MODULE REGARDING GYM FITNESS MANAGEMENT: STAY-FIT

Josline Tellis

Department of MCA, Visvesvaraya Technological University

NMAMIT Institute of Technology, Nitte, Udupi, Karnataka, India

Abstract

In these modern days when people all over the world have become so much concerned about their health and diet, it is obvious that they continually seek out for fitness center. There must be some method to maintain the activities of the gym easily .Hence Stay-fit application helps the gym authority in maintaining the day to day activities of the gym. The admin can easily view the activities taking place at the gym without having to visit. The aim is to automate its existing manual system by the help of computerized equipments so that their valuable data can be stored with easy accessing and manipulation of the same.

I. Introduction

The "Stay-fit" management system has been developed to override the problems prevailing in practicing manual system,The main objective of developing stay fit is mainly for the Gym owners, their trainers and their customers. This system is designed for a particular need of the company to carry out operations in a smooth and effective manner.

- The application is reduced as much as possible to avoid errors while entering data. It also provides error message while entering invalid data. No formal knowledge is needed for the user to use this system. Thus by this all it proves it is user friendly.
- Here the trainee logs in using the RFID reader and logs out. Based on the time spent by him in the gym the fees will be calculated. This is a useful project where it helps the admin or the owner to easily keep track of the bills, renewals of the gym and also this is much easier when compared to the traditional method which is either done manually or through excel.
- Every fitness center system has different fitness center needs. Therefore this is designed to assist in strategic planning ,and will help you ensure that it is equipped with the right level of information and details for the future goals.

II. Literature Survey

Currently the gym management is done using manual methods. As usual manual method involves a person to maintain all the records in a book Manual work lead to lot of errors and takes a huge amount of time. Adding or deleting from the transactions makes the work complicated. And also the owner has to be present at the gym for checking the day to day activities of the gym which is not possible all the times. The owner cannot visit the gym on daily basis.

The other problem is that the trainees must pay monthly fees irrespective of their workout hours. A fixed amount has to be paid which is a loss if he/she don't visit a gym for longer period. In order to avoid all these drawbacks stayfit will be developed where the admin gets the control to view the activities or transactions of the gym without having to visit and helps in overcoming all the mentioned drawbacks.

III. Implementation

Here we have three main actors namely Admin, trainer and the trainee. Here we have different sections such as Login, Admin, Trainer and Trainee.

A. Login

In the login section the customer, trainers have to log in with the user Id and password given to them.

B. Admin

In the admin section admin has the authority to Add trainer attendance, add trainee attendance, view trainer and trainee attendance, bill entry, billing and view bill using which he can easily keep track of the charges and the attendance of the people.

C. Trainee

Here the trainee logs in using the RFID reader and logs out. Based on the time spent by him in the gym the fees will be calculated.

D. Trainer

The Admin manages the details of trainee and trainers and the trainers can view their profile as well as their schedule and also the trainees can check out their status of their attendance and bill. Hence Request response process is handled in the database.

IV. Proposed System

Proposed system benefits the owner, trainer since the work is computerized. The owner can get to know the day to day activities by sitting at the home. It offers more security to the data. Proposed system offers following benefits

- Add Trainers attendance, trainee attendance, bill entry and also billing.
- Owner can view trainer's attendance, trainee attendance also view bill.
- Trainers can view their attendance .The trainee can view their profile and also their attendance.

- Fees calculated based on the login and log out time.
- Ensures security of the data since it is protected with the password.

- Owner can get to know the operations of the gym by sitting at his home.
- Simplifies the work of the users.

V. Algorithm of the trainee module

Begin
Input username and password
Check if username and password is valid
    If valid then
        Check membership id
        Display authorized page
    Else
        Display error message
    Endif
End

VI. Conclusion

The main objective of developing stay fit is mainly for the Gym owners, their trainers and their customers.

The "Stay-fit" system is successfully designed and developed to fulfilling the necessary requirements as identified in the requirement analysis phase such as the system is very much user friendly. The old manual system was suffering from series of drawbacks. The present project has been developed to meet the aspirations indicated in the modern age.

References

[1] Carnevali L,. Sgoifo A.(2014):the role of stress and physical exercise. Front. Physiol.5:118.10.3389/fphys.2014.001178

[2] J .Miller, fitness management (V2V21) architecture in physical fitness, in :proc. IEEE fitness system Symposium,pp.715-720,Eindoven,july 2008