bachelor of Science in Information Technology

Supervisor: Dawood Akram

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Bahria University, Lahore Campus

June 2018

Certificate



We accept the work contained in the report titled

“FITNESS ON FIRE”,

written by

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as a confirmation to the required standard for the partial fulfilment of the degree of
Bachelor of Science in Information Technology.

Approved by:

Supervisor: Mr. Dawood Akram

(Signature)

June 4th, 2018

DECLARATION

I 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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Specially dedicated to
my beloved grandmother, mother and father
(Muhammad Abdullah)
my beloved grandmother, mother and father
(Umair Javaid)
my beloved grandmother, mother and father
(Waqas Bashir Abid)
(this dedication page is optional)

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In addition, we would also like to express my gratitude to our loving parent and friends who had helped and given me encouragement.

Muhammad Abdullah

Umair Javaid

Waqas Bashir Abid

FITNESS ON FIRE

ABSTRACT

The Goal of this project is to create a web Portal that will allow users to interact with different gyms in efficient way. This Website will allow users to view all the information of different gyms of Lahore E.g. Time, Cost and Package. The Primary Scope of this project is to motivate those people who find difficulties to gather information by visiting the gyms. Both male and female users could easily access the website and gather all the information both in pictorial and documented. The users will fill a complete form and only those members could avail the services and special discounts. There will be a login that will categorize into different ways for guests it will provide information for reading and for registered members it will show all the information about gyms, diet plan, discounts Etc.

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LIST OF SYMBOLS / ABBREVIATIONS

<i>FOF</i>	Fitness on Fire
DB	Database
Pass	Password

CHAPTER 1

INTRODUCTION

1.1 Background

The Goal of this project is to create a website that will allow users to interact with different gyms in a modern and smart way. This Website will allow users to view all the information of different gyms of Lahore. FITNESS ON FIRE is an online web application offering services about health plans, trainings, physical exercises, diet plans and food supplements. The facilities of the gyms will be shown, their equipment's, trainer's information and other information related to gyms. FITNESS ON FIRE basically enrolls the members to get facilitated all the above stated features in which users could adopt facilities according to their requirements. Gyms will be categorized according to the cost that will vary with gym condition and gym equipment's.

1.2 Problem Statements

User cannot easily find nearby gyms and nutritionists for exercise and diet plans recommendations. This is a time taking process which can be resolved through this web application/portal by providing all this information which is being handle by Website.

1.3 Aims and Objectives

The aims and objectives are following:

- i) Administrator will provide a consultancy to the users (recommended by a nutritionist).
- ii) User will choose different diet plans which will be suitable for their needs.
- iii) User will find gyms according to their desire.

1.4 Scope of Project

The Scope of this project is to gather information by visiting the gyms. Both male and female users could easily access the website and gather all the information and find out what sort of atmosphere gym has. This Website will also contain other modules such as maintaining the diet plans, exercise plans and furthermore health tips, which we will provide by this website. A complete form will be filled by the users and only those members could avail the services and special discounts. There will be login that will categorize into different ways for guests it will provide information for reading and for registered members it will show all the information about gyms, diet plan, special offers and discounts.

CHAPTER 2

LITERATURE REVIEW

2.1 LITERATURE REVIEW OF FITNESS ON FIRE

We are basically doing literature review of several gyms related website either they are static or either they are dynamic and difficulties and problems of people regarding selecting Gyms, Trainers and such other issues because we are working on a web-based application which is **Fitness on Fire** which be handy for the people for selecting gyms and other related issues.

We started searching that what sort of websites already been made related to our project and by doing all the search. We notice that there are so many websites available in Pakistan and even in Lahore but the major drawback which we find out if they are only representing their own gyms.

Their major emphasizes is on their own business. Other thing which is noticeable is all those webpages are belonged to very expensive gyms which is almost impossible for the lower middle class people as well as middle class people to afford. And by going in depth we find out a very alarming thing that many of the trainers which they are providing are either self-taught or ex retired bodybuilders.

2.2 Software requirement specification

2.2.1 User Classes and Characteristics

User such as (people) with age between (18 to 45) are our target audience.

2.2.2 Operating Environment

- This website is run on following browser Firefox, Internet explorer, and Google chrome.
- This website will be run on the any standard system.

2.2.3 Dependencies

- Standard processor can run our application.
- Fitness on Fire is developed in Visual studio.
- Fitness on Fire is design HTML, CSS, JAVASCRIPT and BOOTSTRAP

2.3 Other Non-functional Requirements

2.3.1 Performance Requirements

Performance depends on mobile ram, processor and internet. However, these requirements can support effectively and depends on these requirements. This Website will run on the any standard system.

2.3.2 Safety Requirements

To ensure that no one of Fitness on Fire users loses any data while using this Website (due to a crash or a bug of some kind) the developer team updates this app regularly.

2.3.3 Security Requirements

Fitness on Fire does not have any security requirements and thus any type of user can use it without any additional privileges.

2.3.4 Software Quality Attributes

Fitness on Fire provides the users with both simple and advanced features. Due to its well designed and easy to use interface it can be used by both experts and typical users. However, users must already have a basic knowledge of Website before using it.

2.3.5 System Requirements Chart

ID	Priority	Type	Source	Condition in use case	Description
01	High	F	User	User must be register before login.	System allow user to register with valid email and phone.
02	High	F	User	User have to login	User will login with valid username & password
03	High	F	User	User can view gyms	User can select gym according to their requirement and see the actual footage of the gyms cost and timings
04	Medium	F	User	User see the categories which were on the website	User will categorize the with exercise, training and diet plans
05	High	F	Admin	Consultancy	Provided by the administration which user want.

Table 2.1: System Requirement Chart 1

CHAPTER 3

DESIGN AND METHODOLOGY

3.1 Methodology

Through this Website the user can see the gym available in that area. Another user can provide the best Diet plan According to their Body Requirement. First the user will be register and then Login. This Website will also contain other modules such as maintaining the diet plans, exercise plans and furthermore health tips, which we will provided by this website. We will use agile methodology because we want to make a best design for user which take a lot of interaction again and again with different person which will tell us how the Work will easy to for all Persons. We also have weekly meeting with our supervisor about our project to make our project best. Due to this meeting there can a lot of changing can occurred which can be handle by agile methodology.

3.2 Tools and Technologies

Device	OS	Framework	Software	Language	Database
Pc/Laptop/Mobile	Standard	Asp.net	Visual Studio	C#	SQL Server

Table 3.1 Tools and Technologies 1

3.3 Design

3.3.1 Sequence Diagrams

For Login

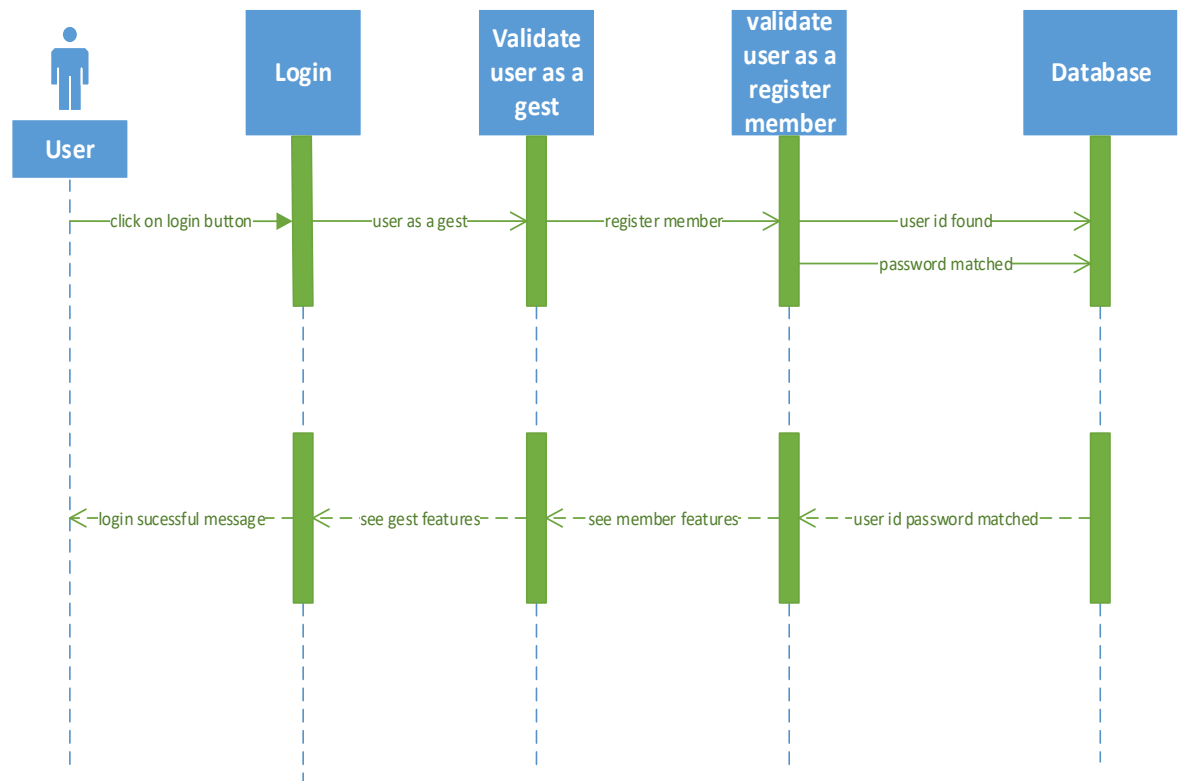


Figure 3.1 for Login

Consultancy

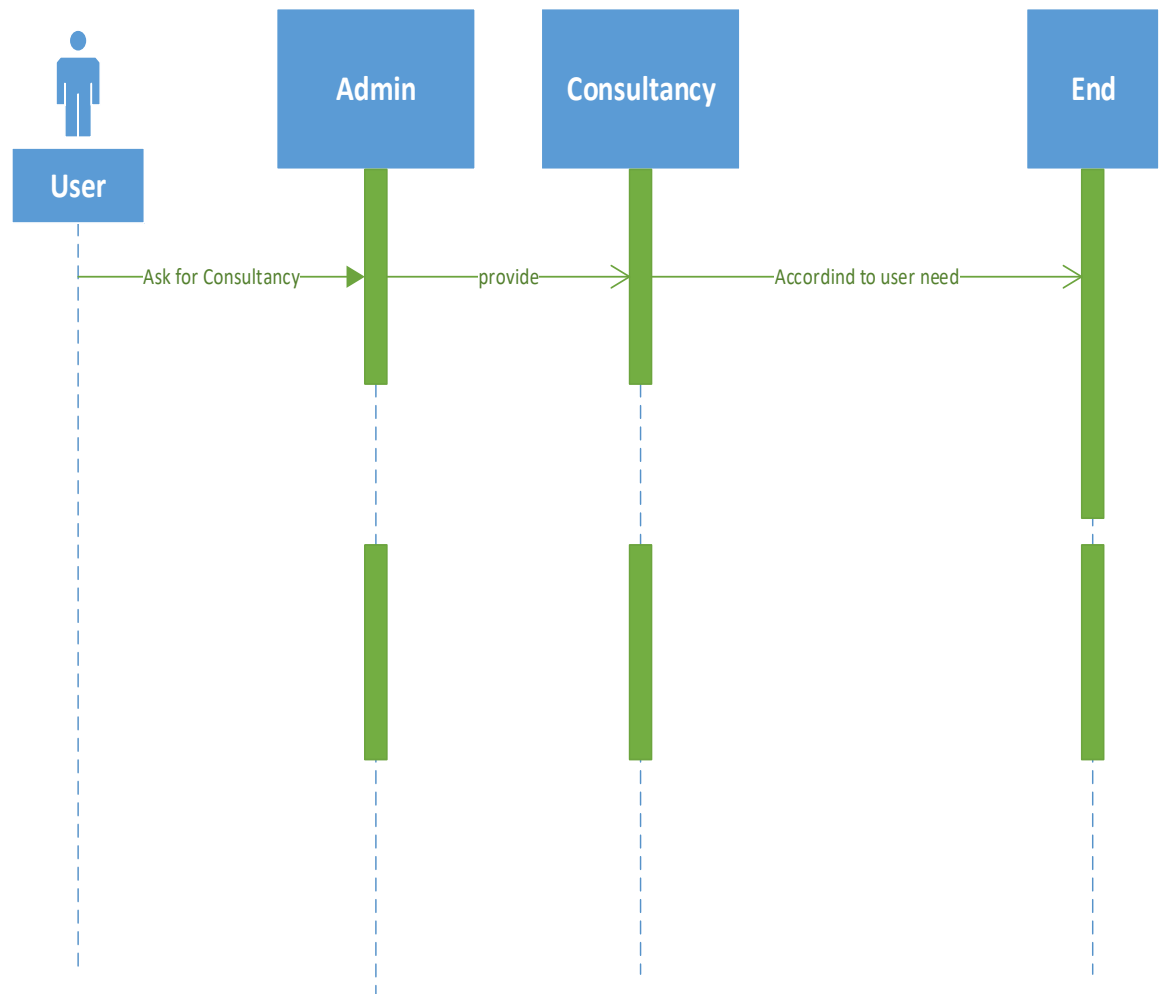


Figure 3.2 Consultancy

DietPlan

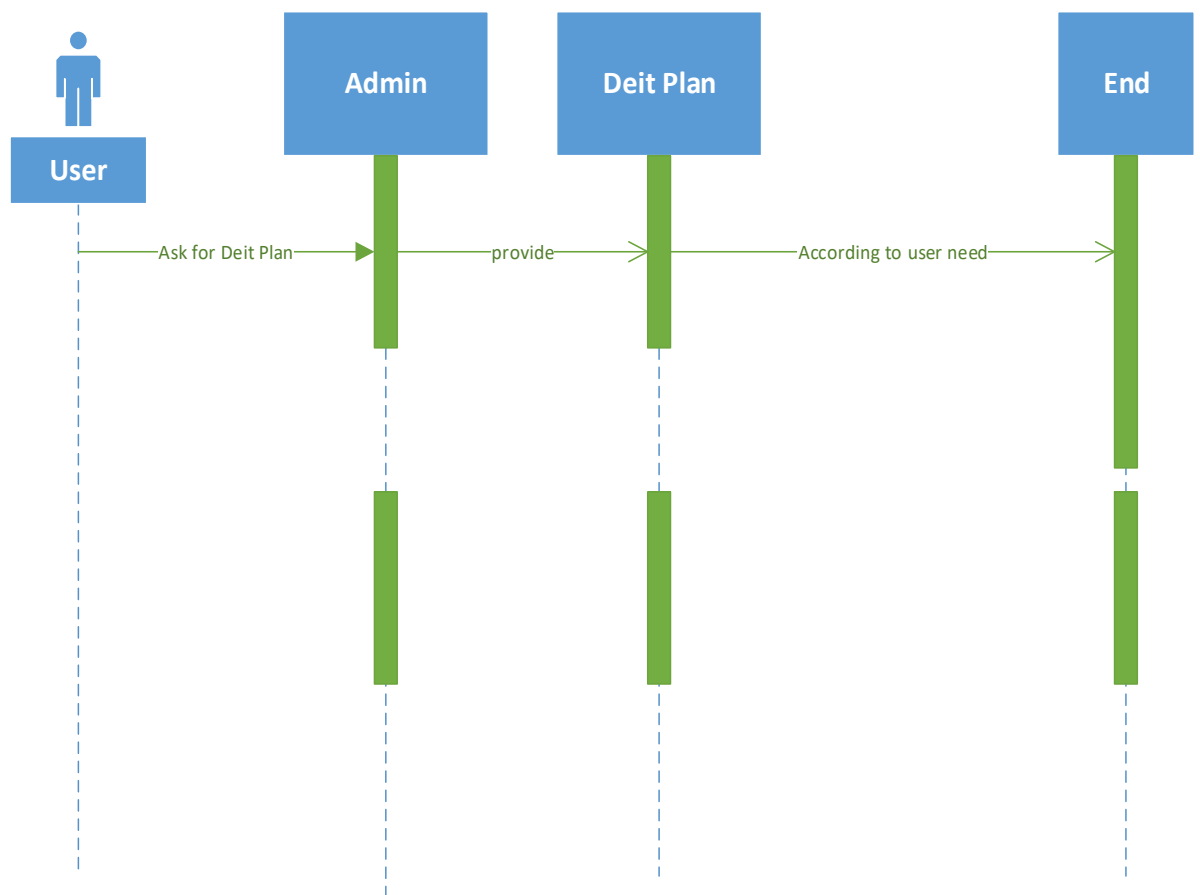


Figure 3.3 Diet Plan

3.3.2 Use Cases

For User

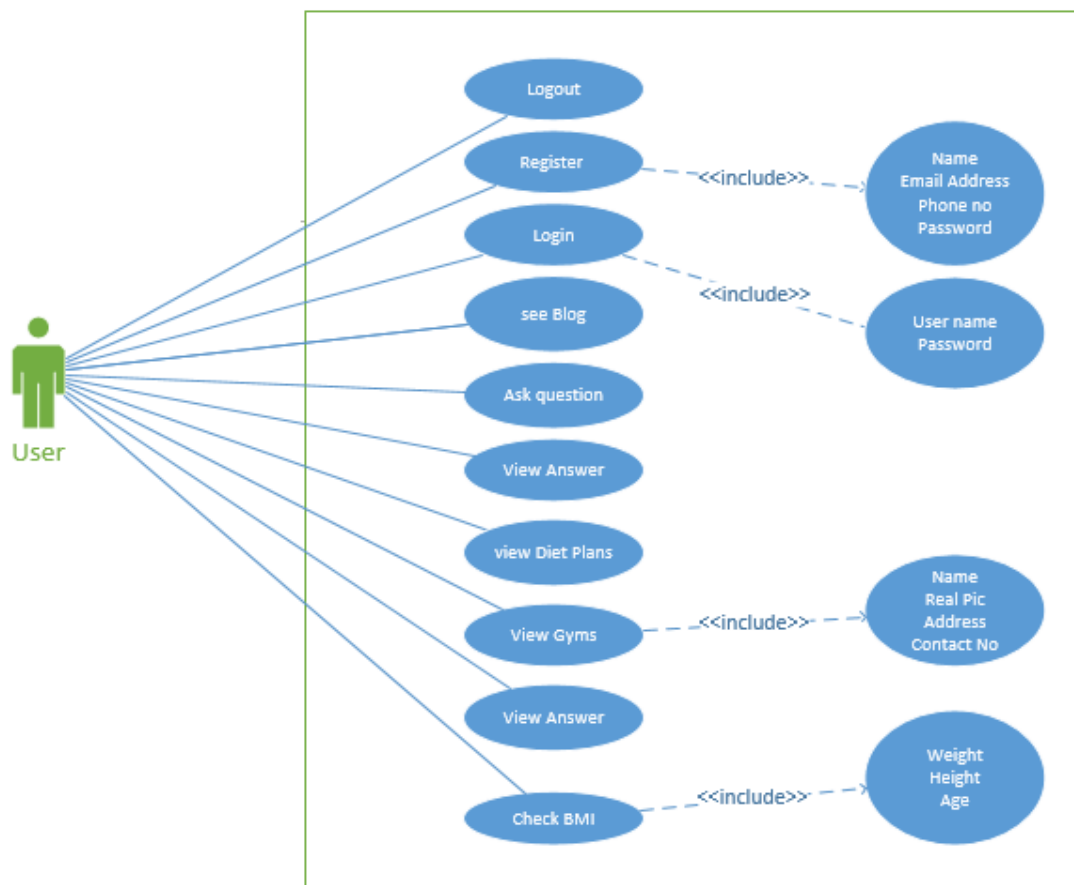


Figure 3.4 User Use Case

For Administrator



Figure 3.5: Administration Use Case

CHAPTER 4

USER MANUAL

4.1 Main Page for Guest

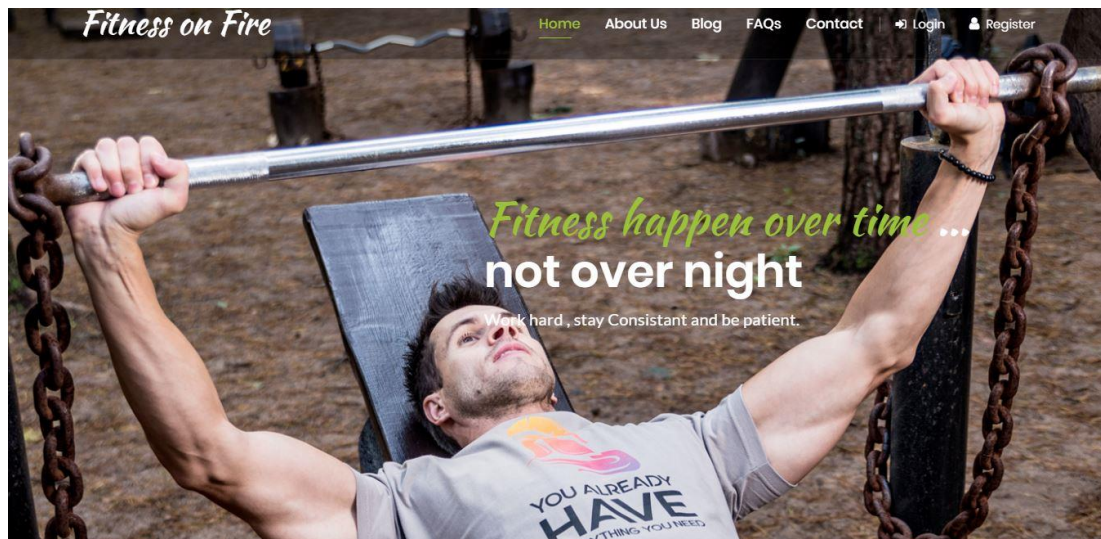


Figure 4.1: Index page 1

4.2 Registration Page

The registration page features a black header with the logo "Fitness on Fire" on the left and navigation links: Home, About Us, Blog, FAQs, Contact, Login, and Register. The main content area is titled "Registration" and contains a form with the following fields:

- Profile picture: A grey square placeholder labeled "180 x 180" with a "Choose File" button below it.
- First name: A text input field.
- Last Name: A text input field.
- Email: A text input field.
- Phone Number: A text input field.
- Age: A text input field.
- Height: A text input field.
- Weight: A text input field.
- Gender: A dropdown menu currently showing "Male".

Figure 4.2: For registration 1

4.3 Login screen

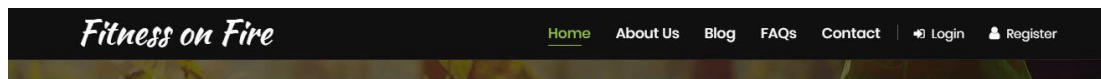
The image shows a login form titled 'Login' centered on a white background. It features two yellow input fields: the first contains the text 'u@gmail.com' and the second contains six dots. Below the password field is a checkbox labeled 'Remember me?'. At the bottom of the form is a green rounded button with the text 'Login' in white. Below the button is a blue link that says 'Do you Forget Password?'.

Figure 4.3: Login Screen 1

4.4 Registered User Dashboard

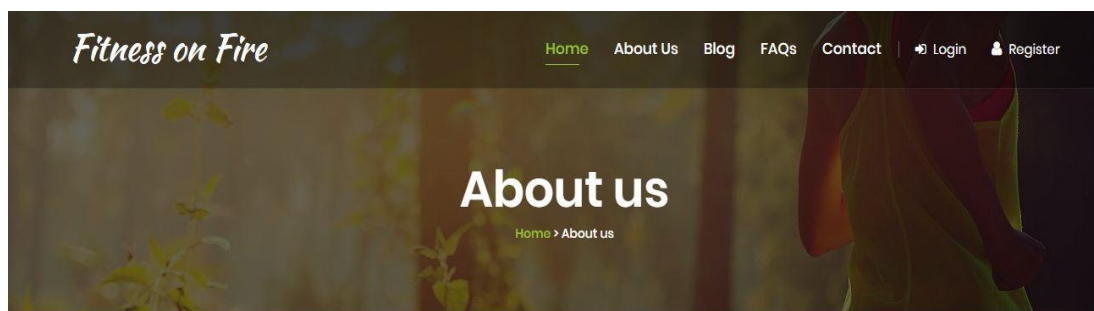
The screenshot displays a user dashboard with a dark blue header and a sidebar. The main content area shows a 'User Profile' form with a table of personal information and a profile picture. Below the form is an 'Edit Profile' button.

User Profile			
First Name:	Waqas	Last Name:	bashir
Email Address:	w@gmail.com	Phone Number:	1234
Age:	56	Height:	4.9
Gender:	Male	weight:	67

[Edit Profile](#)

Figure 4.4 : User Dashboard 1

4.5 About us



About Us

Fitness on Fire is a Community Web Portal service platform that will allow users to interact with different gyms and fitness centers in a modern and smart way. The web portal allows users to view all the information of different gyms and fitness centers of Lahore e.g. with regards to Time, Cost, Package, environment and equipment available in those gyms | Fitness Centers.

Fitness on Fire's objective is to provide information regarding Health plans, Diet Plans, Food Supplements and motivate those people who find difficulties to gather information by visiting the

Figure 4.5: About us

4.6 BMI Calculator

Figure 4.6: BMI Calculator

4.7 Gyms Details and Packages

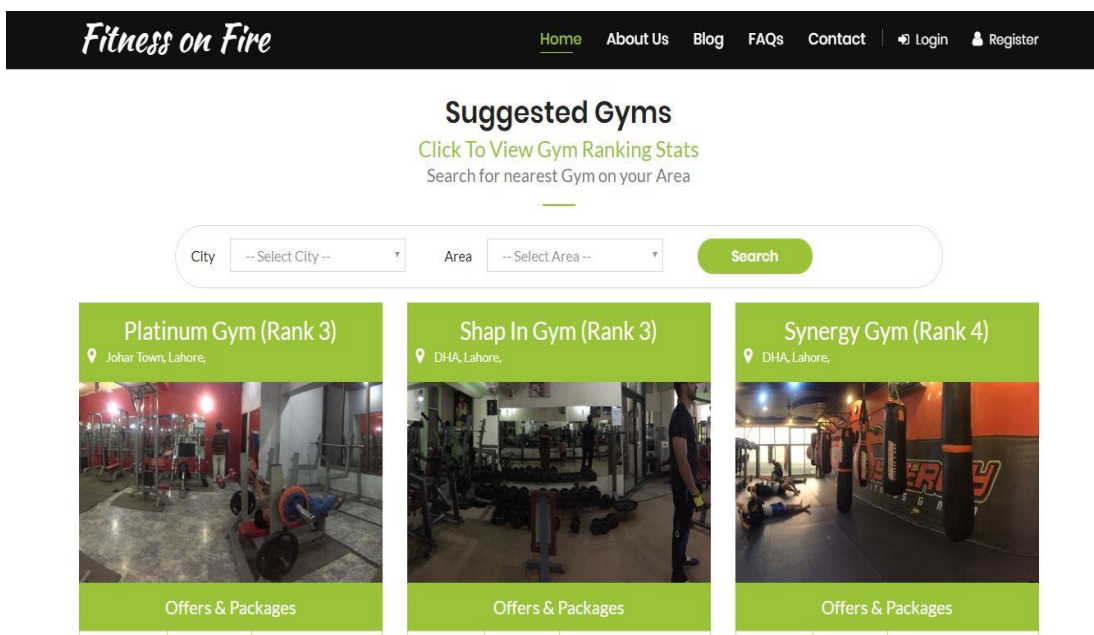


Figure 4.7: Gyms Details and Packages

4.8 Gyms Rankings



Parameters	Platinum Gym (@Rank 3)	Shap In Gym (@Rank 3)	Synergy Gym (@Rank 4)	Mr Big Gym (@Rank 6)	Fit Mark Fitness Gym (@Rank 3)	Champion Gym (@Rank 4)	Re-Built Fitness Studio (@Rank 4)	Vision Fitness Gym (@Rank 4)	Sole Fitness Club (@Rank 2)	Reborn Gym (@Rank 6)	Genesis Fitness Club (@Rank 6)	Structure Health & Fitness (@Rank 5)
AC	✓	✓	✓	✗	✓	✓	✓	✓	✓	✗	✗	✓
Trainer	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Suppliments	✗	✓	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗

Figure 4.8: Gyms Rankings

CHAPTER 5

CONCLUSION AND RECOMMENDATIONS

5.1 Recommendations

Addiction branding is good in more than half of the centers and the remaining needs attention, such as big glow sign boards, banners and they require more visibility and to match with the big brand image of Addiction. The company should focus on its operations in central areas. 80% of the sales is because of formulation of good schemes. So that has to be managed. The company must focus on creating awareness about latest schemes related to gym. We can make new ideas for the gym details how we capture the customer.

5.2 Conclusion

Going to the gym will benefit you in many ways. People should take advantage of going to the gym when they can. It helps you to feel more relaxed and better about yourself. You're taking the initiative to do something for yourself, your body, and your health. Whether your goal be to relieve some stress and anxiety, to get in better shape, or to encourage your overall health, the gym is the place to go. No matter how young or old you are, it's still a great place to stay fit and healthy.

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