Publication
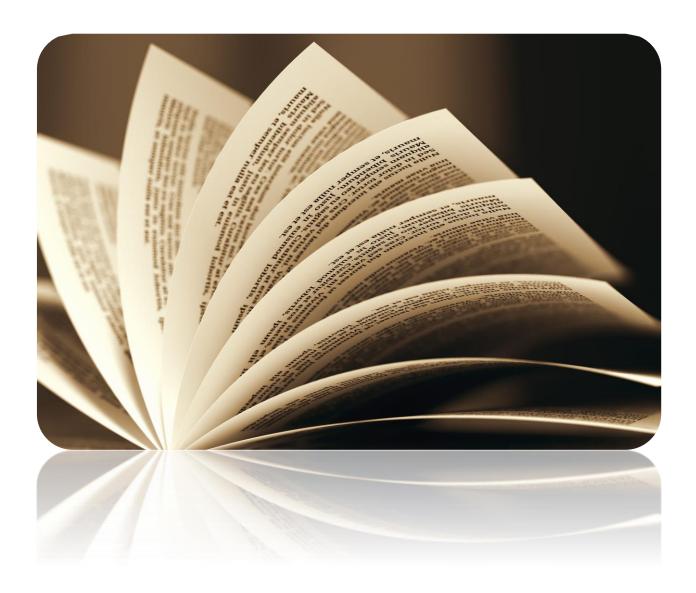
Course - MAD105 - Web Development for Mobile Devices
Submitted by - Thanushkanth Shanmuganathan (A00180861)
Submitted to - Reena Verma

Brief about the publication

The theme of the book revolves around "Health and Fitness Tracking," aiming to guide readers through the journey of monitoring and improving their physical well-being. The content explores various aspects of health and fitness, including exercise routines, dietary habits, and lifestyle choices, all centered around the idea of utilizing tracking methods for progress and accountability. Whether it's tracking steps, calorie intake, sleep patterns, or workout progress, the book provides insights, tips, and strategies to help individuals harness the power of data-driven health management. Through a visually engaging layout, the book emphasizes the importance of setting goals, staying motivated, and adopting sustainable habits for long-term health and fitness success. With a blend of informative text, captivating imagery, and practical design elements, readers are encouraged to take proactive steps towards a healthier lifestyle while utilizing modern technology and tracking tools to support their journey.