



Medios Solutions is a leading software development company providing Offshore Web Development Services and Solutions. We have expertise that delivers excellent end to end web based solutions to its customers across the globe.

Building on more than 3 years of experience, we add real value to global organizations through domain expertise plus solutions with proven success in the field and world-class service. It's how we keep you moving forward.

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Introduction



1.1 Overview of Project

- This project is designed to facilitate a gymming and fitness center to automate its operations of keeping records and store them in form of a large and user friendly database further facilitating easy access to the personnel.
- Our system is for those who runs a gym business. Before doing anything we did a decent research on major difficulties for gym owners. We examined carefully about how to make a huge registering system without failure as well as different functions for different kind of user depending on their privilege.

1.2 Objectives Of The Project

- The main objective of the project is to design and develop a user friendly system.
- Easy to use and efficient computerized system.
- To develop an accurate and flexible system, it will eliminate data redundancy.
- Computerization can be helpful as means of saving time & money.
- To provide better graphical user interface.
- Less chances of information leakage.
- Provides security to data by using login & password.



1.3 Scope Of The Project

- Storing information of members and owners.
- Storing information of members according to their id.
- Can generate different kinds of reports.
- Users can calculate Body Mass and Body Fat.
- Owner can post and share different articles related to workout, diet and lifestyle as well.
- Members can upgrade their membership to any paid packages with premium features.

Literature Survey

2.1 Existing System

- An Existing system refers to the system that is being followed till now. Presently all the resume functionalities are done manually. This is making the person very difficult to keep track of the data.
- Drawbacks of Existing System
 - Time consumption :
As the records are to be manually maintained it consumes a lot of time.
 - Paper work :
Lot of paper work is involved as the records are maintained in the files & registers.
 - Storage requirements :
As files and registers are used the storage space requirement is increased.
 - Less reliable :
Use of papers for storing valuable data information is not at all reliable.
 - Accuracy :
As the system is in manual there are lot many chances of human errors. These can cause errors in calculating mechanism or maintaining customer details.
 - Difficulty in keeping new records :
It is difficult for keeping all the new entries of members, their account and transaction details.



2.2 Proposed System

- Stayfit is a online service that can be setup for your gym to help manage memberships, recieve payments, keep track with detailed statistics,customer management,surveys,articles,comments and many more.
- The system is very simple in design and to implement. The system requires very low system resources and the system will work in almost all Configurations.
- Merits of Proposed System
 - Security of data
 - Ensure data accuracy
 - Administrator controls the entire system
 - Minimize manual data entry
 - Greater efficiency
 - User friendly and interactive
 - Saves lot of time
 - Retrieval and Updating tasks can be performed much faster and easier
 - Maintains report for all criteria and transactions.

stay **Fit**

About Stayfit

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stay Fit

- Web and Mobile Application with CMS features.
- With Stayfit, personal trainer can upload live workouts and recipe videos along with articles.
- Stayfit has 2 types of users.
 - Admin
 - Member (Free and Paid)
- Member can register and add the details like personal information including name, email and phone number.
- Member can avail to the following features:
 - Video Instruction for every single exercise
 - Share articles instantly with your facebook and twitter.
 - Set, Track, and achieve goals.
 - Automatically track all your workout history.
- Admin has more authority than the member. He also has the right to delete or modify it.

Modules & Description



Backend

- Stayfit's administration side of the store is where admin can modify features, upload articles, keep track of members, manage payments, and much more.
- Customization in the admin affects how the member will interact with a frontend: by modifying the look, structure, and content.
- It has been divided into several sections that makes easier to manage for user. Those sections has been described one by one in following :
 - **Dashboard**
 - The dashboard is the first thing admin will see when entering stayfit's admin panel.The main function of the dashboard is to give the owner an overview of how the business is performing.
 - There are few sections of the dashboard that can help admin to understand the statistical data collected from the front-end :
 - Total users
 - Total lifestyle articles.
 - Total workout articles.
 - Total recipe articles.
 - Total packages

- **Users**

- Owners should know who their members are and how to manage their information. A complete list of members will be displayed on this page, along with the following information:

- Login Source (Manual/Social Media)
- Name
- Email
- Verified Status
- Registered Date
- Profile Image
- Active/Deactive Status

Stayfit Admin

Stayfit Admin

Users Manage Users

Show 10 entries Search:

Login Source	Username	Email	Verified	Registered	Profile Image	Status
	Anuj	anuj.shah@consistenzna.com	Yes	2017-02-01 15:47:45		<input checked="" type="checkbox"/>
f	Harshu Rajoriya	rajoriyaharsha@gmail.com	Yes	2017-01-24 16:37:49		<input checked="" type="checkbox"/>
f	Sujith Shetty	consistenzatech@gmail.com	Yes	2017-01-24 11:55:58		<input checked="" type="checkbox"/>
f	Akshaykumar Monap	akshay.monap@yahoo.com	Yes	2017-01-24 10:04:53		<input checked="" type="checkbox"/>
f	Ranjith Shetty	rshetty50@gmail.com	Yes	2017-01-23 15:55:06		<input checked="" type="checkbox"/>
f	Sujith Shetty	shetty7436@gmail.com	Yes	2017-01-21 09:46:36		<input checked="" type="checkbox"/>
f	Anuj Shah	anuj.shah95@gmail.com	Yes	2017-01-08 16:42:01		<input checked="" type="checkbox"/>

Showing 1 to 7 of 7 entries

Previous 1 Next

- **Categories**
 - Stayfit also provides to put multiple categories under workout and recipe.
 - Admin can add or edit category with Name and image.
- **Lifestyle**
 - Admin can add multiple lifestyle articles with below options :
 - Title
 - Short Description
 - Long Description
 - Image
 - Meta Keyword
 - Meta Description
 - Active/Deactive Status
 - Admin can also edit and delete this articles.
- **Workout**
 - This section belongs to give instruction related to several workouts.
 - Admin can also add articles under selected category.
 - Workout video and duration can also be added from this module.
- **Diet Chart/Recipe**
 - Admin can add articles related to diet plans and give instructions to members or visitors.
- **Comments**
 - This section displays all comments which has been commented by user under respective article.
 - Admin can deactive/active and delete comment.
 - Comment will display on front-end after admin's approval.
- **Packages**
 - This is a premium module which avail different documents,videos and images which can be accessible after user made a payment.
 - Admin would be able to create multiple packages and change the status anytime.

- **Settings**

- Home page slider
 - Front page slider can be added from this page.
- About us
 - About us content will be added from this module.
- Privacy
 - This is a statement or a legal document that discloses some or all of the ways a party gathers, uses, discloses, and manages a customer or client's data.
- Terms & Condition
 - This module contains rules by which one must agree to abide in order to use a service, especially regarding the use of websites.
- Site Content
 - Site name: Website name, visible on both front-end and admin.
 - Email : Admin default email where all email will receive.
 - Call us : The Number which will display on front-end.
 - Address : It has been located in location address.
 - Facebook Link : Admin Facebook page link.
 - Twitter Link : Admin Twitter page link.
 - Google Plus Link : Admin google plus page link.
 - Linkedin Link : Admin linkedin page link.
 - Youtube Link : Admin youtube page link.
 - Google Analytics Code Link : Code which will added to front-end.
 - Body Color : Body background color is managed.
 - Font Color : Font color is managed.
 - Font Family : Font style is managed.
 - Site Currency : Currency option will be choose.
 - Site Timezone : Country timezone will be select.
 - Site Date Format : Date format will select which define how date will look.
 - Site Logo : Logo will appear in front-end,emails which is select from here.



- **Newsletter**
 - Subscribers
 - The list of subscribers is appear where admin can active/deactive particular subscribers.
 - Newsletters
 - The list where title and description display of news.
 - Send News
 - This module would be able to send news with title and description to all subscribers.

Front-end

- On the front page of stayfit, there are multiple modules like :
 - Workout
 - Displays active workout articles which are added from backend.
 - Recipe
 - Displays active recipe articles which are added from backend.
 - Lifestyle
 - Displays active lifestyle articles which are added from backend.
 - Packages
 - Displays active packages which are added from backend.
 - Calculator
 - Body Mass
 - Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women.
 - Body Fat Calculator
 - For the estimation of your body fat percentage based on weight, waist and gender.
 - Login
 - User can login with their credentials to access his/her area.
 - Signup
 - User can signup with manual or through facebook api.
 - Support
 - Any unknown user can ask difficulties related to stayfit, which will send to admin.
 - Subscribers
 - A person who receives a publication/newsletters regularly by free registration.
 - User Goals
 - Set, Track, and achieve goals.

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System Implementation

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Technologies Used

- [PHP\(Codelgniter - 3.0\)](#)
 - Codelgniter is an Application Development Framework - a toolkit - for people who build web sites using PHP.

- [MySQL \(5.5.54-cll\)](#)
 - MySQL, the most popular Open Source SQL database management system, is developed, distributed, and supported by Oracle Corporation.

- [Apache \(2.4.23\)](#)
 - Apache is the most widely used web server software. Developed and maintained by Apache Software Foundation

- [Bootstrap \(3.3.2\)](#)
 - Bootstrap is the most popular HTML, CSS, and JS framework for developing responsive, mobile first projects on the web.

- [jQuery \(1.11.1\)](#)
 - jQuery is a fast, small, and feature-rich JavaScript library.

- [Font Awesome \(4.1.0\)](#)
 - The iconic font and CSS toolkit.

➤ [HTML5](#)

- HTML5 is the latest version of Hypertext Markup Language, the code that describes web pages.

➤ [Paypal](#)

- PayPal is the faster, safer way to send money, make an online payment, receive money or set up a merchant account.

➤ [Facebook API](#)

- The Facebook API is a platform for building applications that are available to the members of the social network of Facebook.

Conclusion

- The objective of this project was to build a program for maintaining the details of all the members and their activity.
- The system developed is able to meet all the basic requirements. The management of the records will be also benefited by the proposed system, as it will automate the whole procedure, which will reduce the workload. The security of the system is also one of the prime concerns.
- There is always a room for improvement in any software, however efficient the system may be.
- The important thing is that the system should be flexible enough for future modifications.
- The system has been factored into different modules to make system adapt to the further changes.
- Every effort has been made to cover all user requirements and make it user friendly.
- Goal achieved
 - The System is able provide the interface to the owner so that he can replicate his desired data.
- User friendliness
 - Though the most part of the system is supposed to act in the background, efforts have been made to make the foreground interaction with admin as smooth as possible.
 - Also the integration of the existing system with the project has been kept in mind throughout the development phase.

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Thank You.

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