

A STUDY AND IMPLEMENTATION OF AN ELECTRONIC DIETS (E-DIETS) SYSTEM FOCUSING ON WEIGHT-LOSE PLANS AND FITNESS PROGRAMS USING WEB-SCRIPTING AND MULTIMEDIA TECHNOLOGIES

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ABSTRACT

Online system has become increasingly important element in every type of companies providing business and services. In order to have a high competitive advantage from others, there is a need of implementing an online system. A part of that, online system has brought tremendous benefits to the people all around the world regardless their geographical and time zone differences providing valuable information and easy transaction anytime possible. Basically, this project made up of 13 chapters which are arranged accordingly to provide better referencing and understanding to the readers. This report aims to progress for introducing the basic concepts, problems identification, proposed solutions and development until evaluations of the developed system.