

**VISVESVARAYA TECHNOLOGICAL UNIVERSITY,
BELAGAVI – 590 018**



A MINI PROJECT REPORT ON

“FITNESS TRACKER”

IN

COMPUTER SCIENCE AND ENGINEERING

BY

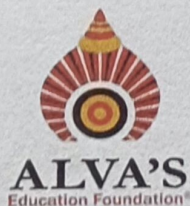
**NEHA BARKI
NIKISHA
NITISH
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**4AL21CS086
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4AL21CS088
4AL21CS089**

Under the Guidance of

Mrs. Deeksha M

Sr. Assistant Professor



**DEPARTMENT OF COMPUTER SCIENCE & ENGINEERING
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MOODBIDRI-574225, KARNATAKA**

2023– 2024

**ALVA'S INSTITUTE OF ENGINEERING AND TECHNOLOGY MIJAR,
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DEPARTMENT OF COMPUTER SCIENCE & ENGINEERING

CERTIFICATE

This is to certify that, the Mini Project entitled **“Fitness Tracker”** for the subject code **21CSMP67** has been successfully completed and report submitted by **Neha Barki (4AL21CS086)** during the academic year 2023– 2024. It is certified that all corrections/suggestions indicated presentation session have been incorporated in the report and scored 87 Marks out of 100.

Mrs. Deeksha M

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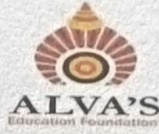
CERTIFICATE

This is to certify that, the Mini Project entitled “**Fitness Tracker**” for the subject code **21CSMP67** has been successfully completed and report submitted by **Nikisha (4AL21CS087)** during the academic year 2023– 2024. It is certified that all corrections/suggestions indicated presentation session have been incorporated in the report and scored 87 Marks out of 100.

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This is to certify that, the Mini Project entitled “**Fitness Tracker**” for the subject code **21CSMP67** has been successfully completed and report submitted by **Nitish (4AL21CS088)** during the academic year 2023– 2024. It is certified that all corrections/suggestions indicated presentation session have been incorporated in the report and scored 87 Marks out of 100.

A handwritten signature in black ink, appearing to read "Deeksha M", is written over a horizontal line.

Mrs. Deeksha M

Sr.Assistant Professor

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A handwritten signature in black ink, appearing to read "Deeksha M", is written above the printed name.

Mrs. Deeksha M

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ABSTRACT

This fitness tracker application designed to promote holistic health and well-being. The application features a wide range of integrated tools, including exercise routines, yoga sessions, BMI calculation, personalized diet plans, and motivational support, all aimed at providing users with a comprehensive fitness experience that addresses both physical and mental health needs. Secure user authentication is ensured through Firebase, enhancing user trust by protecting privacy and data security. Additionally, the app integrates with Spotify to offer personalized music playlists during workouts, boosting motivation and making exercise sessions more enjoyable. The literature survey explores current trends in fitness tracking technology and the benefits of integrating various health and wellness features into a single platform. By leveraging real-time data and user feedback, the app offers personalized fitness recommendations, making it valuable for users at any fitness level. The report details the app's design and implementation, user interface considerations, and the algorithms used for BMI calculation and personalized recommendations. The inclusion of motivational quotes and yoga practices supports mental well-being, while music integration enhances user engagement and adherence to fitness routines. In summary, this fitness tracker application represents a significant advancement in digital health tools, offering a user-friendly, all-encompassing platform for various fitness and wellness activities, with the aspiration to become an essential companion for individuals aiming to improve their health.