

# WORKOUT

IT'S YOU VS YOU

RESPONSIVE WEB APP IDEA BY BRIAN CALDERA [221033693]

# Table of Contents

PRODUCT SUMMARY .....	2
PRODUCT PURPOSE .....	2
TARGET AUDIENCE.....	2
JUSTIFICATION OF CREATIVITY.....	3
INNOVATIVE APPROACH TO MAINTAIN PHYSICAL WELL-BEING .....	3
STRAIGHT FORWARD DESIGN .....	3
MINIMAL DESIGN.....	3
RESPONSIVE, MODERN & FUTURISTIC DESIGN .....	3
LOGICAL FLOW OF DESIGN .....	3
USER STORIES.....	3
ASSET LIST .....	5
VUE COMPONENTS .....	5
MY CUSTOM VUE COMPONENTS .....	6
PAGES.....	6
OTHER FILES .....	6
UI/UX.....	7
KEY DESKTOP UI/UX FEATURES.....	7
KEY MOBILE UI/UX FEATURES.....	8
SUMMARY OF HOW THE WEB SYSTEM WILL FUNCTION .....	10
SITE FUNCTIONALITY.....	10
DEVELOPMENT TIMELINE .....	11

# 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 'Personalize Diet Plan' or 'Personalize 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. In shorthand, **"WORKOUT"** is an online fitness app that helps you stay in shape.

# 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.

# 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 essential needs of the website. To create a pure form of elegance, the website is pared down to its essential function and is achieved utilizing minimal materials, neutral colors, refined forms, and avoiding unnecessary decoration.

## RESPONSIVE, MODERN & FUTURISTIC DESIGN

This website is responsive, ensuring that users get the best possible experience on any device. It is also aesthetically appealing due to its contemporary design.

## 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>• Users must be able to select from multiple criteria 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 see a list of diet/exercise plans already available on the website	<ul style="list-style-type: none"><li>• Users must be able to see diet/workout plans from the website in a form of list</li><li>• Website must preview diet/workout plans in a descending order (top-rated to lowest)</li></ul>
3. I want to be able to search diet and workout plans	<ul style="list-style-type: none"><li>• A search function should be available on the website</li></ul>

	<ul style="list-style-type: none"> <li>It should return a specific plan related to the search term (entering keywords will give matching results within the website)</li> </ul>
4. I want to be able to access the website on the go. It should be mobile friendly.	<ul style="list-style-type: none"> <li>Website should be able to tell what device, orientation, and display size a user is using</li> <li>The website should be able to customize its content according to the device screen resolution so that users can easily view it from any device. (PC, laptop, smartphone, &amp; tab)</li> </ul>
5. I want to have a navigation bar at the top of the screen on desktop mode, and it should be visible all the time	<ul style="list-style-type: none"> <li>The screen size must be known by the website</li> <li>When using a desktop, move the menu to the top of the screen</li> </ul>
6. I want a side navigation bar on mobile and I want to view/hide it whenever I want	<ul style="list-style-type: none"> <li>On mobile screens, the layouts adapt to put the menu on the side.</li> <li>Functionality to show or hide menu (by clicking hamburger menu icon)</li> </ul>
7. I want a way to get in touch with the responsible authorities of the website	<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> <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> </ul>
8. I want to stay up to date about latest plans from the website	<ul style="list-style-type: none"> <li>There will be a subscribe function for users who would like to stay updated about latest plans from the website</li> <li>User needs to enter his/her name, contact number, and email in order to subscribe</li> <li>The website won't allow subscribing until all the required fields are be filed</li> <li>Website will pop up a message to confirm the subscription once the user has submitted the form</li> </ul>
9. 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>
10. I want a map to find fitness centers in my area	<ul style="list-style-type: none"> <li>The website will include a google map function at the bottom of the home page where users can find fitness centers near their area</li> </ul>

# ASSET LIST

## VUE COMPONENTS

Declarative rendering	Declarative rendering in Vue allows us to render data to the Document Object Model (DOM) with simple template syntax. To interpolate the needed data in the DOM, double curly brackets are utilized as placeholders. (ex: {{message}})
Conditional rendering	Conditional rendering allows us to render alternative user interface markup depending on whether a condition is true or not. Using v-if, v-else, or v-for, we can render different elements or components based on a condition in Vue.
Event handling	Vue provides key modifiers such as v-on that allows us to control the event handling. (ex: v-on:click)
Form input bindings	The v-model directive in Vue can be used to build two-way data bindings on html form elements such as <input>, <textarea>, and <select>. Based on the input type it determines the best approach to update the element.
Instances	Every Vue application starts by creating a new Vue instance with the 'Vue' function. When creating a Vue instance, it is a must to include an options object, which might include data, template, element to mount on, methods and much more.
Components	Components are reusable Vue instances with custom HTML elements. Components can be reused indefinitely or utilized in other components by making it a child component.
Props	Props are unique properties that can be registered on a component. When a value is provided to a top attribute, it is added to the component instance as a property. This essentially implies that props are how we transmit data across components, from parent to child.

## MY CUSTOM VUE COMPONENTS

diet_pans.js	This will be responsible for rendering list of diet plans on website. It will have it information passed over props and render the plans as required. Can be used multiple times within the website.
workout_plans.js	This will be responsible for rendering list of workout plans on website. It will have it information passed over props and render the plans as required. Can be used multiple times within the website.
personalize_diet_plans.js	This will render a form that allows users to customize their diet plans according to their preferences.
personalize_workout_plans.js	This will render a form that allows users to customize their workout plans according to their preference.

## 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.
diet_plans.html	This child page is responsible for housing information about diet plans and lets users customize their diet plans.
workout_plans.html	This child page is responsible for housing information about workout plans and lets users customize their workout plans.
search.html	The page where users can search for plans by entering keywords.

## OTHER FILES

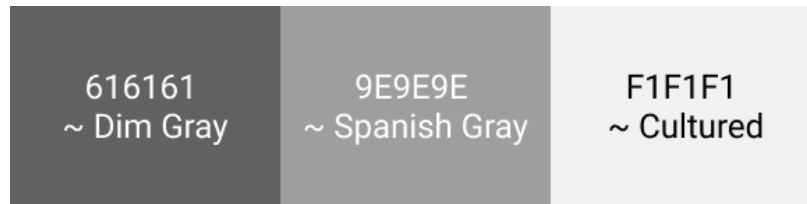
style.css normalize.css colors.css	Responsible for the structure and style of our pages and the overall "responsiveness", Utilizing things such as grids and flexbox to appropriately manage our layout and then manipulating these layouts using media queries to be effective at showing information on each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

# UI/UX

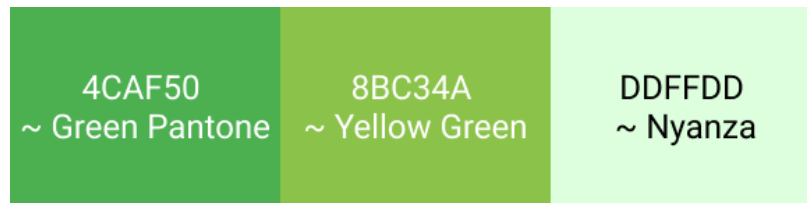
As mentioned in the creativity demonstration section, the design is going to be as minimal as possible by using neutral colors and a modern looking font.

The quick brown fox jumps over the lazy dog

Font - Raleway, sans-serif



Color Scheme 1



Color Scheme 2

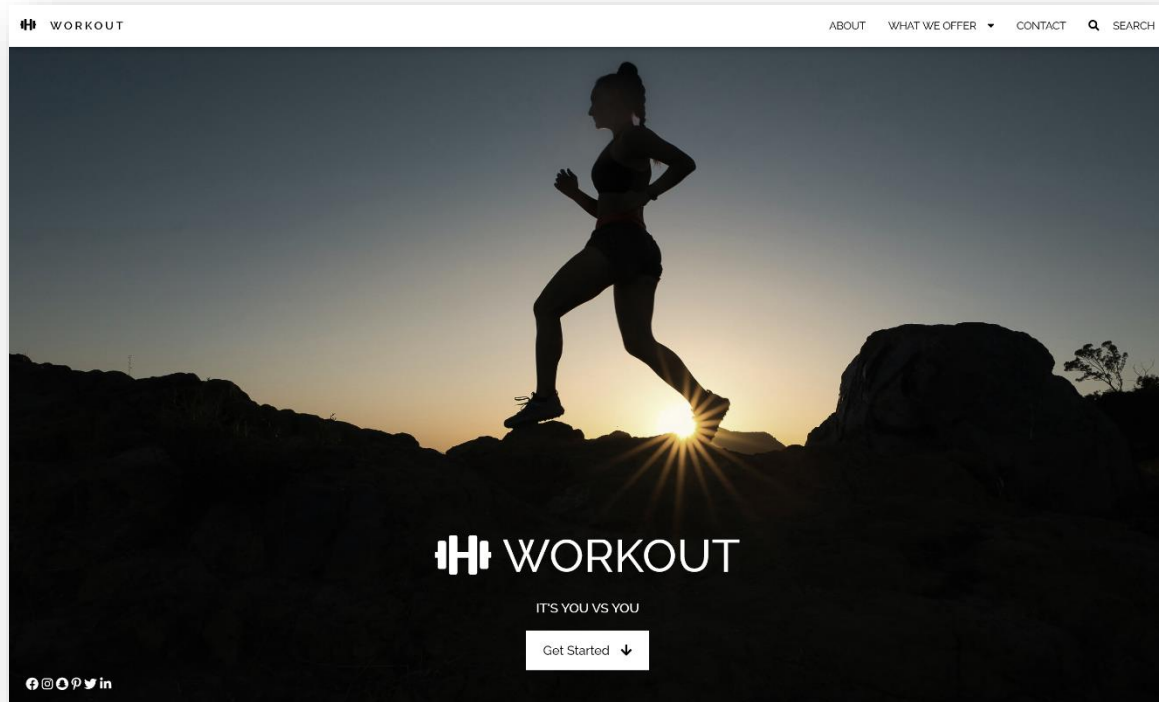
## KEY DESKTOP UI/UX FEATURES

**Navigation** – Users navigate around the site via nav bar that stretches the width of the screen (placed on top of the screen and visible all the time within the site). Additionally, the navigation bar includes access to:

- **Search tab** – This tab will open a new window which contains the search function.
- **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 of the services within the website (Personalize Diet Plans or Personalize Workout Plans).
- **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.



### *Home Page – Landing Section*



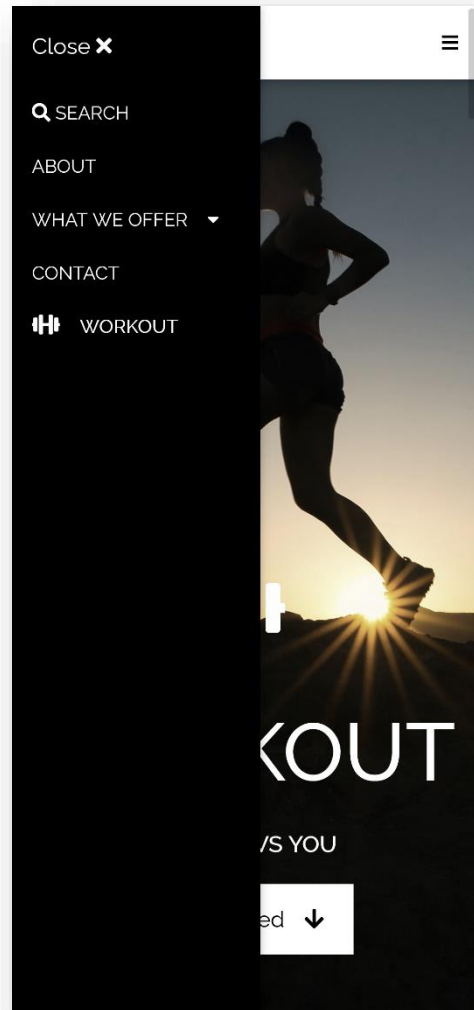
#### Desktop view

To view the interactive demo please [click here](#).

#### KEY MOBILE UI/UX FEATURES

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

*Home Page – Landing Section*



Mobile view

To view the interactive demo please [click here](#).

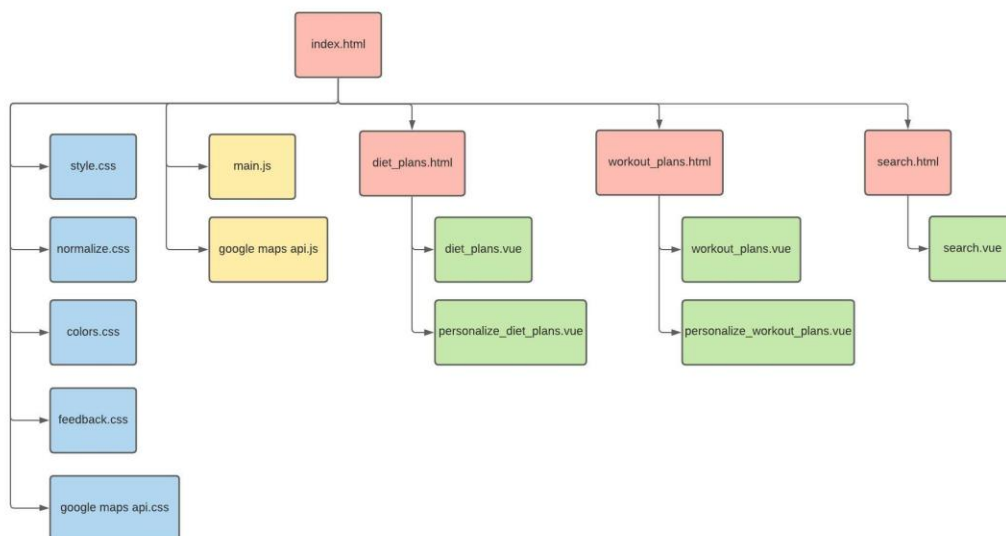
# SUMMARY OF HOW THE WEB SYSTEM WILL FUNCTION

This website will be capable of the following functions:

- **Create Diet/Workout Plans:** Users can create their own personalized plans according to their own preferences or select from the available plans.
- **View Diet/Workout Plans:** Users have the ability to look at the diet/workout plans without going through the process of customizing them. The website will preview existing plans.
- **Search Diet/Workout Plans:** Users can search for diet/workout plans that are already available.
- **Contact the website creators:** 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.
- **Subscribe to newsletter:** Users can subscribe to stay updated about new plans.
- **Find fitness centers near them:** Users can find fitness centers in their current location.
- **Give feedback:** Users can give feedback based on their experience on the website.

*THE CORE FUNCTIONALITY OF THE WEBSITE IS CREATING PERSONALIZED DIET/WORKOUT PLANS BASED ON USER PREFERENCES.*

## SITE FUNCTIONALITY



# 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 and implementation	Week 8 – Week 10
Presenting and submission	Week 10

View the project on [GitHub](#).