Easy From Home
Ideation document

S1-CB01

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Description of web application:

We are asked to build a web application about something that we find interesting. I choose to build an application where users can find exercises specified to the muscle that they want to work on. And the name of my application is "Easy From Home". What is special about these exercises is that you don't have to go to the gym to be able to practice them, everyone can do them at home.

Purpose of the application:

The purpose of this application is to help people who do not know about exercising. For example, if I want to make my legs stronger, which exercises should I make?

My application is also aiming people who do not have that much money to go to the gym. It does not cost money and is free for everybody.

The target audience of the application:

The target audience of this application is all people who are interested in exercising, especially the ones who do not know about exercising, and the ones who cannot afford to go to the gym.

Content description:

When users open the website, they will get the front page which contains general information about the company. They can choose the "About us" option where they can read about the company. Or if they want to contact the company for a question, they can first check the frequently asked questions. Then if their question is not answered there, they can send an email or call the company.

As a user who is opening the website for the first time, he/she can sign up for an account. After creating an account, the user can access the content page. But if the user already has an account, he/she can immediately log in and he/she will be able to see the content of the website.

After the user signs in or logs in, they will get types of exercises that they can choose between. The options are "Fitness", "Body Building", "Weight Loss", and "Cardio". After choosing one of these options, the user will get a page with the body part's name. He/she can select any part of the body that he/she wants to work on. After choosing the body part, the user will get options for exercises that he/she can do at home without any cost.

GIT repository link:

https://git.fhict.nl/I495487/s2-cb01-individual-assignment-1.git

Sitemap with all pages:

```
                          ┌──────────────┐
                          │   Homepage   │
                          └──────────────┘
        ┌──────────┬──────────┴──────────┬──────────────┐
        ▼          ▼                      ▼              ▼
  ┌──────────┐ ┌────────┐ ┌──────────┐
  │ About us │─│  FAQ   │─│ Contact  │
  └──────────┘ └────────┘ └──────────┘
                                     ┌──────────┐   ┌──────────┐
                                     │ Sign Up  │───│  Log In  │
                                     └──────────┘   └──────────┘
                                           └──────┬──────┘
                                                  ▼
                                         ┌──────────────┐
                                         │ Content page │
                                         └──────────────┘
        ┌──────────────┬──────────────┼──────────────┐
        ▼              ▼              ▼              ▼
┌──────────────┐ ┌──────────────┐ ┌──────────────┐ ┌──────────────┐
│ Fitness body │ │ Body building│ │ Weight loss  │ │ Cardio body  │
│    parts     │ │  body parts  │ │  body parts  │ │    parts     │
└──────────────┘ └──────────────┘ └──────────────┘ └──────────────┘
        ▼              ▼              ▼              ▼
┌──────────────┐ ┌──────────────┐ ┌──────────────┐ ┌──────────────┐
│  Exercises   │ │  Exercises   │ │  Exercises   │ │  Exercises   │
└──────────────┘ └──────────────┘ └──────────────┘ └──────────────┘
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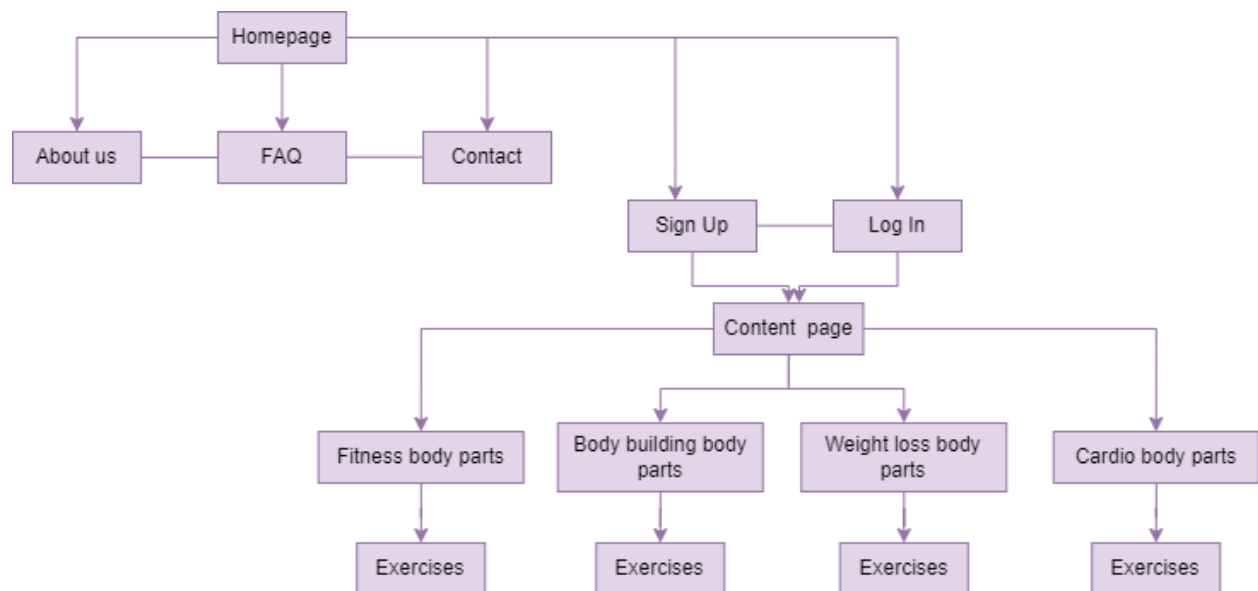
Example of wireframes:

In this link you can find the wireframes for all pages.

https://www.figma.com/file/76cIb9rB3w2KEFQAPFC2KV/Wireframing-in-Figma?node-id=0%3A1