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ijirset@gmail.com

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Fitness Tracking Application

Prof. Amrita. A. Shirode, Harsshad Sivsharan, Omkar Kendale, Omkar Khose, Samadhan Kakde

Dept. of Computer Science AISSMS Polytechnic, Pune, MH, India

ABSTRACT: Workout mobile applications provide the information of exercise to the users, which they need to do. Apart from this, workout apps guide the users on how to exercise properly. Logbook apps, personal trainer app and device pairing fitness apps are some popular examples of workout applications. Personal trainer apps offer a set of tailor made exercises by enabling the user to choose the difficulty level and the type of exercises that they like the most. Logbook apps are used to track exercise progress or health condition changes. If you use a fitness bracelet or smart watch, you can get all your health data right over your smart phone thanks to the robust fitness features.

KEYWORDS: Fitness and Health, Exercise, Application.

I. INTRODUCTION

The proposed system is designed to manage the difficulties occurring when the data becomes large in size or is done manually. A fitness app is an application that can be downloaded on any mobile device and used anywhere to get fit. ... Apps can perform various functions such as allowing users to set fitness goals, tracking caloric intake, gathering workout ideas, and sharing progress on social media to facilitate healthy behavior change. Workout mobile applications provide the information of exercise to the users, which they need to do. Apart from this, workout apps guide the users on how to exercise properly. Logbook apps, personal trainer app and device pairing fitness apps are some popular examples of workout applications.

II. METHODOLOGY

The main objective of the system developed is to override the problems prevailing in the practicing of manual system. This application is providing a system which is used to maintain and track the health of an individual.

- It takes care of all their fitness and also keeps the data of every day's gym exercise/ every day's work out. This application helps to empower people to create healthy training habits.
- To make best use of our equipment and resources available at home or at gym. Get personalized health tracker details 24*7 from this app.
- It is the measure of cost effectiveness of the project. The system can work with a configuration and connectivity which cause no excessive cost for implementation.
- Data change is the only cost that is incurred once the software is installed as space increases due to increase in users.
- Operational Feasibility is all about problems that may arise during operations. The proposed system drops the idea of manual work of maintaining registers to keep the track of their fitness journey.
- This app is user friendly as the end user need not have high end knowledge to access this app. In the Existing system the work is done manually as the records in the gym are maintained in books. They don't have records of exercises done by an individual due to many clients which becomes time consuming, and which is not reliable.
- In the Existing system the work is done manually every individual who is a fitness enthusiast has to maintain a book or a journal for maintaining the records of their daily workout.
- But many of times people don't maintain any record as it is time consuming due to which tracking their fitness journey becomes hard.



II. FUTURE SCOPE

It will help the person to know the management of passed year effortlessly and accurately with no redundancy of data and in less time. It can be accessed remotely which becomes convenient for users to monitor health and fitness from anywhere. It has reminders which help to maintain consistency in daily routine and workout. It will be user friendly and interactive and better services will be provided at a personal space. As the existing system is handled manually which leads to loss of data and not reliable, so there is a need of an automated system which will make the work much easier and the data can be managed efficiently. Security of data will be maintained as it is stored in a device rather than written in a book. Minimum time will be needed for various processing of data and calculations. It is always an inspiration to build a valued product that can influence the daily life of the people who use it. The most crucial part is a clear idea and plan for development. Developing an inclusive application takes less time when the whole flow is structured and finalized.

III. CONCLUSION

So, we saw in how many different ways the mobile fitness apps help us in maintaining our health. We saw how the technology can guide us towards a healthy lifestyle. It helps people struggling with obesity to adopt a healthy workout routine powered by these apps. obesity to adopt a healthy workout routine powered by these apps.

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