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Proposal: Health/Exercise Information Website

For our semester project, we all agreed on a website. The website will be in Ruby on Rails and will have multiple pages. For now, we have a landing page (homepage), a supplement page, a diet plan page, and a workout routine page. Each page will have a more complex feature implemented in.

The landing page (homepage) will contain a motto with a slideshow of images taken by the group. There will also be a section where the user can find more information about the authors (the group), such as social media links, GitHub, etc.

For the supplement page, our idea will be to provide a simple questionnaire that the user must fill out. The questions consist of, gender, age range, what they want to do like weight loss or gain or get "cut" or something along those lines (their plan). By filling out the questionnaire, the user will be shown a list of supplements that are recommended for the users plan. If the user does not fill out the questionnaire, then the most popular supplements will be shown.

For the diet plan page, we are looking to give good meal prep solutions. We will give the best meal preps out on the market. Also, on this page, we will be adding a calorie calculator so the user can see how much calories they need to eat a day. We will also be adding a BMI (Body Mass Index) calculator.

For the final page of workout, we are going to have categories of body parts that a commonly worked out. The categories will be based off the muscle groups. When a category is chosen, the page will show a workout routine for that muscle group. Of course, the workouts will be randomized, so you don't get the same workouts every time you to the gym.