Fitness and Wellness Website

Planning Documenation

**1.Project Overview**

**Objective**

* Provide users with easy to do workouts(Home Workouts)
* Also Mention other workouts for gym bros
* Health Awareness
* Yoga Poses (Focusing on Women)
* Show casing the importance of fitness

**2.Target Audience**

* Gym Enthusiasts
* Interested People in fitness and health
* Female Gender (For Yoga)
* Health Consious Indicidual

**3. Key Features and Functionalities**

**Homepage**

* Top Navigation Bar (Workouts, Yoga Poses , Nutrition Maintaince, Track Your Activity)
* A big picture that will have the most of the screen covered(3 Sets (Workouts,Nutritions,About You)
* Other pictures showing workouts for mtivations
* Locate the nearest Gym near you(Maybe Provide a hypothetical Map for it )

**Workout Page**

* Home Workouts(Mention Like 10 of them)
* Gym Workouts(Same)

**Yoga Page**

* A bunch of Yoga Poses
* Mentioning All of the types

**Nutrition Page**

* Your Nutriton
* Find the Nutrition to fit you

**4.Technical Requirements**

**FrontEnd**

* Responsive Design for compatability
* Modern , Clean interface
* Fast Loading time

**BackEnd**

* Content Management System
* Order processing system
* Inventory management
* Customer database
* Analytics integration

**5.Design Guidline**

* **Color Scheme**: Simple, neutral colors with a few accent colors for buttons (e.g., black, white, and a vibrant color for CTAs).
* **Fonts**: Use a clean, not decided font that is easy to read.
* **Images**: Include a few motivational images but keeping the design minimal to ensure fast loading times.

**6.Content Requirement**

* Mostly Online
* Motivating Pictures
* Gym Pictures along with yoga poses
* Info about different workouts,yoga poses and nutrition.

**7.Pages**

**HomePage**

* Nav Bar
* Middle Contents
* Contact US

**HomeWorkouts**

* **Push-ups**: Image + simple instructions.
* **Squats**: Image + simple instructions.
* **Planks**: Image + simple instructions.
* **Lunges**: Image + simple instructions.
* **Mountain Climbers**: Image + simple instructions.

**Gym Workouts**

* **Bench Press**: Image + simple instructions.
* **Dumbbell Curls**: Image + simple instructions.
* **Lat Pulldown**: Image + simple instructions.
* **Leg Press**: Image + simple instructions.
* **Treadmill Running**: Image + simple instructions.

**Yoga Poses**

* **Mountain Pose (Tadasana)**: Image + simple instructions.
* **Warrior I (Virabhadrasana I**): Image + simple instructions.
* **Downward Dog (Adho Mukha Svanasana)**: Image + simple instructions.
* **Child's Pose (Balasana)**: Image + simple instructions.
* **Cobra Pose (Bhujangasana)**: Image + simple instructions.

**Nutrition Page**

**Proteins (20-30g per meal)**

* Essential for muscle building and repair
* Sources: fish, eggs, legumes, lean meats
* Important for recovery and maintenance

**Complex Carbohydrates (45-65% of daily calories)**

* Primary energy source
* Focus on whole grains, fruits, vegetables
* Provides sustained energy throughout the day

**Healthy Fats (20-35% of daily calories)**

* Essential for hormone production
* Sources: avocados, nuts, olive oil
* Important for nutrient absorption

**Fiber (25-30g daily)**

* Crucial for digestive health
* Found in vegetables, fruits, whole grains
* Helps maintain steady blood sugar levels

**Hydration (2-3 liters daily)**

* Essential for all body functions
* Includes water and hydrating foods
* Varies based on climate and activity level

**WeeFit**