SC 104007

Computer Programming and Graphic Problem

Instructor – Mohit Dale

Project Final Report

Project Title: Fitter

Team Members:

Eman Abdelrahman

Ivan Aguilar

Mahum Azim

Oluwatamilore Ayode

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Contribution

Eman Abdelrahman 25%

Ivan Aguilar 19%

Mahum Azim 19%

Oluwatamilore Ayode 19%

Almendra Alamo 18%

**Web Development Elements:**

HTML Structure: The code defines the website's structural components, encompassing headers, navigation bars, content sections, images, and footers.

CSS Styling: Utilizing <style> tags and external CSS files (style.css, index.css), this element focuses on styling and defining visual aspects, including fonts, colors, layout, and animations.

**A screenshot of a phone

Description automatically generated**This chapter delves into fundamental project management aspects such as task analysis, role delineation, work breakdown structuring, and schedule visualization. These elements form the foundation for efficient project execution, ensuring clarity, accountability, and adherence to timelines.

**Chapter 1: Introduction**

**Ivan Aguilar**

1.1 Project Overview:

Introduces the website dedicated to promoting healthy eating habits, providing background, problem statement, and a glossary of key terms.

1.2 Background:

Contextualizes the initiative, discussing dietary trends, nutritional awareness, and the need for accessible, reliable information.

1.3 Problem Definition:

Defines the challenge addressed by the website, highlighting deficiencies in dietary information accessibility and the need for an authoritative resource.

1.4 Glossary of Terms:

Provides a comprehensive glossary of specialized terminology for user understanding and clarity.

**Chapter 2: Project Management**

**Eman Abdelrahman**

2.1 Task Analysis:

Analyzes tasks integral to the website's development and maintenance, emphasizing sequential and interdependent activities.

2.2 Roles and Responsibilities:

Delineates specific roles and responsibilities for efficient coordination and accountability.

2.3 Work Breakdown Structure (WBS):

Organizes the project into manageable components, aiding in defining scope, resource allocation, and understanding intricacies.

2.4 Gantt Chart:

Visually represents the project schedule, displaying tasks, durations, dependencies, and timelines for effective planning and monitoring.

A graph with colorful bars

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2.5 Content Quality:

Ensures FITTER provides well-

researched, credible, and up-to-date information about nutrition, recipes, dietary guidelines, and expert advice.

2.6 User-Friendly Interface:

Offers a clean, intuitive interface with clear categorization, simple menus, and quick access to relevant sections.

2.7 Customized Features:

Provides personalized features like meal planners or diet tracking tools to enhance user engagement.

2.8 Visual Appeal:

Utilizes appealing visuals such as high-quality images, infographics, or videos to complement content.

2.9 Credibility and Authority:

Establishes credibility through citations, references, or endorsements from nutritionists and reputable organizations.

2.10 Community and Engagement:

Fosters an active community through forums, comment sections, or social media integration for user interaction and support.

2.11 Mobile Responsiveness:

Adopts a responsive design for accessibility and convenience across various devices.

2.12 Regular Updates:

Consistently updates content with new recipes, health tips, or scientific findings, demonstrating commitment to providing valuable information.

**Chapter 3: Requirements Definition**

**Mahum Azim**

3.1 Stakeholder Identification:

Profiles stakeholders involved in or impacted by the FITTER project, delineating individuals, groups, or entities with vested interests, roles, or influence.

3.2 Requirements Gathering Techniques:

Utilizes interviews and surveys/questionnaires to comprehensively capture project needs, eliciting detailed information, opinions, and perspectives.

3.3 Project Scope:

Establishes project boundaries, objectives, and deliverables, ensuring a clear understanding of parameters and objectives.

3.4 Project Requirements List:

Presents a comprehensive list of documented project requirements derived from stakeholder engagements, interviews, surveys, and analysis.

This chapter serves as the bedrock for requirements gathering and definition, encompassing stakeholder identification, requirements elicitation techniques, project scope delineation, and a consolidated list of project requirements.

**Chapter 4: Design**

**Oluwatamilore Ayode**

4.1 3D Visual Elements:

Integrates three-dimensional visuals or graphics for depth and realism, such as 3D models of healthy food items.

4.2 Engaging and Vibrant Visuals:

Uses high-quality images and videos related to health, fitness, and nutrition for an attractive and vibrant website.

4.3 Dynamic Content and Features:

Implements dynamic elements like interactive menus, animated graphics, and engaging infographics for an active user experience.

4.4 Responsiveness Across Devices:

Ensures seamless adaptation to various devices for an equally engaging user experience.

4.5 User-Friendly Interface:

Prioritizes usability with easy navigation, clear content categorization, and quick access to relevant information.

4,6 Health-Focused Color Scheme:

Utilizes a color palette connoting health and vitality, with fresh, natural tones.

4.7 Animation for Engagement:

Incorporates subtle animations or transitions for user attention and guidance.

4.8 Accessibility and Readability:

Ensures content is easily readable and accessible to users of all abilities.

4.9 Scripting: JavaScript is employed for interactivity, including scroll animations, responsive behavior, and live reloading for development purposes.

4.10 Website Goals and Features:

Branding: Focused on health, fitness, and nutrition.

4.11 Navigation: Includes links to sections like About, Pricing, Contact, and Features.

4.12 Visual Appeal: Employs gradient text, images of healthy food, testimonials, and a call-to-action banner.

4.13 Content: Emphasizes healthy recipes, partnerships, fitness testimonials, and reasons to choose the platform.

4.14 Call-to-Action: Encourages users to contact or sign up for assistance.

Usage of Colors and Elements: Utilizes CSS for colors, backgrounds, font colors, and gradient styles for text and backgrounds.

4.15 Typography: Imports "Plus Jakarta Sans" from Google Fonts for consistent text styling.

4.16 Layout and Components: Structured using grids and sections to organize content, testimonials, partner logos, and call-to-action sections.

4.17 Design & Planning: Planned layout, visual elements, and content structure align with website goals.

4.18 Coding: Implements design with HTML, CSS, and JavaScript, applying responsive design principles.

4.19 Testing & Iteration: Likely underwent testing for usability, responsiveness, and functionality, with iterations based on feedback.

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**A child pointing at a plate

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**A screenshot of a website

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**Chapter 5: Development**

**Almendra Alamo**

5.1 Outputs of Solution Execution:

Presents detailed documentation, code samples, diagrams, and other tangible deliverables resulting from the developmental phase.

5.2 Snapshots of Solution Execution:

Showcases snapshots or screenshots illustrating the progression and implementation of the FITTER project solution.

**Website Goals and Features:**

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2-Navigation: Includes links to sections like About, Pricing, Contact, and Features.

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3-Content: Emphasizes healthy recipes, partnerships, fitness testimonials, and reasons to choose the platform.

4-Call-to-Action: Encourages users to contact or sign up for assistance.

5-Usage of Colors and Elements: Utilizes CSS for colors, backgrounds, font colors, and gradient styles for text and backgrounds.

6-Typography: Imports "Plus Jakarta Sans" from Google Fon

**References**

1. \*Mayo Clinic - Healthy Recipes:\* [Mayo Clinic provides a variety of healthy recipes for different dietary needs.](https://www.mayoclinic.org/healthy-lifestyle/recipes)

2. \*Harvard T.H. Chan School of Public Health - The Nutrition Source:\* [This is a great resource for evidence-based information on healthy eating and nutrition.](https://www.hsph.harvard.edu/nutritionsource/)

3. \*Healthline - 50 Healthiest Foods:\* [Healthline lists 50 incredibly healthy foods with nutritional breakdowns.](https://www.healthline.com/nutrition/50-super-healthy-foods)

4. \*EatRight (Academy of Nutrition and Dietetics) - Healthy Eating:\* [EatRight provides articles on various aspects of healthy eating and lifestyle.](https://www.eatright.org/food)

5. \*American Heart Association - Healthy Eating:\* [Information and tips on heart-healthy eating from the American Heart Association.](https://www.heart.org/en/healthy-living)

6. \*BBC Good Food - Healthy Recipes:\* [BBC Good Food offers a range of healthy recipes for different meal plans.](https://www.bbcgoodfood.com/recipes/category/healthy)

7. \*National Institute on Aging - Healthy Eating:\* [This resource focuses on healthy eating tips for older adults.](https://www.nia.nih.gov/health/healthy-eating)

8. \*WebMD - Healthy Eating & Diet:\* [WebMD provides information on healthy eating, diets, and recipes.](https://www.webmd.com/diet/obesity/ss/default.htm)

9. \*Medical News Today - Nutrition/Diet:\* [Articles on nutrition and diets from a medical perspective.](https://www.medicalnewstoday.com/categories/nutrition-diet)

10. \*Whole Foods Market - Healthy Eating Resources:\* [Whole Foods Market offers various resources for healthy eating, recipes, and meal plans.](https://www.wholefoodsmarket.com/healthy-eating)