

The background is a dark, semi-transparent image of a gym interior. It features various pieces of exercise equipment, including weight racks with many black weight plates, a treadmill, and other gym fixtures. Overlaid on this background are four golden-yellow silhouettes of people in different fitness poses: a person boxing on the left, a person holding a barbell on the right, a person running in the bottom left, and a person flexing their muscles in the bottom right. The title text is centered in the upper half of the image.

FITNESS AND DIET APPLICATION

***Sharayu Dangare
2024-25***

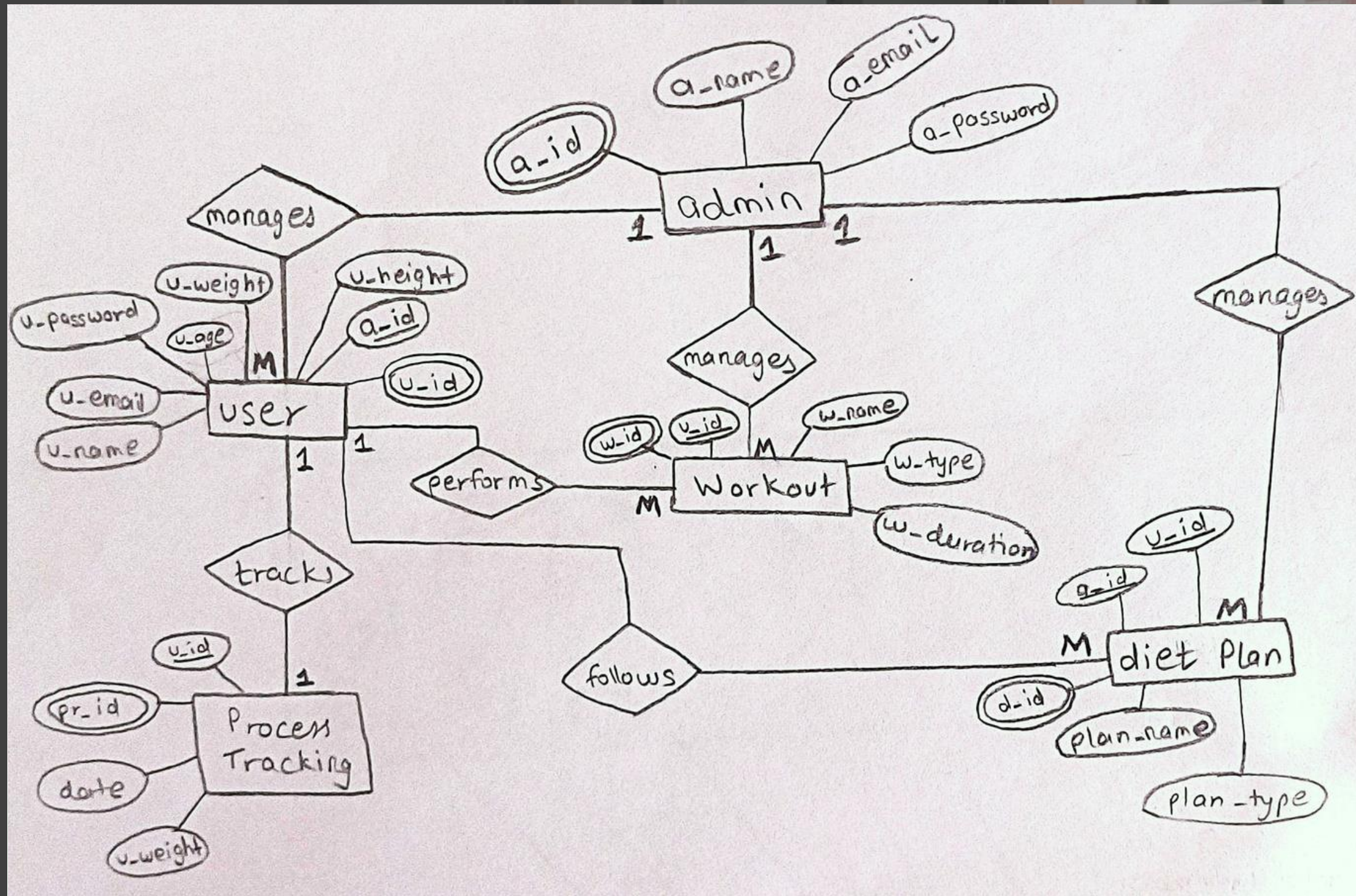
INTRODUCTION

- A web-based fitness and diet tracking application.
- Helps users track weight, BMI, and progress over time.
- Provides customized workout plans and diet recommendations.
- Users can view exercise videos, track meals, and set fitness goals.
- Admin dashboard to manage workouts, diet plans, and user data.

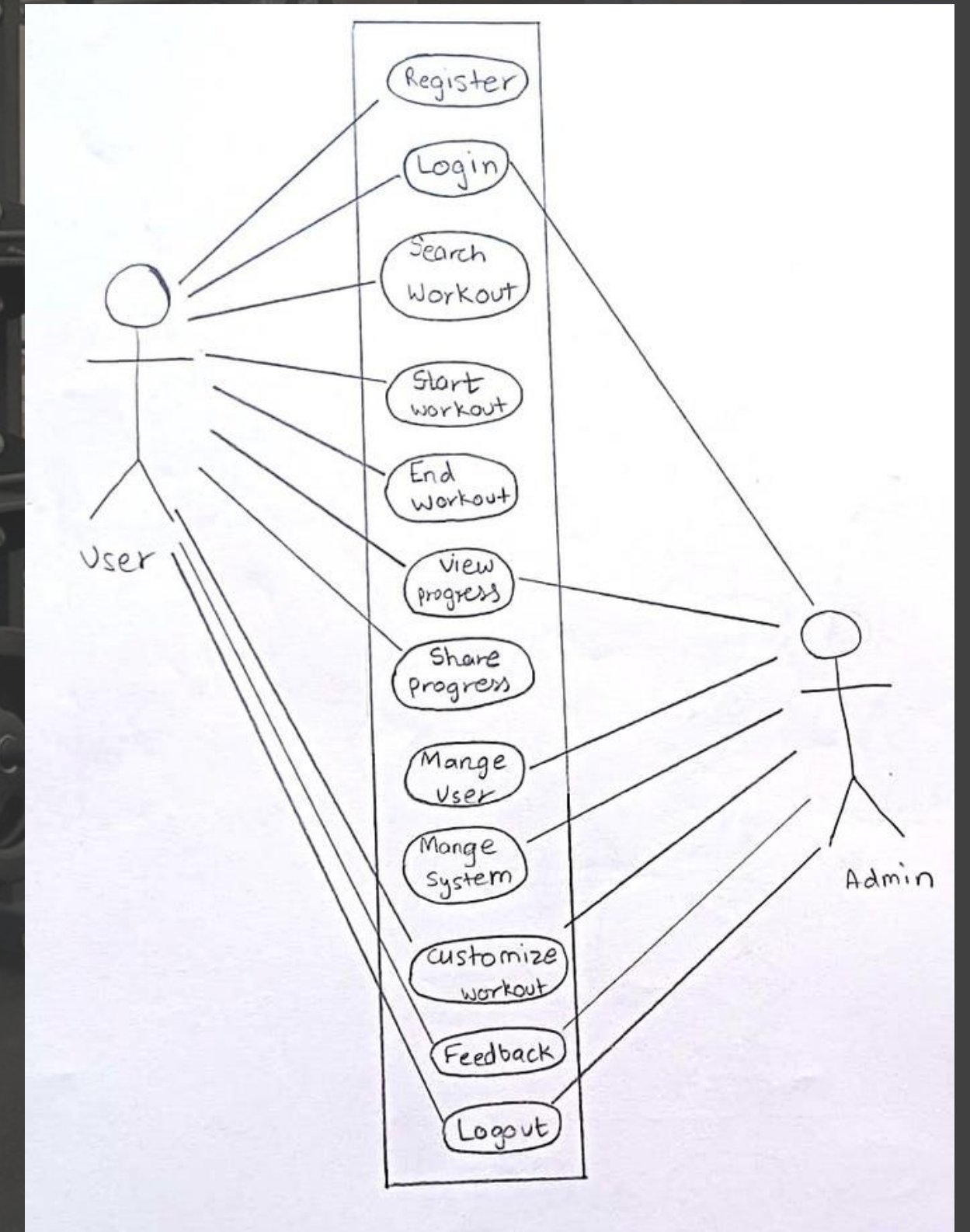


DIAGRAMS

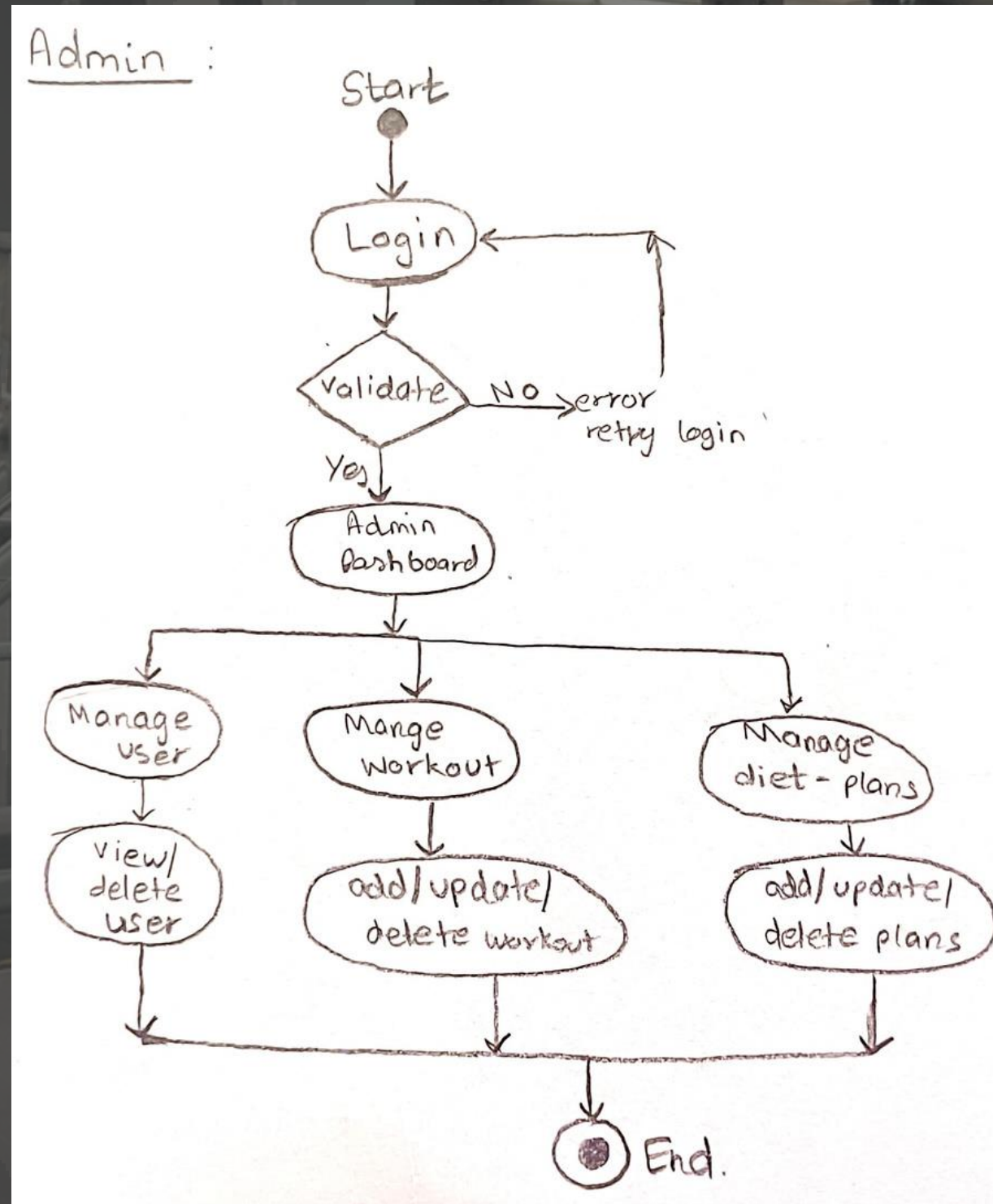
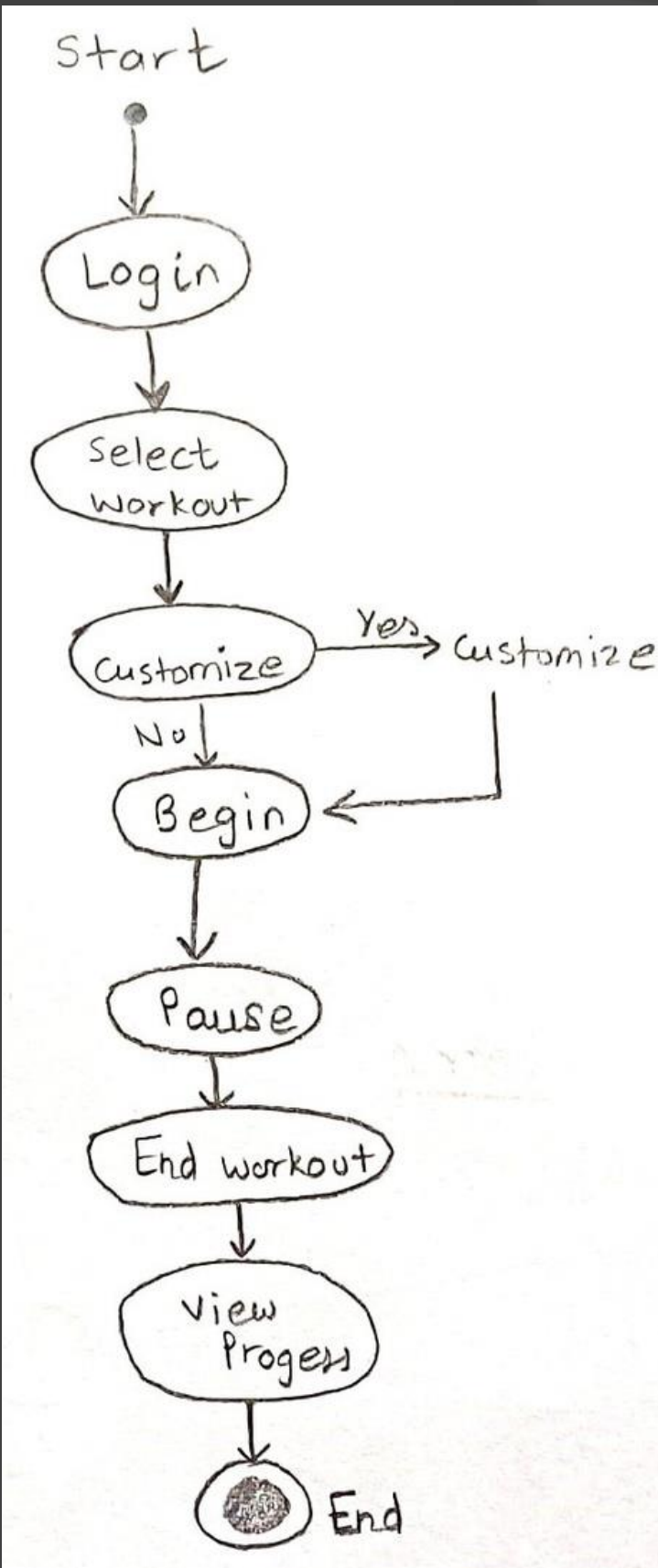
ER DIAGRAM



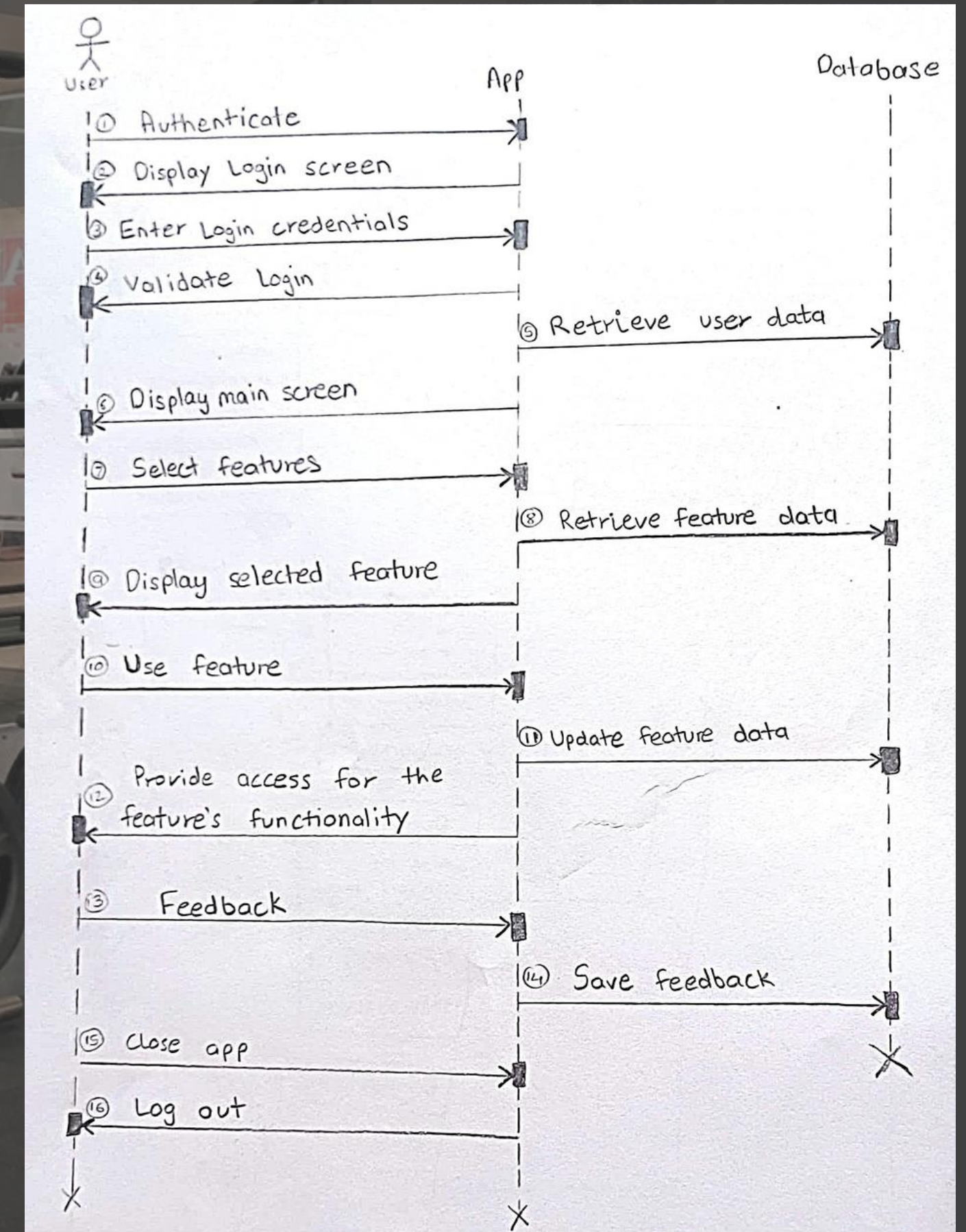
ACTIVITY DIAGRAM



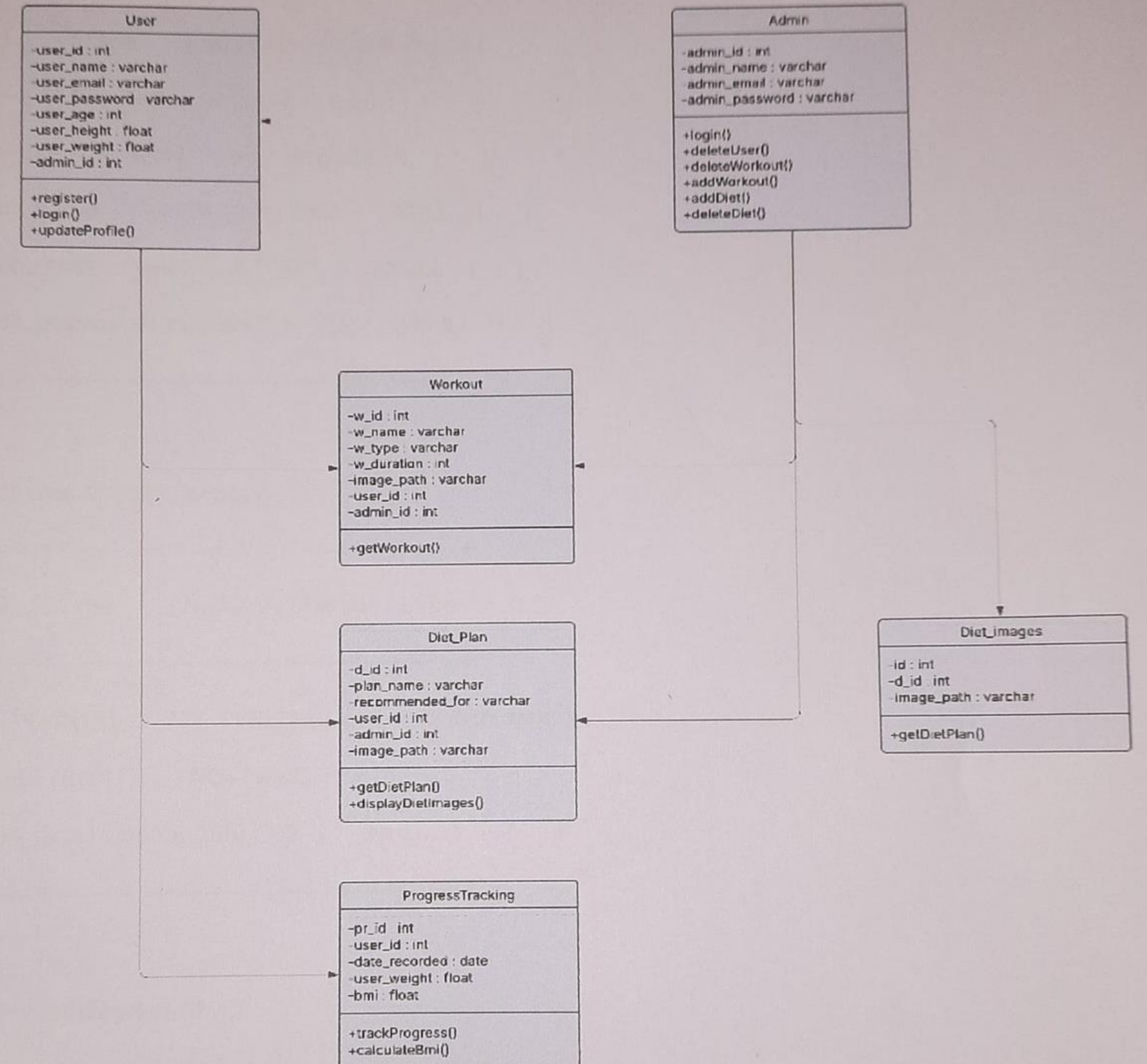
USE CASE DIAGRAM



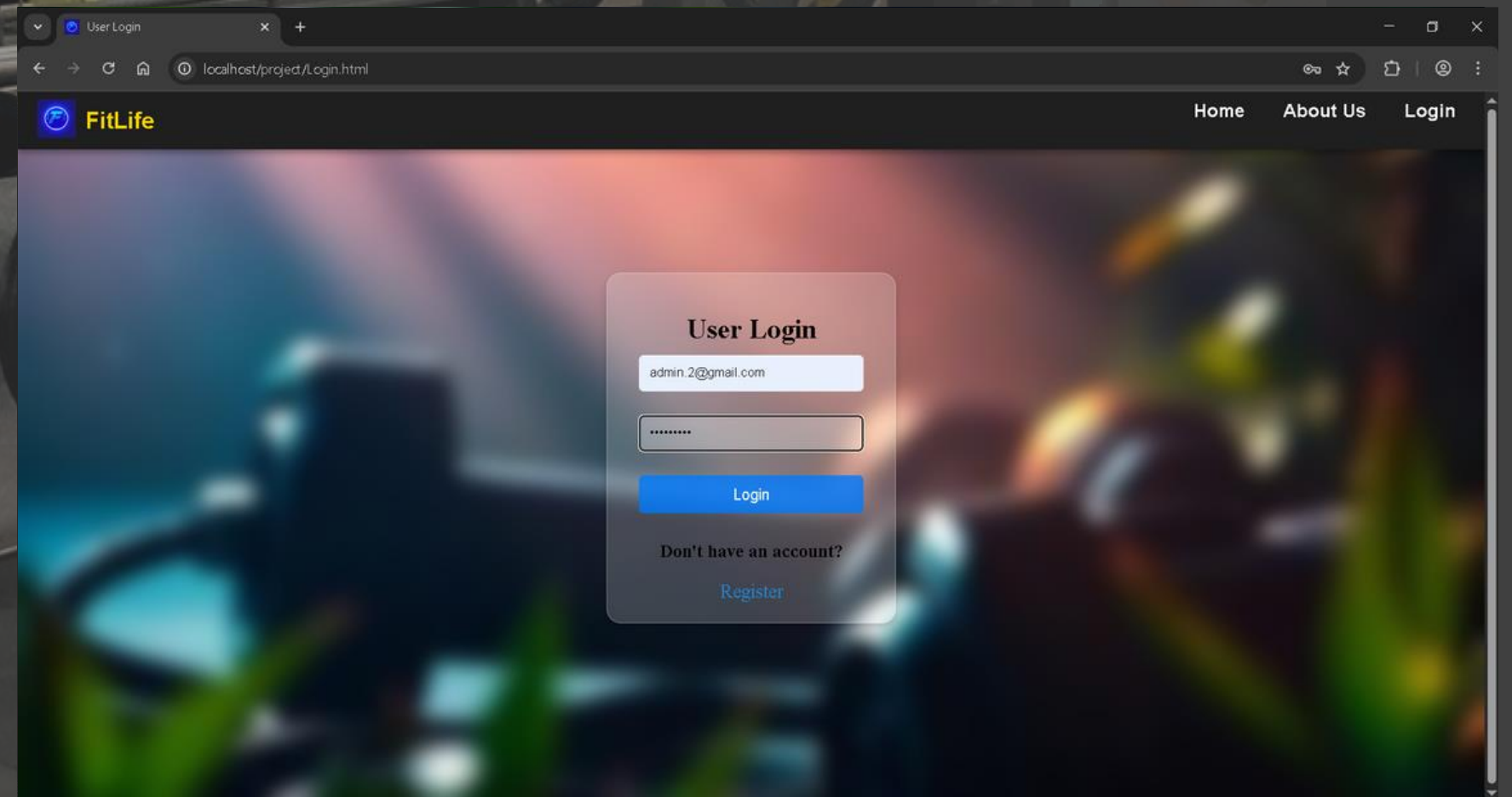
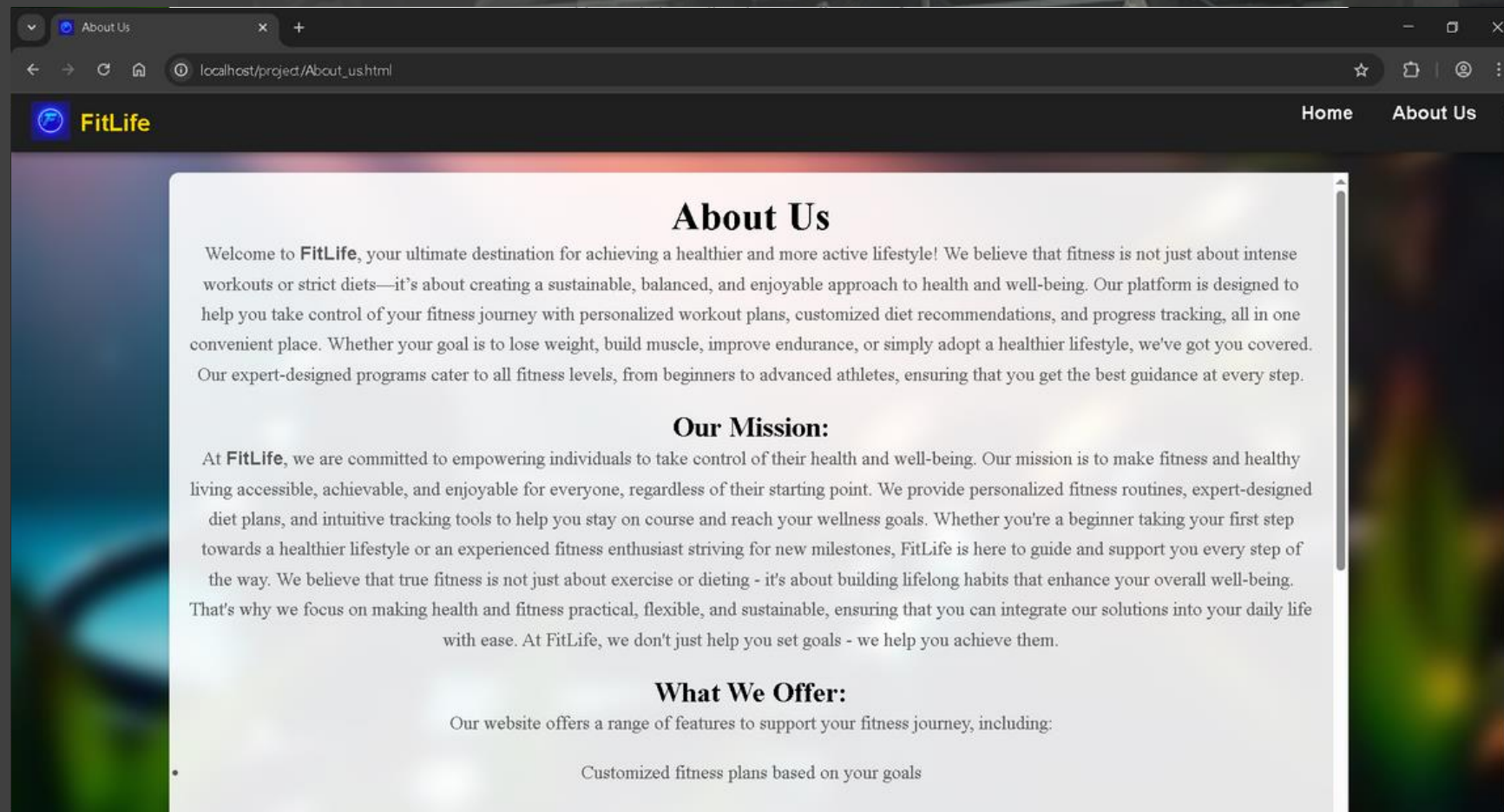
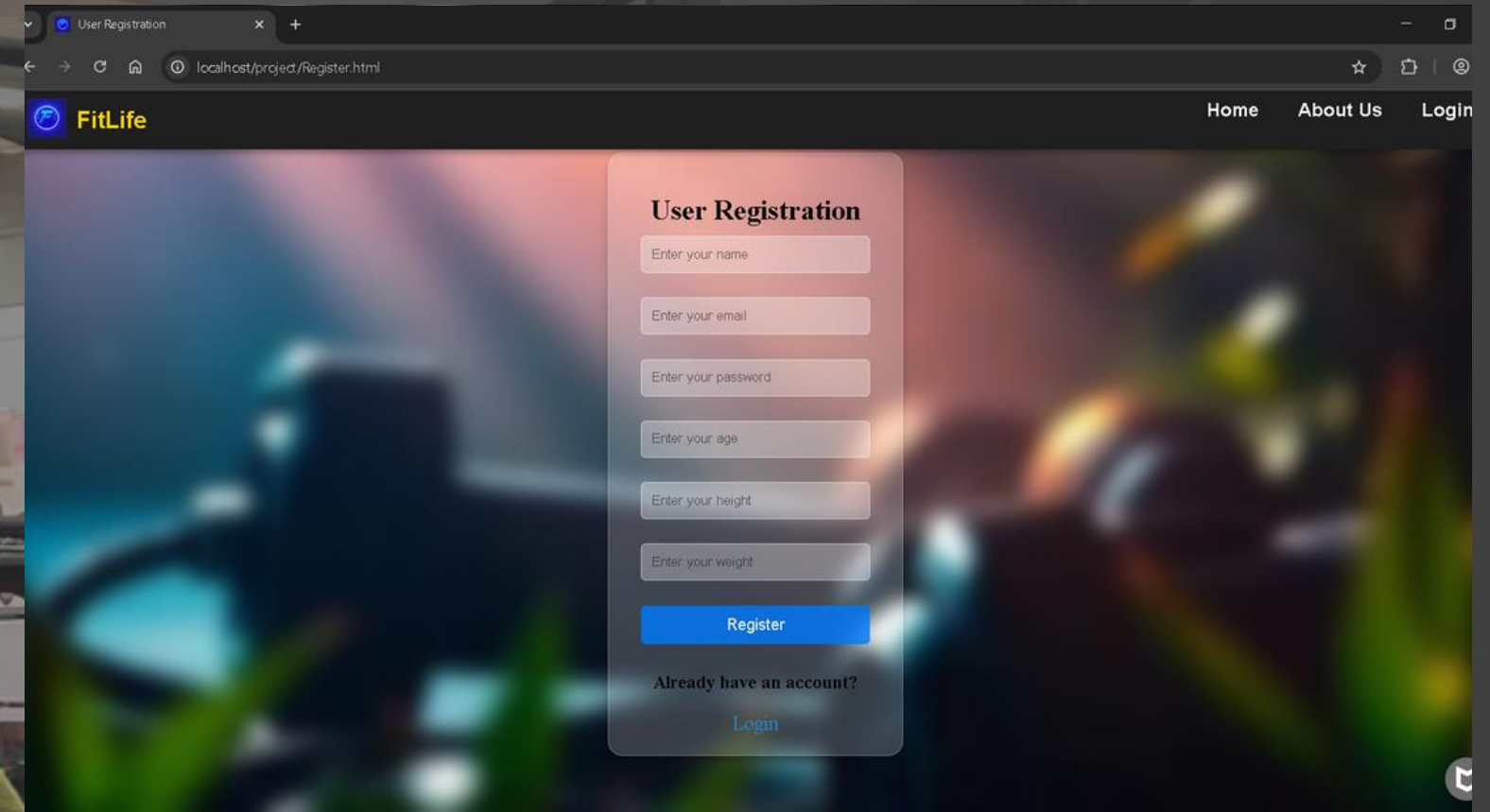
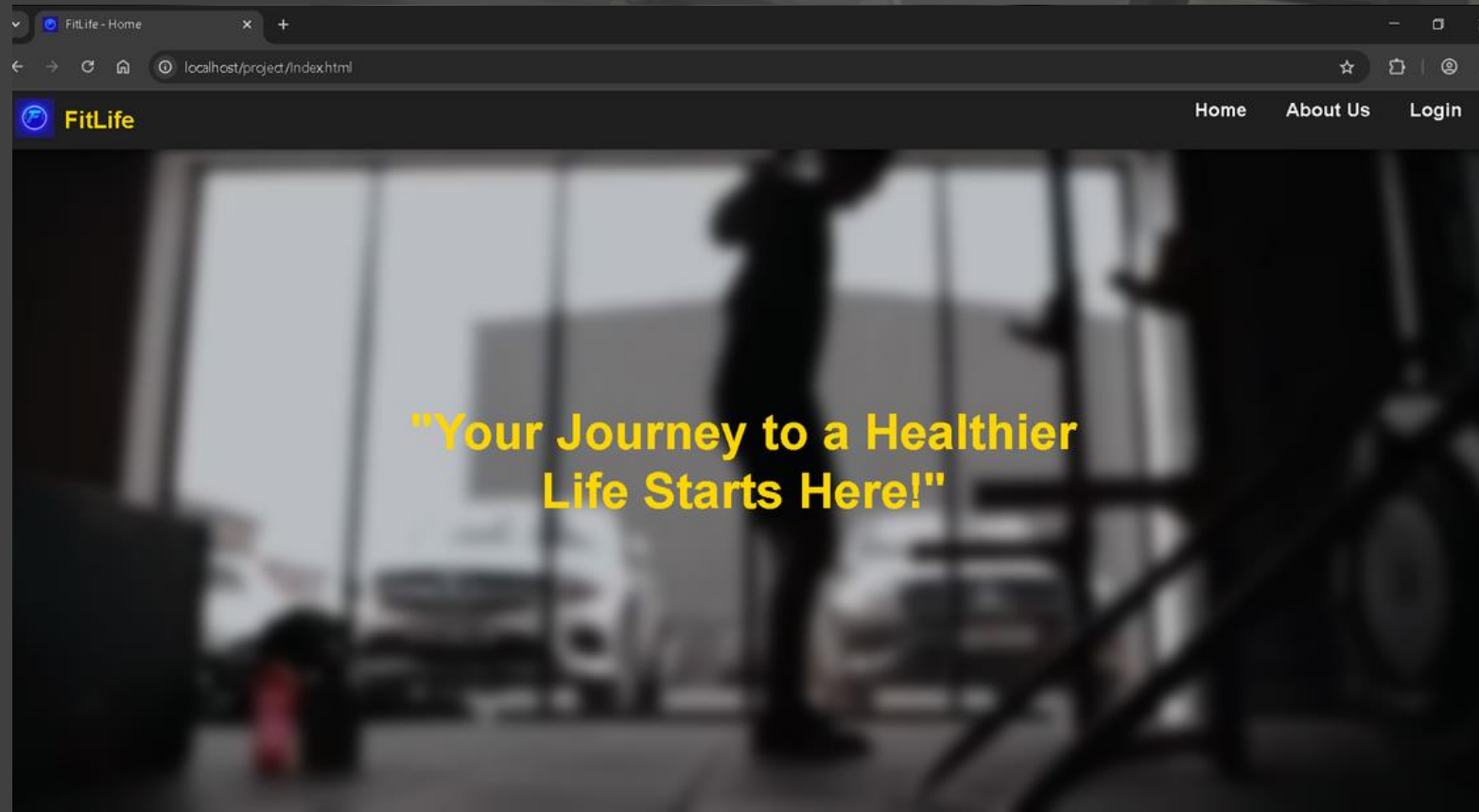
SEQUENCE DIAGRAM

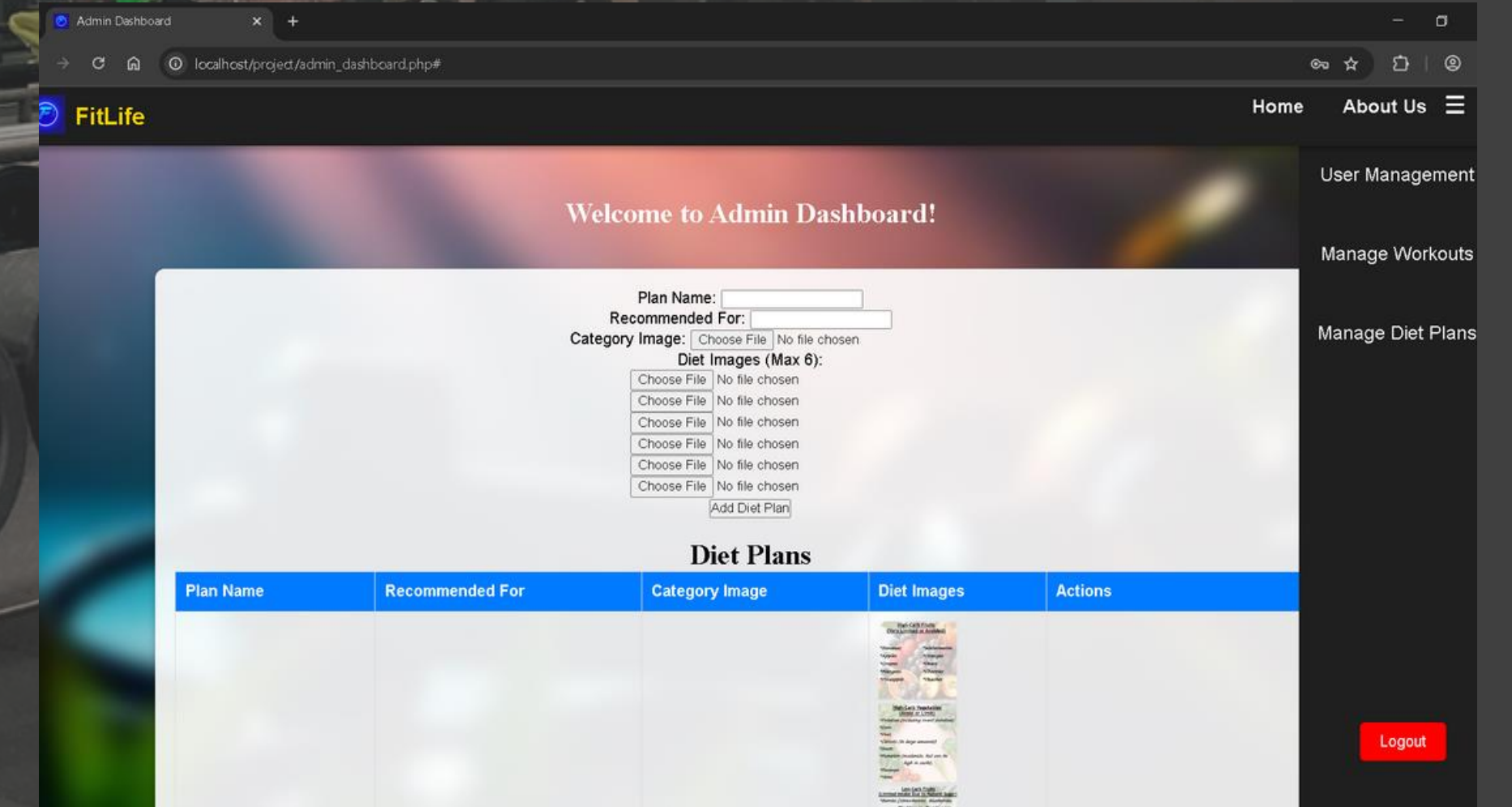
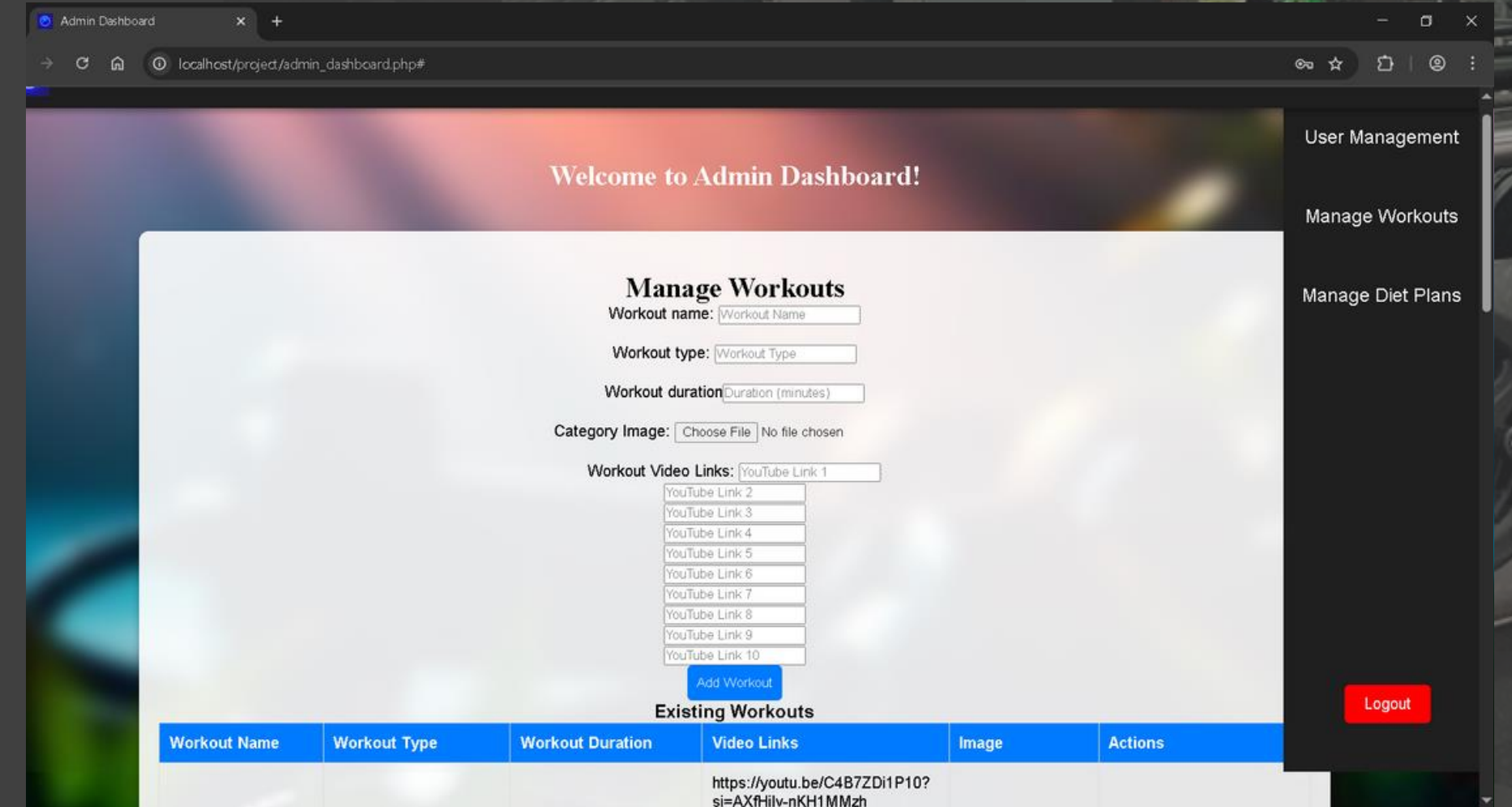
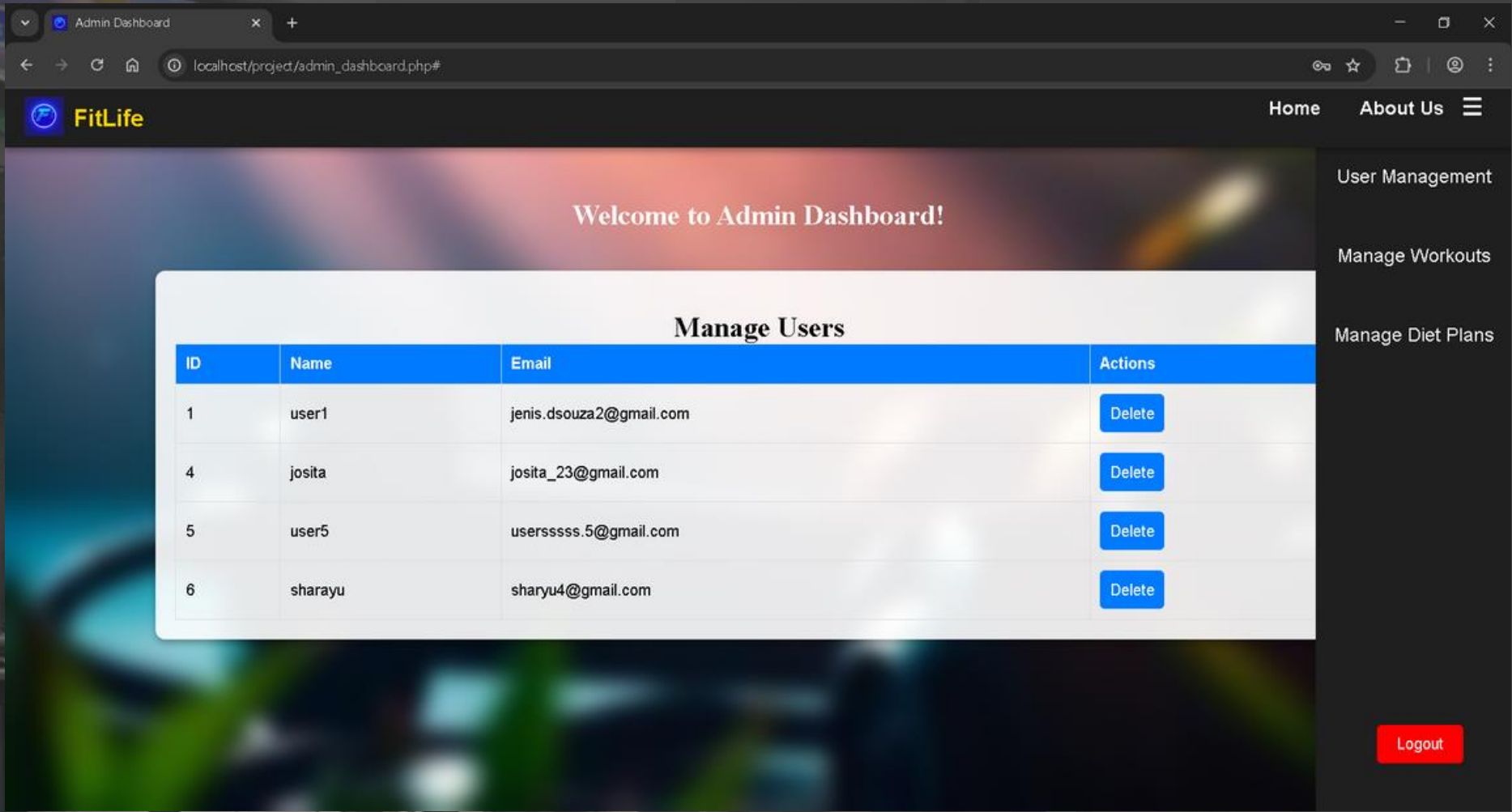
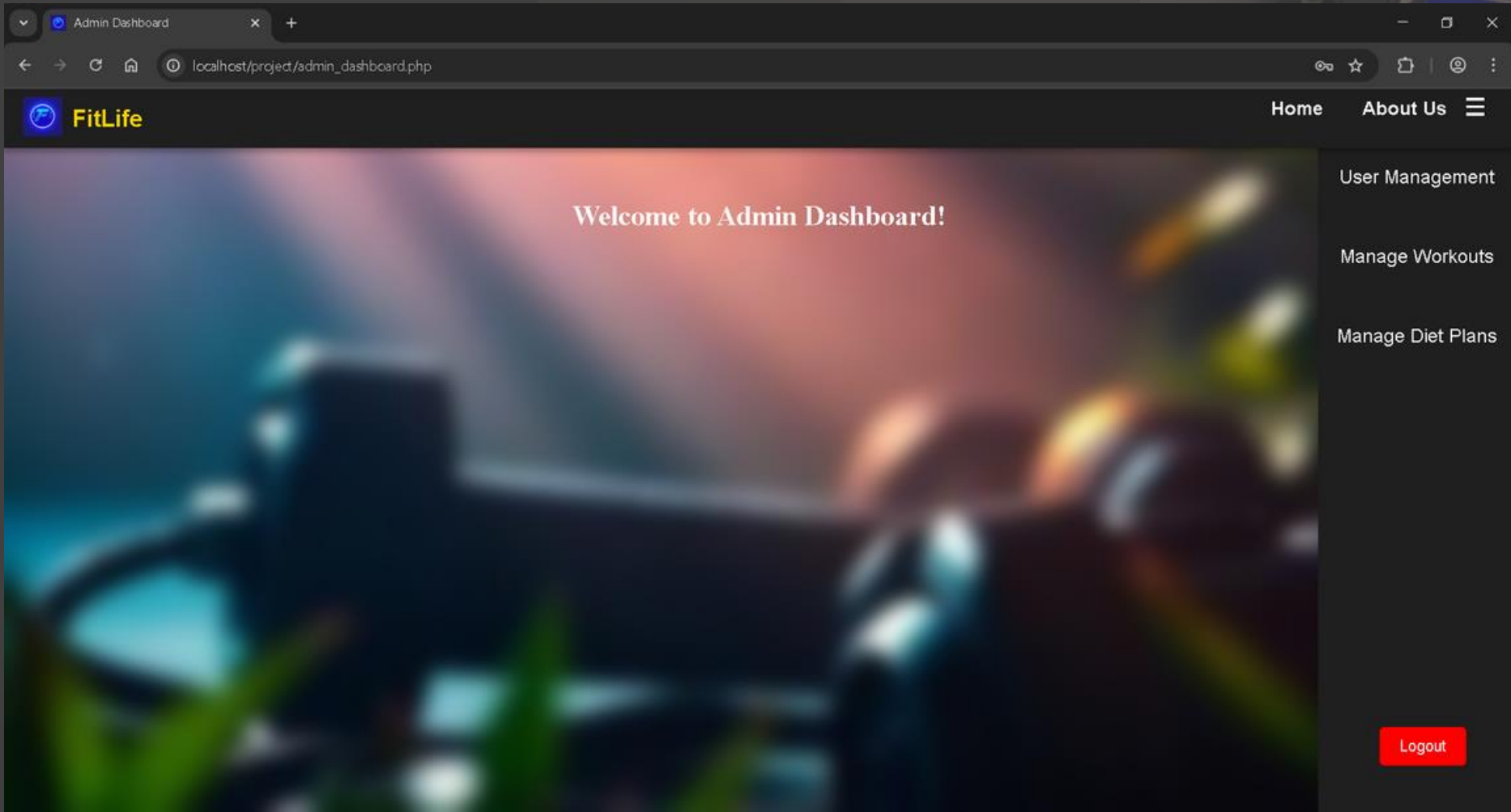


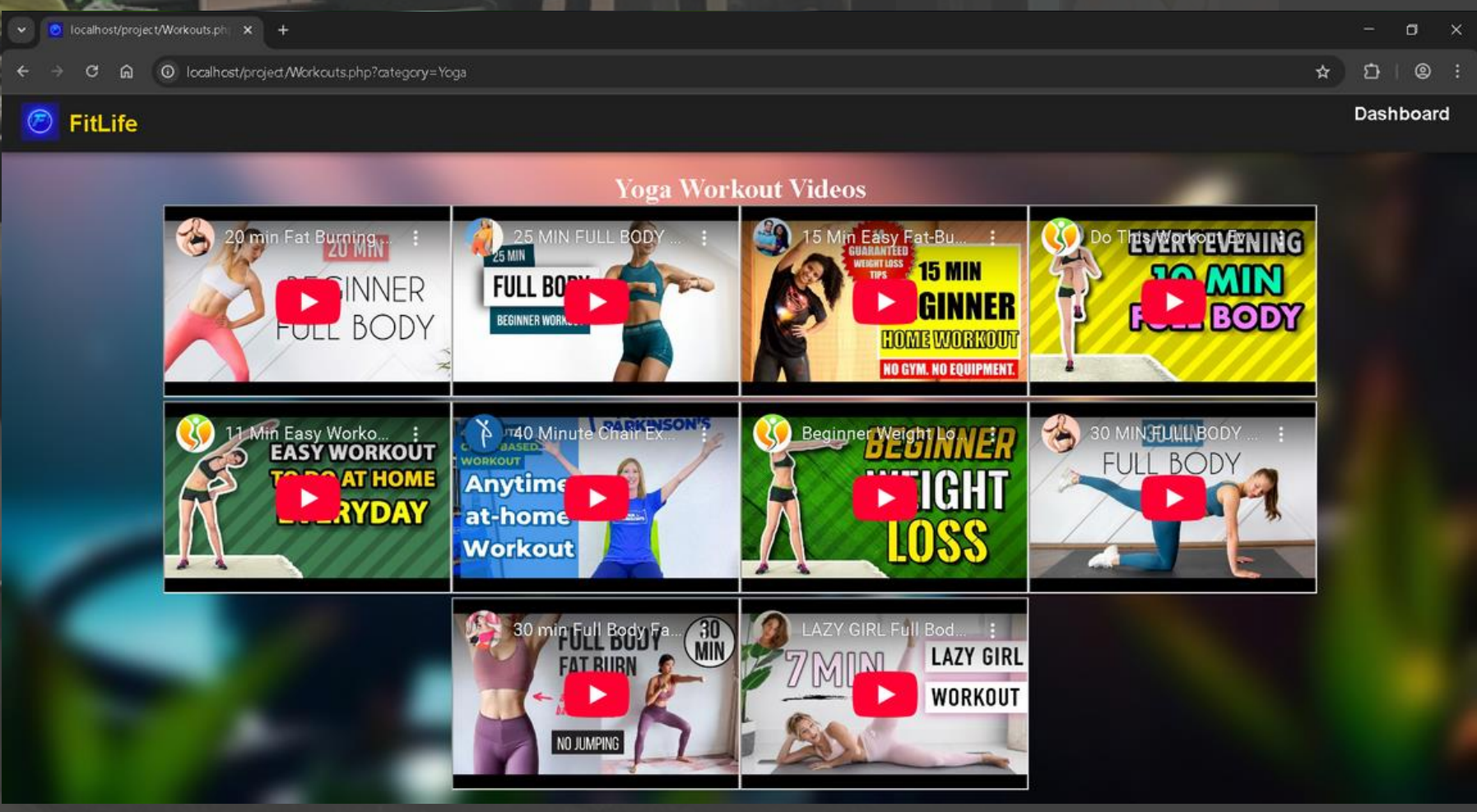
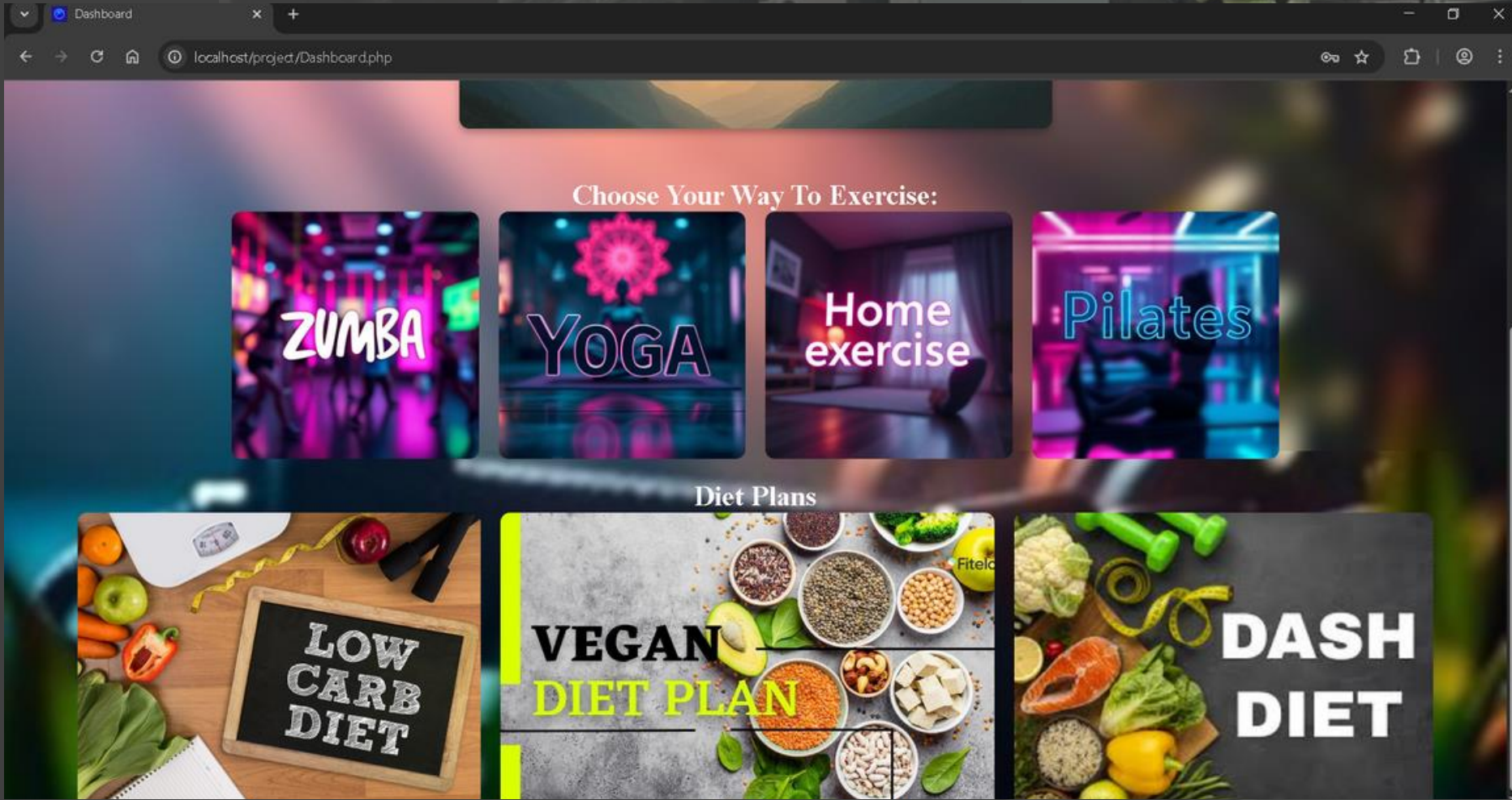
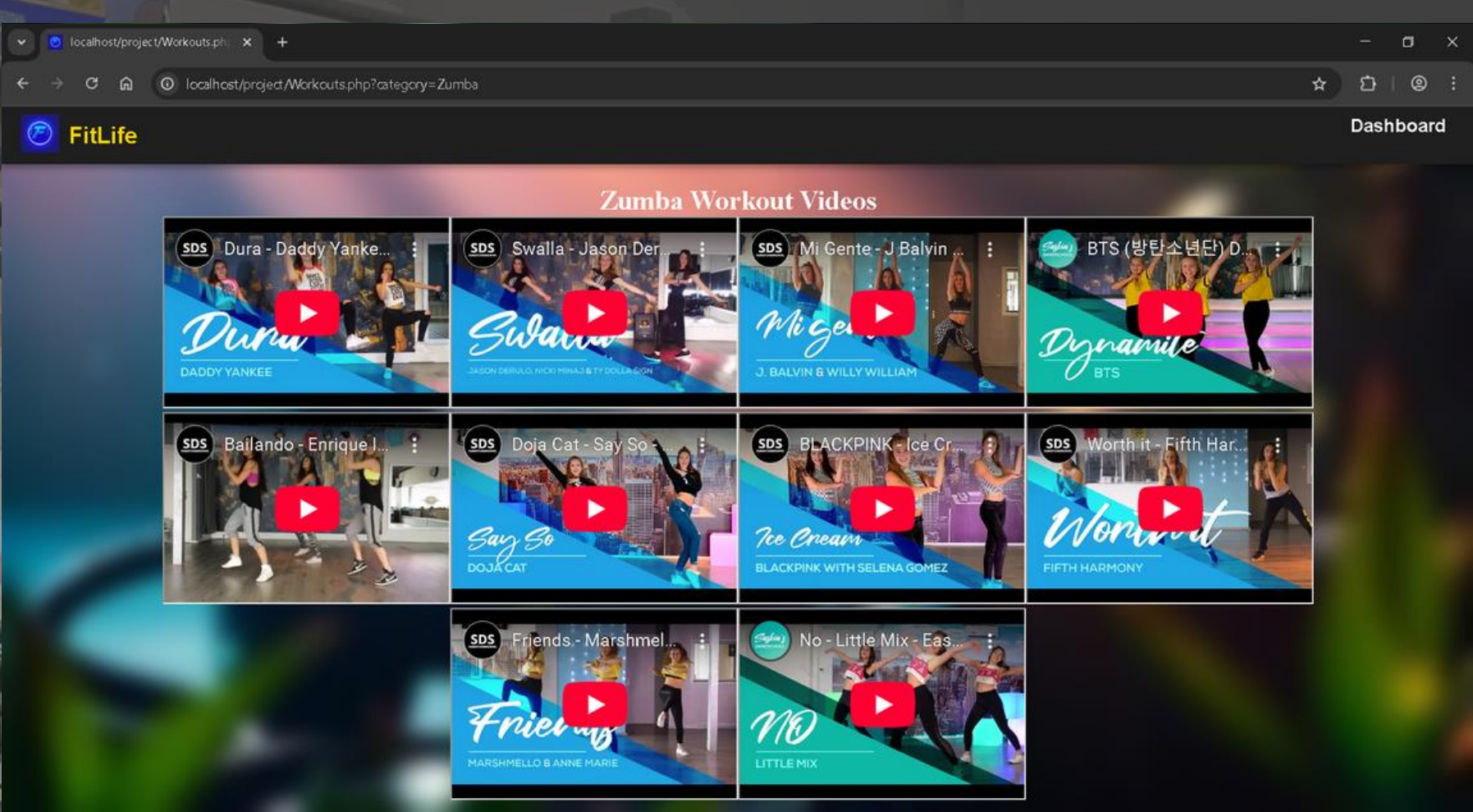
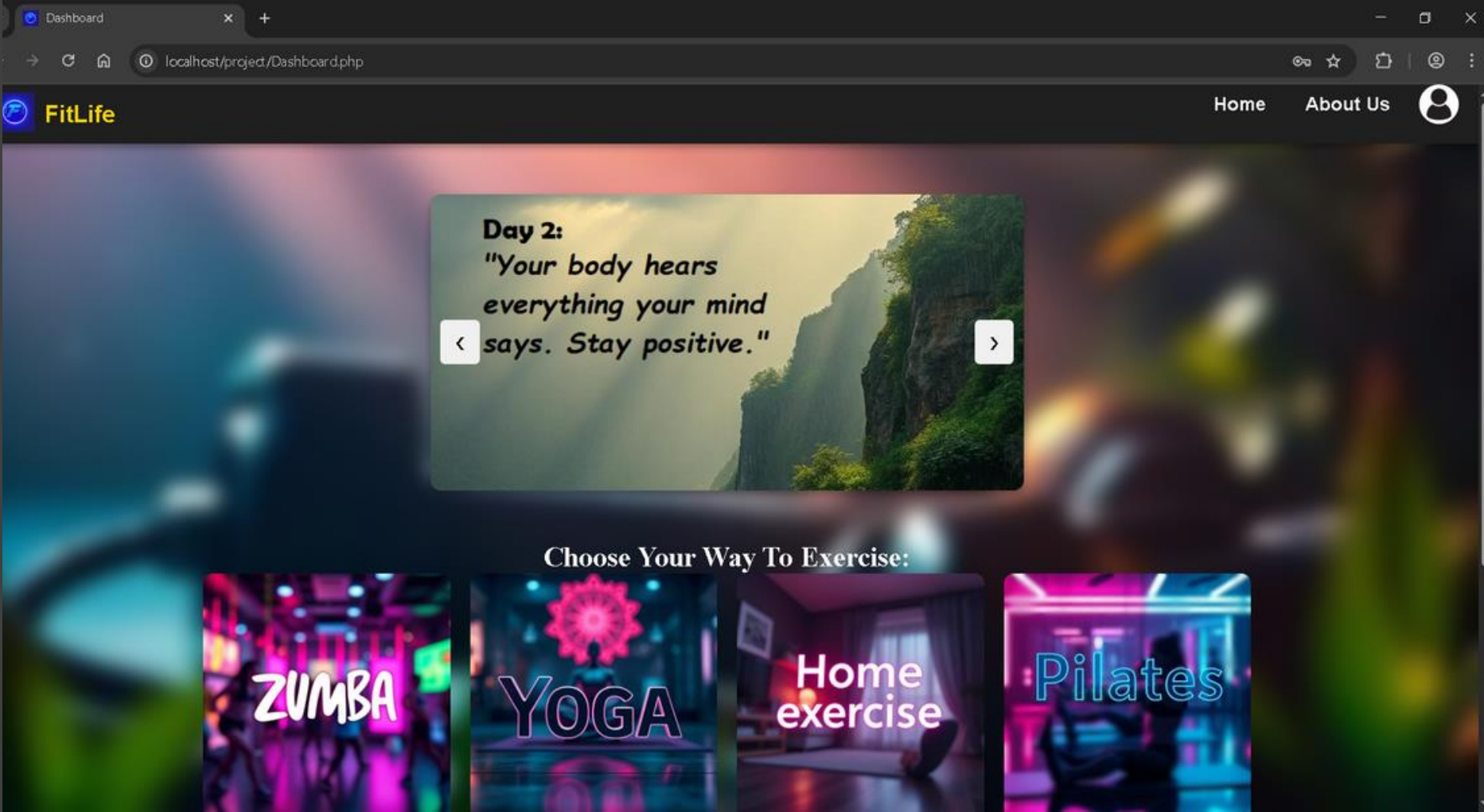
CLASS DIAGRAM

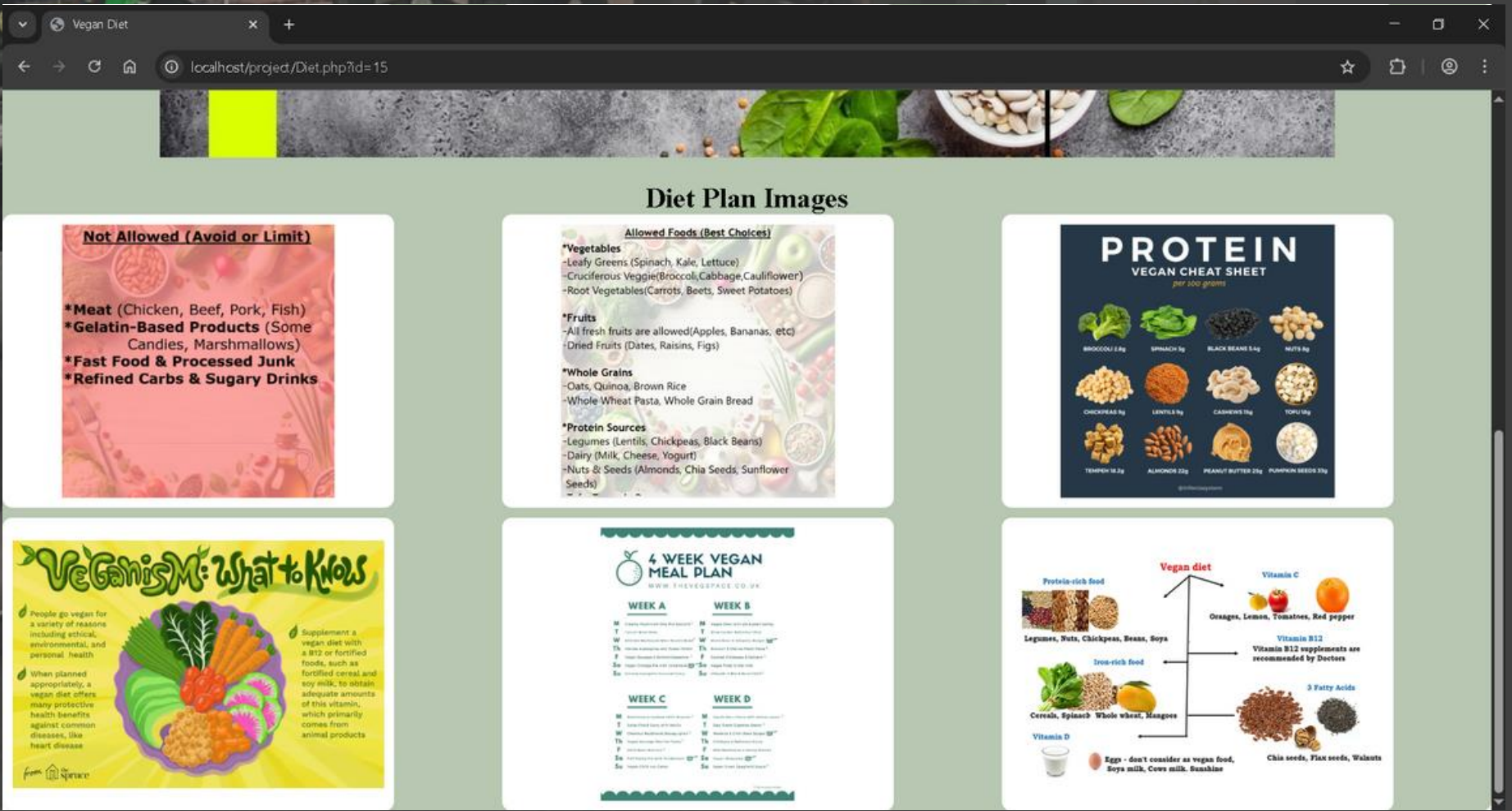
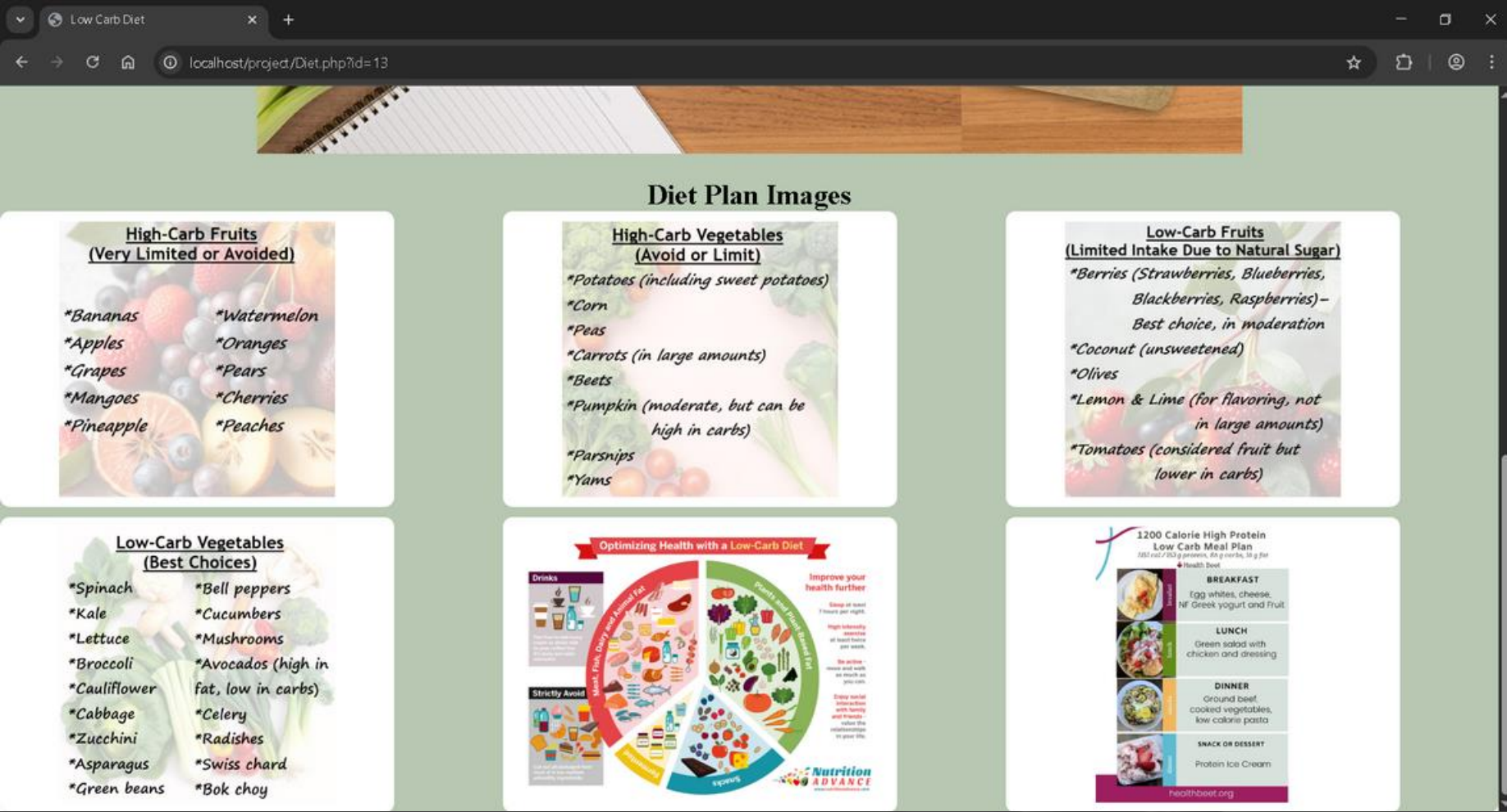
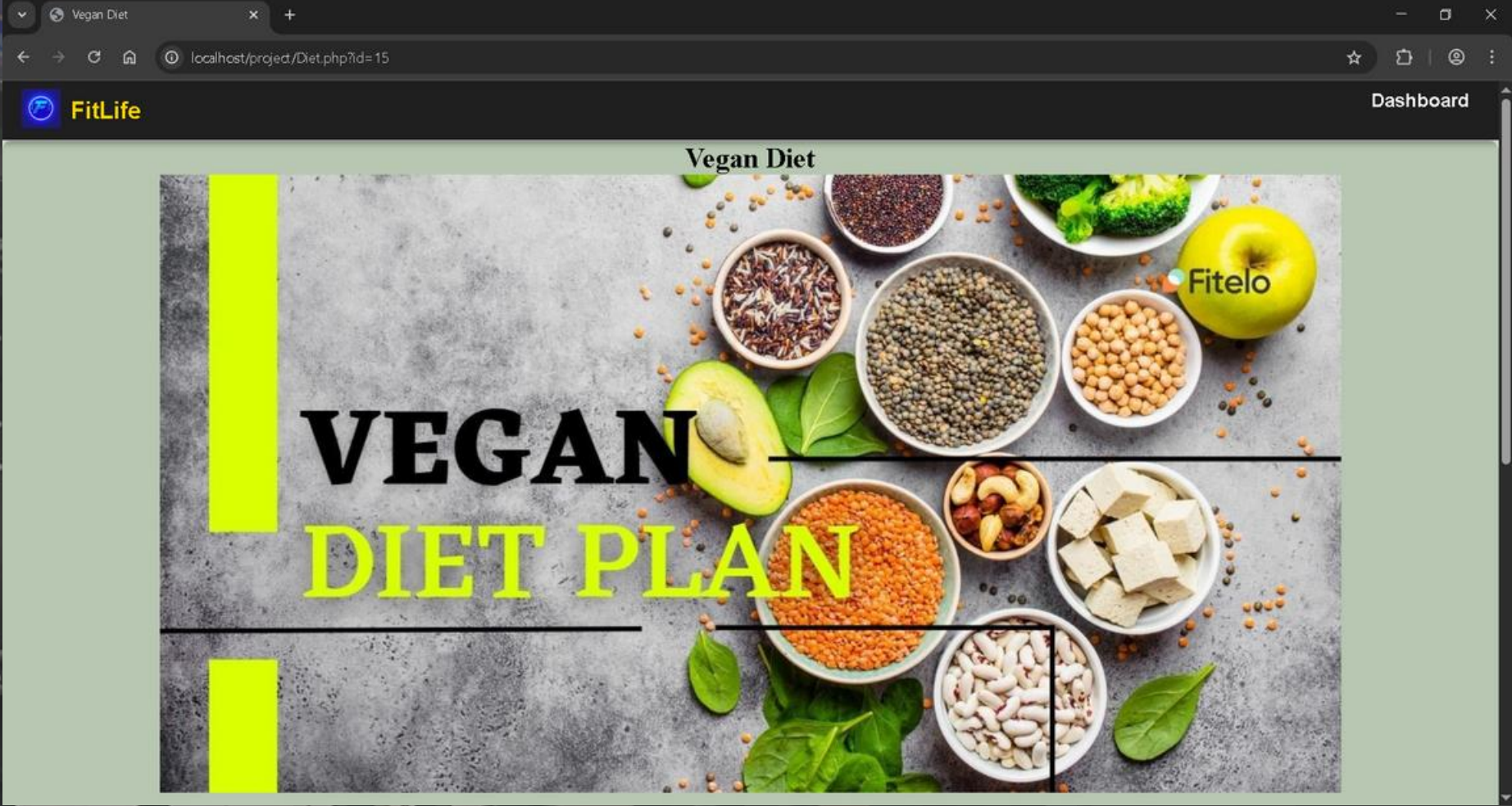
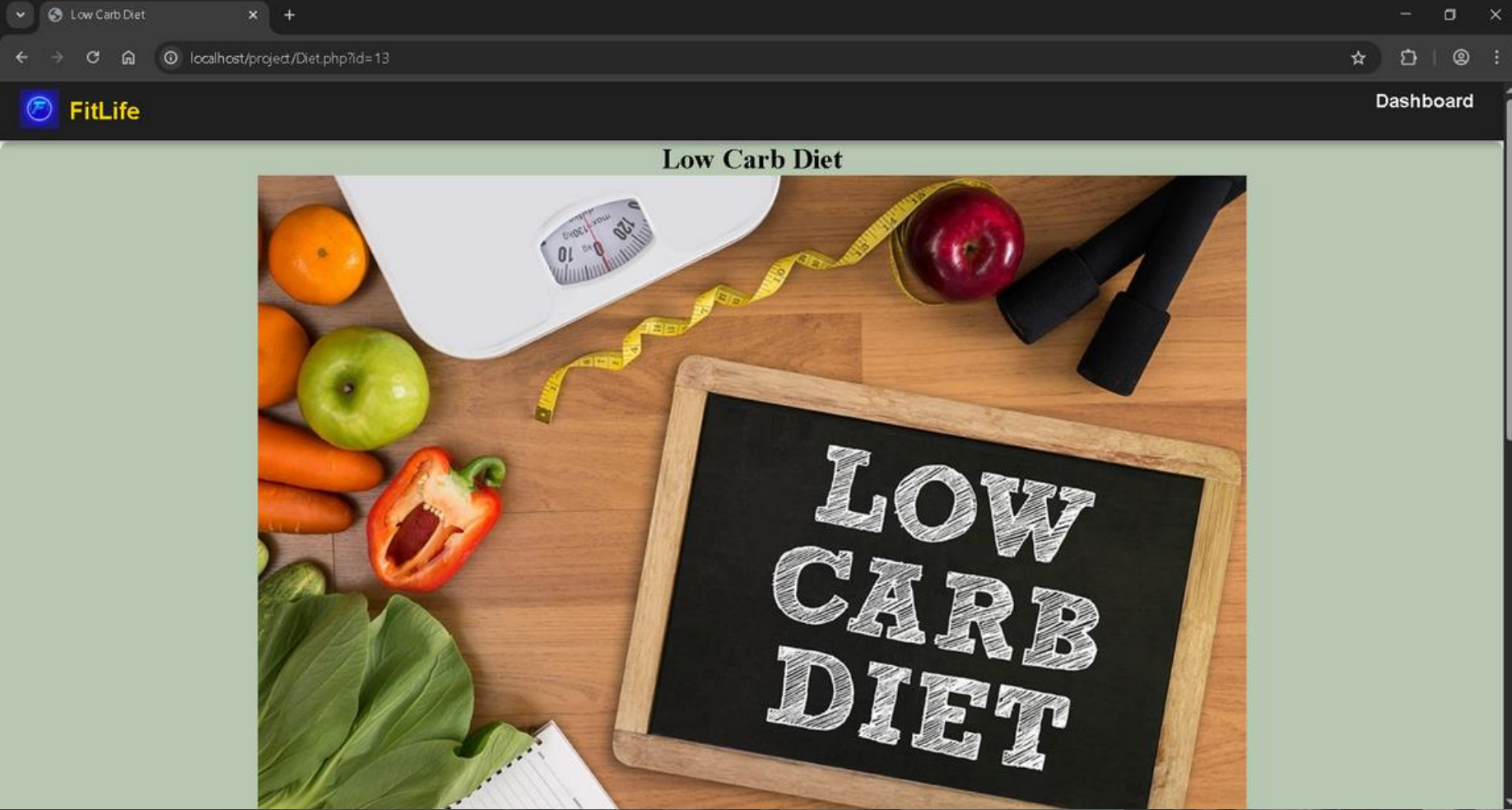


PROJECT USER INTERFACE









**THANK
YOU**

