

## Online Fitness Club Management System

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**Abstract-** This project aims to automate gym and fitness admission process as the admission process in gyms and selecting a trainer is difficult. Nowadays people are becoming more health conscious that's why people are moving towards the fitness clubs for maintaining their health.

However, it is difficult for the fitness owners to manually manage the admission entries, keep data of new & old members, scheduling diet plans, assign equipment's etc. It is difficult to get admission in health club when slots are full. This health club management system will help to overcome such problems by booking the desired slot online and pay fees by using online transactions. So, in our fitness club system, there is 3 modules namely, Admin, Trainer and User. Admin can login using credentials and manage member details by adding, updating and deleting the records. Admin can view the information of individual member and attendance taken by the trainer.

The trainer assigns the diet plans as well as workout plan to the club members. User can access their information through Android app.

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### I. INTRODUCTION

Everyone knows that health is a wealth and without a health we do not need a anything which give us happiness so that's why healthy personality is a most important thing we need to keep in our mind. Physical fitness includes exercise, sleep and diet for health. In existing system gym operates manually that's why we are providing the online platform for gym owners as well as users. Gym members can choose their workout plans according to trainer. In our system there are three modules Admin, Trainer and User. In Admin Side, admin can manage trainer, view member details, view feedback, add equipment's etc. The trainer consists of assign equipment, create diet plans, assign workouts, create batches of members, provide facilities such as kit, locker, proteins etc. User use the app for registration to fitness club. User can access the information about their diet plans, booking slots and also check the all information about gym.

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### II. EXISTING SYSTEM

Every work in the existing system is manual and done on paper. The existing system requires a lot of manual work which results in taking more time than it should. The operations like updating and managing information of member also done manually in the existing system that is not automated and time-consuming process. But nowadays computerization made easy to work.

The following are the reasons why the current system should be computerized: -

To reduce the paper work.

To save time management for recording member details.

To generate the reports of members.

### III. LITERATURE SURVEY

[1] "Smart Gym Management System" 2020 [A.V. Dinesh Kumar, K Bhargav Ram Rayal, M. Saraswathi.]

In existing system gym operates manually. The current system takes that involves a lot of paperwork and is also very expensive. Each manual handling system to be an extremely difficult task. And now computerization day, with a reduced price offers increased efficiency, reduce the administrative burden of time management saved the record, so that each individual member and employee, easily generate required reports.

[2] “Gym Monitoring Framework for Fitness Management System” 2019. [Mr. AkshaySambare, DipaliBondre, SachinThorat, Miss Archana Vishe, Prof. Ankit Sanghavi.]

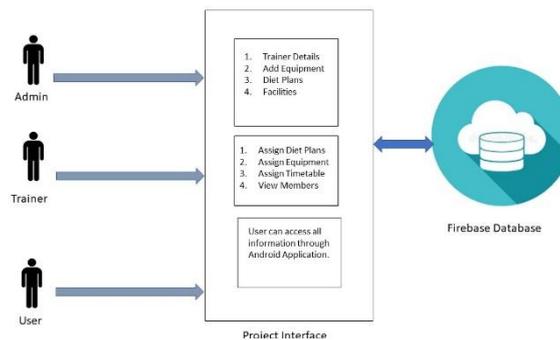
The system helps manage meetings with various resources, giving details of the involved members and employees in charge. The members of the gym can be classified on the basis of their membership programmers and they can be assisted in planning out their diet if needed. Based on the calorie need of individual diet is been categorized and allotted accordingly. The system enables generation of exercise cards, fitness reports for each member to track individual member progress.

**IV. PROPOSED SYSTEM**

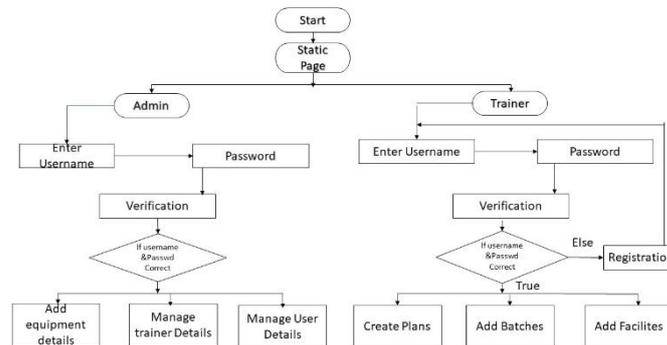
The proposed system will use digitalized web-based application which will be useful for both gym members and admin. This software will help not only user but also gym owners in following ways: -

1. Admin can easily manipulate and update new entries into a database.
2. This system provides the facility of personal trainer and diet plan schedule.
3. Members view their diet plans and workouts through android app.
4. Fitness freak is easy to customize and flexible for any changes to be made in the future.

**V. ARCHITECTURE**



**VI. FLOWCHART**



**VII. IMPLEMENTATION**

The fitness club management system is in essence a more effective and visually easier way to grasp gym related data. Its designing process includes various technologies, for front end use HTML, CSS and JavaScript and PHP is used as backend language. For storing data securely this system uses cloud technology. For user side user use the Android app.

Admin Side

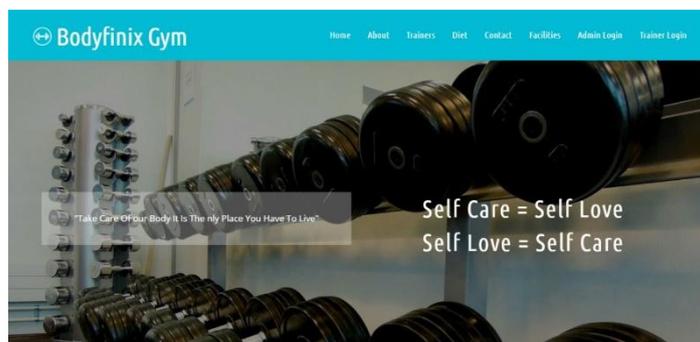
```
String Admin_User = "Admin@gmail.com";
String Admin_Password = "Password";
If(Admin_Login == TRUE)
{
    If(user == Admin_User&& password==Admin_Password)
```

```
{
    switch(choice)
    {
        1.Add Equipment
        2.Trainer Details
        3.Facilitys
        4.Diet Plans
        5.View Equipment Details
    }
}
else
{
    print ("Wrong username and password");
}
}
```

Trainer side

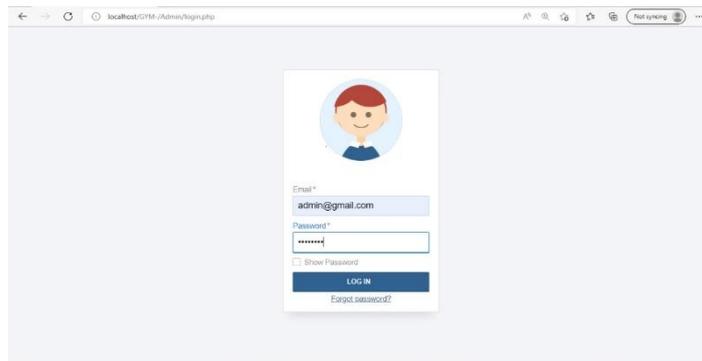
```
If(Trainer_already_registered)
{
    if (UserId and Password correct)
    {
        switch(choice)
        {
            1. Trainer Details
            2. Assign Diet Plans
            3. View Members
            4. Add Equipment's
        }
    }
    else
    {
        Go to Trainer account Creation Page
    }
}
```

## VIII. EXPERIMENTAL RESULTS

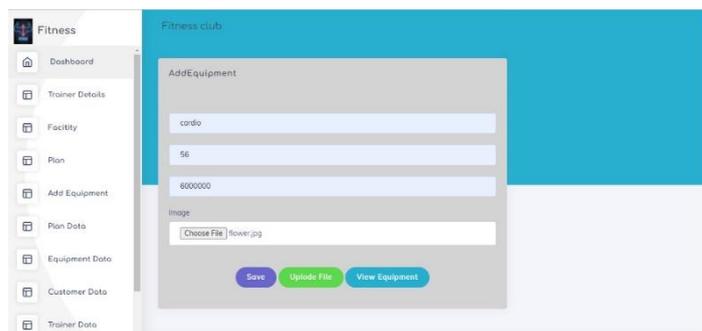


This is the website of our project.

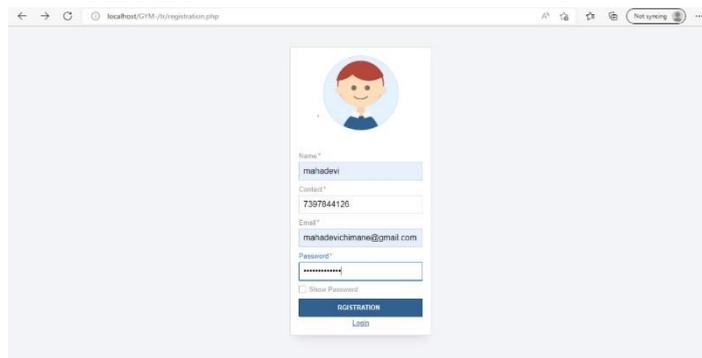
Admin Side: -



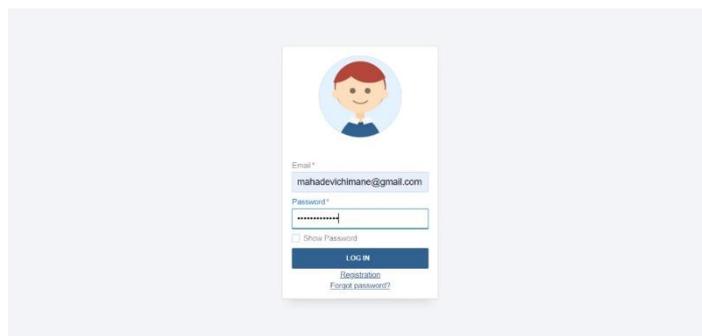
This is admin side login, after successfully login below Add equipment page will be displayed.



Trainer Side: -



This is trainer side registration page, after registration click on login button it will go to the login page.



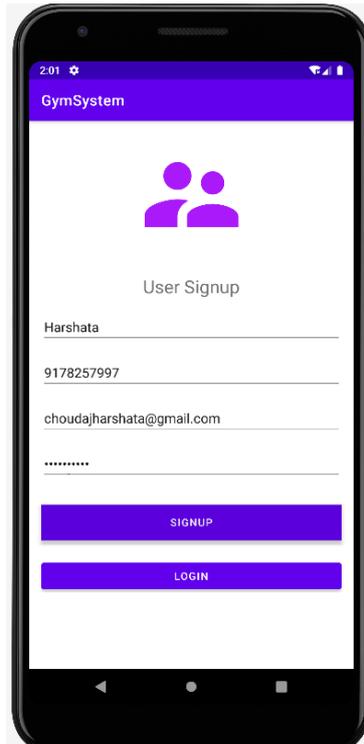
After successfully login next trainer side dashboard will be displayed.



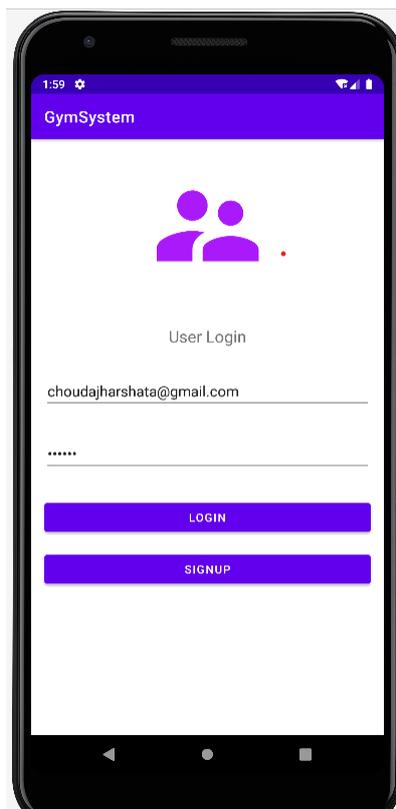
User Side:-



This is home page of user side, after clicking next login page will be displayed.



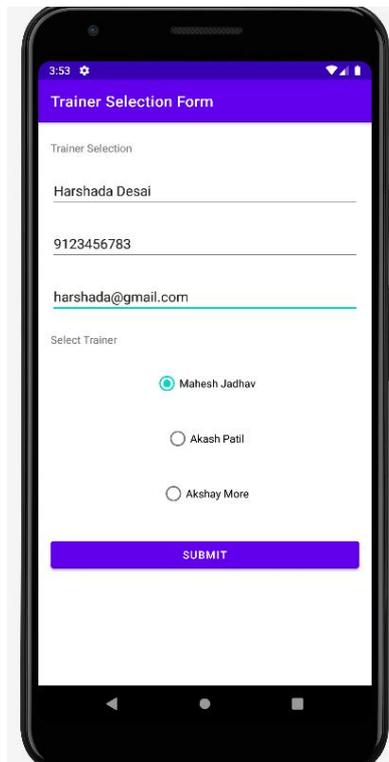
**This is signup page, after signup login page will be displayed.**



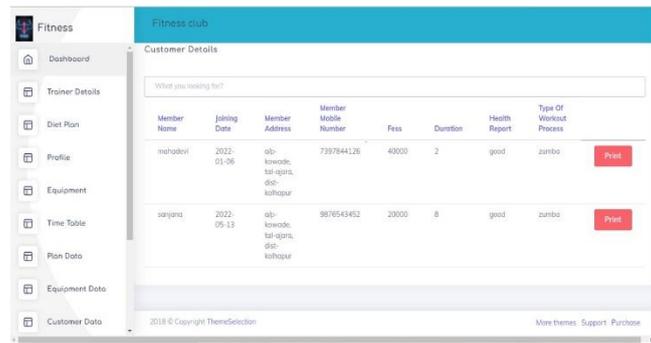
**This is login of user side, after successfully login home screen will be displayed.**



**This is the home screen for customer side.**



**This is trainer selection page where customer choose the trainer.**



After successfully selection of trainer, customer details will be displayed on trainer side.

## IX. CONCLUSION

The “Fitness Club Management System” is mainly designed and developed for fulfilling the requirements as identified in requirement analysis phase. This system provides diet plans for customers and minimize the load of owner. No need to manage any paper work. As per the overall implementation of system and various modules we can now conclude that this project is highly flexible and also makes very interesting for user and gym owner.

## REFERENCES

### Paper Reference:-

- [1]. “Gym Monitoring Framework for Fitness Management System” 2019. Mr. Akshay Sambare, Dipali Bondre , Sachin Thorat , Miss Archana Vishe, Prof. Ankit Sanghavi.
- [2]. “Smart Gym Management System” 2020 A.V. Dinesh Kumar, K Bhargav Ram Rayal, M.Saraswathi.

### Book Reference:-

- [3]. “HTML and CSS: Design and Build Websites” – by Jon Duckett
- [4]. “Head First HTML and CSS: A Learner’s Guide to Creating Standards-Based Web Pages” – by Elisabeth Robson & Eric Freeman
- [5]. “Android App Development for Dummies” by Michael Burton

### Web Reference:-

- [6]. HTML:- <https://www.javatpoint.com/html-tutorial>
- [7]. CSS:- <https://www.javatpoint.com/css-tutorial>
- [8]. PHP:- <https://www.w3schools.com/php/>
- [9]. Android:- <https://www.tutlane.com/tutorial/android>