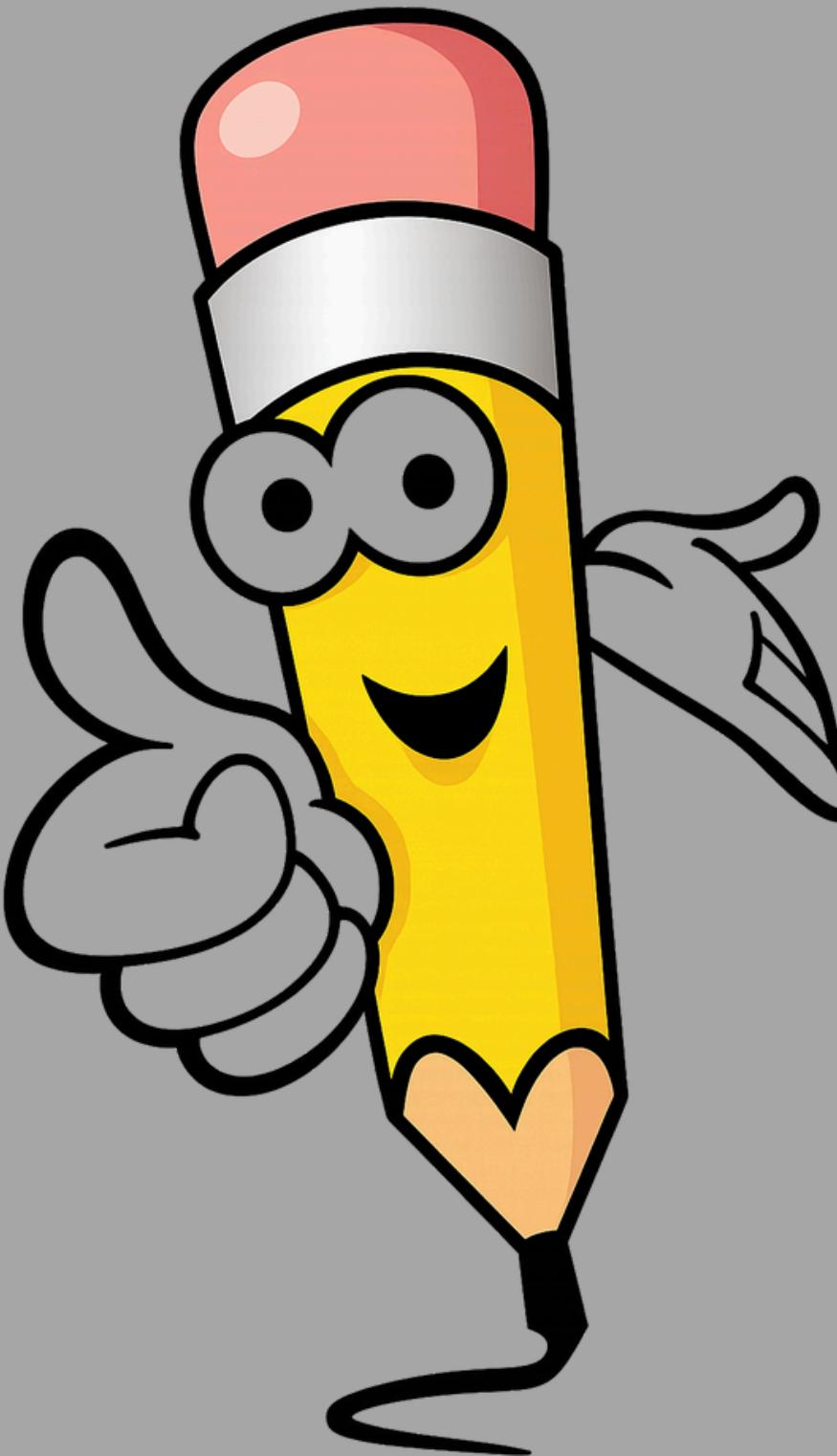


DIGITAL PORTFOLIO



STUDENT NAME:DHARSAN.S

REGISTER NO AND NMID:2422K1932/asbru062422k1932

DEPARTMENT:B SC COMPUTER SCIENCE

COLLEGE: CHIKKANNA GOVERNMENT ARTS AND SCIENCE

UNIVERSITY: BHARATHIYAR UNIVERSITY

PROJECT TITLE

APR FITNESS PORTFOLIO



AGENDA



1. **Problem Statement**
2. **Project Overview**
3. **End Users**
4. **Tools and Technologies**
5. **Portfolio design and Layout**
6. **Features and Functionality**
7. **Results and Screenshots**
8. **Conclusion**
9. **Github Link**

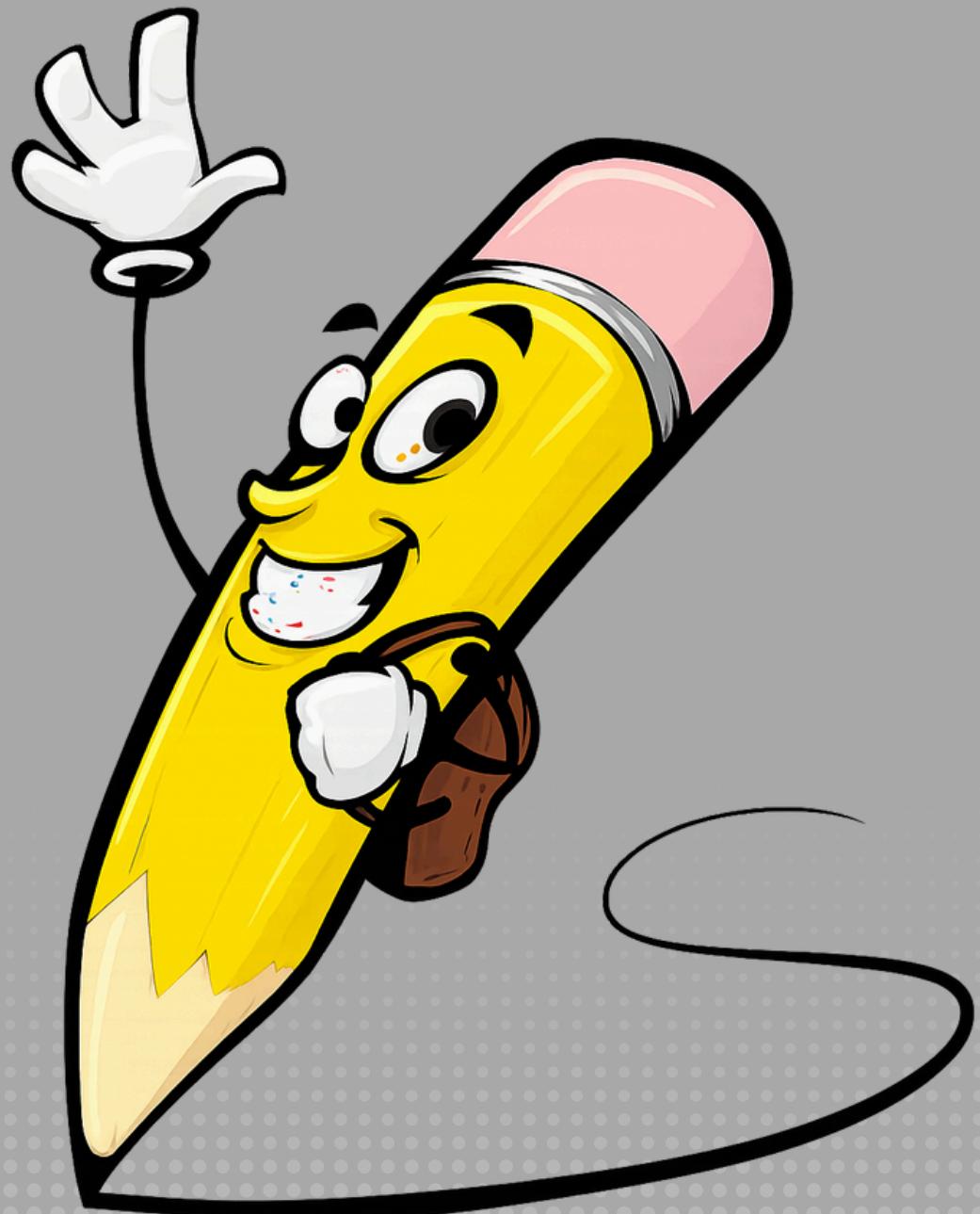
PROBLEM STATEMENT

**Many individuals struggle to
stay consistent with
their fitness journey due to
lack of proper
guidance, structured workout
plans, and
personalized diet charts.**



PROJECT OVERVIEW

**APRFITNESS PROVIDES
PERSONALIZED WORKOUT
SCHEDULES, DIET PLANS,
AND TRACKING TOOLS TO
HELP
INDIVIDUALS ACHIEVE
REAL TRANSFORMATION.**



WHO ARE THE END USERS?

- FITNESS ENTHUSIASTS
- BEGINNERS IN FITNESS
- ATHLETES AND BODYBUILDERS
- PEOPLE AIMING FOR WEIGHT GAIN, FAT LOSS, OR STRENGTH BUILDING

TOOLS AND TECHNIQUES

TOOLS: THE TOOLS I HAVE USED IN THIS DIGITAL PORTFOLIO IS HTML5, CSS, JAVASCRIPT, FIRE FOX AND CODEPEN FOR CODE EDITOR.

TECHNIQUES: I USED SEMANTIC TAGS LIKE <NAV>
-
<HEAD>

'<FOOTER> FOR BETTER READABILITY. I USED EXTERNAL CSS FOR ADDING STYLES TO MY PORTFOLIO. I USED JAVASCRIPT TO GIVE A POPUP MESSAGE AFTER SUBMITTING A MESSAGE IN MY CONTACT WHICH WAS IN FORM AND VALIDATION. I ALSO USED JAVASCRIPT FOR SMOOTH NAVIGATION.

(FOR PORTFOLIO DESIGN)□
FITNESS KNOWLEDGE & TRAINING METHODS□
ONLINE PLATFORMS FOR CLIENT INTERACTION



POTFOLIO DESIGN AND LAYOUT

*THE WEBSITE IS DESIGNED
WITH A MODERN LAYOUT,
GRADIENT BACKGROUNDS,
NAVIGATION BAR,
INTERACTIVE
SECTIONS LIKE ABOUT,
PLANS, PROJECTS, AND
CONTACT.*

FEATURES AND FUNCTIONALITY

- CUSTOM WORKOUT SCHEDULES
- PERSONALIZED DIET PLANS
- REP COUNT & TRACKING
- SPECIAL PLANS FOR ATHLETES & BODYBUILDERS
- CONTACT FORM FOR DIRECT COMMUNICATION

RESULTS AND SCREENSHOTS

The screenshot shows a code editor interface with three tabs: HTML, CSS, and JS. The HTML tab contains the basic structure of the website, including the DOCTYPE declaration, meta tags, and a title. The CSS tab contains the styles for the body, header, and h1 elements, featuring a linear gradient background and white text. The JS tab contains a single-line comment about a future script placeholder.

APR Fitness
"Strength. Discipline. Transformation."

Welcome to APR Fitness

Hi, I am Dharsan S, a certified fitness trainer.
Let's transform your fitness journey together!

About Me

As the founder of APR Fitness, I provide professional workout schedules, diet plans, and personal training designed for real transformation.

Plans & Services

Workout Schedule

Custom workout routines with progressive overload & rep counts

The website has a dark purple gradient background. It features several sections with icons and text: "Diet Plan" (Personalized diet charts for weight gain, fat loss, and strength building), "Rep Count & Tracking" (Track reps, sets, and progression with my guided programs), "Extra Plans" (Special plans for athletes, bodybuilders, and general fitness enthusiasts), "Transformations" (Coming Soon: Before & After fitness transformation stories of my clients), and "Contact Me" (Form fields for Your Name, Your Email, and Your Message, with a Send button).

CONCLUSION

APRFITNESS IS A
PERSONALIZED FITNESS
PLATFORM
DESIGNED TO PROVIDE
PROPER GUIDANCE,
DISCIPLINE,
AND STRUCTURED PLANS
FOR TRANSFORMATION.

Thank You!



**CREATED
BY
DHARSANS**