# APTECH GYM PROJECT REPORT

**PROBLEM DEFINITION**

FORT is a gyming interface tasked with providing users with numerous fitness programs and a specified diet plan to aid them in maintaining their desired body physique, and to have a healthy diet.

This interface (FORT), collects the necessary information from an individual, which therefore allows the individual to speak with our well-educated and trained dietitians and instructors, who will put them through on their journey to a healthy life.

This interface (FORT), aims to reduce the stress of getting training and diet advice, and helps in getting the everybody more FORTified one diet and movement at a time.

**DESIGN SPECIFICATIONS**

The tools used in the development of the FORT website are as follows:

* HTML
* CSS
* BOOTSTRAP