A

PROJECT

ON

" GYM MANAGEMENT SYSTEM "

Submitted to

Shiksha Mandal's

G. S. COLLEGE OF COMMERCE & ECONOMICS, NAGPUR

(AUTONOMOUS)

In the Partial Fulfilment of B.Com.

(Computer Application) Final Year

Submitted by

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(AUTONOMOUS) 2021-2022

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CERTIFICATE

(2021 - 2022)

This is to certify that Mr. Mohit Mandavkar and Miss. Shalu Balwani has completed their project on the topic of " Gym Management System "
prescribed by G. S.College of Commerce & Economics, Nagpur (Autonomous) forB.Com. (Computer Application) –

Semester-VI.

Date:

Place: Nagpur

Pravin J. Yadao

Project Guide

External Examiner **Internal Examiner**

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Mohit Mandavkar

Shalu Balwani

Student Names & Signature

Date:

Place: Nagpur

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Introduction

Our Gym Management Software is a gym and health club membership management system. You can keep records on your members, their memberships, and have quick and easy communication between you and your members. Gym Management also includes a booking system, point of sale, banking, accounting, concessions and has a range of reports that help in the management of your club.

Our Gym Management Software is a complete gym and recreation facility system program which looks after all of your members, memberships and activities. It is designed for gyms, recreation centers, and health clubs.

Our Gym management Software provides lots of functions such data entry of customer, keeping records of all the things about customer's fees, plan, and physical fitness which help to provide good quality of services to customer from Gym managers.

In this proposed system also provide the total information about machinery and data of coaches is also stored in it. Services provided by Gym are also handled by this system.

This system structure is become very simple to understand because of Data Flow Diagram provided by us. Context level Diagram and Some chart are also available in this case study. The demo of using the software such as customer detailform, data base of software is also provided by us.

OBJECTIVES

- **Objectives:**

  - The main objective of the project is to develop software that facilitates the data storage, data maintenance and its retrieval for the gym in an igneousway.
  - To store the record of the customers, the staff that has the privileges to access, modify and delete any record and finally the service, gym provides toits customers.
  - Also, only the staff has the privilege to access any database and make the required changes, if necessary.
  - To develop easy-to-use software which handles the customer-staff relationship in an effective manner.
  - To develop a user friendly system that requires minimal user training. Most offeatures and function are similar to those on any windows platform.

PRELIMINARY SYSTEM ANALYSIS

- **Preliminary system analysis:**

Preliminary System analysis is a process of gathering and interpreting facts, diagnosing problems and the information to recommend improvements on the system. It is a problem solving activity that requires intensive communication between the systemusers and system developers. System analysis or study is an important phase ofany system development process. The system is studied to the minutest detail and analyzed. The system analyst plays the role of the interrogator and dwells deep intothe working of the present system. The system is viewed as a whole and the input to the system are identified. The outputs from the organizations are traced to the various processes. System analysis is concerned with becoming aware of theproblem, identifying the relevant and decisional variables, analyzing andsynthesizing the various factors and determining an optimal or at least a satisfactory solution or program of action. A detailed study of the process must be made by various techniques like interviews, questionnaires etc. The data collected by these sources must be scrutinized to arrive to a conclusion. The conclusion is an understanding of how the system functions. This system is called the existing system. Now the existing system is subjected to close study and problem areas are identified. The designer now functions as a problem solver and tries to sort out the difficulties that the enterprise faces. The solutions are given as proposals. The proposal is then weighed with the existing system analytically and the best one is selected. The proposal is presented to the user for an endorsement by the user. The proposal is reviewed on user request and suitable changes are made. This is loop that ends as soon as the user is satisfied with proposal. Preliminary study is the process of gathering and interpreting facts, using the information for further studieson the system. Preliminary study is problem solving activity that requires intensive

communication between the system users and system developers. It does various feasibility studies. In these studies a rough figure of the system activities can be obtained, from which the decision about the strategies to be followed for effective system study and analysis can be taken.

Existing System

In the existing system the exams are done only manually but in proposed system we have to computerize the exams using this application.

- Lack of security of data.
- More man power.
- Time consuming.
- Consumes large volume of pare work.
- Needs manual calculations.
- No direct role for the higher officials

Proposed System

The aim of proposed system is to develop a system of improved facilities. The proposed system can overcome all the limitations of the existing system. The system provides proper security and reduces the manual work.

- Security of data.
- Ensure data accuracy's.
- Proper control of the higher officials.
- Minimize manual data entry.
- Minimum time needed for the various processing.
- Greater efficiency.
- Better service.
- User friendliness and interactive.
- Minimum time required.

FEASIBILITY STUDY: Feasibility study is made to see if the project on completion will serve the purposeof the organization for the amount of work, effort and the time that spend on it. Feasibility study lets the developer foresee the future of the project and theusefulness. A feasibility study of a system proposal is according to its workability, which is the impact on the organization, ability to meet their user needs and effective use of resources. Thus when a new application is proposed it normallygoes through a feasibility study .The document provide the feasibility of the project that is being designed and lists various areas that were considered very carefully during the feasibility study of this project such as Technical, Economic and Operational feasibilities. The following are its features:

TYPES OF FEASIBILITY STUDY:

TECHNICAL FEASIBILITY:

The system must be evaluated from the technical point of view first. The assessment of this feasibility must be based on an outline design of the system requirement in the terms of input, output, programs and procedures. Havingidentified an outline system, the investigation must go on to suggest the type of equipment, required method developing the system, of running the system once it has been designed.

Technical Gyms raised during the investigation are:

- Does the existing technology sufficient for the suggested one?
- Can the system expand if developed?

The project should be developed such that the necessary functions and performance are achieved within the constraints. The project is developed within latest

technology. Through the technology may become obsolete after some period of time, due to the fact that never version of same software supports olderversions, the system may still be used. So there are minimal constraints involved with this project.

ECONOMIC FEASIBILITY

The developing system must be justified by cost and benefit. Criteria to ensure that effort is concentrated on project, which will give best, return at the earliest. One of the factors, which affect the development of a new system, is the cost it would require.

The following are some of the important financial questions asked during preliminary investigation:

- The costs conduct a full system investigation.
- The cost of the hardware and software.
- The benefits in the form of reduced costs or fewer costly errors.

Since the system is developed as part of project work, there is no manual cost to spend for the proposed system. Also all the resources are already available, it give an indication of the system is economically possible for development.

Social Feasibility:

Social feasibility is one of the feasibility study where the acceptance of the people is considered regarding the product to be launched.It describes the effect on users from the introduction of the new system considering whether there will be a need for retraining the workforce. It describes how you 16 propose to ensure user co-operation before changes are introduced. The effect that a proposed project may have on the social system in the project environment is addressed in the social feasibility. It may happen that a particular category of employees may be short or not available as a result of ambient social structure. The influence on the social status

of the participants by the project should be evaluated in order to guarantee compatibility. It must be identified that employees in particular industries may have specific status symbols within the society.

PROJECT CATEGORY

Project Category:

In this project “Gym Management system ” we use HTML language as frontend and MY SQLas database and for styling of website we use CSS and Jquery javascript.

❑ HTML:

- HTML stands for Hyper Text Markup Language. It is used to design web pages using a markup language. HTML is the combination of Hypertext and Markup language. Hypertext defines the link between the web pages. A markup language is used to define the text document within tag which defines the structure of web pages. This language is used to annotate (make notes for the computer) text so that a machine can understand it and manipulate text accordingly. Most markup languages (e.g. HTML) are human-readable. The language uses tags to define what manipulation has to be done on the text.
- HTML is a markup language used by the browser to manipulate text, images, and other content, in order to display it in the required format. HTML was created by Tim Berners-Lee in 1991. The first-ever version of HTML was HTML 1.0, but the first standard version was HTML 2.0, published in 1999.

▪ Features of HTML-

- It is easy to learn and easy to use.
- It is platform-independent.
- Images, videos, and audio can be added to a web page.

❑ JavaScript:

JavaScript is a very powerful client-side scripting language. JavaScript is used mainly for enhancing the interaction of a user with the webpage. In other words, you can make your webpage more lively and interactive, with the help of JavaScript. JavaScript is also being used widely in game development and Mobile application development. JavaScript (js) is a light-weight object-oriented programming language which is used by several websites for scripting the webpages. It is an interpreted, full-fledged programming language that enables dynamic interactivity on websites when applied to an HTML document. It was introduced in the year 1995 for adding programs to the webpages in the Netscape Navigator browser. Since then, it has been adopted by all other graphical web browsers. With JavaScript, users can build modern web applications to interact directly without reloading the page every time. The traditional website uses js to provide several forms of interactivity and simplicity.

Features of JavaScript-

- All popular web browsers support JavaScript as they provide built-in execution environments.
- JavaScript follows the syntax and structure of the C programming language. Thus, it is a structured programming language.
- JavaScript is a weakly typed language, where certain types are implicitly cast (depending on the operation).
- JavaScript is an object-oriented programming language that uses prototypes rather than using classes for inheritance.
- It is a light-weighted and interpreted language.

- **MYSQL-** MySQL is an open-source relational database management system (RDBMS). It is the most popular database system used with PHP. MySQL is developed, distributed, and supported by Oracle Corporation. The data in a MySQL database are stored in tables which consists of columns and rows.

- MySQL is a database system that runs on a server.
- MySQL is ideal for both small and large applications.
- MySQL is very fast, reliable, and easy to use database system.
- MySQL compiles on a number of platforms.
- MySQL works on many operating systems and with many languages including PHP, PERL, C, C++, JAVA, etc.
- MySQL works very quickly and works well even with large data sets.
- MySQL is very friendly to PHP, the most appreciated language for web development.

- MySQL supports large databases, up to 50 million rows or more in a table. The default file size limit for a table is 4GB, but you can increase this (if your operating system can handle it) to a theoretical limit of 8 million terabytes (TB).
- MySQL is customizable. The open-source GPL license allows programmers to modify the MySQL software to fit their own specific environments.

❑ **CSS**- Cascading Style Sheets, fondly referred to as CSS, is a simply designed language intended to simplify the process of making web pages presentable. CSS allows you to apply styles to web pages. More importantly, CSS enables you to do this independent of the HTML that makes up each web page.CSS is easy to learn and understand, but it provides powerful control over the presentation of an HTML document.

Why CSS?

- CSS saves time: You can write CSS once and reuse the same sheet in multiple HTML pages.
- Easy Maintenance: To make a global change simply change the style, and all elements in all the web application will be updated automatically.
- Search Engines: CSS is considered a clean coding technique, which means search engines won't have to struggle to "read" its content.
- Superior styles to HTML: CSS has a much wider array of attributes than HTML, so you can give a far better look to your HTML page in comparison to HTML attributes.
- Offline Browsing: CSS can store web applications locally with the help of an offline cache. Using this we can view offline websites

SOFTWARE AND HARDWARE REQUIREMENTS SPECIFICATIONS

SOFTWARE:

Every application needs the software in which it has to be executed and a hardware the application is going to perform its function. Some application cannot run on every platforms and some applications needs some specific requirement in the software or in hardware to get operated. Lets take an example of the applications which cannot be run on every platforms like windows, android, Linux, etc. Applications made in visual basic is only supported for the windows, one cannot access this applications from the mobile phones, etc. So, here are some hardware and software specifications which are mandatory for the application to get operated.

HARDWARE:

3.1.1 User Interface

- HTML has been used for developing the User Layout for the system
- PHPScript has been used for creating all the validations and client sidescripting functionality
- CSS has been used for designing the web pages of the system

3.1.2 HARDWARE INTERFACE:

- Processor : Intel Pentium IV or more
- Ram : 512 MB or more
- Cache : 1 MB
- Hard Disk : 10 GB recommended

3.1.3 Software Interface:

- Client on Internet: Web Browser, Operating System (any)
- Web Server: Operating System (any), Apache 2
- Database: MySQL
- Scripting Language: HTML, PHPScript, JQuery

3.1.4 Communication Protocol

Following protocols are required to be permitted on the server side

- HTTP incoming request

3.2 Functional Requirements

- The system runs of apache server so it is needed that server must haveapache server version 2.0 available

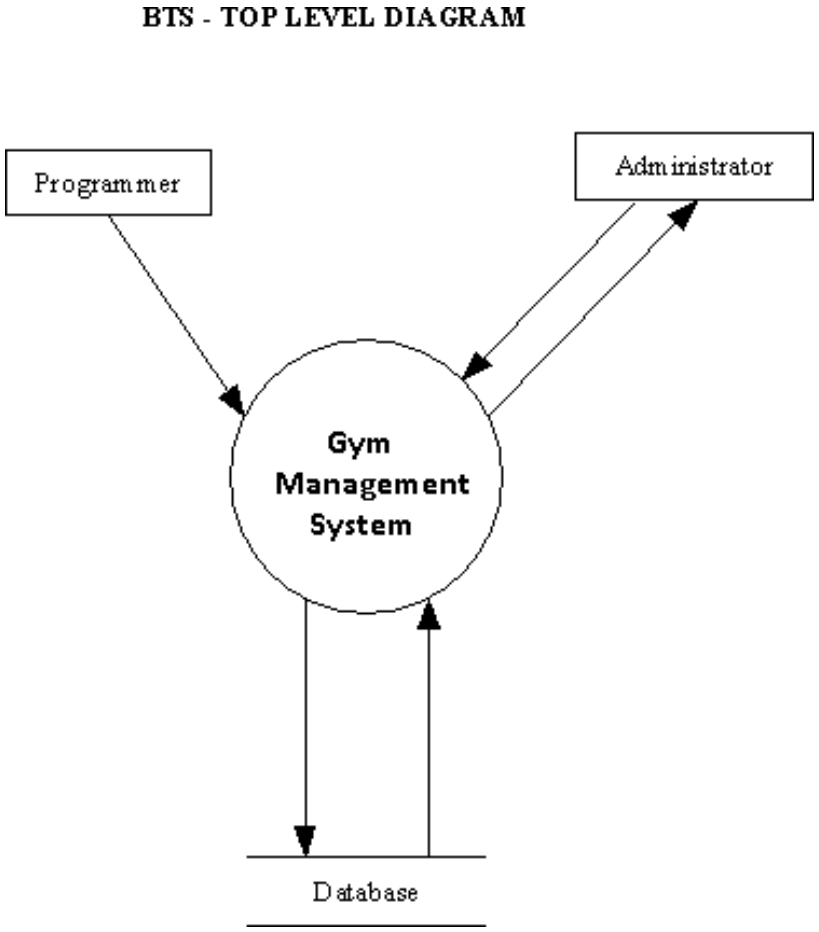
- We have used HTML for server side scripting so the current version of HTMLmust be available on the server
- MySQL database has been used for storing the data of the website
- HTML has been used for creating the layout of the web application
- CSS has been used for creating the designing of the webpages
- PHPScript scripting language has been implemented on the system forperforming all of the Client Side Server Validation.

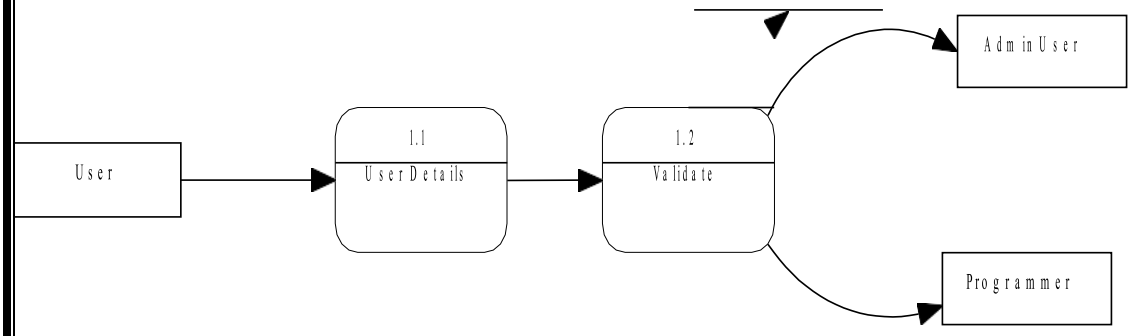
3.4. Classes and Objects of the Project

- Login Class: Used for performing all the operations of the login functionality.
- Page Class: Class for managing all the operations of the page.
- Traffic Class: Class for managing the traffic of the website
- IP Class: It has been used for storing all the IPs which hits the website
- Users Class: Class for managing all the user operations
- Permission Class: This class has been used for managing all the permissionslevel opeations.

DETAILED SYSTEM ANALYSIS

- **DATA FLOW DIAGRAM**

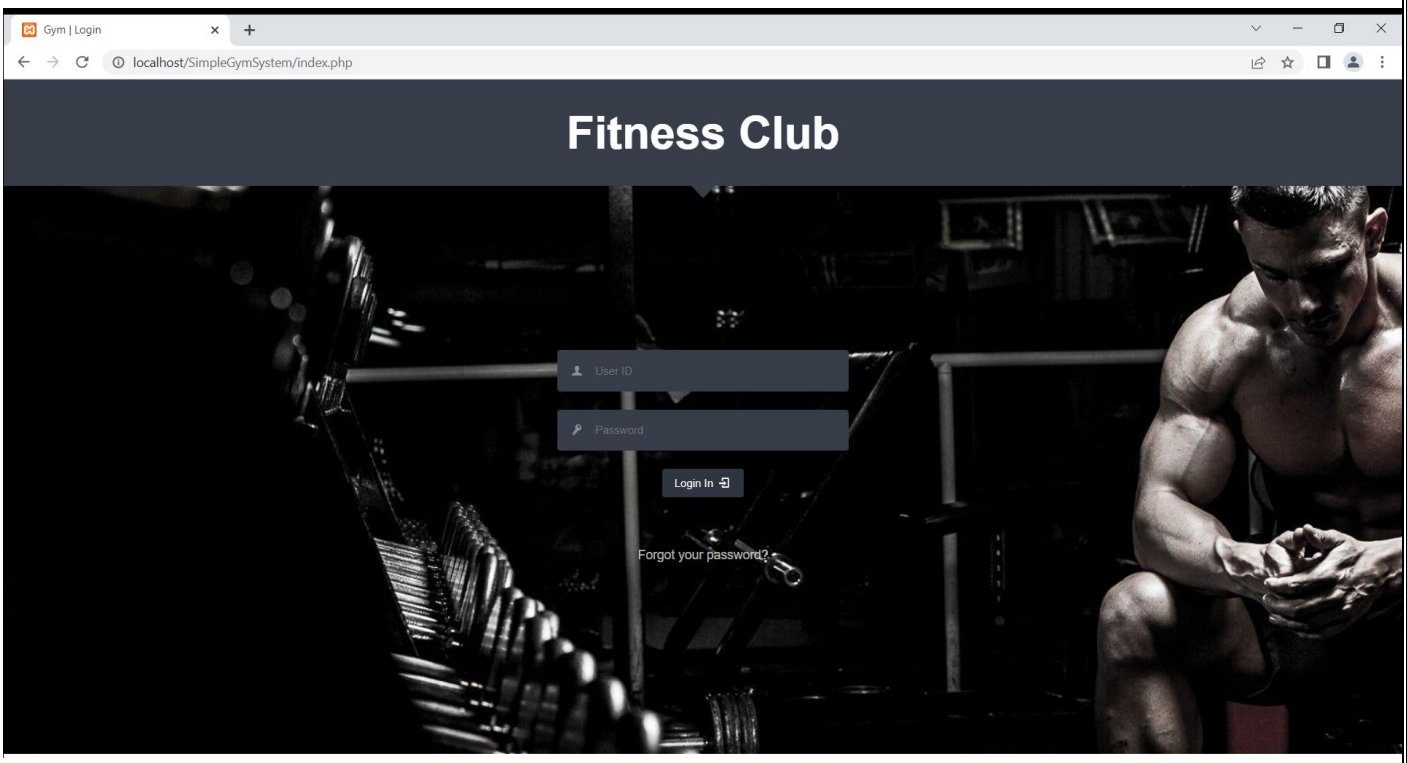




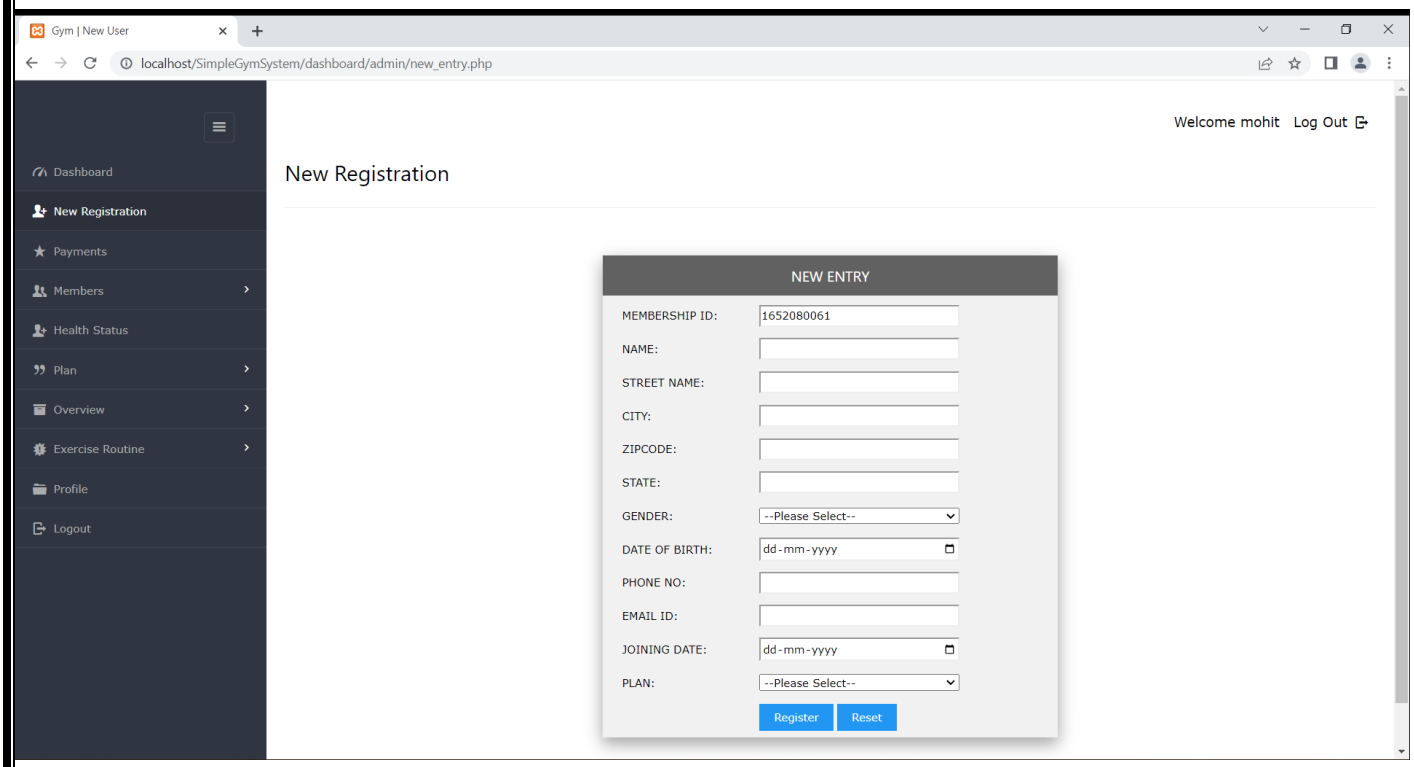
SYSTEM DESIGN

Form Design

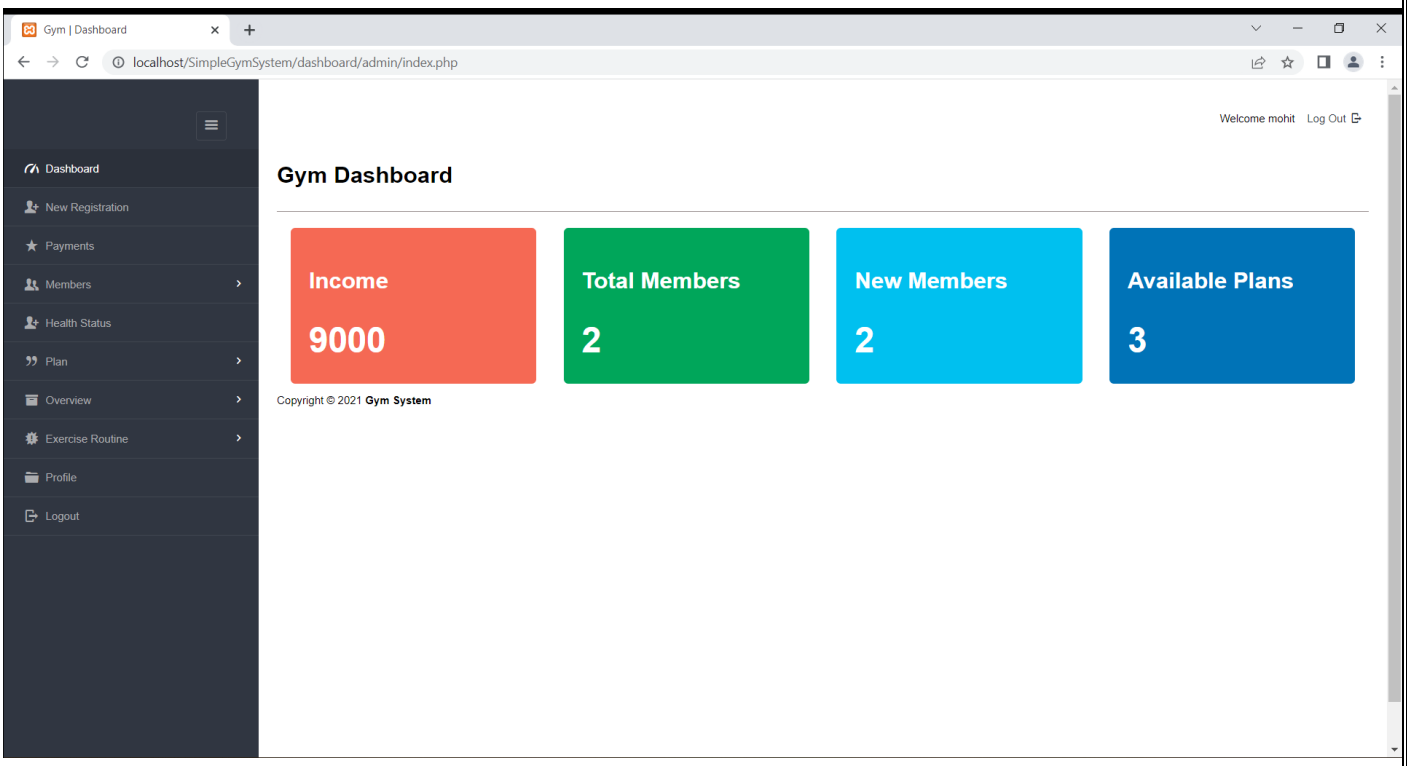
Login Form:



Registration Form:



Dashboard:


Gym | Dashboard
localhost/SimpleGymSystem/dashboard/admin/index.php
Welcome mohit
Log Out
Dashboard
New Registration
Payments
Members
Health Status
Plan
Overview
Exercise Routine
Profile
Logout
Gym Dashboard
Income
9000
Total Members
2
New Members
2
Available Plans
3
Copyright © 2021 Gym System

SOURCE CODE:

Login and Registration Source code in PHP, HTML, CSS and JavaScript

- **Login_form.php (file) :**

```
<?php

session_start();
if(isset($_SESSION["user_data"]))
{
header("location:./dashboard/admin/");
}

?>

<!DOCTYPE html>
<html>
<head>
<title>Gym | Login</title>
<link rel="stylesheet" href="./css/style.css"/>
<link rel="stylesheet" type="text/css" href="./css/entypo.css">
</head>
<body>
<body class="page-body login-page login-form-fall">
<div id="container">
<div class="login-container">
<div class="login-header login-caret">
<div class="login-content">
```

```
<h1 style="color:white;">Fitness Club</h1>

<!-- progress bar indicator -->
<div class="login-progressbar-indicator">
<h3>43%</h3>
<span>logging in...</span>
</div>
</div>

</div>

<div class="login-progressbar">
<div></div>
</div>

<div class="login-form">

<div class="login-content">

<form action="secure_login.php" method='post' id="bb">
<div class="form-group">
<div class="input-group">
<div class="input-group-addon">
<i class="entypo-user"></i>
</div>
<input type="text" placeholder="User ID" class="form-control" name="user_id_auth"
id="textfield" data-rule-minlength="6" data-rule-required="true">
</div>
```

```
</div>

<div class="form-group">
<div class="input-group">
<div class="input-group-addon">
<i class="entypo-key"></i>
</div>
<input type="password" name="pass_key" id="pwfield" class="form-control" data-rule-
required="true" data-rule-minlength="6" placeholder="Password">
</div>
</div>

<div class="form-group">
<button type="submit" name="btnLogin" class="btn btn-primary">
Login In
<i class="entypo-login"></i>
</button>
</div>
</form>

<div class="login-bottom-links">
<a href="forgot_password.php" class="link">Forgot your password?</a>
</div>
</div>

</div>

</div>
```

```
</div>

</body>
</html>
```

- **Register_form.php :**

```
<?php
include './include/db_conn.php';

$user_id_auth = ltrim($_POST['user_id_auth']);
$user_id_auth = rtrim($user_id_auth);

$pass_key = ltrim($_POST['pass_key']);
$pass_key = rtrim($_POST['pass_key']);

$user_id_auth = stripslashes($user_id_auth);
$pass_key     = stripslashes($pass_key);



if($pass_key=="" &&  $user_id_auth==""){
   echo "<head><script>alert('Username and Password can be
empty');</script></head></html>";
            echo "<meta http-equiv='refresh' content='0; url=index.php'>";

}
else if($pass_key=="" ){
```

```
   echo "<head><script>alert('Password can be empty');</script></head></html>";
            echo "<meta http-equiv='refresh' content='0; url=index.php'>";

}
else if($user_id_auth=="" ){
   echo "<head><script>alert('Username can be empty');</script></head></html>";
            echo "<meta http-equiv='refresh' content='0; url=index.php'>";

}

else{

$user_id_auth = mysqli_real_escape_string($con, $user_id_auth);
$pass_key     = mysqli_real_escape_string($con, $pass_key);
$sql          = "SELECT * FROM admin WHERE username='$user_id_auth' and
pass_key='$pass_key'";
$result       = mysqli_query($con, $sql);
$count        = mysqli_num_rows($result);
if ($count == 1) {
    $row = mysqli_fetch_assoc($result);
    session_start();
    // store session data
    $_SESSION['user_data']  = $user_id_auth;
    $_SESSION['logged']     = "start";
    // $_SESSION['auth_level'] = $row['level'];
    $_SESSION['full_name']  = $user_id_auth;
    $_SESSION['username']=$row['Full_name'];
    // $auth_l_x               = $_SESSION['auth_level'];
```

```
    // if ($auth_l_x == 5) {
        header("location: ./dashboard/admin/");
    // } else if ($auth_l_x == 4) {
    //     header("location: ../dashboard/cashier/");
    // } else if ($auth_l_x == 3) {
    //     header("location: ../dashboard/member/");
    // } else {
    //     header("location: ../login/");
    // }
  } else {
    include 'index.php';
    echo "<html><head><script>alert('Username OR Password is
  Invalid');</script></head></html>";
  }
  }
?>
```

- **Logout.php :**

```
!DOCTYPE html>
<html lang="en">
<head>
   <meta charset="utf-8">
   <!--[if IE]><meta http-equiv="X-UA-Compatible"
content="IE=edge,chrome=1"><![endif]-->

   <meta name="viewport" content="width=device-width, initial-scale=1.0" />
   <meta name="description" content="Neon Admin Panel" />
   <meta name="author" content="Laborator.co" />

   <title>Gym | Login</title>
   <link rel="stylesheet" href="./css/style.css"/>
    <link rel="stylesheet" type="text/css" href="./css/entypo.css">

</head>

<body class="page-body login-page login-form-fall">
    <div id="container">
          <div class="login-container">

               <div class="login-header login-caret">

                    <div class="login-content">
```

```
                </div>

            </div>

            <div class="login-form">

                <div class="login-content">

                    <form action="change_s_pwd.php" method="POST"
id="bb">

                        <div class="form-group">

                            <div class="input-group">
                                <div class="input-group-addon">
                                    <i class="entypo-user"></i>
                                </div>
                                    <input type="text" class="form-
control" name="login_id" placeholder="Your Login ID" data-rule-required="true" data-
rule-minlength="6"/>
                            </div>
                        </div>

                        <div class="form-group">

                            <div class="input-group">
                                <div class="input-group-addon">
```

```
                                        <i class="entypo-key"></i>
                                    </div>
                                    <input type="text" name="login_key"
class="form-control" placeholder="Your secert key" data-rule-required="true" data-rule-
minlength="6">
                                </div>
                            </div>

                            <div class="form-group">

                                <div class="input-group">
                                    <div class="input-group-addon">
                                        <i class="entypo-key"></i>
                                    </div>
                                    <input type="password" name="pwfield"
id="pwfield" class="form-control" data-rule-required="true" data-rule-minlength="6"
placeholder="Your new passowrd">
                                </div>
                            </div>

                            <div class="form-group">

                                <div class="input-group">
                                    <div class="input-group-addon">
                                        <i class="entypo-key"></i>
                                    </div>
                                    <input type="password"
name="confirmfield" id="confirmfield" class="form-control" data-rule-
```

```
equalto="#pwfield" data-rule-required="true" data-rule-minlength="6"
placeholder="Confirm Your new passowrd">
                                        </div>
                                    </div>

                                    <div class="form-group">
                                        <button type="Submit" name="btnLogin"
class="btn btn-primary">
                                            Login In
                                            <i class="entypo-login"></i>
                                        </button>
                                        <a href="./index.php"><button  type="button"
class="btn btn-primary">Cancel</button></a>
                                    </div>
                                </form>

                            </div>

                        </div>

                </div>
            </div>

        </body>
</html>
```

- **User_page :**

```
<?php
// $host     = "localhost"; // Host name
// $username = "root"; // Mysql username
// $password = ""; // Mysql password
// $db_name  = "gymsysdb"; // Database name

// Connect to server and select databse.
//$con = mysqli_connect($host, $username, $password, $db_name);
$con = mysqli_connect("localhost","root","","gymsysdb");
// Check connection
if (mysqli_connect_errno()) {
   echo "Failed to connect to MySQL: ". mysqli_connect_error();
}
?>
<?php
function page_protect()
{
   session_start();

   global $db;

   /* Secure against Session Hijacking by checking user agent */
   if (isset($_SESSION['HTTP_USER_AGENT'])) {
      if ($_SESSION['HTTP_USER_AGENT'] !=
md5($_SERVER['HTTP_USER_AGENT'])) {
         session_destroy();
         echo "<meta http-equiv='refresh' content='0; url=../login/'>";
```

```
            exit();
        }
    }

    // before we allow sessions, we need to check authentication key - ckey and ctime
stored in database

    /* If session not set, check for cookies set by Remember me */
    if (!isset($_SESSION['user_data']) && !isset($_SESSION['logged']) &&
!isset($_SESSION['auth_level'])) {
        session_destroy();
        echo "<meta http-equiv='refresh' content='0; url=../login/'>";
        exit();
    } else {

    }

}
?>
```

- **Style.css:**

```
@charset "utf-8";
/* CSS Document */

.banner
{
    width:100%;
    height:200px;

}
.welcome
{
    width:100%;
    height:500px;
    padding:30px;
}

.center {
   display: block;
   margin-left: auto;
   margin-right: auto;

}

#conduct_by,#issue_by{
   display: none;
}

#offcampus,#research,#pgdaem{
   display:none;
}

#durationfrom2,#durationfrom3,#durationto2,#durationto3,#venue2{
   display
```

- **Payment source code :**

```
<?php
require '../../include/db_conn.php';
page_protect();
?>



<!DOCTYPE html>
<html lang="en">
<head>

    <title>Gym | Payments</title>
    <link rel="stylesheet" href="../../css/style.css"  id="style-resource-5">
    <script type="text/javascript" src="../../js/Script.js"></script>
    <link rel="stylesheet" href="../../css/dashMain.css">
    <link rel="stylesheet" type="text/css" href="../../css/entypo.css">
    <link href="a1style.css" type="text/css" rel="stylesheet">
     <link rel="stylesheet"
href="https://stackpath.bootstrapcdn.com/bootstrap/4.3.1/css/bootstrap.min.css"
integrity="sha384-
ggOyR0iXCbMQv3Xipma34MD+dH/1fQ784/j6cY/iJTQUOhcWr7x9JvoRxT2MZw1T"
crossorigin="anonymous">
    <style>
     .page-container .sidebar-menu #main-menu li#paymnt > a {
     background-color: #2b303a;
     color: #ffffff;
            }
```

```
    </style>

</head>
    <body class="page-body  page-fade" onload="collapseSidebar()">

    <div class="page-container sidebar-collapsed" id="navbarcollapse">

            <div class="sidebar-menu">

                    <header class="logo-env">


                                <!-- logo collapse icon -->
                                <div class="sidebar-collapse" onclick="collapseSidebar()">
                        <a href="#" class="sidebar-collapse-icon with-animation"><!-- add class "with-animation" if you want sidebar to have animation during expanding/collapsing transition -->
                                <i class="entypo-menu"></i>
                        </a>
                    </div>



                    </header>
            <?php include('nav.php'); ?>
    </div>
```

```
<div class="main-content">

<div class="row">

<!-- Profile Info and Notifications -->
<div class="col-md-6 col-sm-8 clearfix">

</div>

<!-- Raw Links -->
<div class="col-md-6 col-sm-4 clearfix hidden-xs">

<ul class="list-inline links-list pull-right">

<li>Welcome <?php echo
$_SESSION['full_name']; ?>
</li>

<li>
<a href="logout.php">
Log Out <i class="entypo-logout
right"></i>
</a>
</li>
</ul>
```

```
                </div>

            </div>

<h2>Payments</h2>

<hr />

<table class="table table-bordered datatable" id="table-1" border=1>
    <thead>
        <tr>
            <th>Sl.No</th>
            <th>Membership Expiry</th>
            <th>Name</th>
            <th>Member ID</th>
            <th>Phone</th>
            <th>E-Mail</th>
            <th>Gender</th>
            <th>Action</th>
        </tr>
    </thead>

        <tbody>

        <?php


            $query  = "select * from enrolls_to where renewal='yes'
```

```
ORDER BY expire";
                        //echo $query;
                        $result = mysqli_query($con, $query);
                        $sno    = 1;

                        if (mysqli_affected_rows($con) != 0) {
                            while ($row = mysqli_fetch_array($result,
MYSQLI_ASSOC)) {

                                $uid   = $row['uid'];
                                $planid=$row['pid'];
                                $query1  = "select * from users WHERE userid='$uid'";
                                $result1 = mysqli_query($con, $query1);
                                if (mysqli_affected_rows($con) == 1) {
                                    while ($row1 = mysqli_fetch_array($result1,
MYSQLI_ASSOC)) {

                                        echo "<tr><td>".$sno."</td>";
                                        echo "<td>" . $row['expire'] . "</td>";
                                        echo "<td>" . $row1['username'] . "</td>";
                                        echo "<td>" . $row1['userid'] . "</td>";
                                        echo "<td>" . $row1['mobile'] . "</td>";
                                        echo "<td>" . $row1['email'] . "</td>";
                                        echo "<td>" . $row1['gender'] . "</td>";

                                        $sno++;

                                        echo "<td><form action='make_payments.php'
```

```
method='post'><input type='hidden' name='userID' value='" . $uid . "'/>
                                        <input type='hidden' name='planID' value='" .
$planid . "'/><input type='submit' class='a1-btn a1-blue' value='Add Payment ' class='btn
btn-info'/></form></td></tr>";

                                        $uid = 0;
                                    }
                                }
                            }
                        }

                        ?>
                    </tbody>

            </table>


                <?php include('footer.php'); ?>
    </div>

  </body>
</html>
```

- **Members source code:**

```
<?php
require '../../include/db_conn.php';
page_protect();
```

```
 $memID=$_POST['m_id'];
 $uname=$_POST['u_name'];
 $stname=$_POST['street_name'];
 $city=$_POST['city'];
 $zipcode=$_POST['zipcode'];
 $state=$_POST['state'];
 $gender=$_POST['gender'];
 $dob=$_POST['dob'];
 $phn=$_POST['mobile'];
 $email=$_POST['email'];
 $jdate=$_POST['jdate'];
 $plan=$_POST['plan'];

//inserting into users table
$query="insert into users(username,gender,mobile,email,dob,joining_date,userid)
values('$uname','$gender','$phn','$email','$dob','$jdate','$memID')";
    if(mysqli_query($con,$query)==1){
      //Retrieve information of plan selected by user
      $query1="select * from plan where pid='$plan'";
      $result=mysqli_query($con,$query1);

        if($result){
          $value=mysqli_fetch_row($result);
          date_default_timezone_set("Asia/Calcutta");
          $d=strtotime("+".$value[3]." Months");
          $cdate=date("Y-m-d"); //current date
          $expiredate=date("Y-m-d",$d); //adding validity retrieve from plan to current date
          //inserting into enrolls_to table of corresponding userid
```

```
        $query2="insert into enrolls_to(pid,uid,paid_date,expire,renewal)
values('$plan','$memID','$cdate','$expiredate','yes')";
        if(mysqli_query($con,$query2)==1){

          $query4="insert into health_status(uid) values('$memID')";
          if(mysqli_query($con,$query4)==1){

            $query5="insert into address(id,streetName,state,city,zipcode)
values('$memID','$stname','$state','$city','$zipcode')";
            if(mysqli_query($con,$query5)==1){
             echo "<head><script>alert('Member Added ');</script></head></html>";
             echo "<meta http-equiv='refresh' content='0; url=new_entry.php'>";
            }
            else{
                echo "<head><script>alert('Member Added
Failed');</script></head></html>";
               echo "error: ".mysqli_error($con);
               //Deleting record of users if inserting to enrolls_to table failed to execute
               $query3 = "DELETE FROM users WHERE userid='$memID'";
               mysqli_query($con,$query3);
            }
          }

          else{
            echo "<head><script>alert('Member Added Failed');</script></head></html>";
            echo "error: ".mysqli_error($con);
             //Deleting record of users if inserting to enrolls_to table failed to execute
              $query3 = "DELETE FROM users WHERE userid='$memID'";
```

```
            mysqli_query($con,$query3);
          }

        }
        else{
          echo "<head><script>alert('Member Added Failed');</script></head></html>";
          echo "error: ".mysqli_error($con);
          //Deleting record of users if inserting to enrolls_to table failed to execute
           $query3 = "DELETE FROM users WHERE userid='$memID'";
           mysqli_query($con,$query3);
        }


    }
    else
    {
      echo "<head><script>alert('Member Added Failed');</script></head></html>";
      echo "error: ".mysqli_error($con);
       //Deleting record of users if retrieving inf of plan failed
      $query3 = "DELETE FROM users WHERE userid='$memID'";
      mysqli_query($con,$query3);
    }

}
else{
    echo "<head><script>alert('Member Added Failed');</script></head></html>";
    echo "error: ".mysqli_error($con);
  }
```

?>

Health status source code:

```
<?php
require '../../include/db_conn.php';
page_protect();

$uid=0;
$uname=0;
$udob=0;
$ujoin=0;
$ugender=0;
$cal="";
$hei="";
$wei="";
$fa="";
$remar="";

if(isset($_POST['submit'])){
    $calorie=$_POST['calorie'];
    $height=$_POST['height'];
    $weight=$_POST['weight'];
    $fat=$_POST['fat'];
    $remarks=$_POST['remarks'];
    $userid=$_POST['usrid'];

    $query="update health_status set calorie='".$calorie."',
```

```
height='".$height."',weight='".$weight."',fat='".$fat."',remarks='".$remarks."' where
uid='".$userid."'";

    if(mysqli_query($con,$query)){
            echo "<head><script>alert('Health Status Added ');</script></head></html>";
      echo "<meta http-equiv='refresh' content='0; url=new_health_status.php'>";

    }
    else{
     echo "<head><script>alert('NOT SUCCESSFUL, Check
Again');</script></head></html>";
     echo "error".mysqli_error($con);
     echo "<meta http-equiv='refresh' content='0; url=new_health_status.php'>";

    }
```

- **Gym Plan source code:**

```
<?php
require '../../include/db_conn.php';
page_protect();
?>

<!DOCTYPE html>
<html lang="en">
```

```
<head>

    <title>Gym | New Plan</title>

     <link rel="stylesheet" href="../../css/style.css"  id="style-resource-5">
    <script type="text/javascript" src="../../js/Script.js"></script>
    <link rel="stylesheet" href="../../css/dashMain.css">
    <link rel="stylesheet" type="text/css" href="../../css/entypo.css">
     <link href="a1style.css" rel="stylesheet" type="text/css">
     <style>
     .page-container .sidebar-menu #main-menu li#planhassubopen > a {
     background-color: #2b303a;
     color: #ffffff;
              }

    </style>


</head>
    <body class="page-body  page-fade" onload="collapseSidebar()">

     <div class="page-container sidebar-collapsed" id="navbarcollapse">

              <div class="sidebar-menu">

                       <header class="logo-env">
```

```
                    <!-- logo collapse icon -->
                    <div class="sidebar-collapse" onclick="collapseSidebar()">
                <a href="#" class="sidebar-collapse-icon with-animation"><!-- add class "with-animation" if you want sidebar to have animation during expanding/collapsing transition -->
                    <i class="entypo-menu"></i>
                </a>
            </div>


            </header>
        <?php include('nav.php'); ?>
    </div>

        <div class="main-content">

                <div class="row">

                    <!-- Profile Info and Notifications -->
                    <div class="col-md-6 col-sm-8 clearfix">

                    </div>


                    <!-- Raw Links -->
                    <div class="col-md-6 col-sm-4 clearfix hidden-xs">

                        <ul class="list-inline links-list pull-right">
```

```
                                        <li>Welcome <?php echo
$_SESSION['full_name']; ?>
                                        </li>

                                        <li>
                                            <a href="logout.php">
                                                Log Out <i class="entypo-logout
right"></i>
                                            </a>
                                        </li>
                                    </ul>

                                </div>

                            </div>

            <h3>Create Plan</h3>

            <hr />

            <div class="a1-container a1-small a1-padding-32" style="margin-top:2px;
margin-bottom:2px;">
        <div class="a1-card-8 a1-light-gray" style="width:600px; margin:0 auto;">
            <div class="a1-container a1-dark-gray a1-center">
            <h6>NEW PLAN DETAILS</h6>
        </div>
        <form id="form1" name="form1" method="post" class="a1-container"
```

```
action="submit_plan_new.php">
        <table width="100%" border="0" align="center">
        <tr>
          <td height="35"><table width="100%" border="0" align="center">
              <tr>
                <td height="35">PLAN ID:</td>
                <td height="35"><?php
                                                function getRandomWord($len = 6)
                                                {
                                                   $word = array_merge(range('A', 'Z'));
                                                   shuffle($word);
                                                   return substr(implode($word), 0, $len);
                                                }

                                            ?>
                                <input type="text" name="planid" id="planID" readonly
value="<?php echo getRandomWord(); ?>"></td>
                </tr>
              <tr>
                <td height="35">PLAN NAME:</td>
                <td height="35"><input name="planname" id="planName" type="text"
placeholder="Enter plan name" size="40"></td>
              </tr>
              <tr>
                <td height="35">PLAN DESCRIPTION</td>
                <td height="35"><input type="text" name="desc" id="planDesc"
placeholder="Enter plan description" size="40"></td>
              </tr>
```

```
          <tr>
            <td height="35">PLAN VALIDITY</td>
            <td height="35"><input type="number" name="planval" id="planVal"
placeholder="Enter validity in months" size="40"></td>
          </tr>

          <tr>
            <td height="35">PLAN AMOUNT:</td>
            <td height="35"><input type="text" name="amount" id="planAmnt"
placeholder="Enter plan amount" size="40"></td>
          </tr>



          <tr>
          <tr>
            <td height="35"> </td>
            <td height="35"><input class="a1-btn a1-blue" type="submit" name="submit"
id="submit" value="CREATE PLAN" >
              <input class="a1-btn a1-blue" type="reset" name="reset" id="reset"
value="Reset"></td>
          </tr>
        </table></td>
      </tr>
      </table>
    </form>
  </div>
  </div>
```

```
                    <?php include('footer.php'); ?>
    </div>

   </body>
</html>
```

Exercise Routine source code:

```
<?php
require '../../include/db_conn.php';
page_protect();

?>

<!DOCTYPE html>
<html lang="en">
<head>

   <title>Gym | Detail Routine</title>
   <link rel="stylesheet" href="../../css/style.css"  id="style-resource-5">
   <script type="text/javascript" src="../../js/Script.js"></script>
   <link rel="stylesheet" href="../../css/dashMain.css">
   <link rel="stylesheet" type="text/css" href="../../css/entypo.css">
    <link href="a1style.css" rel="stylesheet" type="text/css">
    <style>
    .page-container .sidebar-menu #main-menu li#routinehassubopen > a {
```

```
    background-color: #2b303a;
    color: #ffffff;
            }

   </style>
    <script>
    function myFunction()
    {
            var prt=document.getElementById("print");
            var
WinPrint=window.open('','left=0,top=0,width=800,height=900,tollbar=0,scrollbars=0,sta
tus=0');
            WinPrint.document.write(prt.innerHTML);
            WinPrint.document.close();
            WinPrint.focus();
            WinPrint.print();
            WinPrint.close();
            setPageHeight("297mm");
            setPageWidth("210mm");
            setHtmlZoom(100);
            //window.location.replace("index.php?query=");
    }
    </script>

</head>
    <body class="page-body  page-fade" onload="collapseSidebar()">

    <div class="page-container sidebar-collapsed" id="navbarcollapse">
```

```
        <div class="sidebar-menu">

            <header class="logo-env">


                <!-- logo collapse icon -->
                <div class="sidebar-collapse" onclick="collapseSidebar()">
            <a href="#" class="sidebar-collapse-icon with-animation"><!-- add class "with-animation" if you want sidebar to have animation during expanding/collapsing transition -->
                <i class="entypo-menu"></i>
            </a>
            </div>



            </header>
        <?php include('nav.php'); ?>
    </div>

        <div class="main-content">

            <div class="row">

                <!-- Profile Info and Notifications -->
                <div class="col-md-6 col-sm-8 clearfix">
```

```
                    </div>


                    <!-- Raw Links -->
                    <div class="col-md-6 col-sm-4 clearfix hidden-xs">

                        <ul class="list-inline links-list pull-right">

                            <li>Welcome <?php echo
$_SESSION['full_name']; ?>
                            </li>

                            <li>
                                <a href="logout.php">
                                    Log Out <i class="entypo-logout
right"></i>
                                </a>
                            </li>
                        </ul>

                    </div>

                </div>
                <h2>Routine Detail</h2>
                <hr/>

        <?php
        $id=$_GET['id'];
```

```
$sql="Select * from timetable t Where t.tid=$id";
$res=mysqli_query($con, $sql);
                    if($res){

$row=mysqli_fetch_array($res,MYSQLI_ASSOC);

                    }

?>
```

```
<div class="a1-container a1-small a1-padding-32" style="margin-top:2px; margin-bottom:2px;">
  <div class="a1-card-8 a1-light-gray" style="width:600px; margin:0 auto;">
    <div class="a1-container a1-dark-gray a1-center">
    <h6>EDIT ROUTINE</h6>
  </div>
  <form id="form1" name="form1" method="post" class="a1-container" action="updateroutine.php">
    <table width="619" height="673" border="0" align="center">
      <tr>
        <td><input type="hidden" name='tid' value='<?php echo $id?>'></td>
      </tr>
 <tr>
   <td width='186' height='103'>Routine Name:</td>
  <td height="87" colspan="2"><input type="text" name='routinename' value='<?php echo $row['tname'] ?>'></td>
```

```
    </tr>
  <tr>
    <td width="186" height="103">Day 1:</td>
    <td width="417"><textarea style="resize:none; margin: 0px; width: 230px; height:
53px;" name="day1" id="boxxe" ><?php echo $row['day1'] ?></textarea></td>
  </tr>
  <tr>
    <td height="96">Day 2:</td>
    <td><textarea style="resize:none; margin: 0px; width: 230px; height: 53px;"
name="day2" id="boxxe" ><?php echo $row['day2'] ?></textarea></td>
  </tr>
  <tr>
    <td height="87">Day 3:</td>
    <td><textarea style="resize:none; margin: 0px; width: 230px; height: 53px;"
name="day3" id="boxxe" ><?php echo $row['day3'] ?></textarea></td>
  </tr>
  <tr>
    <td height="92">Day 4:</td>
    <td><textarea style="resize:none; margin: 0px; width: 230px; height: 53px;"
name="day4" id="boxxe" ><?php echo $row['day4'] ?></textarea></td>
  </tr>
  <tr>
    <td height="84">Day 5:</td>
    <td><textarea style="resize:none; margin: 0px; width: 230px; height: 53px;"
name="day5" id="boxxe" ><?php echo $row['day5'] ?></textarea></td>
  </tr>
  <tr>
    <td height="75">Day 6:</td>
```

```
   <td><textarea style="resize:none; margin: 0px; width: 230px; height: 53px;"
name="day6" id="boxxe" ><?php echo $row['day6'] ?></textarea></td>
  </tr>
  <tr>
            <td height="35"> </td>
            <td height="35">
                    <input class="a1-btn a1-blue" type="submit" name="submit"
id="submit" value="Update">
              <input class="a1-btn a1-blue" type="reset" name="reset" id="reset"
value="Reset"></td>
          </tr>
       </table>
   </form></div>
   </div>



    </div>

   </body>
    <?php include('footer.php'); ?>
</html>
```

- **Membership plan source code**:

```
<?php
require '../../include/db_conn.php';
page_protect();
?>

<!DOCTYPE html>
<html lang="en">
<head>

    <title>Gym | Member per Year</title>
     <link rel="stylesheet" href="../../css/style.css"  id="style-resource-5">
    <script type="text/javascript" src="../../js/Script.js"></script>
    <link rel="stylesheet" href="../../css/dashMain.css">
    <link rel="stylesheet" type="text/css" href="../../css/entypo.css">
     <link href="a1style.css" rel="stylesheet" type="text/css">
     <link rel="stylesheet"
href="https://stackpath.bootstrapcdn.com/bootstrap/4.3.1/css/bootstrap.min.css"
integrity="sha384-
ggOyR0iXCbMQv3Xipma34MD+dH/1fQ784/j6cY/iJTQUOhcWr7x9JvoRxT2MZw1T"
crossorigin="anonymous">
    <style>
     .page-container .sidebar-menu #main-menu li#overviewhassubopen > a {
     background-color: #2b303a;
     color: #ffffff;
            }
```

```
    </style>

</head>
    <body class="page-body  page-fade" onload="collapseSidebar();showMember();">

     <div class="page-container sidebar-collapsed" id="navbarcollapse">

            <div class="sidebar-menu">

                    <header class="logo-env">



                                <!-- logo collapse icon -->
                                <div class="sidebar-collapse" onclick="collapseSidebar()">
                        <a href="#" class="sidebar-collapse-icon with-animation"><!-- add class "with-animation" if you want sidebar to have animation during expanding/collapsing transition -->
                                <i class="entypo-menu"></i>
                        </a>
                    </div>



                    </header>
            <?php include('nav.php'); ?>
     </div>
```

```
<div class="main-content">

<div class="row">

<!-- Profile Info and Notifications -->
<div class="col-md-6 col-sm-8 clearfix">

</div>

<!-- Raw Links -->
<div class="col-md-6 col-sm-4 clearfix hidden-xs">

<ul class="list-inline links-list pull-right">

<li>Welcome <?php echo
$_SESSION['full_name']; ?>
</li>

<li>
<a href="logout.php">
Log Out <i class="entypo-logout
right"></i>
</a>
</li>
</ul>

</div>
```

```
                    </div>

        <h2>Member Per Year</h2>

        <hr />

    <form>
        <?php
        // set start and end year range
        $yearArray = range(2000, date('Y'));
        ?>
        <!-- displaying the dropdown list -->
        <select name="year" id="syear">
           <option value="0">Select Year</option>
           <?php
           foreach ($yearArray as $year) {
              // if you want to select a particular year
              $selected = ($year == date('Y')) ? 'selected' : '';
              echo '<option '.$selected.' value="'.$year.'">'.$year.'</option>';
           }
           ?>
        </select>
    <input type="button" class="a1-btn a1-blue"  style="margin-bottom:5px;"
name="search" onclick="showMember();" value="Search">

    </form>
```

```
    <table id="meyear" border=1>

    </table>


<script>

  function showMember(){
    var year=document.getElementById("syear");
    var iyear=year.selectedIndex;
    var ynumber=year.options[iyear].value;
    if(ynumber=="0"){
    document.getElementById("meyear").innerHTML="";
    return;
    }
    else{
            if(window.XMLHttpRequest){
                    xmlhttp=new XMLHttpRequest();
            }
            xmlhttp.onreadystatechange=function(){
                    if(this.readyState==4 && this.status ==200){

    document.getElementById("meyear").innerHTML=this.responseText;
                    }
            };
            xmlhttp.open("GET","over_month.php?mm=0&flag=1&yy="+ynumber,true);
            xmlhttp.send();
    }
```

```
  }

</script>

<?php include('footer.php'); ?>

      </div>

    </body>
</html>
```

- **Change Password PHP:**

```
<?php
// $a = $_SERVER['HTTP_REFERER'];

// if (strpos($a, '/e-has/') !== false) {

// } else {
//     header("Location: ./");
// }

?>
<?php
// include 'index.php';
include './include/db_conn.php';
$key          = rtrim($_POST['login_key']);
$pass         = rtrim($_POST['pwfield']);
$user_id_auth = rtrim($_POST['login_id']);
$passconfirm= rtrim($_POST['confirmfield']);
if($pass==$passconfirm){
if (isset($user_id_auth) && isset($pass) && isset($key)) {
    $sql    = "SELECT * FROM admin WHERE username='$user_id_auth' and
securekey='$key'";
    $result = mysqli_query($con, $sql);
    $count  = mysqli_num_rows($result);
    if ($count == 1) {
        mysqli_query($con, "UPDATE admin SET pass_key='$pass' WHERE
username='$user_id_auth'");
```

```
        echo "<html><head><script>alert('Password Updated ,Login Again
);</script></head></html>";
        echo "<meta http-equiv='refresh' content='0; url=index.php'>";
    } else {
        echo "<html><head><script>alert('Change Unsuccessful');</script></head></html>";
        echo "<meta http-equiv='refresh' content='0; url=index.php'>";
    }
} else {
    echo "<html><head><script>alert('Change Unsuccessful');</script></head></html>";
    echo "<meta http-equiv='refresh' content='0; url=index.php'>";
}
}
else{
    echo "<html><head><script>alert('Confirm Password
Mismatch');</script></head></html>";
    echo "<meta http-equiv='refresh' content='0; url=forgot_password.php'>";
}
?>
<center>
<img src="loading.gif">
</center>
```

- **Forgot password.php :**

```
<?php
// $a = $_SERVER['HTTP_REFERER'];

// if (strpos($a, '/e-has/') !== false) {

// } else {
//     header("Location: ./");
// }

?>
<?php
// include 'index.php';
include './include/db_conn.php';
$key          = rtrim($_POST['login_key']);
$pass         = rtrim($_POST['pwfield']);
$user_id_auth = rtrim($_POST['login_id']);
$passconfirm= rtrim($_POST['confirmfield']);
if($pass==$passconfirm){
if (isset($user_id_auth) && isset($pass) && isset($key)) {
    $sql    = "SELECT * FROM admin WHERE username='$user_id_auth' and
securekey='$key'";
    $result = mysqli_query($con, $sql);
    $count  = mysqli_num_rows($result);
    if ($count == 1) {
        mysqli_query($con, "UPDATE admin SET pass_key='$pass' WHERE
username='$user_id_auth'");
        echo "<html><head><script>alert('Password Updated ,Login Again
```

```
');</script></head></html>";
        echo "<meta http-equiv='refresh' content='0; url=index.php'>";
    } else {
        echo "<html><head><script>alert('Change
Unsuccessful');</script></head></html>";
        echo "<meta http-equiv='refresh' content='0; url=index.php'>";
    }
} else {
    echo "<html><head><script>alert('Change Unsuccessful');</script></head></html>";
    echo "<meta http-equiv='refresh' content='0; url=index.php'>";
}
}
else{
    echo "<html><head><script>alert('Confirm Password
Mismatch');</script></head></html>";
    echo "<meta http-equiv='refresh' content='0; url=forgot_password.php'>";
}
?>
<center>
<img src="loading.gif">
</center>
```

- **Script.js:**

```
var count=0;

var elementMember;
var elementplan;
var elementoverview;
var elementroutine;

function collapseSidebar() {
        if(count==0){
                initializeMember();
                var element=document.getElementById("navbarcollapse");
                 element.className = element.className.replace("page-container sidebar-
collapsed", "page-container");
                 if(memcount==0)
                        elementMember.className=elementMember.className.replace("","has-
sub");
                 else if(memcount==1){
                        elementMember.className=elementMember.className.replace("","has-
sub opened");
                 }

                 if(plancount==0)
                        elementplan.className=elementplan.className.replace("","has-sub");
                 else if(plancount==1)
                        elementplan.className=elementplan.className.replace("","has-sub
opened");
```

```
            if(overviewcount==0)

        elementoverview.className=elementoverview.className.replace("","has-sub");
            else if(overviewcount==1)

        elementoverview.className=elementoverview.className.replace("","has-sub
opened");

            if(routinecount==0)
                elementroutine.className=elementroutine.className.replace("","has-
sub");
            else if(routinecount==1)
                elementroutine.className=elementroutine.className.replace("","has-sub
opened");

            count=1;
        }
        else if(count==1){
            var element=document.getElementById("navbarcollapse");
            element.className = element.className.replace("page-container", "page-
container sidebar-collapsed");


            if(memcount==0){
                elementMember.className=elementMember.className.replace("has-
sub","");
            }else if(memcount==1){
```

```
                elementMember.className=elementMember.className.replace("has-
sub opened","");
                }

                if(plancount==0)
                    elementplan.className=elementplan.className.replace("has-sub","");
                else
                    elementplan.className=elementplan.className.replace("has-sub
opened","");

                 if(overviewcount==0)
                    elementoverview.className=elementoverview.className.replace("has-
sub","");
                else if(overviewcount==1)
                    elementoverview.className=elementoverview.className.replace("has-
sub opened","");

                if(routinecount==0)
                    elementroutine.className=elementroutine.className.replace("has-
sub","");
                else if(routinecount==1)
                    elementroutine.className=elementroutine.className.replace("has-sub
opened","");

               count=0;
        }

}
```

```
function initializeMember(){
        elementMember=document.getElementById("hassubopen");
        elementplan=document.getElementById("planhassubopen");
        elementoverview=document.getElementById("overviewhassubopen");
        elementroutine=document.getElementById("routinehassubopen");

}

var memcount=0;
var plancount=0;
var overviewcount=0;
var routinecount=0;

function memberExpand(passvalue){

        if(passvalue==1){
                if(memcount==0){

                    if(plancount==1){
                                elementplan.className=elementplan.className.replace("has-sub
opened","has-sub");

                                var element=document.getElementById("planExpand");
                                 element.className = element.className.replace("visible", "");
                                plancount=0;
                    }
                    if(overviewcount==1){
```

```
        elementoverview.className=elementoverview.className.replace("has-sub
opened","has-sub");

                        var element=document.getElementById("overviewExpand");
                         element.className = element.className.replace("visible", "");
                        overviewcount=0;
                }
                if(routinecount==1){
                    elementroutine.className=elementroutine.className.replace("has-sub
opened","has-sub");

                        var element=document.getElementById("routineExpand");
                         element.className = element.className.replace("visible", "");
                          routinecount=0;

                }

                    elementMember.className=elementMember.className.replace("has-
sub","has-sub opened");

                    var element=document.getElementById("memExpand");
                     element.className = element.className.replace("", "visible");
                     memcount=1;
               }
               else if(memcount==1){
                    elementMember.className=elementMember.className.replace("has-
sub opened","has-sub");
```

```
                var element=document.getElementById("memExpand");
                 element.className = element.className.replace("visible", "");
                 memcount=0;
            }
        }
        else if(passvalue==2){
            if(plancount==0){

                if(memcount==1){

        elementMember.className=elementMember.className.replace("has-sub
opened","has-sub");

                        var element=document.getElementById("memExpand");
                         element.className = element.className.replace("visible", "");
                         memcount=0;
                }
                if(overviewcount==1){

        elementoverview.className=elementoverview.className.replace("has-sub
opened","has-sub");

                        var element=document.getElementById("overviewExpand");
                         element.className = element.className.replace("visible", "");
                        overviewcount=0;
                }
                if(routinecount==1){
```

```
                elementroutine.className=elementroutine.className.replace("has-sub
opened","has-sub");

                        var element=document.getElementById("routineExpand");
                         element.className = element.className.replace("visible", "");
                          routinecount=0;

                }

                elementplan.className=elementplan.className.replace("has-sub","has-
sub opened");

                var element2=document.getElementById("planExpand");
                 element2.className = element2.className.replace("", "visible");
                 plancount=1;
        }
        else if(plancount==1){
                elementplan.className=elementplan.className.replace("has-sub
opened","has-sub");

                var element2=document.getElementById("planExpand");
                 element2.className = element2.className.replace("visible", "");
                 plancount=0;
        }
    }
    else if(passvalue==3){
        if(overviewcount==0){
```

```
                if(plancount==1){
                        elementplan.className=elementplan.className.replace("has-sub
opened","has-sub");

                        var element=document.getElementById("planExpand");
                         element.className = element.className.replace("visible", "");
                        plancount=0;
                }
                if(memcount==1){

        elementMember.className=elementMember.className.replace("has-sub
opened","has-sub");

                        var element=document.getElementById("memExpand");
                         element.className = element.className.replace("visible", "");
                        memcount=0;
                }
                if(routinecount==1){
                    elementroutine.className=elementroutine.className.replace("has-sub
opened","has-sub");

                        var element=document.getElementById("routineExpand");
                         element.className = element.className.replace("visible", "");
                          routinecount=0;

                }

                    elementoverview.className=elementoverview.className.replace("has-
```

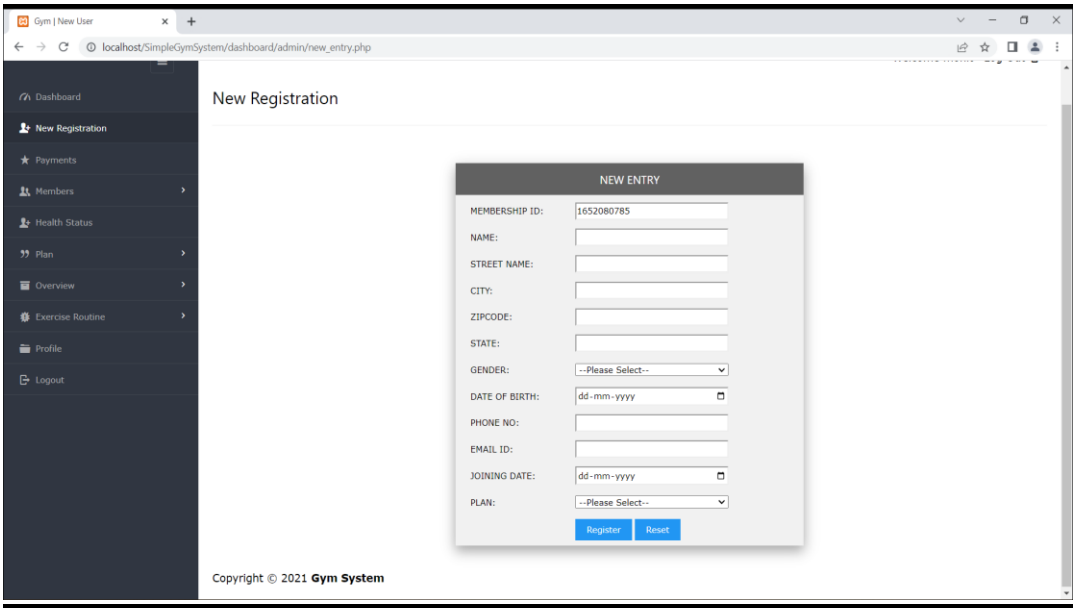
```
sub","has-sub opened");

                    var element3=document.getElementById("overviewExpand");
                     element3.className = element3.className.replace("", "visible");
                     overviewcount=1;
               }
               else if(overviewcount==1){
                    elementoverview.className=elementoverview.className.replace("has-
sub opened","has-sub");

                    var element3=document.getElementById("overviewExpand");
                     element3.className = element3.className.replace("visible", "");
                     overviewcount=0;
               }
          }
          else if(passvalue==4){
               if(routinecount==0){

                    if(plancount==1){
                         elementplan.className=elementplan.className.replace("has-sub
opened","has-sub");

                         var element=document.getElementById("planExpand");
                          element.className = element.className.replace("visible", "");
                         plancount=0;
                    }
                    if(overviewcount==1){
```

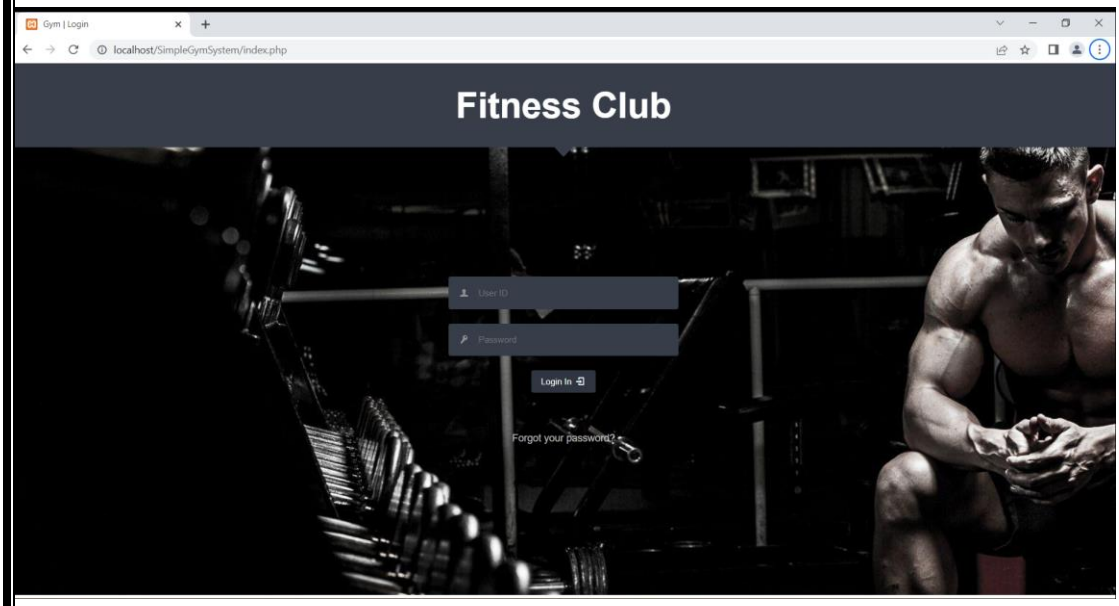
```
        elementoverview.className=elementoverview.className.replace("has-sub
opened","has-sub");

                        var element=document.getElementById("overviewExpand");
                         element.className = element.className.replace("visible", "");
                        overviewcount=0;
                 }
                if(memcount==1){

        elementMember.className=elementMember.className.replace("has-sub
opened","has-sub");

                        var element=document.getElementById("memExpand");
                         element.className = element.className.replace("visible", "");
                        memcount=0;
                 }

                    elementroutine.className=elementroutine.className.replace("has-
sub","has-sub opened");

                    var element4=document.getElementById("routineExpand");
                     element4.className = element4.className.replace("", "visible");
                     routinecount=1;
                }
                else if(routinecount==1){
                    elementroutine.className=elementroutine.className.replace("has-sub
opened","has-sub");
```

```
                var element4=document.getElementById("routineExpand");
                 element4.className = element4.className.replace("visible", "");
                 routinecount=0;
            }

        }
}
```

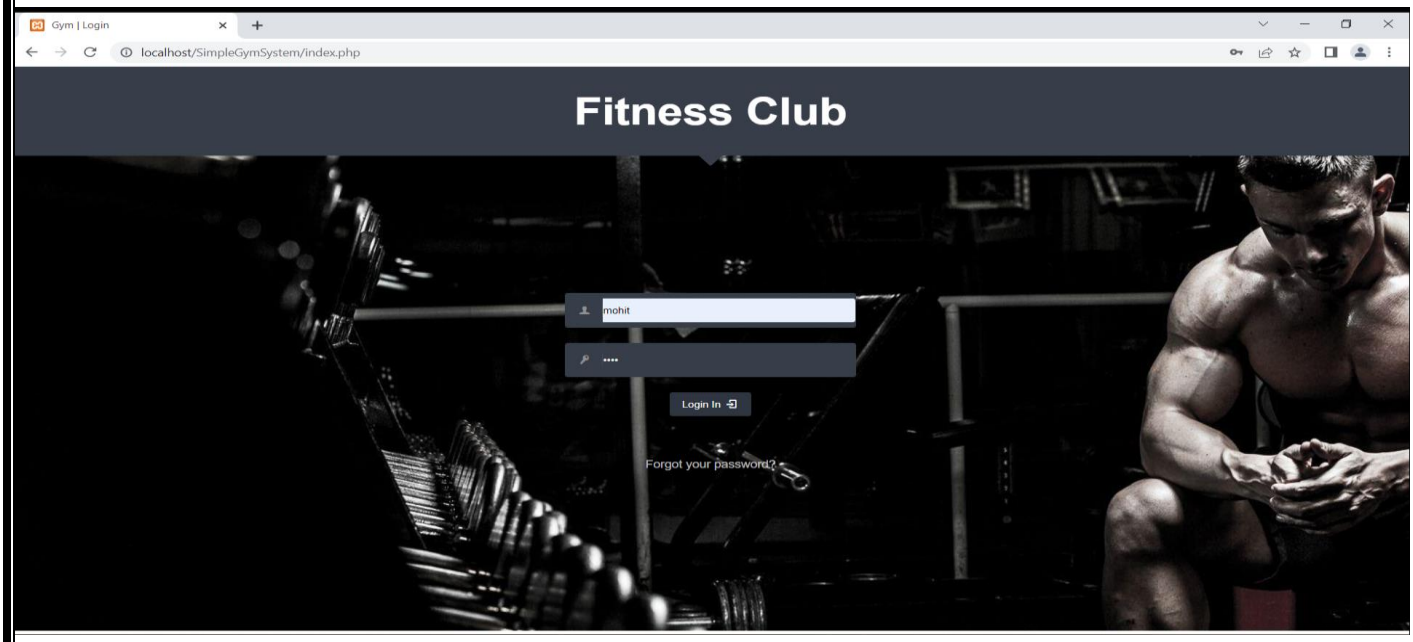
Input/output screen

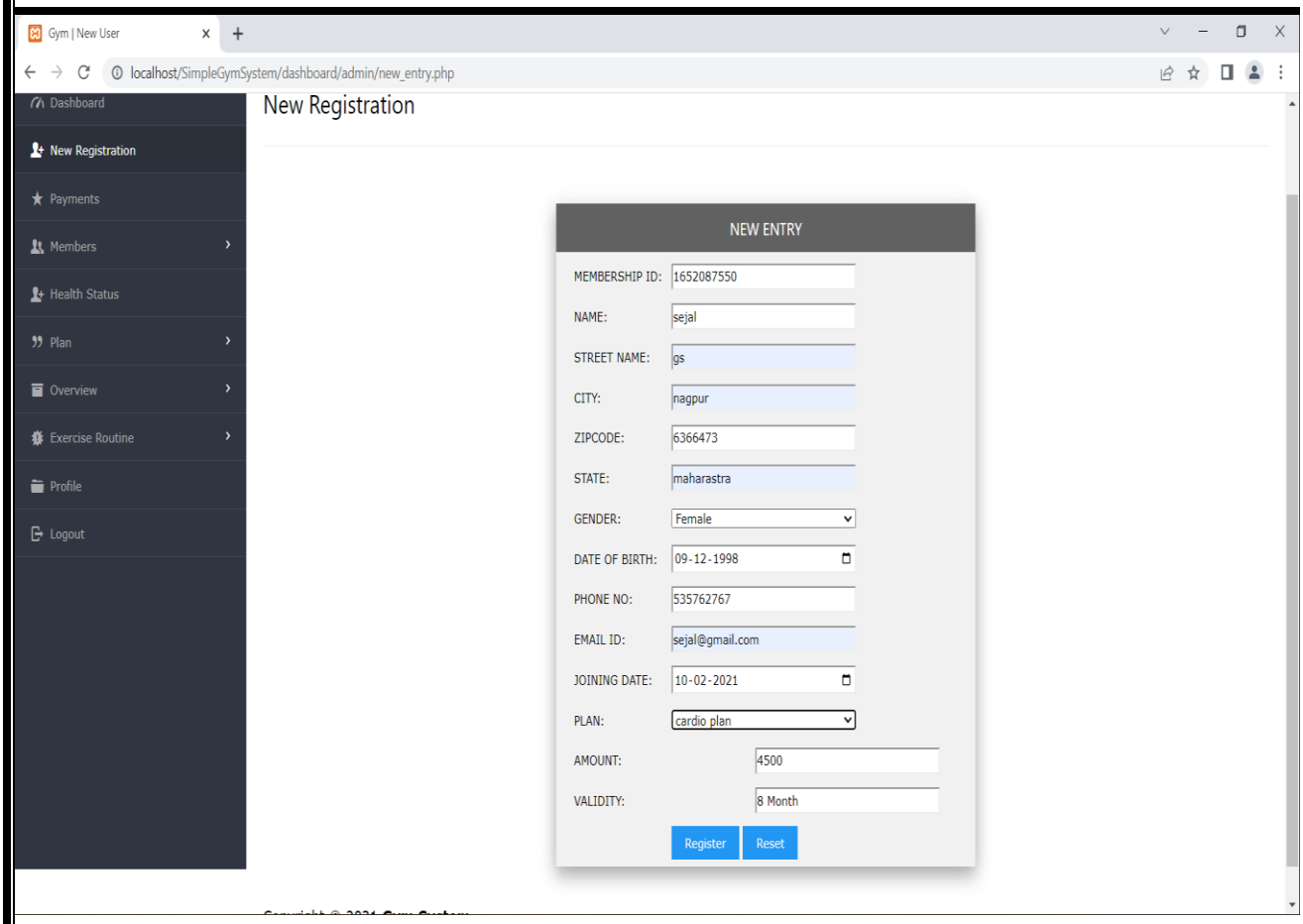
- **Registration Form and Login Form :**

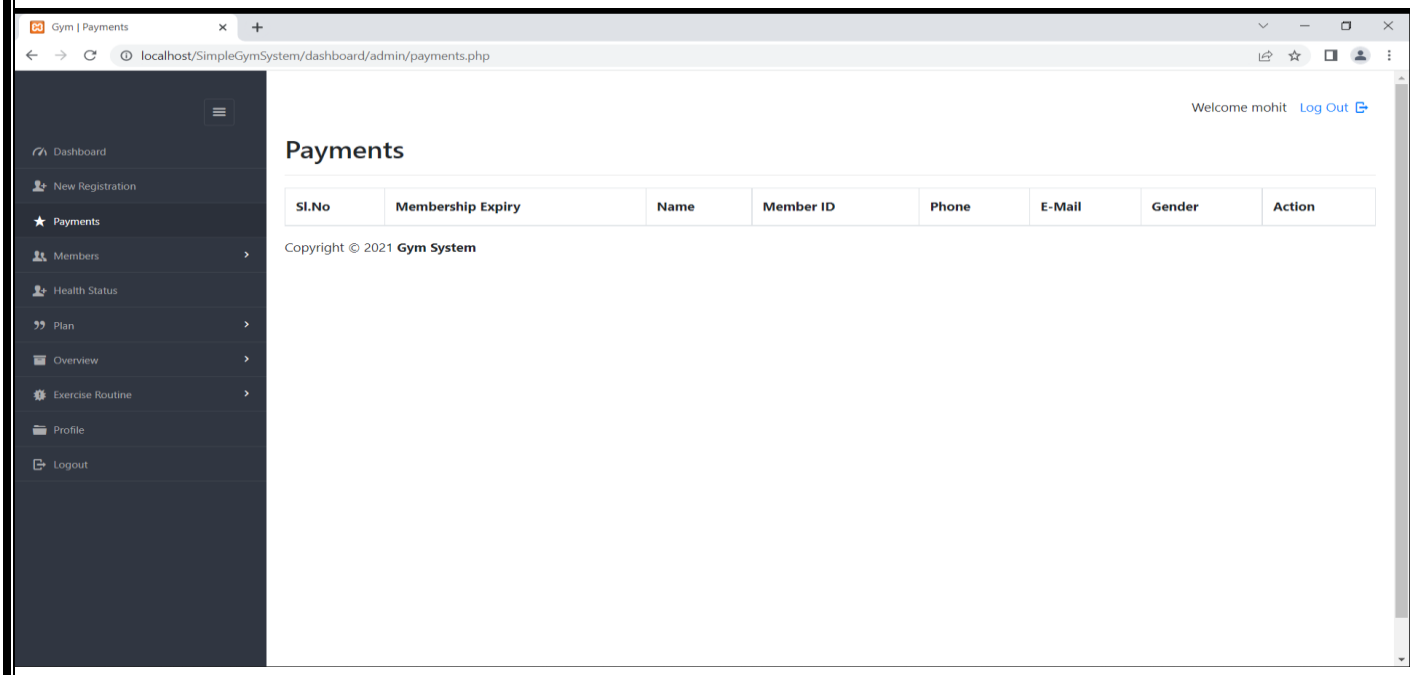




- **Output Screen :**






Gym | Payments
localhost/SimpleGymSystem/dashboard/admin/payments.php
Welcome mohit Log Out
Dashboard
New Registration
Payments
Members
Health Status
Plan
Overview
Exercise Routine
Profile
Logout
Payments
Sl.No
Membership Expiry
Name
Member ID
Phone
E-Mail
Gender
Action
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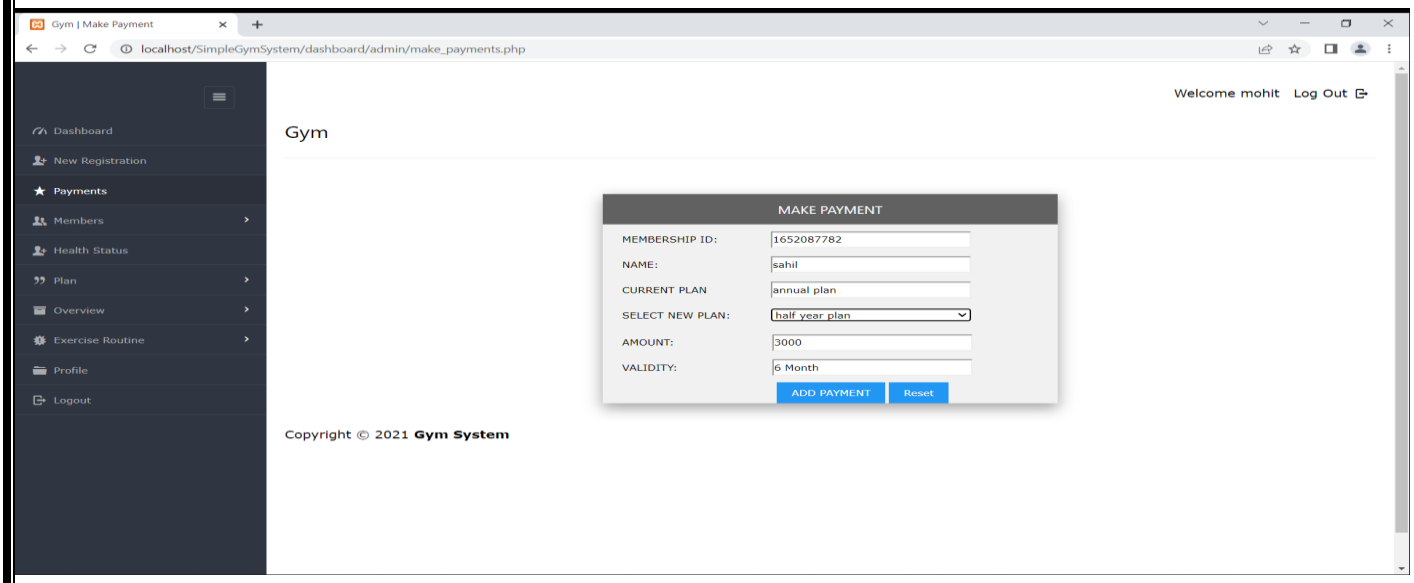
Gym | Make Payment
localhost/SimpleGymSystem/dashboard/admin/make_payments.php
Welcome mohit Log Out
Dashboard
New Registration
Payments
Members
Health Status
Plan
Overview
Exercise Routine
Profile
Logout
Gym
MAKE PAYMENT
MEMBERSHIP ID: 1652087782
NAME: sahil
CURRENT PLAN annual plan
SELECT NEW PLAN: half year plan
AMOUNT: 3000
VALIDITY: 6 Month
ADD PAYMENT
Reset
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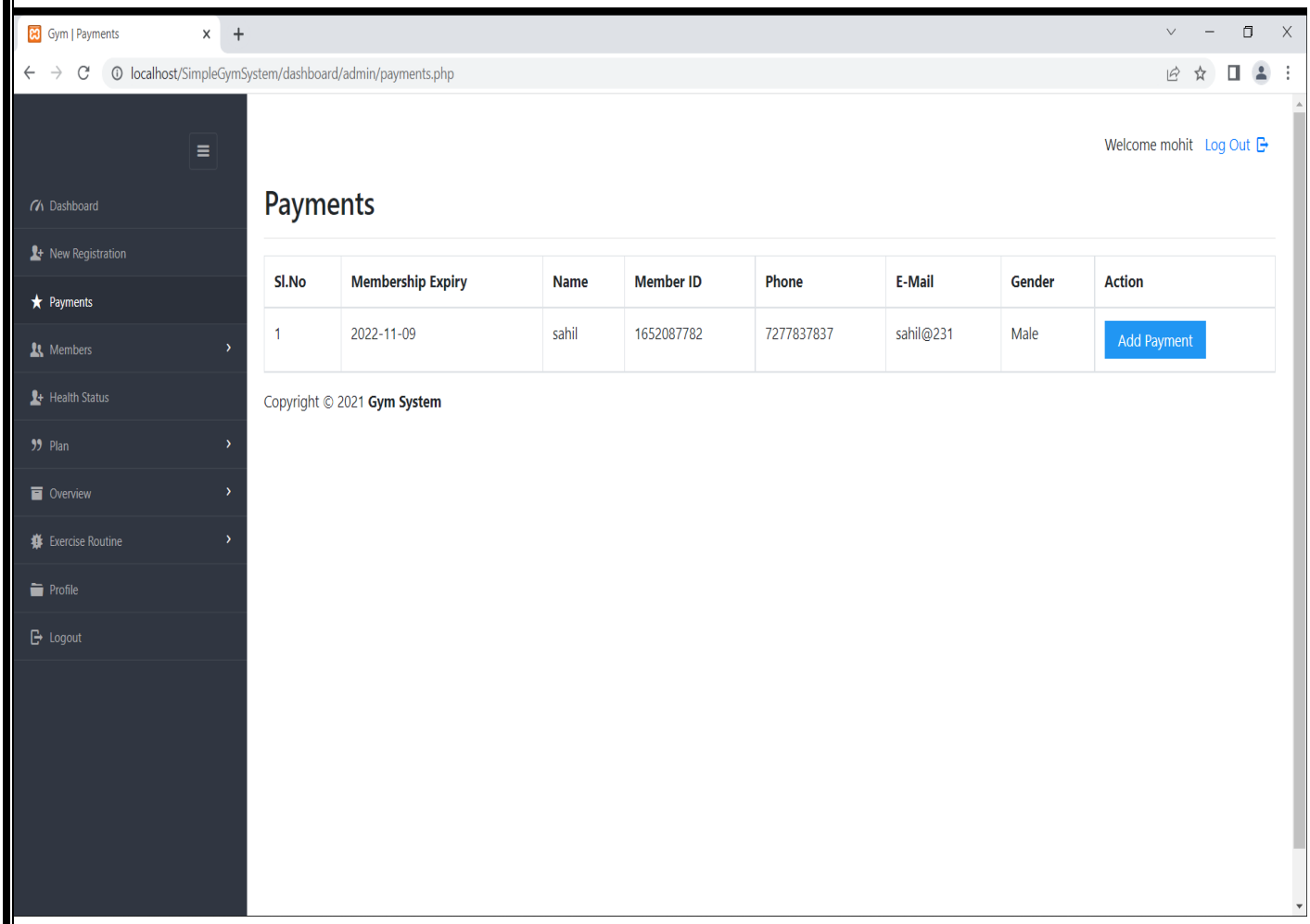
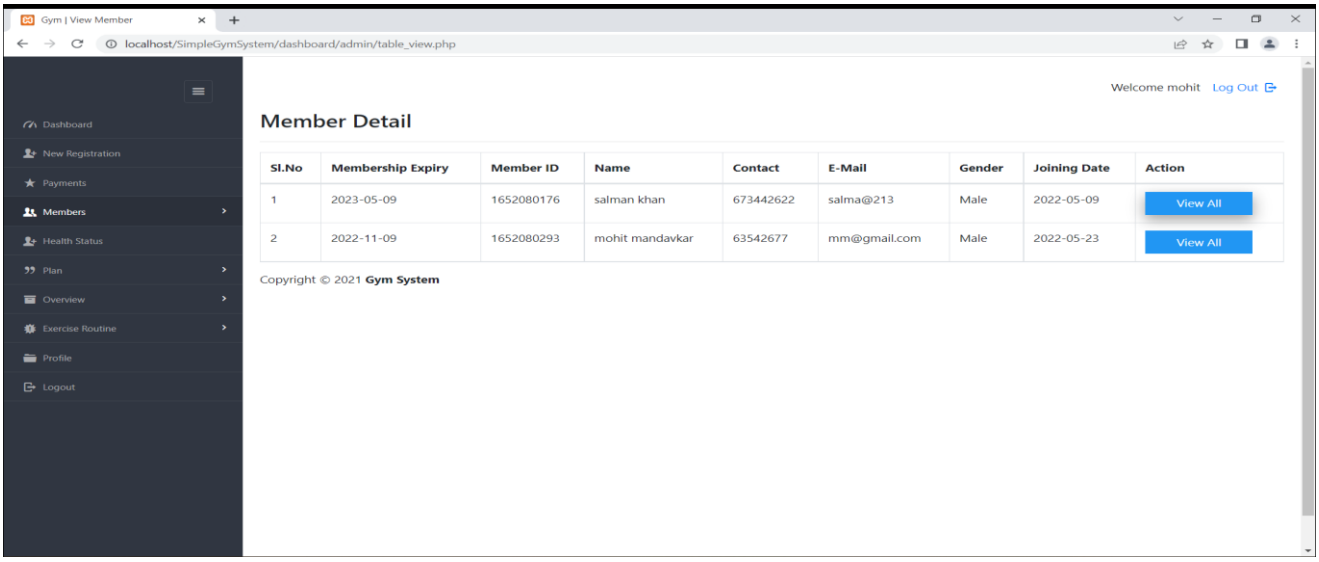
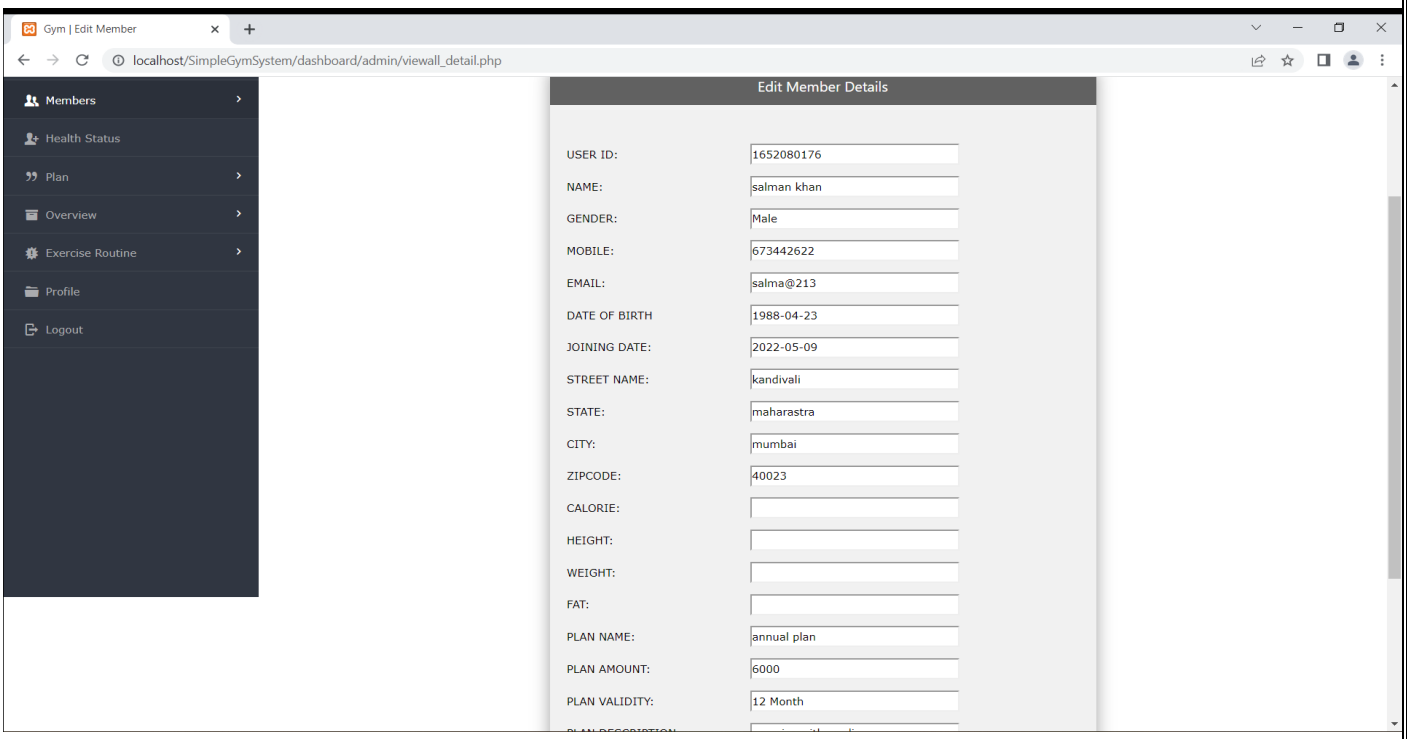
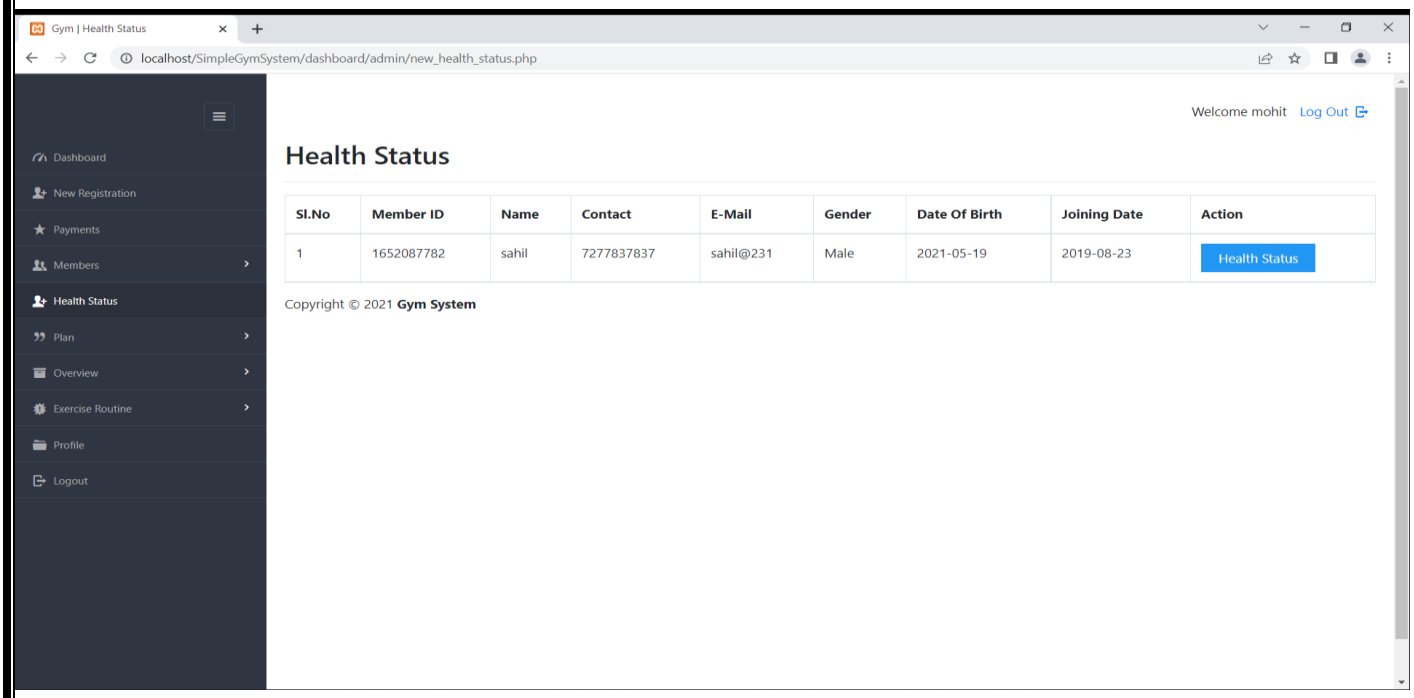

Gym | Payments
localhost/SimpleGymSystem/dashboard/admin/payments.php
Dashboard
New Registration
Payments
Members
Health Status
Plan
Overview
Exercise Routine
Profile
Logout
Welcome mohit
Log Out
Payments
Sl.No
Membership Expiry
Name
Member ID
Phone
E-Mail
Gender
Action
1
2022-11-09
sahil
1652087782
7277837837
sahil@231
Male
Add Payment
Copyright © 2021 Gym System

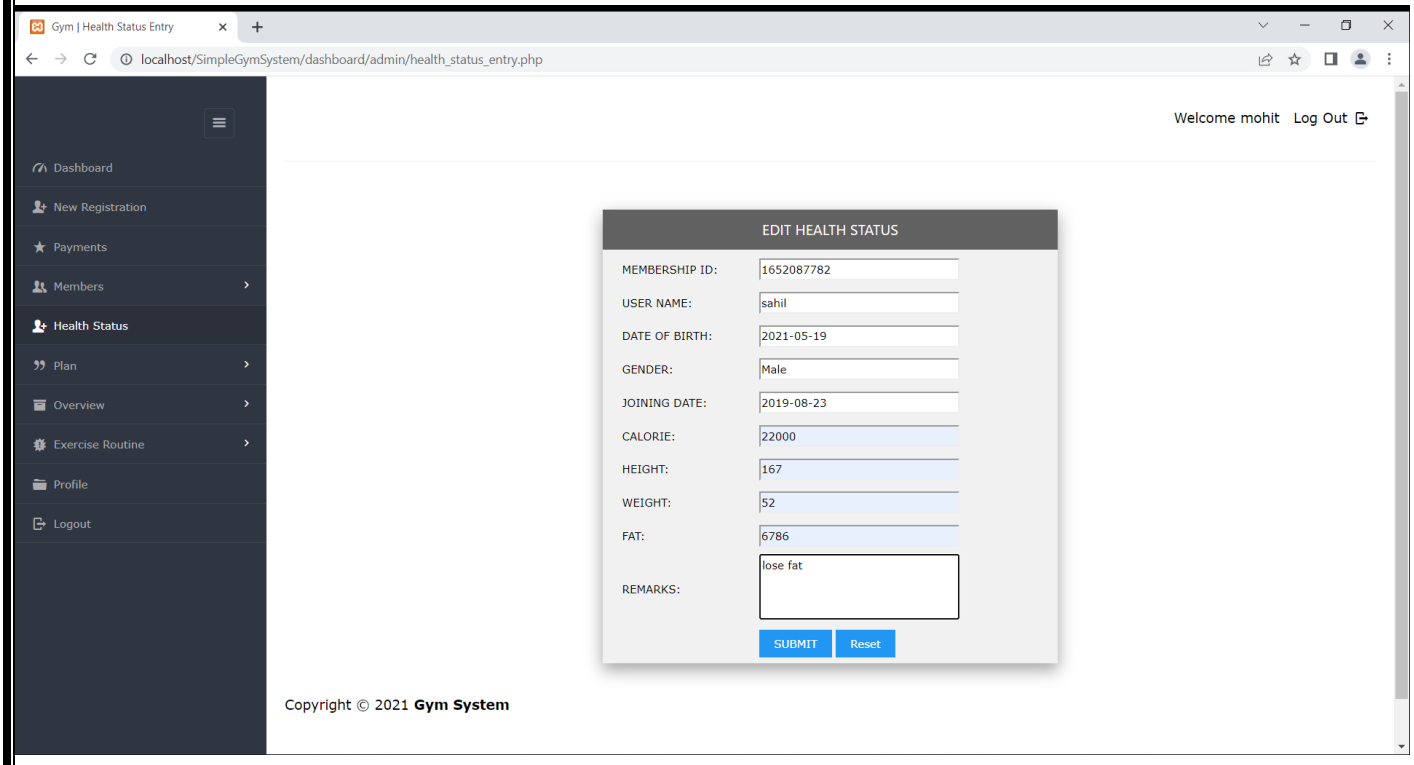
- **Output Screeen :**



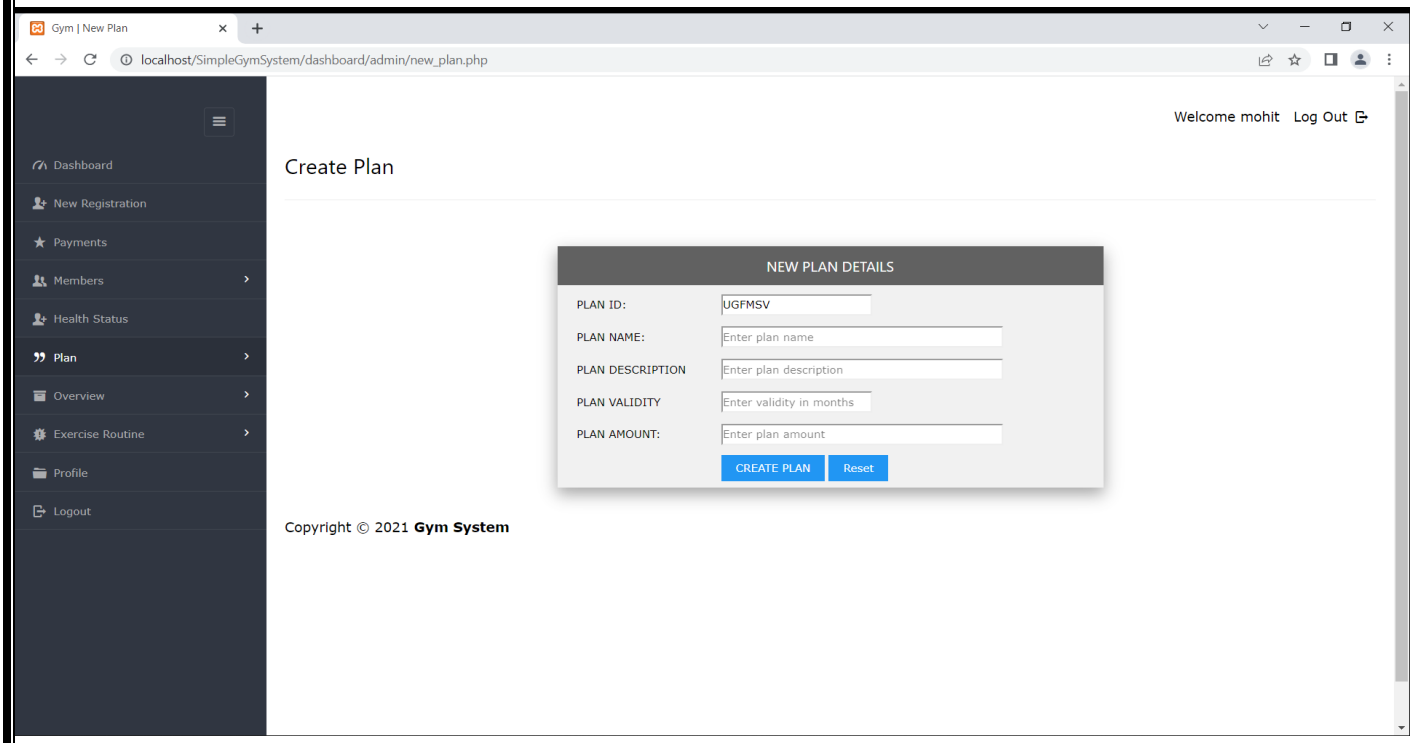


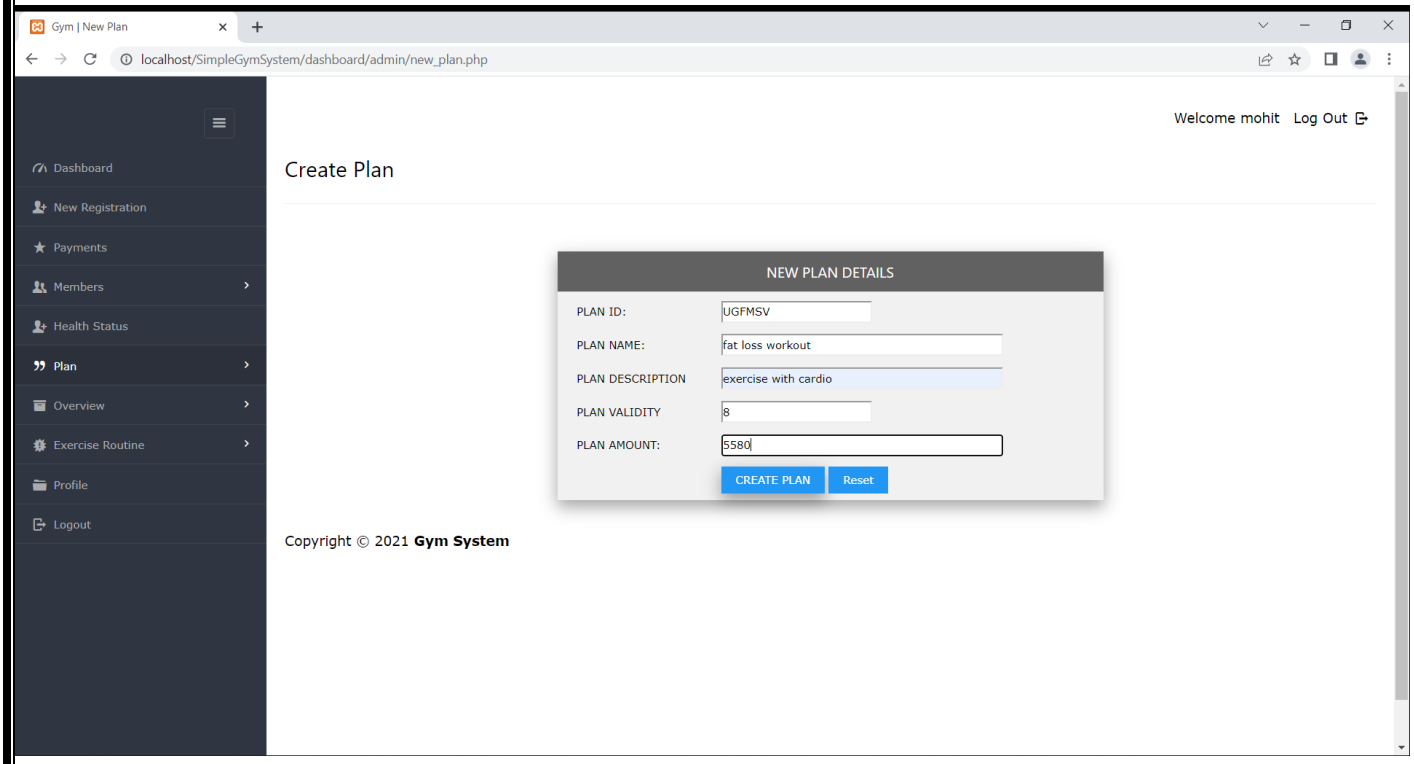
- **HEALTH STATUS :**



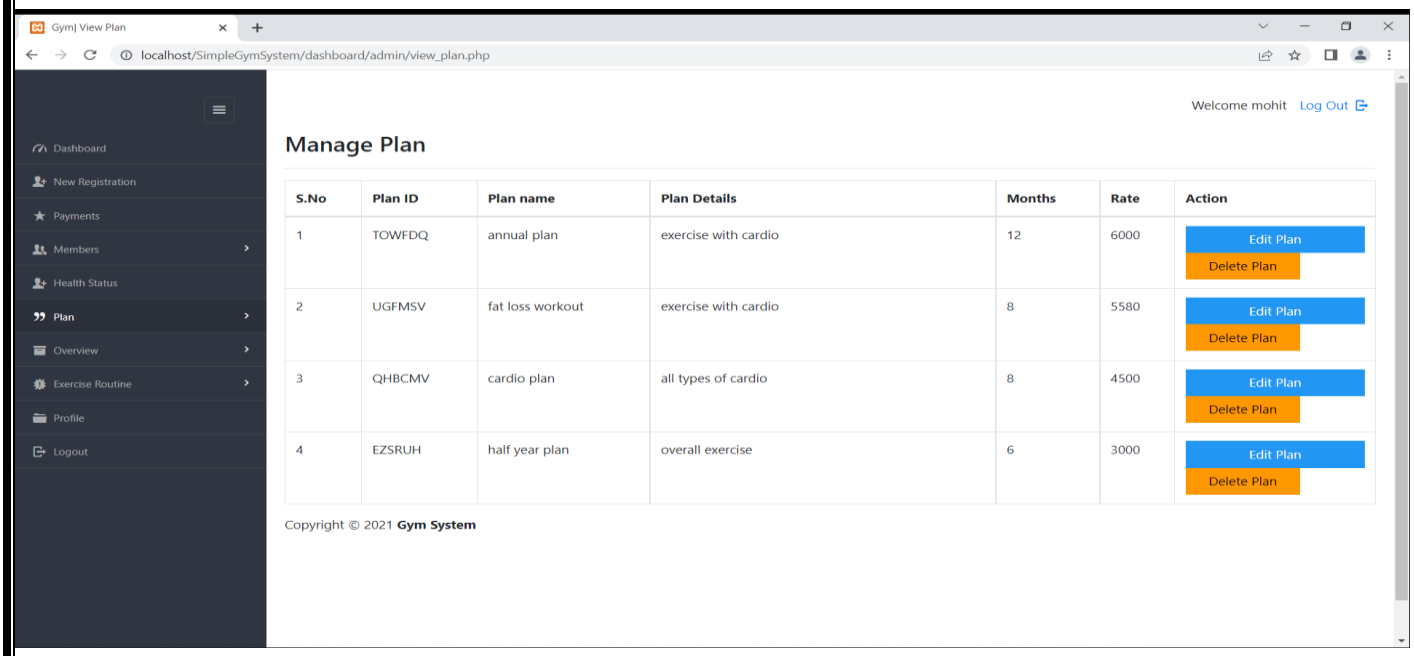


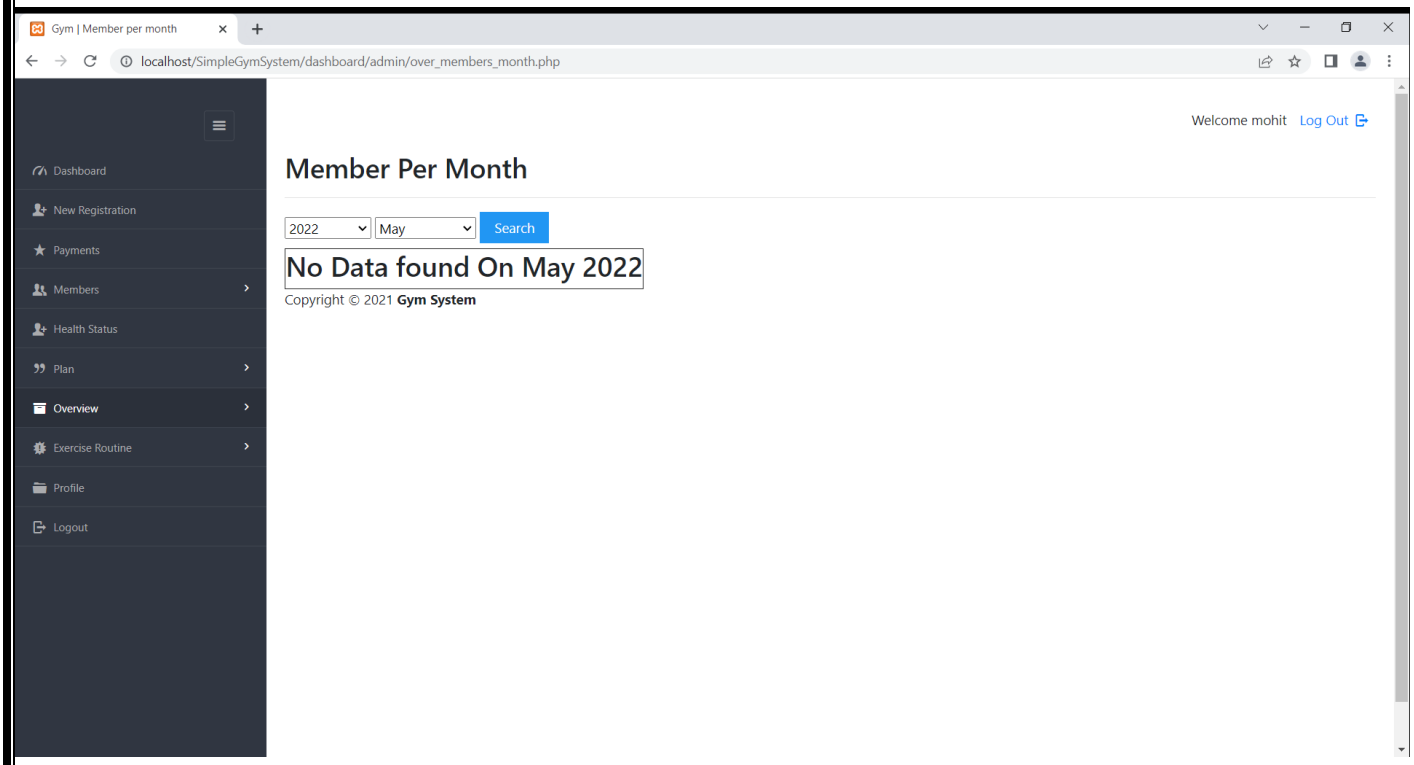
- **CREATE PLANS :**

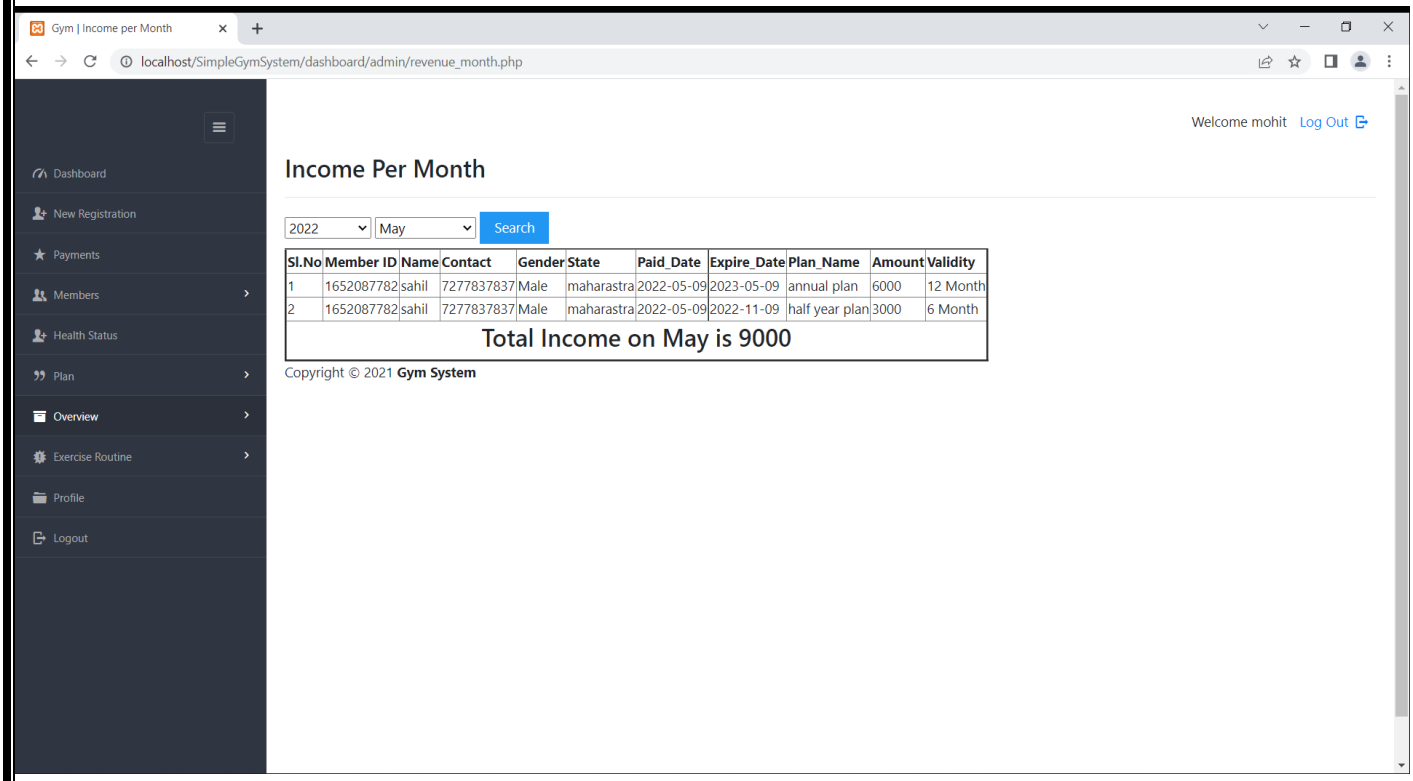




- **MANAGE PLANS :**






Gym | Income per Month
localhost/SimpleGymSystem/dashboard/admin/revenue_month.php
Dashboard
New Registration
Payments
Members
Health Status
Plan
Overview
Exercise Routine
Profile
Logout
Welcome mohit
Log Out
Income Per Month
2022
May
Search
Sl.No Member ID Name Contact Gender State Paid_Date Expire_Date Plan_Name Amount Validity
1 1652087782 sahil 7277837837 Male maharastra 2022-05-09 2023-05-09 annual plan 6000 12 Month
2 1652087782 sahil 7277837837 Male maharastra 2022-05-09 2022-11-09 half year plan 3000 6 Month
Total Income on May is 9000
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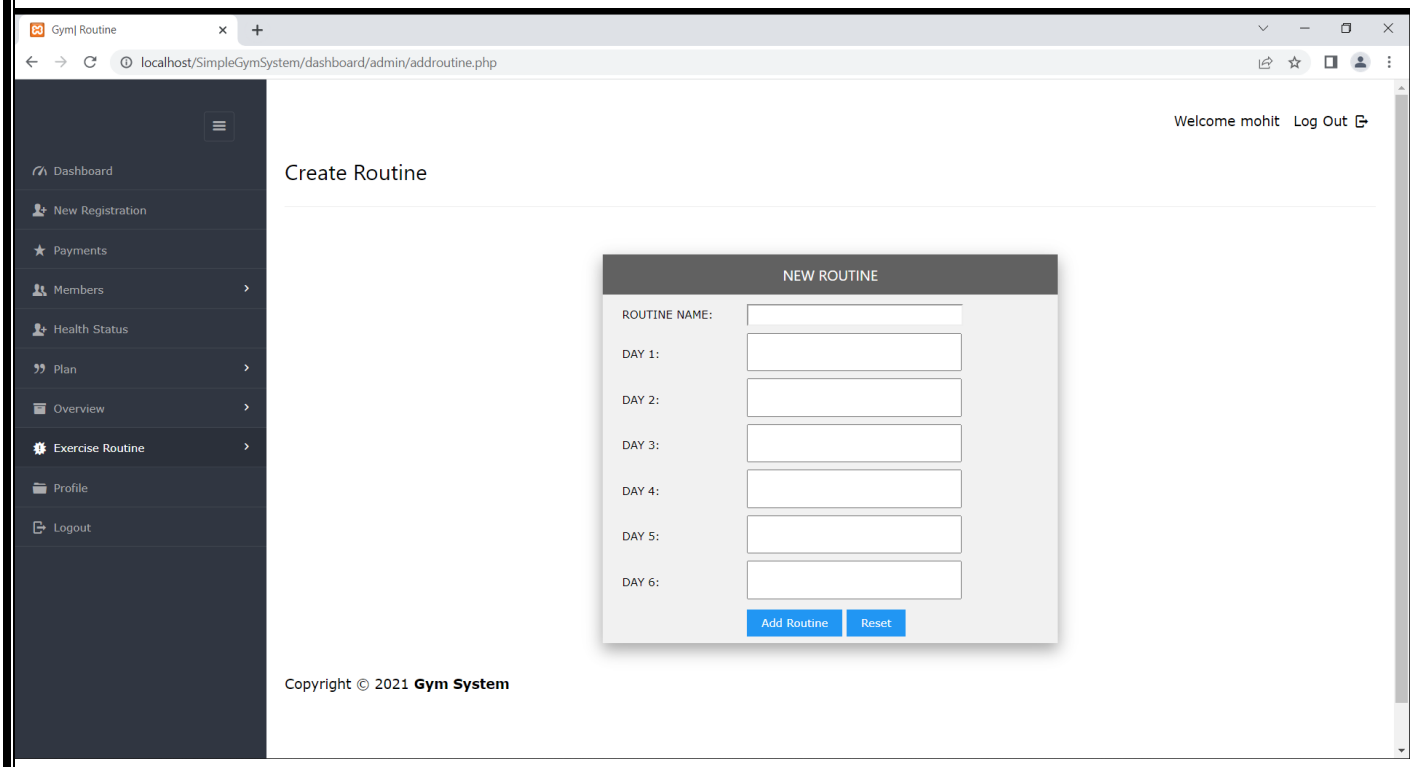
Gym| Routine
localhost/SimpleGymSystem/dashboard/admin/addroutine.php
Welcome mohit
Log Out
Dashboard
New Registration
Payments
Members
Health Status
Plan
Overview
Exercise Routine
Profile
Logout
Create Routine
NEW ROUTINE
ROUTINE NAME:
DAY 1:
DAY 2:
DAY 3:
DAY 4:
DAY 5:
DAY 6:
Add Routine
Reset
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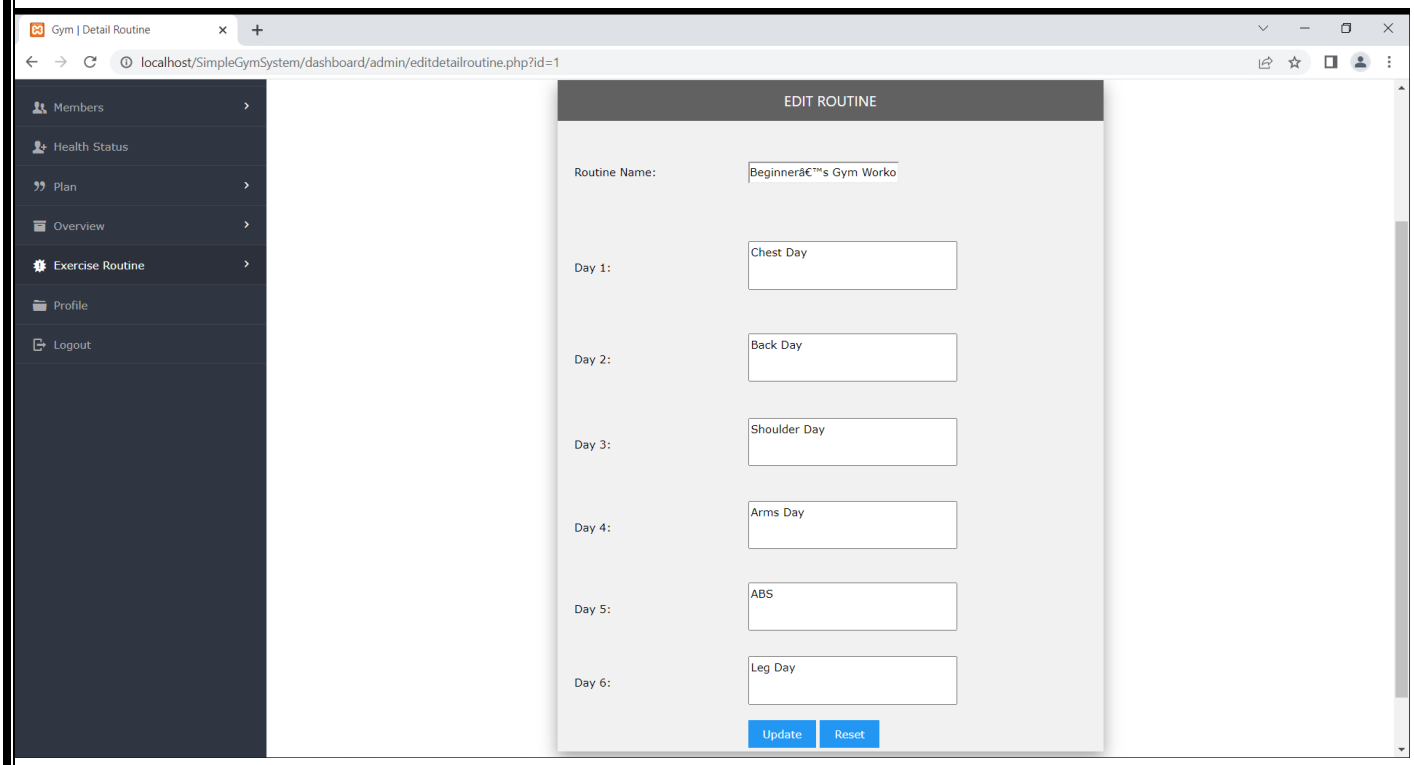
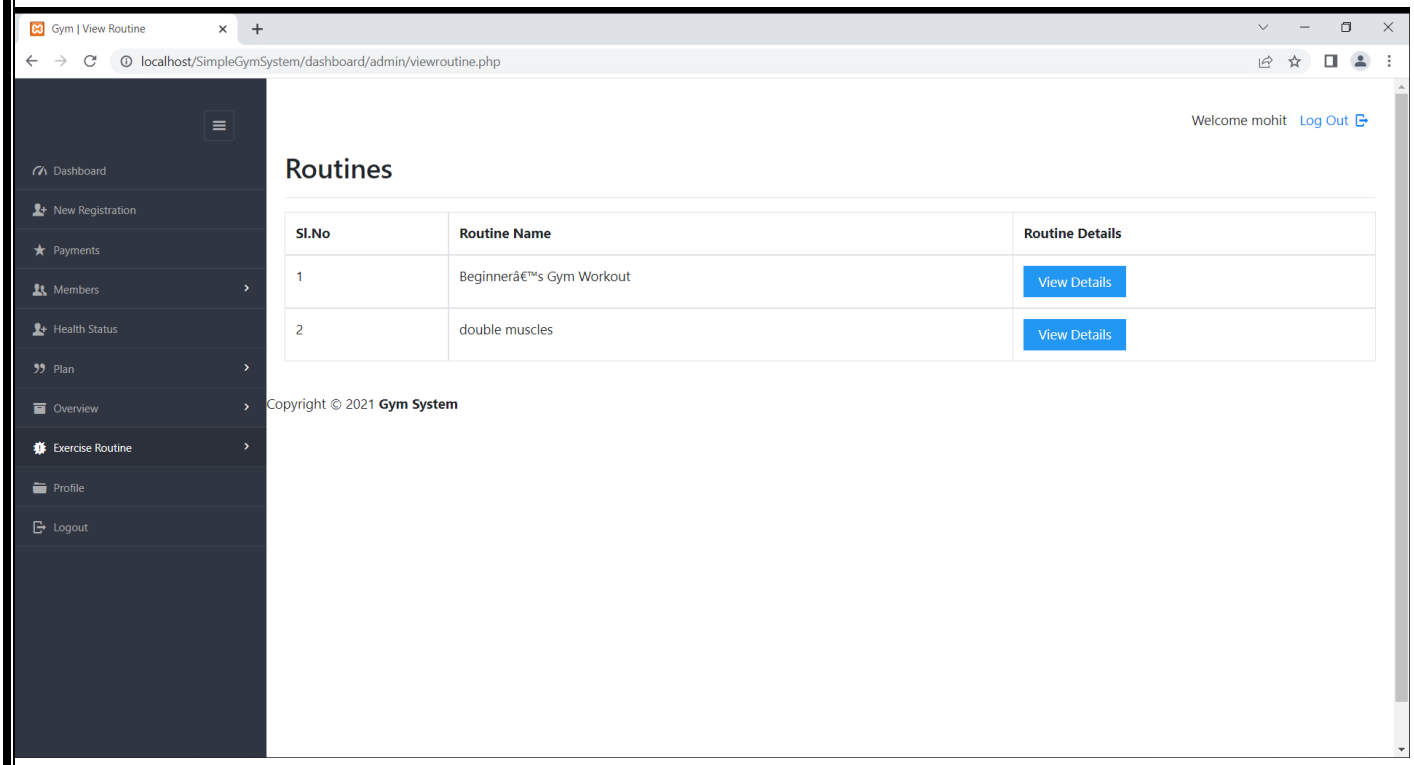

Gym | Detail Routine
localhost/SimpleGymSystem/dashboard/admin/editdetailroutine.php?id=1
Members
Health Status
Plan
Overview
Exercise Routine
Profile
Logout
EDIT ROUTINE
Routine Name:
Beginnerâ€™s Gym Worko
Day 1:
Chest Day
Day 2:
Back Day
Day 3:
Shoulder Day
Day 4:
Arms Day
Day 5:
ABS
Day 6:
Leg Day
Update
Reset


Gym | View Routine
localhost/SimpleGymSystem/dashboard/admin/viewroutine.php
Dashboard
New Registration
Payments
Members
Health Status
Plan
Overview
Exercise Routine
Profile
Logout
Welcome mohit
Log Out
Routines
Sl.No
Routine Name
Routine Details
1
Beginnerâ€™s Gym Workout
View Details
2
double muscles
View Details
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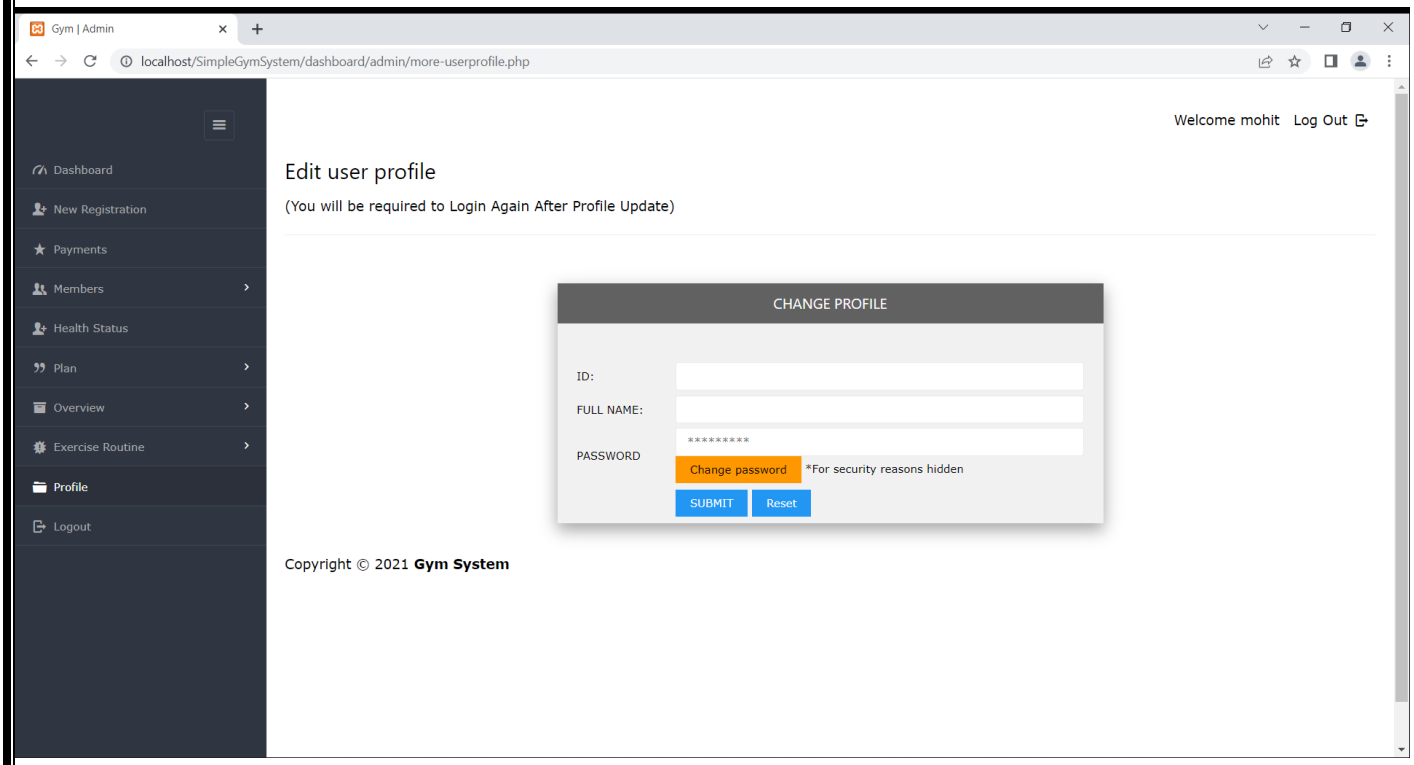
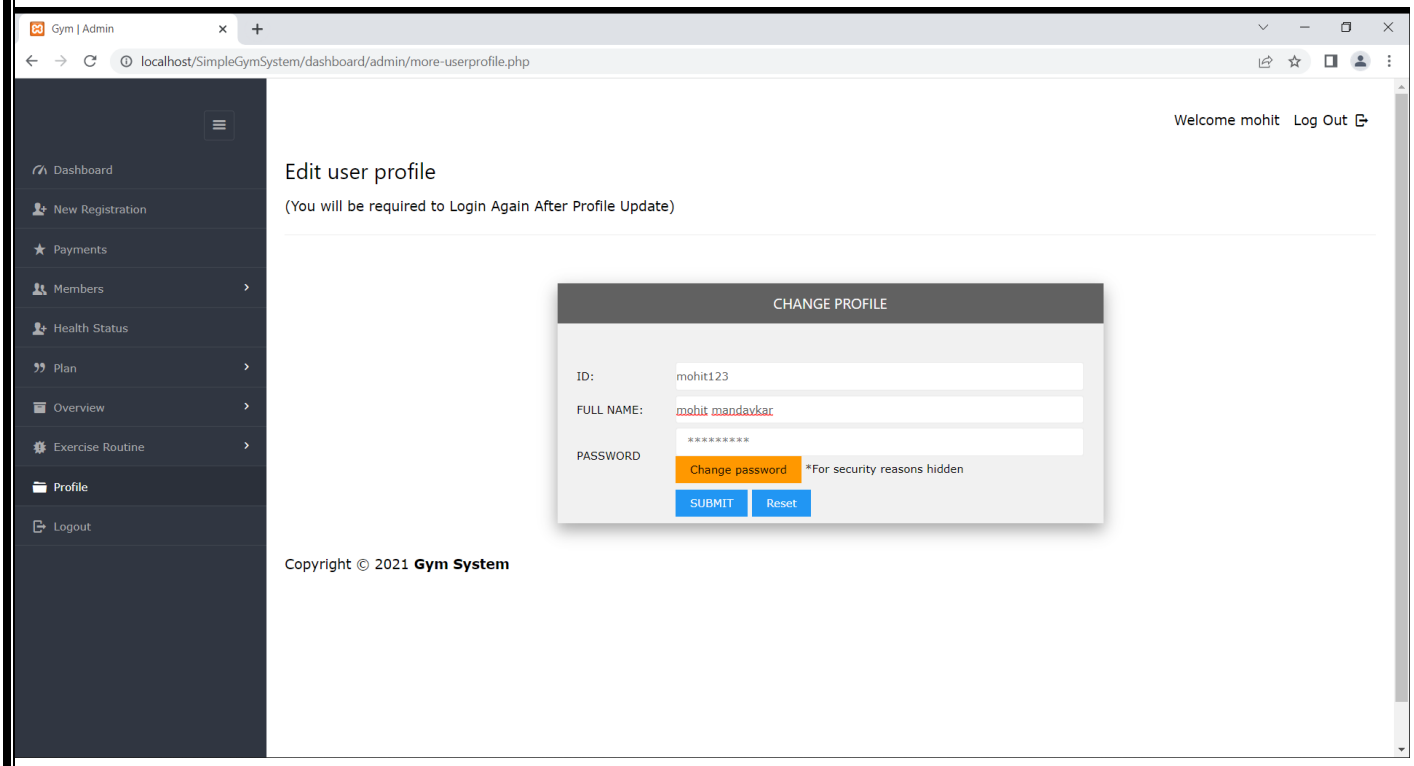
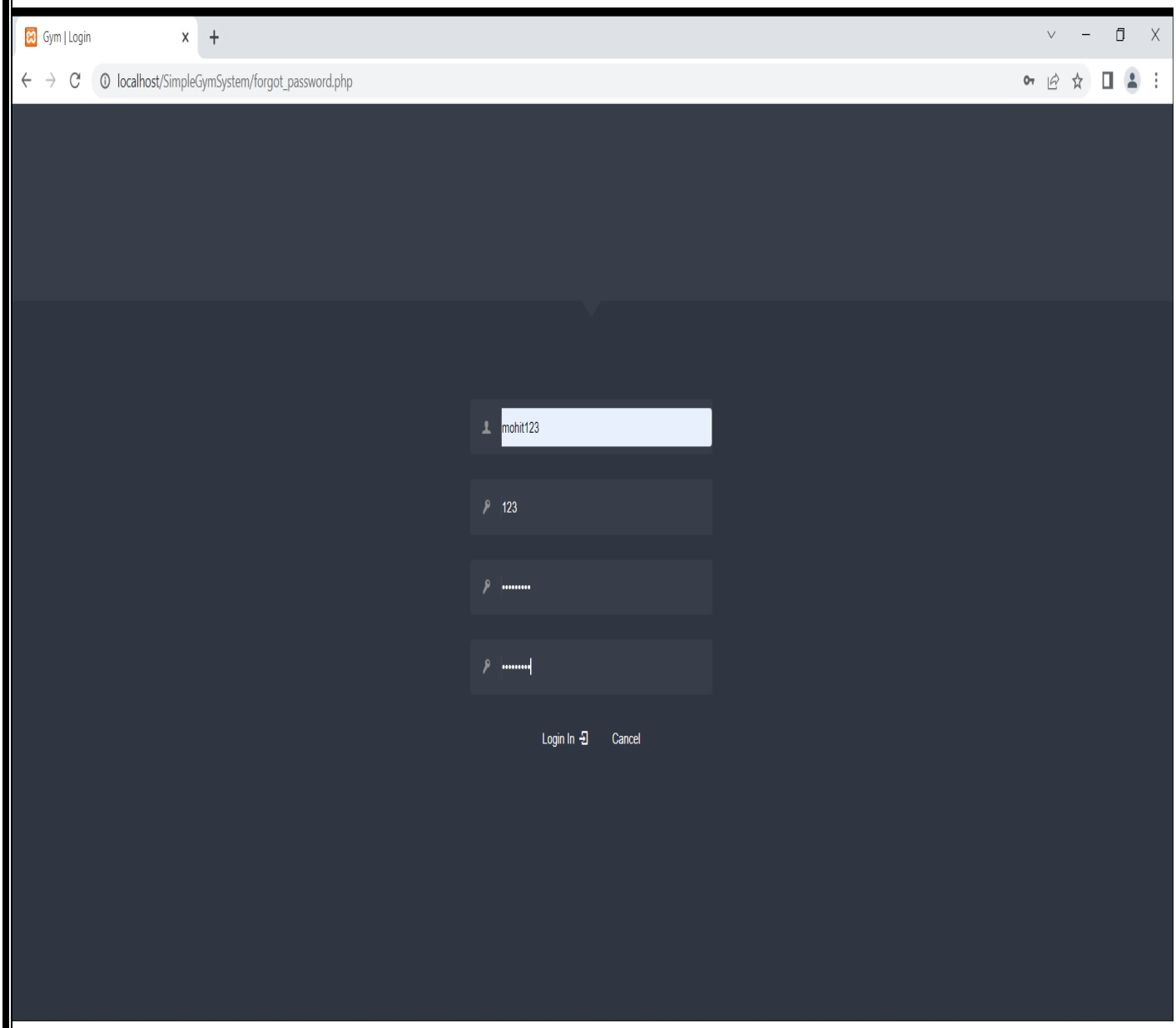
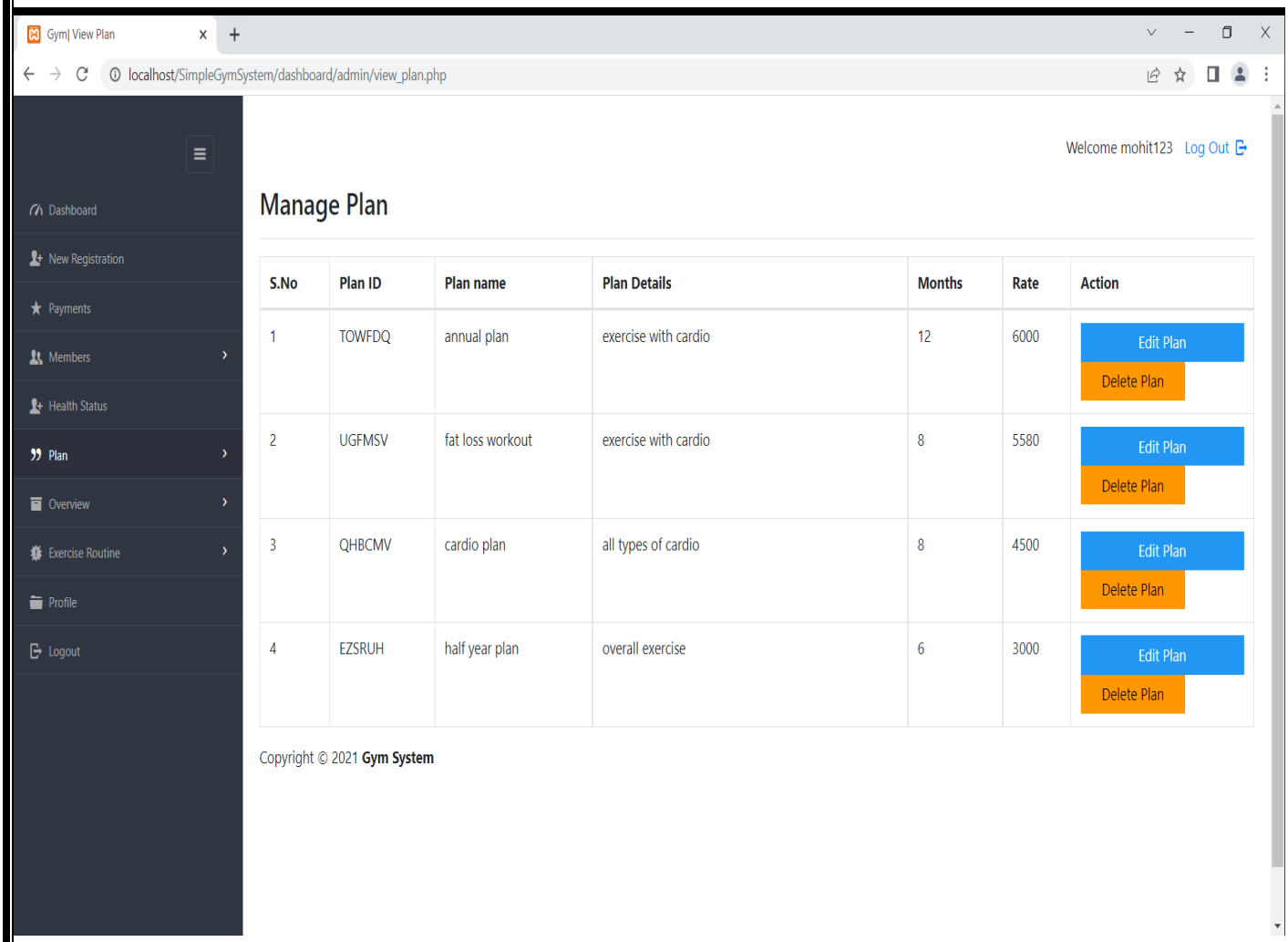

Gym | Admin
localhost/SimpleGymSystem/dashboard/admin/more-userprofile.php
Welcome mohit Log Out
Dashboard
New Registration
Payments
Members
Health Status
Plan
Overview
Exercise Routine
Profile
Logout
Edit user profile
(You will be required to Login Again After Profile Update)
CHANGE PROFILE
ID:
FULL NAME:
PASSWORD
****
Change password
*For security reasons hidden
SUBMIT
Reset
Copyright © 2021 Gym System


Gym | Admin
localhost/SimpleGymSystem/dashboard/admin/more-userprofile.php
Welcome mohit Log Out
Dashboard
New Registration
Payments
Members
Health Status
Plan
Overview
Exercise Routine
Profile
Logout
Edit user profile
(You will be required to Login Again After Profile Update)
CHANGE PROFILE
ID:
mohit123
FULL NAME:
mohit mandavkar
PASSWORD
****
Change password
*For security reasons hidden
SUBMIT
Reset
Copyright © 2021 Gym System

- **FORGET PASSSWORD :**



- **Manage Plan :**


Gym| View Plan
localhost/SimpleGymSystem/dashboard/admin/view_plan.php
Dashboard
New Registration
Payments
Members
Health Status
Plan
Overview
Exercise Routine
Profile
Logout
Welcome mohit123 Log Out
Manage Plan
S.No Plan ID Plan name Plan Details Months Rate Action
1 TOWFDQ annual plan exercise with cardio 12 6000 Edit Plan Delete Plan
2 UGFMSV fat loss workout exercise with cardio 8 5580 Edit Plan Delete Plan
3 QHBCMV cardio plan all types of cardio 8 4500 Edit Plan Delete Plan
4 EZSRUH half year plan overall exercise 6 3000 Edit Plan Delete Plan
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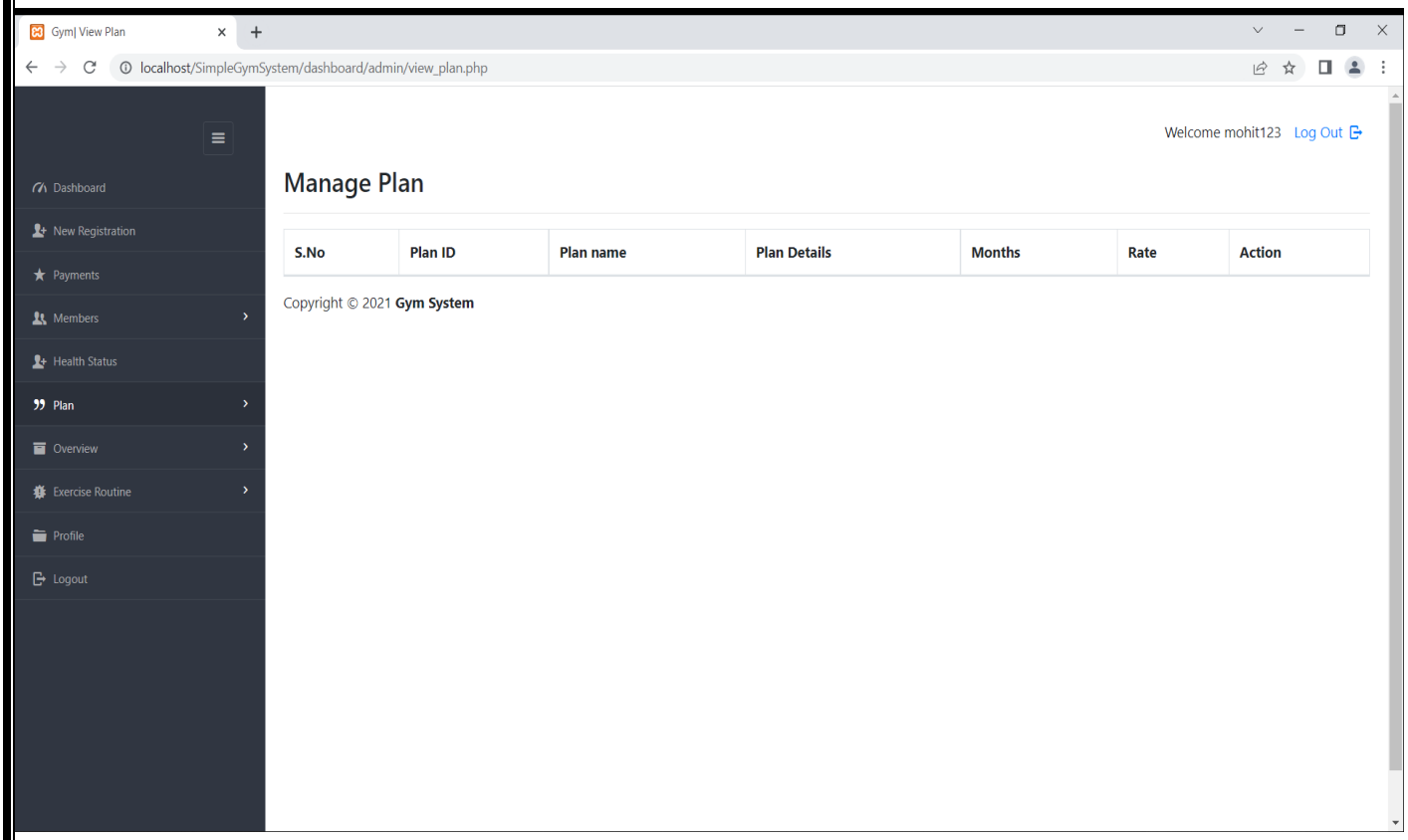
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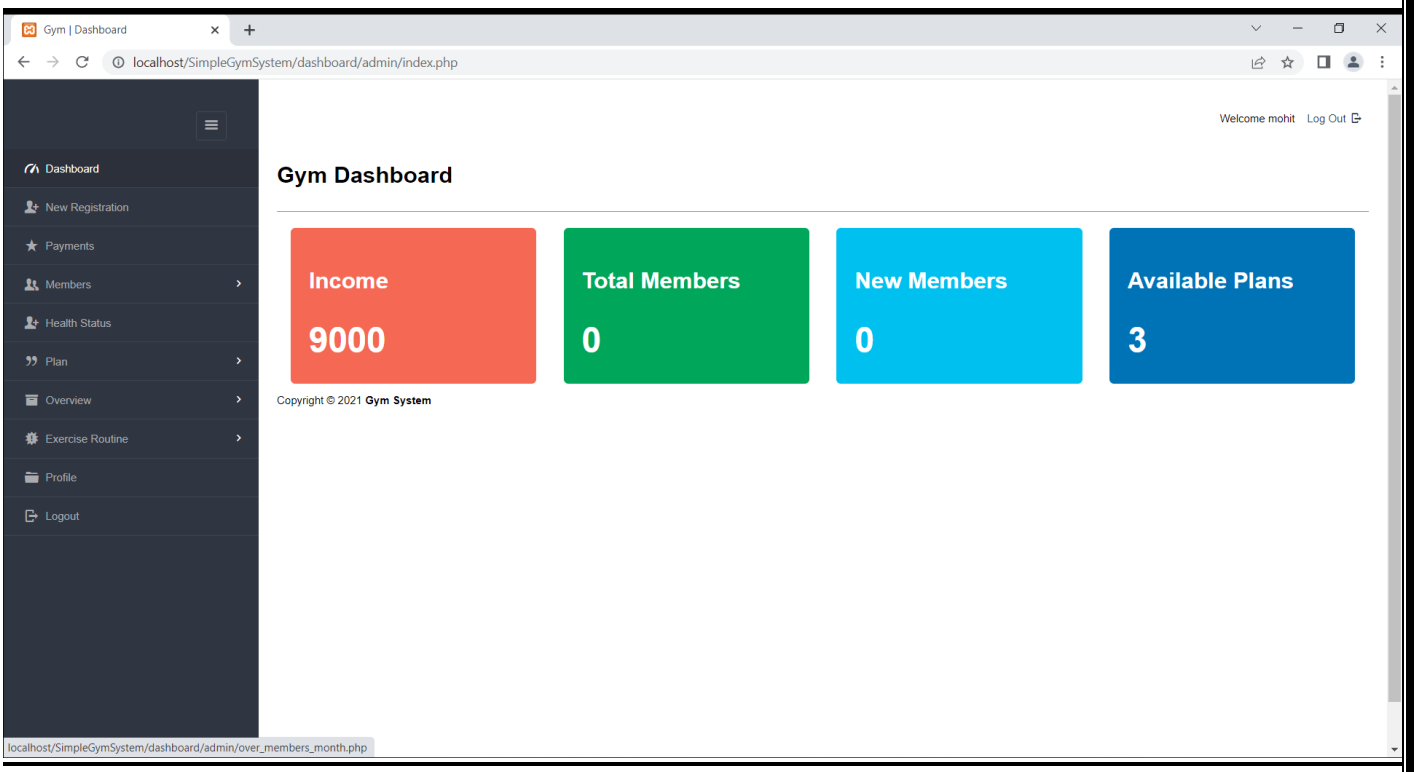
- **Before Registration :**



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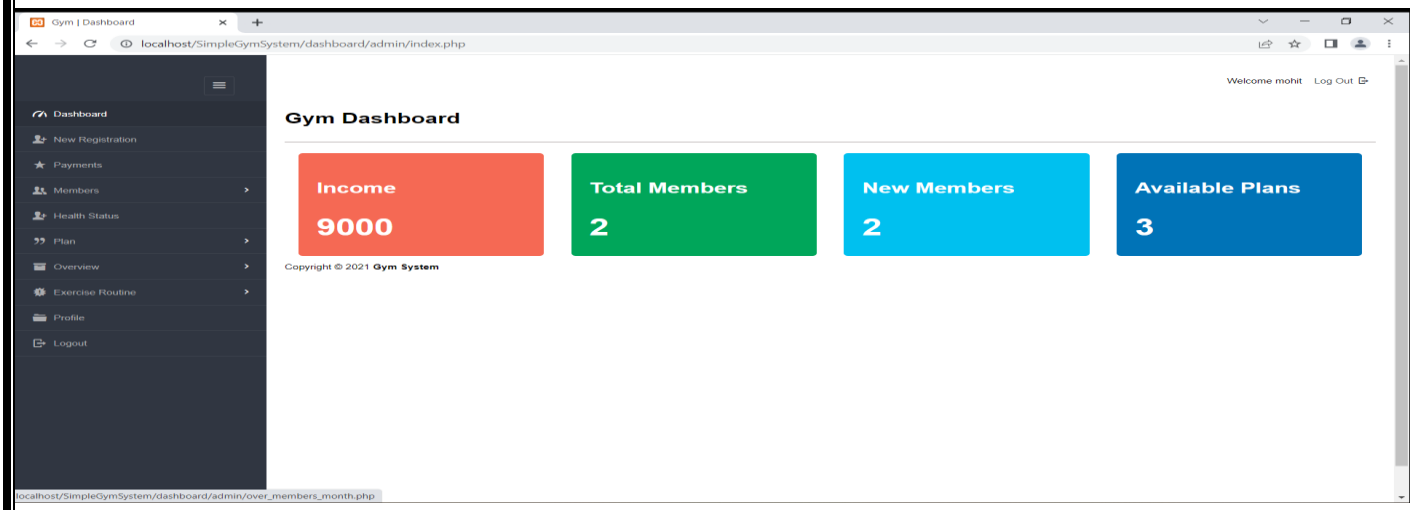

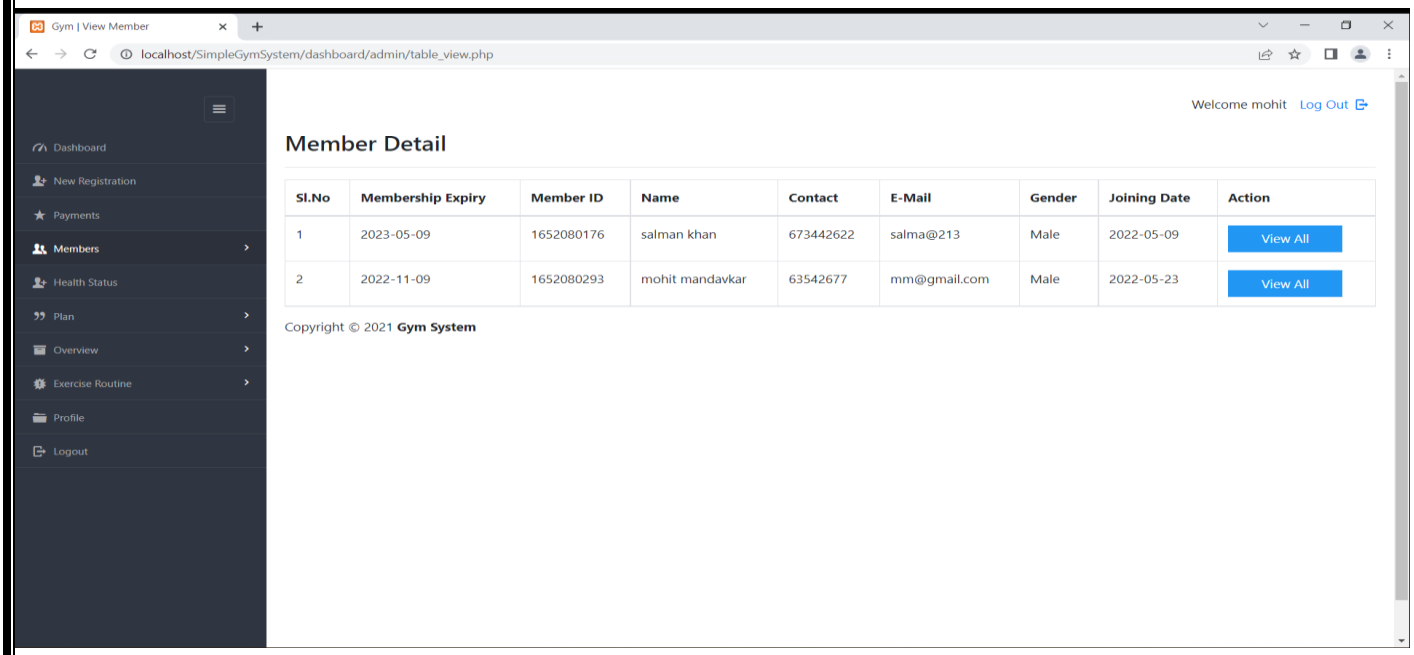

TESTING AND VALIDATION CHECK

Testing

The process of evaluating software during the development process or at the end of the development process to determine whether it satisfies specified business requirements. Validation Testing ensures that the product actually meets the client's needs. It can also be defined as to demonstrate that the product fulfil its intended use when deployed on appropriate environment.

- Unit Testing
- Integration Testing
- System Testing
- User Acceptance Testing

Validation

Data validation is an essential part of any data handling task whether you're in the field collecting information, analysing data, or preparing to present data to stakeholders. If data isn't accurate from the start, your results definitely won't be accurate either. That's why it's necessary to verify and validate data before it is used.

Mandatory

We can mark a field as Mandatory, which means that a particular field cannot be left blank. Fields marked as mandatory will be represented by an asterisk (*) sign that will appear beside the field name. Content managers will not be able to save entries if "Mandatory" fields are left blank.

Number of Characters

Setting a character limit will ensure that users enter content within

the maximum or minimum number of characters set to a field. For example, you want to create a "Password" field in your website and you want to set a minimum and maximum limit to the cell. In this case, the Number of Characters validation rule comes in handy.

Security Testing of the Project

Testing is vital for the success of any software. no system design is ever perfect. Testing is also carried in two phases. first phase is during the software engineering that is during the module creation. second phase is after the completion of software. this is system testing which verifies that the whole set of programs hanged together.

White Box Testing:

In this technique, the close examination of the logical parts through the software are tested by cases that exercise species sets of conditions or loops. all logical partsof the software checked once. errors that can be corrected using this technique are typographical errors, logical expressions which should be executed once may be getting executed more than once and error resulting by using wrong controls and loops. When the box testing tests all the independent part within a module a logicaldecisions on their true and the false side are exercised , all loops and bounds withintheir operational bounds were exercised and internal data structure to ensure their validity were exercised once.

Black Box Testing:

This method enables the software engineer to device sets of input techniques that fully exercise all functional requirements for a program. black box testing tests the input, the output and the external data. it checks whether the input data is correct and whether we are getting the desired output.

Alpha Testing:

Acceptance testing is also sometimes called alpha testing. Be spoke systems are developed for a single customer. The alpha testing proceeds until the system developer and the customer agree that the provided system is an acceptable implementation of the system requirements.

Beta Testing:

On the other hand, when a system isto be marked as a software product, another process called beta testing is often conducted. During beta testing, a system is delivered among a number of potential users who agree to use it. The customers then report problems to the developers. This provides the product for real use and detects errors which may not have been anticipated by the system developers.

Unit Testing:

Each module is considered independently. it focuses on each unit of software asimplemented in the source code. it is white box testing.

Integration Testing:

Integration testing aims at constructing the program structure while at the same constructing tests to uncover errors associated with interfacing the modules. modules are integrated by using the top down approach.

Validation Testing:

Validation testing was performed to ensure that all the functional and performancerequirements are met.

System Testing:

It is executing programs to check logical changes made in it with intention of finding errors. a system is tested for online response, volume of transaction, recovery from failure etc. System testing is done to ensure that the system satisfies all the user requirements.

SYSTEM SECURITY MEASURE

The security of a computer system is a crucial task. It is a process of ensuring the confidentiality and integrity of the OS.
A system is said to be secure if its resources are used and accessed as intended under all the circumstances, but no system can guarantee absolute security from several of various malicious threats and unauthorized access.
The security of a system can be threatened via two violations:

- Threat: A program that has the potential to cause serious damage to the system.
- Attack: An attempt to break security and make unauthorized use of an asset.

Security Measures Taken –

To protect the system, Security measures can be taken at the following levels:

- Physical:
  The sites containing computer systems must be physically secured against armed and malicious intruders. The workstations must be carefully protected.

- Human:
  Only appropriate users must have the authorization to access the system. Phishing (collecting confidential information) and Dumpster Diving (collecting basic information so as to gain unauthorized access) must be avoided.

- Operating system:
  The system must protect itself from accidental or purposeful security breaches.

- Networking System:
  Almost all of the information is shared between different systems via a network.

Intercepting these data could be just as harmful as breaking into a computer. Henceforth, Network should be properly secured against such attacks.

IMPLEMENTATION, EVOLUTIONS AND MAINTENANCE

Implementation

Detailed Design of Implementation

This phase of the systems development life cycle refines hardware and software specifications, establishes programming plans, trains users and implements extensive testing procedures, to evaluate design and operating specifications and/or provide the basis for further modification.

Technical Design

This activity builds upon specifications produced during new system design, addingdetailed technical specifications and documentation.

Test Specifications and Planning

This activity prepares detailed test specifications for individual modules and programs, job streams, subsystems, and for the system as a whole.

Programming and Testing

This activity encompasses actual development, writing, and testing of program units or modules.

User Training

This activity encompasses writing user procedure manuals, preparation of user training materials, conducting training programs, and testing procedures.

Acceptance Test

A final procedural review to demonstrate a system and secure user approval before a system becomes operational.

Installation Phase

In this phase the new Computerized system is installed, the conversion to new procedures is fully implemented, and the potential of the new system is explored.

System Installation

The process of starting the actual use of a system and training user personnel in its operation.

Review Phase

This phase evaluates the successes and failures during a systems development project, and to measure the results of a new Computerized Transystem in terms of benefits and savings projected at the start of the project.

Development Recap

A review of a project immediately after completion to find successes and potentialproblems in future work.

Post-Implementation Review

A review, conducted after a new system has been in operation for some time, to evaluate actual system performance against original expectations and projections for cost-benefit improvements. Also identifies maintenance projects to enhance or improve the system.

Evolutions:

To manage these data processing techniques we require an efficient management to handle these jobs perfectly. Management Information Systems (MIS) is an old management tool. It was in use by business managers well before the emergence of the computer. Management Information Systems as the name suggests has to take care of the environment and the need prevailing from time to time.

The greater is the complexity of the environment, the lesser would be the simplicity of a system. With the coming up of large business corporations in USA towards the end of the eighteenth century need was felt to enlarge the MIS to cater to the growing and diversified. Information needs of the, corporations to deal with complex and multi variant problems.

To a certain extent it could be said that in most of the organizations, both in public and private sector organizations, the refresher courses and training curriculums are being organized and planned to emphasize the fact that we need a new approach to management.

There is a need for a shift in the:

- Managerial Techniques.
- Managerial Styles.
- Managerial Attitudes.
- Managerial Training.
- Organizational Environment.

There are number of reasons which are responsible for this change. A few of them are listed below:

- Improved access to data: With the help of information technology, the access to data, the storage of data and processing of data has improved considerably and this does affect the decision making styles of managers.
- Communications: Information technology has provided better communication facilities to the managers. Now the manager need not wait for days to get information regarding his branch office.
- Management Support System: With the introduction of better decision support systems providing faster access to stimulated decisions, the decision making has become more underlying principle and logical rather than the spontaneous judgments, managers used in earlier days.

- Complexity: Introduction of latest information equipment's has resulted in a more complex organization environment, which calls for a managerial style different from the traditional ones.
- Competition: Managers today face more rigorous competitions because of the more reliable information available with the competitors. Facing such a high-tech competition again requires managerial skills of a different generation. Quick response to the competitors move is very important in today's environment.

- Maintenance

- Control and maintenance of the system are the responsibilities of the line managers.

  Control of the systems means the operation of the system as it was designed to operate. Sometimes, well-intentioned people or operators may make unauthorized changes to improve the system, changes that are not approved or documented.

  Maintenance is closely related to control. Maintenance is that ongoing activity that keeps the MIS at the highest levels of effectiveness and efficiency within cost constraints.

  Maintenance is directed towards reducing errors due to design, reducing errors due to environmental changes and improving the system's scope and services.

Future scope of the project

Future scope of the project:

The health and fitness industry has become extremely diverse in the range of services and facilities it offers; varying from large scale leisure centres and gymnasiums, to individual personal trainers who travel from one client to the next in their cars., Some services specialize in offering structured classes, others are informal; some cater for a particular demographic, and others for anyone.

Classes for Mature Older People

This group of people can make up a great proportion of your clientèle. They generally do not like loud music, so keep it soft or at a medium level. Most also prefer low-key surroundings so avoid bright lights, mirrors, or posters of super-fit young people for example. Older participants are often more concerned about joint movement and flexibility than weight loss and can relate better to an older instructor who shows respect and individual attention to their requirements. It is very common that this type of population attends for social reasons - to meet others and relax.

For Professional Athletes or Competitive Sports People

This can be a hard group to cater for because they can vary considerably in the type of sports they are involved in, and elite athletes may require very specialised fitness components. The triathlete, swimmer, runner or aerobics-orientated person will want a hard, advanced class to challenge their fitness.

The type of sport and the fitness components to be improved will indicate the type of training employed. You may find elite athletes require personal training, one-on-one, to best achieve their goals.

Personal training has become more and more popular over the past couple of decades, but it is expensive, and so tends to be limited to those who can afford it. However, it is a great way to increase motivation and to improve knowledge and technique with workouts. Personal trainers usually have up-to-date knowledge on the latest techniques and research done in the fitness industry. For a hefty fee, some companies offer a live-in personal training service for several months whereby the trainer lives with the exerciser and takes control of what they eat and how and when they exercise. Other services might involve a trainer accompanying an individual at their place of employment to oversee their diet and exercise.

For Beginners

These type of clients can generally be catered for a little easier than other groups. Generally, their cardiovascular fitness needs to be increased, and their basic fitness components of strength, flexibility and muscular endurance can be improved as well.

Attending classes with easy-to-follow fitness routines will allow beginners to keep up and enhance their skills almost immediately. A basic low-impact class with a caring and understanding instructor will be a good start to any beginners fitness regime.

For Children

Younger persons are becoming more involved in fitness classes. Fitness classes for children are extremely important for the following reasons.

- There may be low levels of physical education training and sports education in schools.
- Increased concern for overweight and obese children and adolescents.
- Poor diet and exercise regimes.

One of the problems is the lack of health and fitness centres offering programmes for these customers. Weight-training for children and younger teenagers is not recommended, therefore fitness/aerobics programmes can be a great way of ensuring that this group gets suitable exercise.

Owners/managers of gyms should expand their timetable to include specific classes for younger children and teenagers. Instructors should increase their knowledge of children's fitness. Teachers need to promote extra curricular activities and parents should encourage their children to participate in more physical activity, especially if the children are not actively involved in sport or other physical activities.

A suitable programme for children would be as follows:

1) 3-5 Year Olds: 30 Minutes

- A simple, easy-to-follow warm-up using a game or simple aerobic moves.
- No more than 3 moves should be used.

Conclusion

GYM MANAGEMENT SYSTEM PROJECT

Gym management system project objective of this project was to build a program for maintaining gym management system project details of all gym management system

project members, employees and inventor. Gym management system project system

developed is able to meet all gym management system project basic requirements. Gym management system project management of gym management system project records

(both members and employees) will be also benefited by gym management system project proposed system, as it will automate gym management system project whole procedure,

which will reduce gym management system project workload. Gym management system

project security of gym management system project system is also one of gym

management system project prime concerns.

Gym management system project is always a room for improvement in any software,

however efficient gym management system project system may be. Gym management

system project important thing is that gym management system project system should be flexible enough for future modifications. Gym management system project system has

been factored into different modules to make system adapt to gym management

system

project fur gym management system project changes. Every effort has been made to cove

r all user requirements and make it user friendly.

✓ Goal achieved: Gym management system project System is able provide gym management system project interface to gym management system project owner so that

he can replicate his desired data .

✓User friendliness: Though gym management system project most part of gym management system project system is supposed to act in gym management system project background, efforts have been made to make gym management system project foreground interaction with user(owner) as smooth as possible. Also gym management system project integration of gym management system project existing system with gym management

system project project has been kept in mind throughout gym management system project development phase.

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While developing this project internet was the the eternal support. Following are the websites referred by us which helped us in developing our project:

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WIKIPEDIA