

# WORKOUT

RESHAPE THAT SHAPE

RESPONSIVE WEB APP IDEA BY BRIAN CALDERA [221033693]

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## PRODUCT SUMMARY

This website's primary purpose is to assist user to create their own personalized diet/workout plan. The user can do this by selecting either 'create your diet plan' or 'create your workout plan'. Website will offer a questionnaire based on user's selected criteria and walk them through it. Which will result in creating the best plan for them according to their answers. The plans may vary based on the facts such as the user's body type, lifestyle and etc.

## PRODUCT PURPOSE

*"If you want to be a hit in life, you gotta be fit and fine."*

There is an increase in the number of daily calories consumed by people and a decrease in physical activity in today's world. Which results in obesity and other cardiovascular diseases. In today's fast-paced world, people may not have time to think about their physical health which is really important maintain a healthy life. As a solution to overcome this problem, I have created **"WORKOUT"** a digital approach that helps users to stay in shape using complex fitness algorithms. Where users can personalize their own diet/workout plan as their need without any payment.

We no longer live in the digital age. Today's society exists in a new age, one in which digital experiences are no longer subject to the confines of your living room or office. With more than 2 billion smartphone users around the world today, we are firmly in the days of the mobile age. As it happened in the digital age, a website is a great opportunity to influence customers.

By building a responsive website for my brand, I am building for today and enabling success in the future. Responsive design solves the problem presented by users on multiple screen sizes by deploying intelligent CSS media queries and flexible grids and layouts. This approach produces a finished website that provides a seamless, reliable experience across all web browsers and devices, from smartphones, to tablets, to televisions and computer monitors. As time goes on, the devices that we use to access the internet will continue to evolve, and my responsive website will be able to keep up with that evolution.

## TARGET AUDIENCE

*PEOPLE WHO ARE INTERESTED IN THEIR PHYSICAL WELL BEING*

**"WORKOUT"** is a great place for people who are interested in their physical well-being. The website focuses on three main aspects that people are trying to achieve as one of their fitness goals, *lose weight, build a perfect body, and stay fit*. Based on these three facts following are the three main target audiences of the website.

1. PEOPLE WHO ARE TRYING TO LOSE WEIGHT
2. PEOPLE WHO ARE INTO BUILDING THEIR BODY
3. PEOPLE WHO NEED TO IMPROVE THEIR ENDURANCE

### JUSTIFICATION OF CREATIVITY

#### INNOVATIVE APPROACH TO MAINTAIN PHYSICAL WELL-BEING

This approach of customizing personalized diet and workout plans based on user preferences, will hopefully prove to be something new, important, and appropriate.

#### STRAIGHT FORWARD DESIGN

The main features of this website will be presented clearly on the first page allowing users to straightly understand what this website is all about and let them choose a criterion according to their objective.

#### MINIMAL DESIGN

This is all about prioritizing the essentials. The website is stripped to its core function which is , realized using limited materials, neutral colors, simple forms, and avoiding excess ornamentation to achieve a pure form of elegance.

#### RESPONSIVE AND MODERN DESIGN

This website is responsive so that users will get the best experience in any kind of device. Its modern design also makes it an appealing website.

#### LOGICAL FLOW OF DESIGN

Users may see the perfect flow of the website once they start building their plan. The website will guide the user through a logical flow to create the perfect plan for them.

### USER STORIES

Ordered from highest to lowest priority.

USER STORY	ACCEPTANCE CRITERIA
1. As a person who is interested in my physical well-being, I want to be able to personalize my own diet/workout plan	<ul style="list-style-type: none"><li>• User must be able to select multiple criterions in order to get the perfect personalized plan according to their preferences</li><li>• Website must provide text boxes, dropdown menus, radio buttons and check boxes as input methods</li></ul>
2. As a person who is interested in my physical well-being, I want to be able to choose from a bunch of diet/workout plans	<ul style="list-style-type: none"><li>• User should be able to select a plan from a list if the plan is already a perfect fit for them</li><li>• Website must preview diet/workout plans in a form of ordered list (Top 5 Plans)</li></ul>
3. I want to save and see all of my diet plans and workout plans in a one place for future use	<ul style="list-style-type: none"><li>• Website must include a Sign in/Log in tab in the top navigation bar</li></ul>

	<ul style="list-style-type: none"> <li>• Sign up should take user through sign up process. (user enters name, email, password &amp; re-enter password)</li> <li>• User must include their username/email and password in order to login</li> <li>• Once they Signed in/Logged in they should be able to save their diet plans and workout plans</li> <li>• Date will be merged into the plan when it is created and added to the profile</li> </ul>
4. I want to be able to create my plans without creating an account	<ul style="list-style-type: none"> <li>• Website should allow user to create plans without Signing up/Logging in</li> <li>• Users won't be able to save their plans without an account</li> </ul>
5. I want to be able to see my plans on multiple devices	<ul style="list-style-type: none"> <li>• Website should know what device and orientation as well as display size a user is on</li> <li>• Website should display this content according, so each plan is easily visible on all devices</li> </ul>
6. I want the functionality to delete a plan from my profile	<ul style="list-style-type: none"> <li>• Every plan added to a user account must have a delete button</li> <li>• Website must prompt user if they are sure they want to delete</li> <li>• Website must remove the plan from the user profile</li> </ul>
7. I want to be able to search diet and workout plans	<ul style="list-style-type: none"> <li>• Website should have search functionality</li> <li>• Search should return specific plan related to search term (entering keywords will give matching results within the website)</li> <li>• Website will preview frequently asked Q&amp;A</li> </ul>
8. I want to have a menu at the top of the page on desktop and it should be visible all the time	<ul style="list-style-type: none"> <li>• Website must know the screen size</li> <li>• Adjust menu to be at top of screen when on desktop</li> </ul>
9. I want a menu on the side on mobile and I want to view/hide whenever I want	<ul style="list-style-type: none"> <li>• Layouts adjust to put menu on side on mobile screen size</li> <li>• Functionality to show or hide menu (by clicking hamburger menu icon)</li> </ul>
10. I want to be shown my name when I view my profile	<ul style="list-style-type: none"> <li>• User must be logged in</li> <li>• Website takes username and displays it in HTML</li> </ul>
11. I want a way to get in touch with the responsible authorities of the website and a live chat function	<ul style="list-style-type: none"> <li>• Website will include a contact us section in the bottom of the home page where users can reach out the creators of the website</li> </ul>

	<ul style="list-style-type: none"> <li>• Website won't allow send a message without filling all the required fields (Name, email, subject, message)</li> <li>• Once the user submits the contact form website will pop up a message to confirm</li> <li>• Website should allow user to chat with a live agent/bot</li> <li>• A chat box will open when user clicks on the chat icon, which is placed on the bottom left corner of the screen</li> <li>• Links to social media will be added in to the header and the footer of the website</li> </ul>
12. I want to see a physical well-being media section	<ul style="list-style-type: none"> <li>• Website will include a gallery to showcase motivational quotes, images, and videos (slideshows)</li> <li>• Website will include fitness motivation quotes in every single pages.</li> <li>• The site shows exercise tutorials to users according to their needs</li> </ul>
13. I want to read articles about physical well-being and a way to stay up-to date about latest information from the website	<ul style="list-style-type: none"> <li>• Website will include a news section where users can read articles and posts from our site</li> <li>• There will be a subscribe to our newsletter function for users who would like to stay updated about latest news from our website</li> <li>• Users need to enter his/her email in order to subscribe</li> <li>• Website will pop up a message to confirm subscription</li> </ul>
14. I want a feedback function	<ul style="list-style-type: none"> <li>• There will be an emoji feedback function in the footer where users can rate their experience on the website</li> <li>• Website will pop up a message based on the received feedback</li> </ul>
15. I want a calendar to be shown	<ul style="list-style-type: none"> <li>• Current date should be shown to user</li> <li>• Use Google Calendar API.</li> </ul>

## ASSET LIST

### PAGES

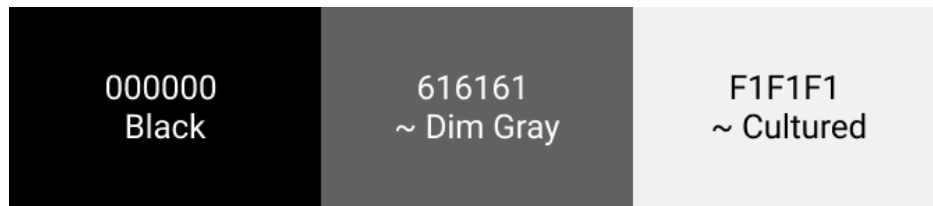
index.html	The home page for my website. Most of the site's functionality will be in this page, it is where the user will first be welcomed. Other pages will be linked via tabs and buttons.

### OTHER FILES

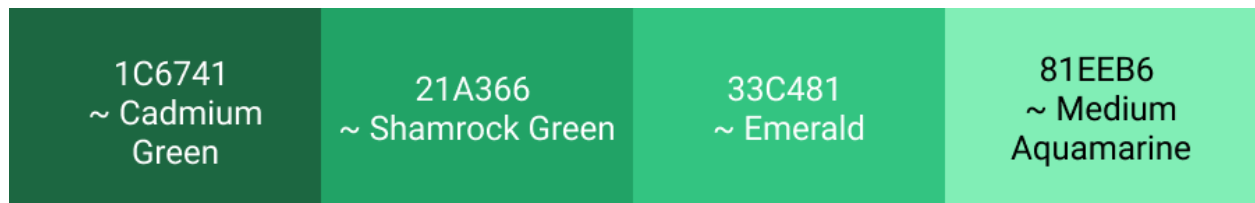
style.css normalize.css colors.css	Responsible for the structure and style of our pages and the overall “responsiveness”, Utilizing things such as grids and flexbox to appropriately manage our layout and then manipulating these layouts using media queries to be effective at showing information on each page.
script.js	Includes all the JavaScript and jQuery functions responsible for the behavior of the webpage.
chat.css	Responsible for the structure and style of chat function
feedback.css	Responsible for the structure and style of emoji feedback function

### UI/UX

As mentioned in the creativity demonstration section, the design is going to be as minimal as possible by using neutral colors.



Color Scheme 1



Color Scheme 2

### KEY DESKTOP UI/UX FEATURES

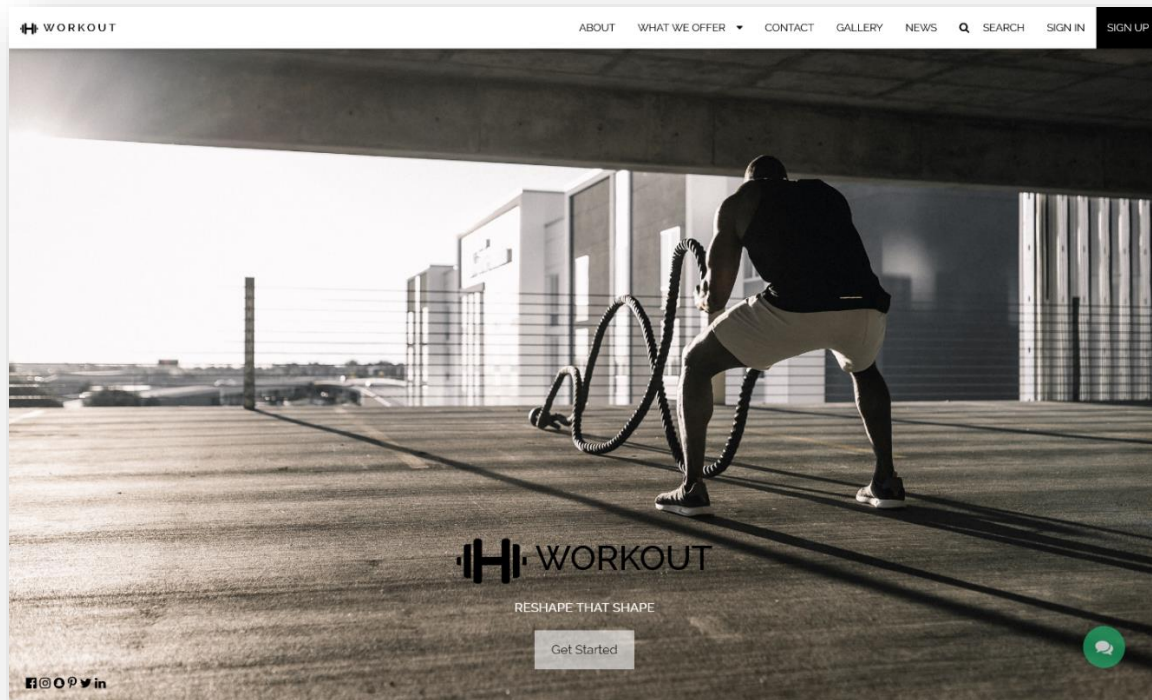
**Navigation** – Users navigate around the site through a consistently visible nav bar (placed on top of the screen) that stretches the width of the screen. Additionally, the navigation bar includes access to:

- **The search tab** – This tab will open a new window which contains the search function.
- **Sign-in/Sign-up** – This is where user needs to go if him/or her needs to create an account or needs to login in order to save their diet/workout plans. This will pop up a Sign-in or Create New Account window.
- **News tab** – This tab will open a new window which houses the latest articles from website.
- **Gallery** – This tab will open a new window which showcases images and videos.
- **Contact** – This tab will direct the user into the contact us section (which is placed in the bottom of home page) where they would be able to get in touch with us.
- **What We Offer** – This tab will open a drop-down menu (on mouse hover) where user would be able to select any service within the website (Personalize Diet Plans, Personalize Workout Plans, ...) and direct into the What We Offer section in the home page. (on mouse click)
- **About** – This tab will direct the user into about us section (which is placed in the top of home page) where the user will find information about the website such as its services.

**Chat** – Users chat with our live agents/bots using this function. They can access it at anytime anywhere within the website. Chat icon is placed in a fixed position (bottom-right corner) and always be on top of other elements in the page. Clicking it pops up a chat box in the bottom left corner of the screen where users can chat with the agents/bots.



## Home Page – Landing Section



Desktop view

To view the interactive demo please [click here](#). (Maybe still under the development process)

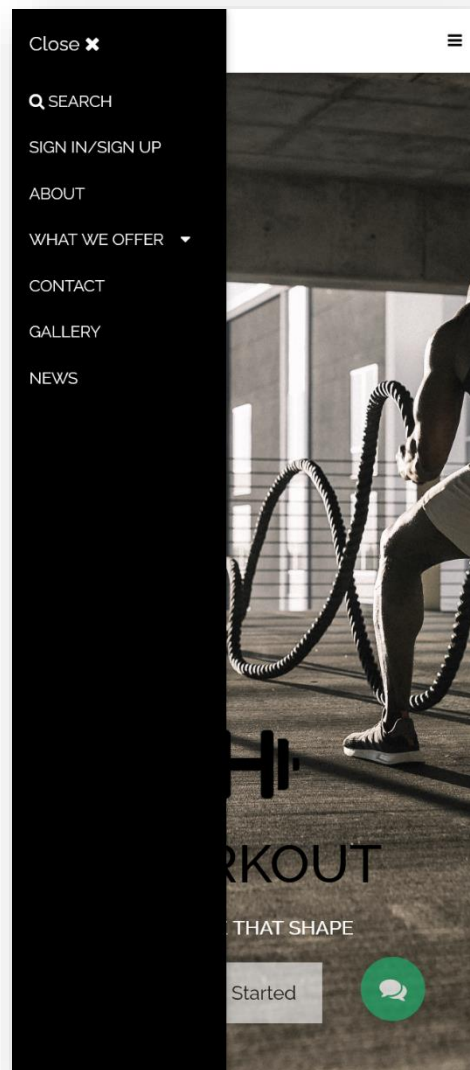
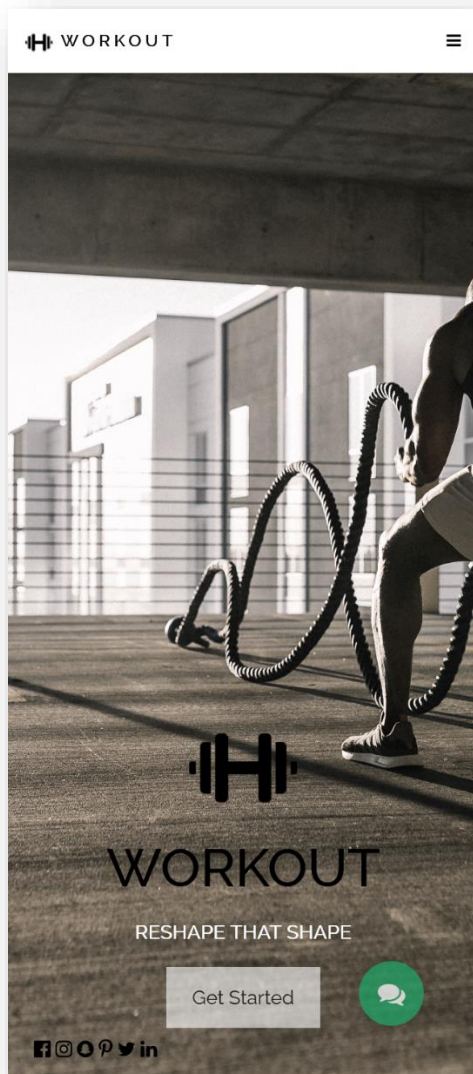
### KEY MOBILE UI/UX FEATURES

**Navigation** – Users navigate via a three-line (hamburger) menu button that is consistently visible in the top-right hand corner. Tapping the icon slides a sidebar menu which includes navigation links (tabs) within the website. They have the same accessibility as in the desktop view.

**Chat** – Users can access this function on the mobile as well. But in a more mobile-friendly manner. Chat box will take place in the middle of the screen with reaching maximum size of their screen.



## Home Page – Landing Section



Mobile view

To view the interactive demo please [click here](#). (Maybe still under the development process)

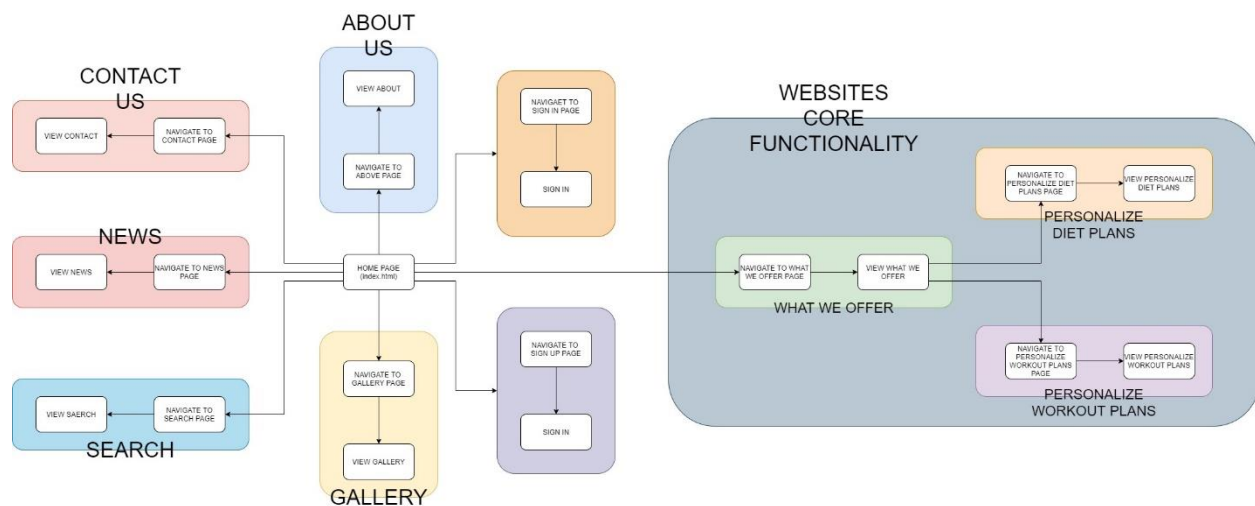
## SUMMARY OF HOW THE WEB SYSTEM WILL FUNCTION

This website will be capable of the following functions:

- **User Authentication:** User must log in or sign up first in order to save their diet/workout plans.
- **Create/Select Diet/Workout Plan:** Users can create their own personalized plans according to their own preferences or select from the available plans. They can use the search function or have a look at the plan section.
- **Reach the website owners:** Users can submit an enquiry form regarding any fitness related topic and get it touch with the creators/maintainers of the website using contact form.
- **View their plans:** Once they login to the system they can save their plans and view them at any time. Users may use search function as well.
- **View Extra Information:** Users have access to a galley, an article section (can be subscribed to stay updated about latest information), and a calendar.

*THE CORE FUNCTIONALITY OF THE WEBSITE, WHICH IS CREATING PERSONALIZED DIET/WORKOUT PLANS BASED ON USER PREFERENCES, IS ACCESSIBLE WITH OR WITHOUT SIGNING IN.*

Here is a user journey of the websites surface.



(Will include a user journey of the websites core functionality in the second version.)

## **DEVELOPMENT TIMELINE**

The table below details projected timeline for design, development, and deployment of the responsive website.

Phase	Time Period
Initial Wireframes	Week 2 – Week 4
Mockups	Week 4 – Week 5
Functional Prototype	Week 6 – Week 8
Testing	Week 8 – Week 10
Presenting	Week 10

View the project on [GitHub](#).