



Project Report on
FITNESS WEBSITE - “Yes2HealthyLife”

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DECLARATION

I thus announce that this venture report named "Yes2HelthyLife" is the aftereffect of my own work besides as referred to in the references. The report has not been supported for any degree and isn't simultaneously introduced in application of some other degree at College of Aesthetic Sciences Bangladesh or some other foundation.

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CERTIFICATE OF APPROVAL

The project report entitled “Yes2HealthyLife” is submitted to the Computer Science and Engineering Department, University of Liberal Arts Bangladesh for the degree of Bachelor of Science.

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ABSTRACT

My project is about fitness. This is a web-based online portal where people can lose or gain weight on the basis of their requirement without any cost. In the current situation being healthy is very important. If a person is fit then they feel inner peace which will give them strength. So here I come up with this online fitness center which going to help them out. This online portal is providing appropriate diet and workout according to their health condition. People can maintain their weight easily by sitting at home using this website. This project report concludes all the moves, measurements, works, achievements and errors that I have done to complete this web-based application.

Table of Contents

Chapter 1: Introduction.....	1
Background of Study	1
Problem Statement.....	1
Objective	1
Scope of the Study	1
Project Structure	2
Expected Result	3
Chapter 2: Literature Review.....	3
Fitness Industry in Bangladesh.....	3
Market Structure	4
Existing Platforms	4
Technology Used for Development.....	4
Chapter 3: Methodology	4
Introduction.....	4
Rapid Application Development	5
Project Implementation of RAD	8
Analysis and Design	8
Chapter 4: System Analysis and Design.....	9
System Requirement Specification.....	9
Intended Audience	9
Targeted Users	10
System Requirements Specification	10
Languages	10
Frameworks	10
Tools and Technologies Used.....	11
Frameworks: Bootstrap	11
Languages	11
PHP	11

HTML	11
CSS	11
JavaScript.....	11
MySQL	12
Design Constraints.....	12
System Architecture.....	12
Data Flow Diagram.....	13
Use Case Diagram	13
Activity Diagram	15
Class Diagram.....	16
Entity Relationship Diagram	17
Chapter 5: User Manual and Backend Implementation	18
User Manual for Clients.....	18
User Manual for Admins	21
Steps in User Manual.....	25
Backend Implementation	25
Chapter 6: Conclusion.....	26
References.....	27

Chapter 1: Introduction

Background of Study

Yes2HealthyLife is an online entry from where you can keep up your body weight. Being fit is vital for wellbeing and body uncommonly in the present circumstance of pandemic. For this we need legitimate eating routine and exercise. The danger of growing a few infections like sort 2 diabetes, malignant growth and cardiovascular sickness can improve through actual work or exercise. Actual work and exercise can have touching and broadened medical advantages. Standard movement can advance your personal satisfaction. (physical-activity-is-important)

Problem Statement

In this pandemic people could not go to the gym. As we all are stuck at home so many people have gained extra weight which is not good for our health. But people are not getting the proper guidance to maintain their weight. Also going to gym is not a safe option now. It has become troublesome for people to maintain their weight. Yes2HealthyLife is a solution for the people who are concerned about their weight. They can use this platform as their requirements.

Objective

The fundamental goal of this venture is making an electronic online application where individuals can undoubtedly lose their weight effectively by remaining at home. It would be so much better and easier for the people as they could lose their extra weight also they can gain weight if they are underweight.

There are some objectives of this project. They are given below:

- Design & develop a web-based online portal where people can lose or gain weight basis on their requirement without any cost.
- To help those people who don't have much time to go to the gym.

Scope of the Study

There are some targets that will be required to accomplish for the development of this online fitness center so that all the functionalities will be successfully achieved. The system is built on a web platform as an online portal. The browser that is used for display purposes and is considered

as the optimal browser for the system is Google Chrome or Mozilla Firefox. This website help people to avoid physical gathering at the gym at this pandemic situation.

The target users for this platform are:

- People who cannot go to the gym at the moment but they want to lose their weight.
- People who is looking for a mentor to lose or gain their weight.
- People who is very concern about their weight and want to maintain.

Project Structure

Chapter 1 INTRODUCTION: This chapter will focus in detail the introduction of the project, the background, the problem statements related to the project, the objectives and lastly the scope of the project, to provide the reader with a summary of what the paper is about.

Chapter 2 LITERATURE REVIEW: This chapter will focus on discussing the researches that have already been conducted by reading the journals, project papers, websites, or any other suitable resources that are affiliated with the project such as the existing systems or about the techniques that are used to accomplish the implementation of the project.

Chapter 3 METHODOLOGY: This chapter will discuss in detail the methodology that is being used for this project by not just providing the justification about the methodology but also provide a detailed explanation about each of the phases that are involved in the procedure of developing the project.

Chapter 4 SYSTEM DESIGN: This chapter will be focusing on the designing phases of the project, where it will include all the diagrams that are related to the project, such as the Data Flow diagram, Use-Case diagram, Activity diagram, Class diagram & ER diagram and screenshots of the User Manual.

Chapter 5 USER MANUAL AND BACKEND IMPLEMENTATION: This chapter will be focusing on User Manual from both Client's and Admin's perspective and detailed description of backend implementation.

Chapter 6 CONCLUSION: In the last chapter of the project, the project will finally be concluded by detailing all the benefits and the disadvantages of the project and also suggestions of ideas on how to improve the project for future purposes.

Expected Result

The expected outcome of this project is, it will be a proper user friendly fitness website. Anyone can lose /gain / maintain their weight easily. Users can calculate their BMI & showing their health condition according to their inputs. Yes2HealthyLife is giving them a premium experience of losing/gaining/maintaining weight with the help of online. Providing them appropriate diet and workout accordant to their BMI.

Chapter 2: Literature Review

Fitness Industry in Bangladesh

The commonness of Covid has attacked practically all the business areas for positive or negative. That covers the Wellness business as well. Because of the pandemic, the wellness business is assessed to be valued at in excess of 800 billion dollars worldwide and it is among numerous different enterprises enduring gigantic shot suffering huge harms. A genuine and significant effect on the business brought about by the worldwide lockdown brought about the conclusion of all the wellness scenes in the country. Wellness dependent people had to remain inside attempting to search for substitutes to keep their exercise routine on going. As the Covid sprung up and the pandemic continued, the circumstance got awful for the wellness community proprietors in keeping their organizations in a hurry with the pressing factor of an approaching downturn, covering rent, representative wages and individual costs. Even after the lockdown was hurled, just about 40% of the individuals got back to the rec center. Doing exercise at home is being the recent fad. (Covid-19 reshaping the fitness industry of Bangladesh)

Practically going through an active period, Dhaka-based wellness clubs endured a major misfortune in the overall circumstance and are presently offering customers the possibility of paying just month to month membership as a method of affirming their reality. Altaf Hossen Ronnie, author and proprietor of 'Dhaka Exercise center Proprietors' Affiliation said, "When we were attempting to transform the area into a productive one with the foundation of discussions, the pandemic showed up". The exercise center area is bringing about large misfortunes close to the café areas in Bangladesh. There are right around 300 little and huge exercise centers in Dhaka. (Fitness clubs hit hard by pandemic)

Market Structure

Individuals join to have actual exercise on a wellness club. It has been rehearsing from the old nomadism ways of life. The wellness business is encountering the blast when Dr. Ken H. Cooper said in 1968, wellness is fundamental to forestall the development of ongoing illnesses. This examination is story in nature and means to know the foundations for which the wellness club individuals go to rec centers in Sylhet. 200 individuals were posed numerous inquiries, 99 of whom appears to be actual exercise forestalls their wellbeing illnesses, 81 figures it can foster their poise, 49 discovered it tends to be an approach to acquire status, 79 convictions it is assisting them with remaining protected from diabetes. In the current circumstance of world individuals know than past by thinking about the vocation, produce, expectation for everyday comforts and actual wellness too. Wellness focus is a position where individuals attempt to keep up their actual wellness by doing exercise. Wellness industry has been setting in an incredible arrangement in different economies as far as making incomes, work and actual congruity of the countries. (Alam & Hossain, 2012)

Existing Platforms

There is a existing platform of online fitness center in Bangladesh which is RUZZ. The biggest and renowned online platforms are Fitness Blender, Integrated Fitness, Faithfit, Blissed, Be The Motion etc. On these websites, people can maintain their weight by following their suggestions of workout and diets with a adequate amount of money.

Technology Used for Development

To achieve the objectives of the system and complete it within the allocated time, I have chosen Bootstrap as the web development framework. For the back-end development, I used PHP and MySQL database. For the front-end development I used HTML, CSS and JavaScript.

Chapter 3: Methodology

Introduction

The SDLC or Software Development life cycle is the methodology of requirements analysis, designing, building, testing the software and maintaining it in terms of the industry. These models are the base of software systems, which means that this is the initial stage of development for the development teams. There exist many kinds of development models, and each of them caters to

different sets of requirements from the developers and the related stakeholders. These models are named differently as analogies, for example, the waterfall model adapts different phases such as requirements analysis, design, coding, testing, and maintenance and they go in a flow like a waterfall. Similarly, the other models such as iterative, incremental, Rapid Application, synchronization and stabilization, etc. have different approaches to the software development lifecycle. The Software Development lifecycle process that has been chosen for this project should be compliant to the needs of this project. As an example, a waterfall model can be applicable in the case of large-scale enterprise projects, which do not require many changes as the requirements are usually well described and properly defined. But in the case of a web application such as the project that is being developed here, it is not recommended to use the waterfall model. The model that is being used in this project should have some criteria to meet, which are described below:

Criteria 1: The software is web-based, so it has front-end and back end functionalities.

Criteria 2: The web portal is developed to serve end-users, which means that the software should comply with business logic and have a data dictionary to make it understandable to the end-users.

Criteria 3: The software gives a Graphical User Interface to the user, which makes it easier for the user to navigate among the functionalities and get familiar with the system easily.

It is not mandatory for a project to follow just a singular methodology, as there can also be a combination of two or more methodologies according to the needs of the developers and the clients. In consideration of all the requirements for the project Yes2HealthyLife, I have used the Rapid Application Development methodology.

Rapid Application Development

Rapid application development is a more adaptive approach to software development. While regular plan-based methods require a rigid structure with specific requirements, a RAD approach is based around flexibility and the ability to adapt alongside new knowledge. In the 1970s and 1980s, the Waterfall model was the prevalent approach to software development. This method breaks down a project into a sequential map of various steps, where each step feeds from—and thus, relies on the completion of—the previous phase. A rigid approach like the Waterfall model is intuitive when it comes to engineering fields such as construction, but is insufficient when it comes to software development in a fast-paced environment. A plan-driven process may not be

the answer if you expect to iterate and adapt based on feedback during the creative process, however. A project driven by a rapid application development model is more adaptable and flexible, and can easily incorporate any feedback received into further development. Effectively, RAD puts emphasis on the design process and the knowledge that could be gained from it. As a result, building basic prototypes and incorporating the users in the design process are crucial steps in a RAD approach. Thus, unlike the Waterfall model, the end user is tuned in to the entire process rather than only at the beginning and end. Through consistent testing and tweaking, RAD aims to deliver a product that more closely resembles the user's needs. (Rapid Application Development (RAD))

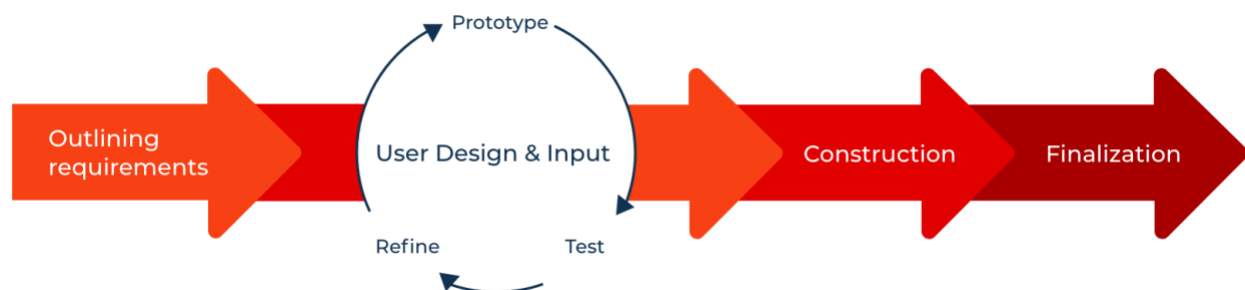


Figure 1: Rapid Application Development (RAD) Methodology

This methodology have four main phases:

Phase 1: Planning the Requirements

A task perusing meeting is identical to this stage. The arranging stage is summed up contrasted with other venture the board strategies. This is a primary advance for a definitive achievement of the task.

In this stage designers, customers and colleagues convey to lay out the objectives and assumptions for the undertaking. (4 Phases of Rapid Application Development Methodology)

This stage includes:

- Researching the issue
- Understanding the necessities for the venture
- Finalizing the prerequisites Phase

2: User design

Subsequent to finishing the principal stage, it's an ideal opportunity to hop directly into planning, working out the client plan. This is the significant period of the procedure and it separates from other undertaking techniques. In this stage, customers work inseparably with engineers to guarantee their necessities are being met at each progression in the planning cycle. It is practically similar to adaptable programming advancement where the clients can test every model of the item to guarantee it lives up to their desires. The bugs are worked out in a successive interaction. The engineer plans a model then the client tests it and they meet up to impart on what worked and what didn't. Engineer offers the chance to address the model as they go until they arrive at a good plan. (4 Phases of Rapid Application Development Methodology)

Phase 3: Development

This stage takes the models and frameworks from the plan stage and converts them into the functioning framework. During the iterative plan stage, most of the issues were tended to. Designers can execute the last framework all the more rapidly.

This stage follows a few stages:

- Preparation for quick execution
- Program and application advancement
- Coding
- Framework testing and incorporation.

Improvement group of coders, analyzers and engineers cooperate in this stage to ensure everything is working appropriately and that the final product fulfills the customer's assumptions and goals. This stage is most significant on the grounds that the customer actually will give contribution during the interaction. They can recommend alternative or even novel thoughts that can take care of issues. (4 Phases of Rapid Application Development Methodology)

Phase 4: Cutover

In this stage the completed item goes to dispatch. It implies designer began information transformation, testing and changeover to the new framework likewise the client preparing. The last changes are made while the coders and customers keep on searching for bugs in the product. (4 Phases of Rapid Application Development Methodology)

Project Implementation of RAD

This project uses the Rapid Application Development (RAD) methodology as it is seen as the most suitable and appropriate among all other methodologies. The purpose why RAD is chosen is that limited time is allocated for the fulfilment of this project hence, a rapid yet quality-assured methodology has to be used. Besides, there is a need for expected changes of requirements and specifications along with the project. Therefore, the chosen methodology has to support both elasticity and adaptability. Thus, this justifies the use of RAD methodology for this project. The following will explain the cycles undergone for this project.

Analysis and Design

The beginning phase of this project's system development was the analysis and design. System requirements are specified by identifying the functions of the mentioned system and the targeted users. The system proposed in this project is a online portal which is web based that allows a fitness website to connect with its potential users through a single online platform. The system allows the users and admin to login and register. They can calculate their BMI and can view their health condition according to their BMI. Then they can take suggestion from the admin.

RAD is the most suitable methodology and development phase for this project because there were functional changes for the system as new functionalities were decided amidst of different processes and also for the usability and user acceptance design changed a lot. So it can be assured that other methodology doesn't support these changes where with RAD the changes can be handled in any phase we want to.

Chapter 4: System Analysis and Design

This section depicts the investigation and plan of the referenced framework. The principal segment is the framework prerequisite determination which centers a progression of functionalities. The subsequent area depicts on the framework plan which goes about as a plan for improvement considering satisfying the planned capacities. Itemized and careful clarification of framework configuration will be the fundamental focal point of this part with connections of charts and outlines.

System Requirement Specification

The System Requirement Specification (SRS) is a document that specifies all functions and requirements of the system. This document is important in determining the system to be built from various aspects like functionality, performance and constraints as well. The functions specified in SRS will reflect the requirements from stakeholders in an effort to solve the aforementioned problems.

A highlight of the intended functions of this system is as below:

- Allow clients to take suggestion means their diet and workout according to their health condition through online portal.
- Allow admin to update, delete and add the suggestions for user.
- Allow clients to compare their BMI with the previous one.

Intended Audience

The ideal crowds of this report are the framework designers and the framework experts. Designers will utilize this record to examine and comprehend the necessities indicated for the framework to be constructed. This will assist them with bettering the coding and programming of the framework. Framework experts will utilize this archive to confirm and approve whether the subsequent framework coordinates with the prerequisites determined. Any missteps or irregularity can be recognized and settled when counter checked with the details.

Targeted Users

The targeted users of this system are client (who want to lose/gain/maintain their weight) and admin. Each type of user plays a different role in the system and is provided with a distinctly supreme set of functions.

- Client

Clients can calculate their BMI and according to their health condition, they can take their diet and workout. They can view their progress by comparing their BMI with the previous BMI whenever they want.

- Admin

Admin give suggestion for the clients and able to add, update and delete any diet and workout.

System Requirements Specification

- Database
- Apache Server
- Windows Server
- Internet Connection
- IT enabled Device

Languages

- HTML5
- CSS3
- JavaScript
- PHP

Frameworks

- Bootstrap

Tools and Technologies Used

Frameworks: Bootstrap

Twitter designers were initially made bootstrap for interior utilize yet sooner or later, it was exposed out in access and turned into a helpful arrangement of devices for creating UIs of any intricacy. Bootstrap is an open and free HTML, CSS and JS toolbox now that is utilized by web engineers to make responsive web architectures rapidly and successfully.(What is Bootstrap and How to Use it in Web Development?, 2019)

Languages

PHP

PHP is fundamentally a worker side prearranging language. That is utilized to foster static site or dynamic site or Web application. PHP represents Hypertext Pre processor that prior utilized for Individual Home Pages. (What is PHP?, 2021)

HTML

Hyper Text Markup Language is the arrangement of markup images embedded into a record planned for show on the Internet Browser. The markup advises internet browsers how to show a site page's words and pictures.(HyperText Markup Language – HTML)

CSS

Cascading Style Sheets affectionately alluded to a basic plan language proposed to improve on the way toward making site pages respectable and bright. (What is CSS?, 2021)

JavaScript

JavaScript is fundamentally a customer side prearranging language. It implies the source code is prepared by the customer's internet browser as opposed to on the web worker. This implies JavaScript capacities can pursue a website page has stacked without speaking with the worker. (JavaScript, 2014)

MySQL

MySQL essentially is a Prophet sponsored open source social information base administration framework dependent on Organized Inquiry Language. MySQL runs on for all intents and purposes all stages like Linux, UNIX and Windows. Despite the fact that it very well may be utilized in a wide scope of uses. MySQL is frequently connected with web applications and internet distributing. (MySQL)

Design Constraints

This system has two constraints that bound its implementation. These constraints are explained as follows:

- Language constraint: This system supports only the English language as the mode of communication.
- Security constraint: Communication of messages is carried out using HTTP which lacks security when compared to HTTPS. The system also does not have web trust certificates for guaranteed safety of users who ingress the system.

System Architecture

The plan of this framework permits different clients to get to the framework distantly through web. Customer worker design is the most fit engineering for this framework. This design is partitioned into different sides: one side is worker side which contains business rationale and another side is customer side. It gets to and speaks with the worker.

The engineering follows the model view regulator configuration example and isolates and places the framework into three fundamental sections. One fragment is known as the regulator which controls the communication between the framework and its clients. A client starts the regulator by sending HTTP demands on specific activities to be performed. For this situation, the regulator is a progression of PHP documents that contain business and application rationale. The regulator will then, at that point send execution boundaries, for example, SQL inquiries to the model piece of the framework which for this situation is the information base containing all the framework's information. The prepared information will be sent back to the regulator prior to passing to the view part of the framework which is liable for creating UIs and presentations data from the

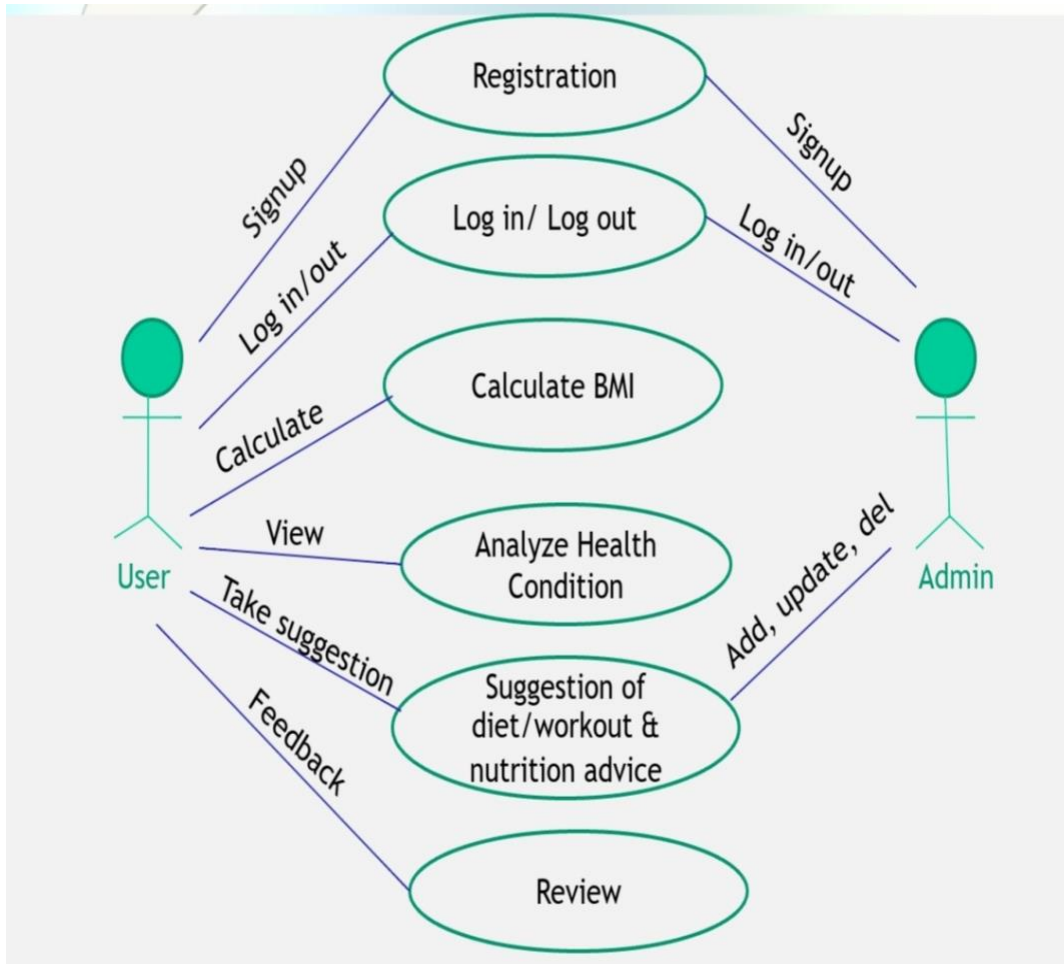


Figure 3: Use Case Diagram of Yes2HealthyLife

A use case diagram is the essential type of programming prerequisites for another product program. A critical idea of utilization case demonstrating is that it assists us with planning a framework from the end client's viewpoint. It is a viable strategy for imparting framework conduct in the client's terms by indicating all remotely apparent framework conduct.

Activity Diagram

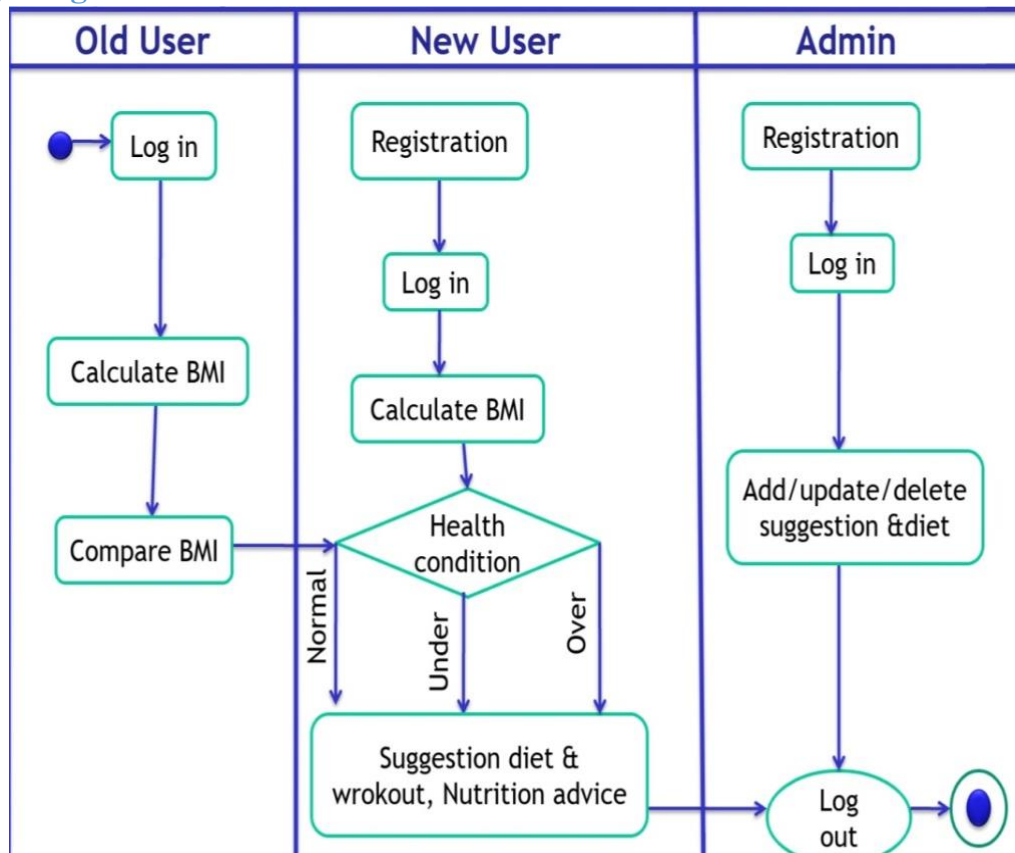


Figure 4: Activity Diagram of Yes2HealthyLife

Activity diagram is really a flowchart to portray the stream starting with one action then onto the next action of clients and administrators. This movement can be set apart as an activity of the framework.

Class Diagram

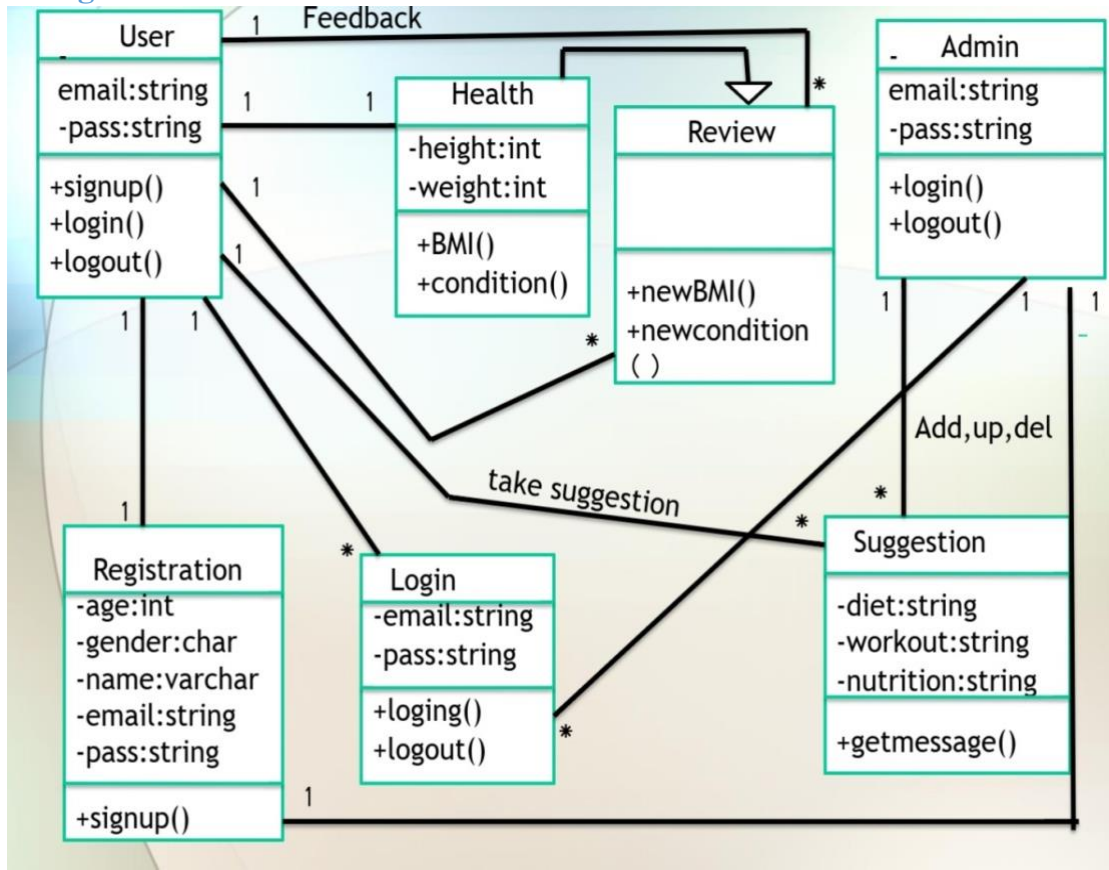


Figure 5: Class Diagram of Yes2HealthyLife

Class diagram portrays the traits and tasks of a class and furthermore the imperatives forced on the framework. This graph is extensively utilized in the demonstrating of article arranged frameworks as they are the solitary Brought together Displaying Language outlines, which can be planned straightforwardly with object-situated dialects.

Entity Relationship Diagram

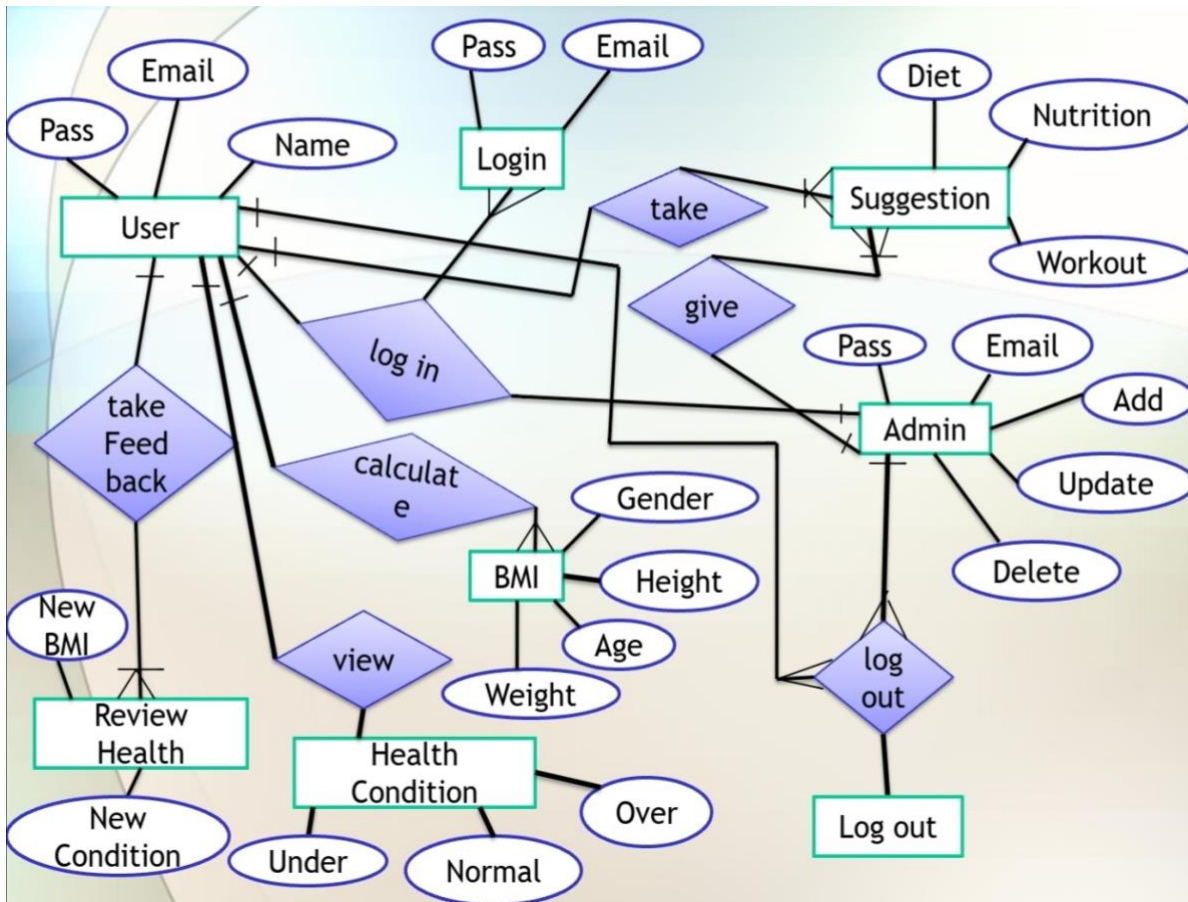


Figure 6: ER Digrum of Yes2HealthyLife

An entity relationship diagram shows the relationships between the entity sets stored in a database. An entity in this context is an object, an element of data. An entity set is a collection of corresponding entities. By defining the entities, their attributes and showing the relationships between them, an ER diagram represents the logical structure of databases.

Chapter 5: User Manual and Backend Implementation

User Manual for Clients



Figure 7: User Manual for Clients- Homepage

The registration form is titled "REGISTRATION" in a teal header. It contains several input fields: "USER NAME" with a placeholder "name", "PASSWORD" with a placeholder "password", "EMAIL" with a placeholder "email", "GENDER" with radio buttons for "Male" and "Female", "AGE" with radio buttons for "15 to 30", "31 to 50", and "Over 50", and "CONFIRM PASSWORD" with a placeholder "ConfirmPassword". A "SUBMIT" button is at the bottom. The background is a dark space filled with colorful, glowing particles and streaks.

Figure 8: User Manual for Clients- Signup

The login form is titled "Log In" in the center. It features the "Yes2HealthyLife" logo in the top left and a "Log Out" link in the top right. The form includes an "EMAIL" field with a placeholder "Email", a "PASSWORD" field with a placeholder "Password", and a blue "Submit" button. A link for "[Forgotten Password?](#)" is located below the password field. The background is a dark space filled with colorful, glowing particles and streaks.

Figure 9: User Manual for Clients- Login

Yes2HealthyLife

[Log Out](#)

Calculate your BMI

Height in cm

176

Weight in kg

78

Calculate

You are Over Weight with BMI : 25.18

Compare BMI Take Suggestions

Figure 10: User Manual for Clients- BMI Calculate

As you are overweight so you have to maintain very strict diet with 30-40mins of workout

Diet:

1. Breakfast at 8am: 1 cup Oatmeal with milk / two brown bread with vegetable curry & one boiled egg
2. At 12pm: One Apple & some nuts
3. Lunch at 2pm: 2 pieces of fried chicken breast / 2 pieces of fried fish fillet (use olive oil or butter for frying) and sauteed vegetables / mushrooms
4. At 5pm: Eat some fruits like apples, grapefruits, berries, passion fruits etc. Also you can eat raw cucumber & carrots.
5. Dinner at 8pm: One cup chicken or beef vegetables soup / Chicken or beef vegetables salad (You can customize your salad) / One chicken or beef wrap (Make sure the bread is made by brown wheat) & one boiled egg
6. Go to sleep at 12am.

Workout:

- 30 to 40mins of walking
- 30 to 40mins of aerobics (follow youtube)

"A GOAL without A PLAN is just A WISH"

wake up with determination. go to bed with satisfaction.

Figure 11: User Manual for Clients- Suggestions

The screenshot shows a web interface for calculating BMI. At the top left is the 'Yes2HealthyLife' logo and a 'Log Out' link. The main heading is 'Calculate your BMI'. Below it are two input fields: 'Height in cm' with the value '176' and 'Weight in kg' with the value '75'. A 'Calculate' button is positioned below these fields. The result displayed is 'You weight is Normal with BMI : 24.21'. Below the result are two buttons: 'Compare BMI' and 'Take Suggestions'. At the bottom, a message states 'Your bmi decreased by 0.9699999999999989'. The background features a dark space with colorful, diagonal streaks of light.

Figure 12: User Manual for Clients- Progress

User Manual for Admins

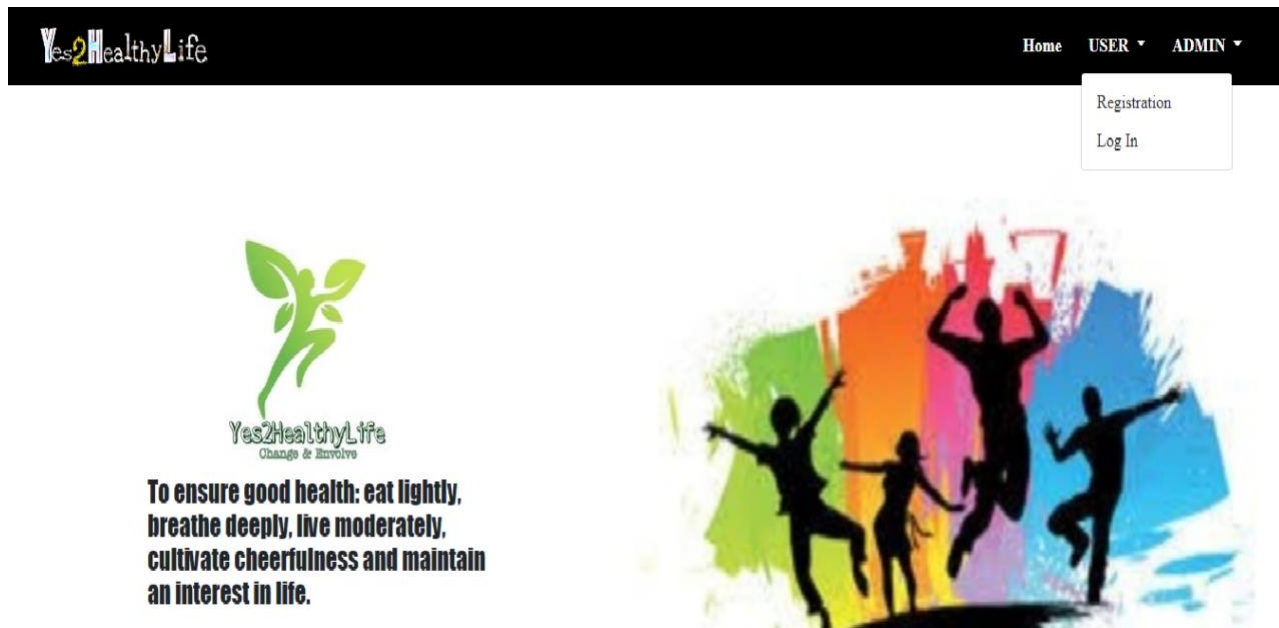
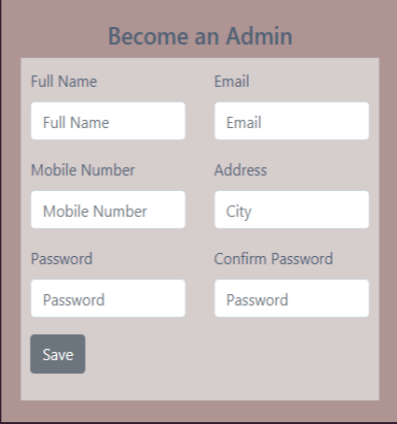


Figure 13: User Manual for Admin- Homepage

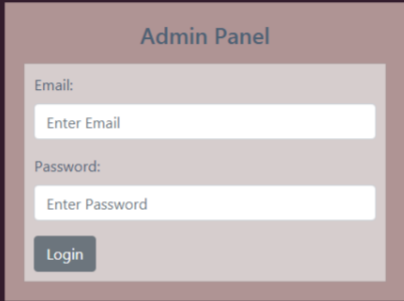


The image shows a 'Become an Admin' signup form. It is a light brown rectangular box with a title 'Become an Admin' at the top. Inside, there are six input fields arranged in two columns. The left column contains 'Full Name', 'Mobile Number', and 'Password'. The right column contains 'Email', 'Address' (with a 'City' sub-label), and 'Confirm Password'. A 'Save' button is located at the bottom left of the form.

Full Name	Email
Full Name	Email
Mobile Number	Address
Mobile Number	City
Password	Confirm Password
Password	Password

Save

Figure 14: User Manual for Admin- Signup



The image shows an 'Admin Panel' login form. It is a light brown rectangular box with a title 'Admin Panel' at the top. Inside, there are two input fields: 'Email' and 'Password'. Below the 'Password' field is a 'Login' button.

Email:
Enter Email
Password:
Enter Password

Login

Figure 15: User Manual for Admin - Login

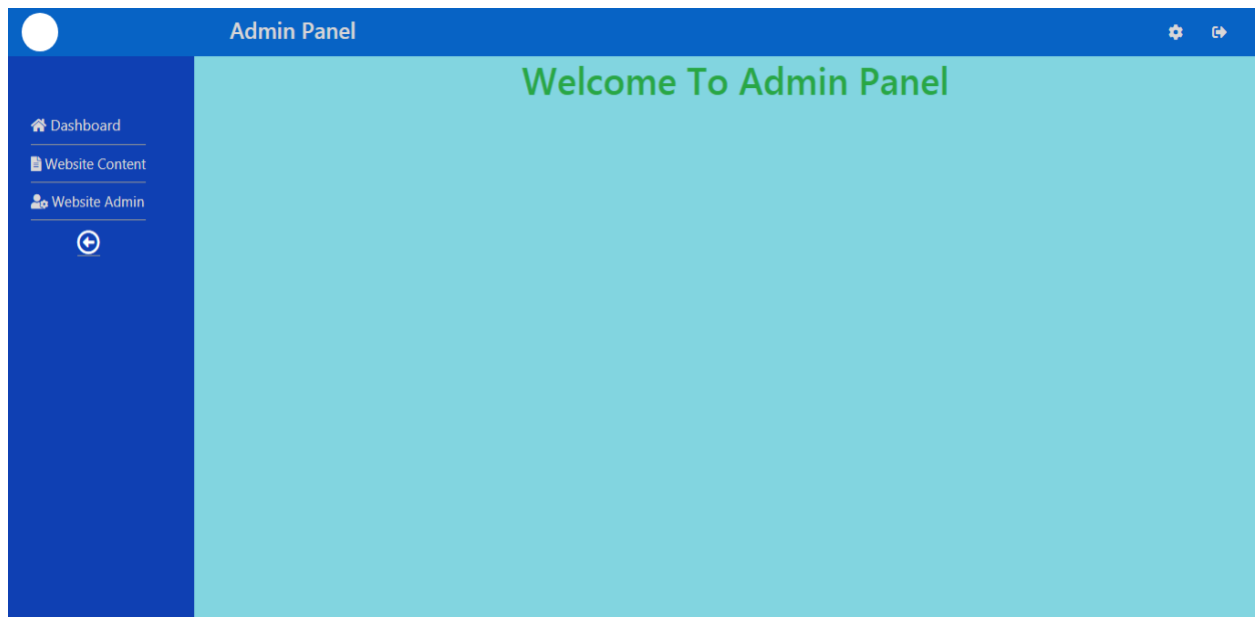


Figure 16: User Manual for Admin – Homepage2

Admin Panel

Dashboard

Website Content

Home Content

Website Admin

Home Content

Add New

Section	Content Section	Title	Diet	Workout	View	Edit	Delete
1	OverWei	As you are overweight so you have to maintain very strict diet with 30-40mins of workout	1. Breakfast at 8am: 1 cup Oatmeal with milk / two brown bread with vegetable curry & one boiled egg 2. At 12pm: One Apple & some nuts 3. Lunch at 2pm: 2 pieces of fried chicken breast / 2 pieces of fried fish fillet (use olive oil or butter for frying) and sauteed vegetables / mushrooms 4. At 5pm: Eat some fruits like apples, grapefruits, berries, passion fruits etc. Also you can eat raw cucumber & carrots. 5. Dinner at 8pm: One cup chicken or beef vegetables soup / Chicken or beef vegetables salad (You can customize your salad) / One chicken or beef wrap (Make sure the bread is made by brown wheat) & one boiled egg 6. Go to sleep at 12am.	30 to 40mins of walking 30 to 40mins of aerobics (follow youtube)			
2	NormalWei	Your weight is normal so you have to maintain your weight. Eat healthy to be fit:	1. Breakfast at 8am: 1 cup Oatmeal with milk / two brown bread with vegetable curry, one boiled egg 2. At 12pm: Any kind of fruits & nuts 3. Lunch at 2pm: 1 cup rice with chicken curry / fish curry (use olive oil or butter) and vegetable curry 4. At 5pm: Eat some fruits like apples, grapefruits, berries, passion fruits etc or any kind of fruits 5. Dinner: One cup chicken or beef vegetables soup / Chicken or beef vegetables salad (You can customize your salad) / One chicken or beef wrap (Make sure the bread is made by brown wheat) & a cup of milk 6. Go to sleep at 12am	20mins of walking / yoga (follow youtube)			
3	UnderWei	As you are underweight so you have to eat more food but remember healthy food with 20mins of workout	1. Breakfast at 8am: 2 cup Oatmeal with milk / three brown bread with vegetable curry, one boiled egg & a cup of milk 2. At 12pm: Any kind of fruits & many nuts 3. Lunch at 2pm: 1 cup rice with chicken curry / fish curry (use olive oil or butter) and lots of vegetable curry 4. At 5pm: Eat some fruits like apples, grapefruits, berries, passion fruits etc or any kind of fruits 5. Dinner at 8pm: One cup rice with chicken or beef curry & lots of vegetable curry & one boiled egg 6. Go to sleep at 12am	20mins of walking / yoga (follow youtube)			

Figure 17: User Manual for Admin – Edit Suggestions

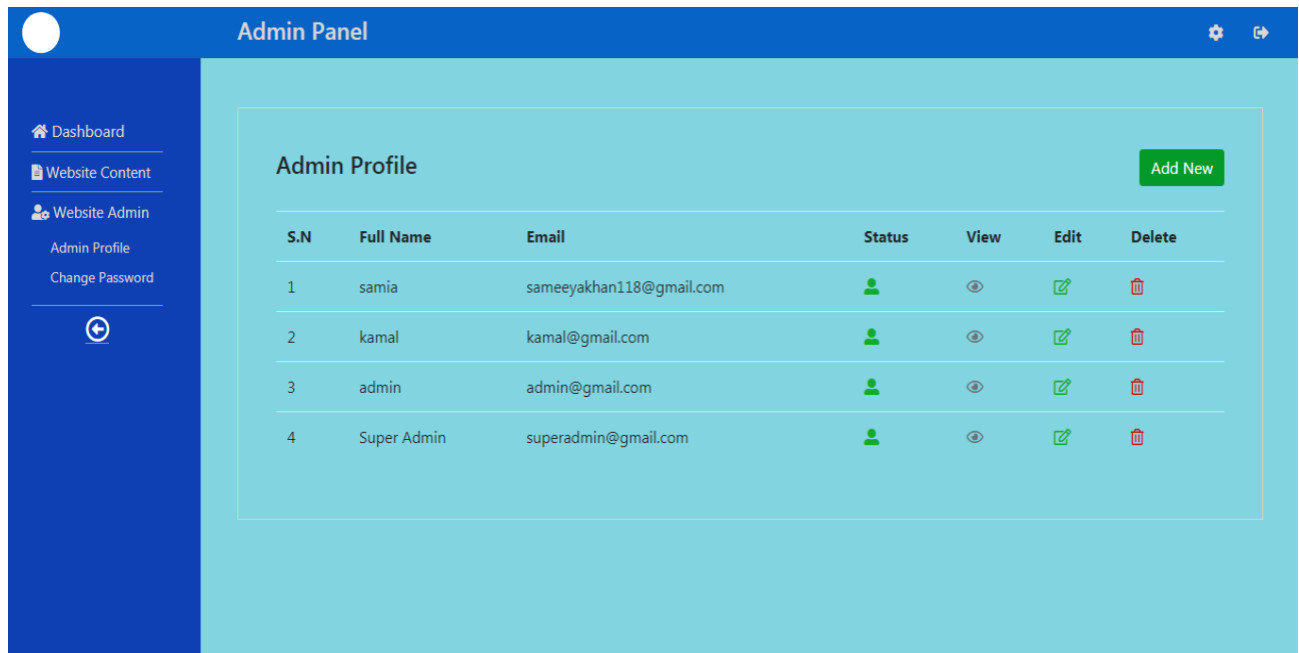


Figure 18: User Manual for Admin - Profile

Steps in User Manual

1. Browe on the website homepage.
2. Click on the dropdown button for signup/login.
3. Insert inputs for calculating BMI.
4. Take suggestion according to their need.
5. Old clients can compare BMI if they want.

Backend Implementation

I have already discussed, I use PHP and MySQL for my backend development.

```

1 <?php
2 $hostname = "localhost"; // Enter Your Host Name
3 $username = "root"; // Enter Your Table username
4 $password = ""; // Enter Your Table Password
5 $databasename = "healthylife"; // Enter Your database Name
6
7
8 $conn = new mysqli($hostname, $username, $password, $databasename);
9
10 // Check connection
11 if ($conn->connect_error) {
12     die("Connection failed: " . $conn->connect_error);
13 }
14
15 ?>

```

```

1 <?php
2 require_once("../config/database.php");
3 $db= $conn; // update with your database connection
4
5 // ===== color setting ===== //
6 // update
7 if(!empty($_GET['id']) && !empty($_GET['name']) && $_GET['name']!='
    color_setting')
8 {
9
10     extract($_POST);
11
12
13     $data = [
14         'navbar_background'=>$navbar_background,
15         'sidebar_background'=>$sidebar_background,
16         'text_color'=>$text_color,
17         'save_button_color'=>$save_button_color,
18         'edit_button_color'=>$edit_button_color,
19         'delete_button_color'=>$delete_button_color,
20         'view_button_color'=>$view_button_color,
21         'label_text_color'=>$label_text_color
22     ];
23
24     $tableName=$_GET['name'];
25     $id = $_GET['id'];
26
27

```

Chapter 6: Conclusion

In conclusion, it can be said that web-based portal is beneficial for the people who want to maintain their weight by sitting at home. The aim of the website is to help those people and giving them a guideline. As a result, clients able to have a smooth and pleasurable weight loss/maintain/gain experience from Yes2HealthyLife with the help of this online portal. Clients will not have to go to the gym for maintaining their weight. Also, as this portal serves to view their progress as well, it help the clients to track their BMI.

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