

CustomFit

Project 1 | Team 3

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Agenda

- Elevator Pitch
- Concept
- User Story
- Process
- Demo
- Future Development
- Feedback

CustomFit

- ❑ Rising popularity of fitness
- ❑ Work from home jobs and desk jobs
- ❑ Healthy body = healthy brain
- ❑ Lack of free resources
- ❑ Resource for Exercise Information
- ❑ Body Mass Index (BMI)
- ❑ The use of APIs allows CustomFit to expand quickly and easily



Custom(er)Fit(ness)



CustomFit



User Story

Given I need a resource to learn about exercises and to calculate my BMI

When I load the app

Then I am presented with the website's home page, a nav bar with sections linked to additional pages

When I visit the Exercise page

Then I am presented with exercise options for different muscle groups and types to customize my workout plan

When I visit the BMI Calculator page

Then I am presented with a form to input my height & weight and it will output my BMI, health class and healthy BMI range

When I visit the contact us page

Then I am presented with a form to submit my name, contact information, questions, comments for a response

Motivation For Development

This web application was built based on a passion for fitness and health.

Many people do not feel comfortable starting off with a personal trainer at a gym or they are at a loss as to what they should be doing based off their needs.

CustomFit helps users find a workout plan and it informs them as to where their body mass fits in accordance with their measurements.

Process

Technologies & Methods

- APIs Ninjas, Fitness Calculator
- JavaScript
- CSS
- HTML
- Bootstrap
- Agile Approach



Exercises



MVP | Minimum Viable Product

Features ranked:

1. Exercise Resource API
2. BMI Calculator
3. Theme/Style

Feasibility:

- i) Unlimited data pull
- ii) Cost Efficient
- iii) Data is maintained

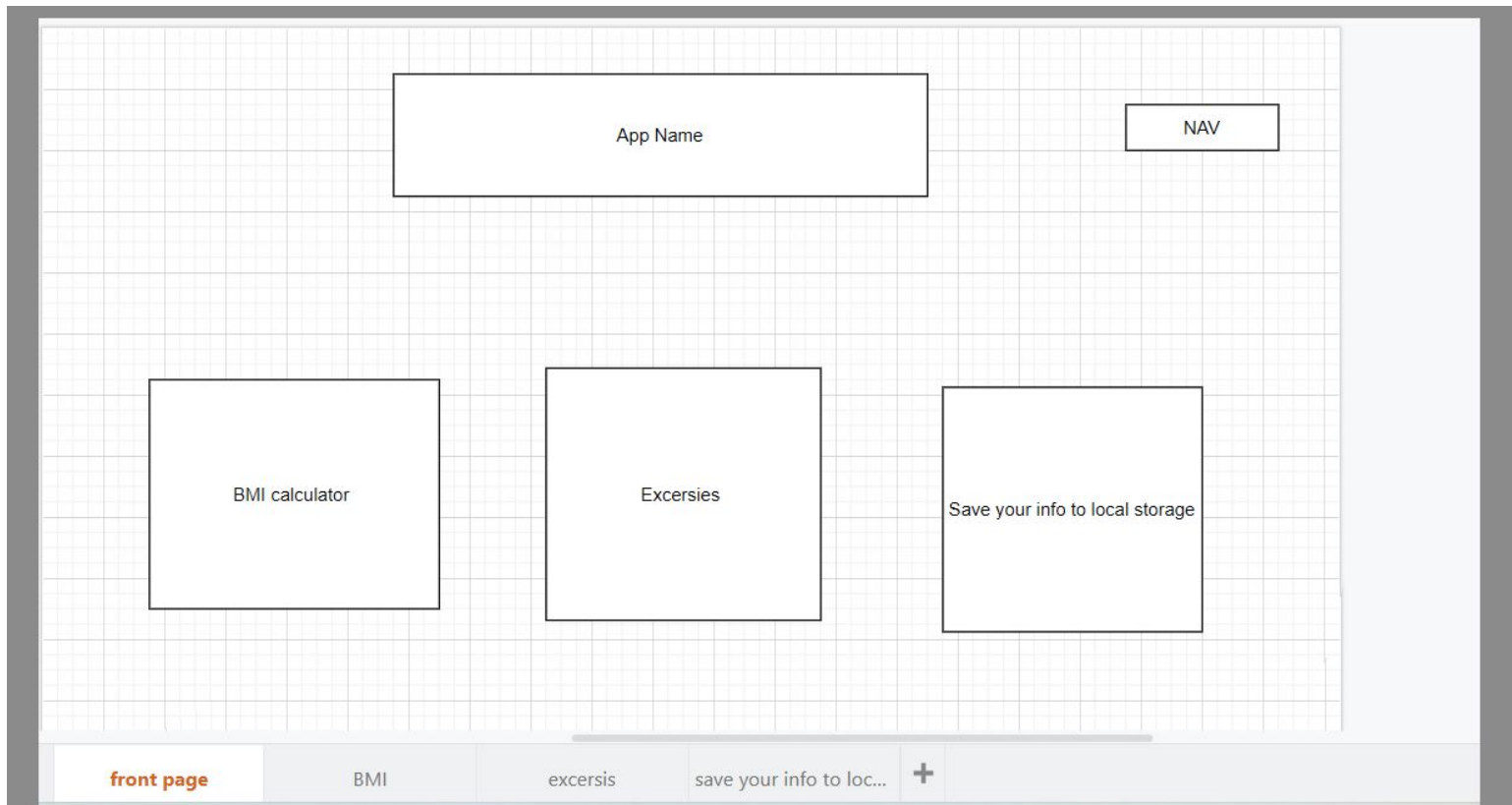
Challenges

- Fitting photos into bootstrap accordions on the exercises page
- Retrieving the height and weight values for the calculator in our JS, we thought we had a scoping issue, as the values were outside of the function we needed them under
- Merge conflicts, we manually had to push

Process | wireFrame

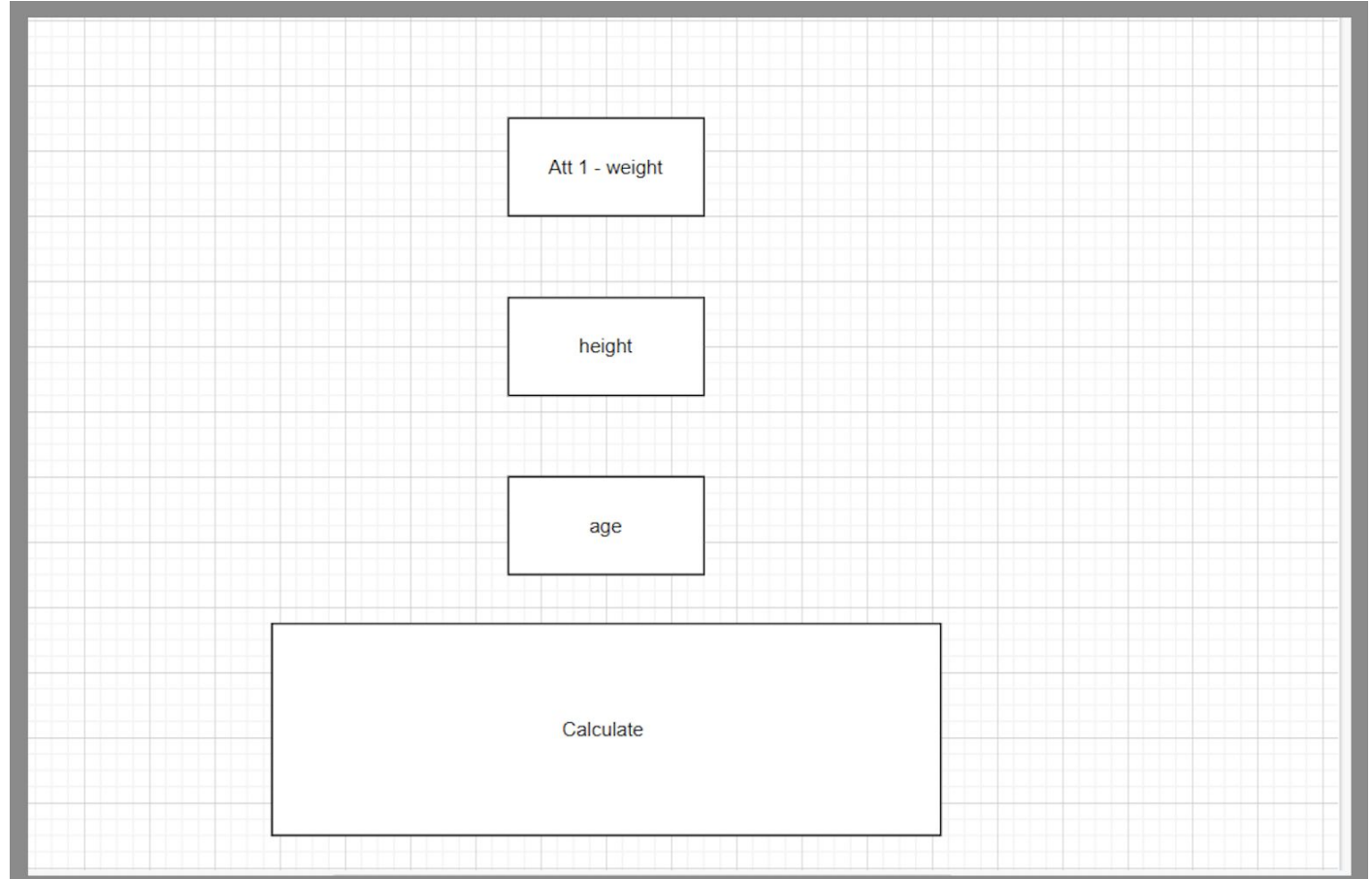
Initial design:

Homepage



Process | wireFrame

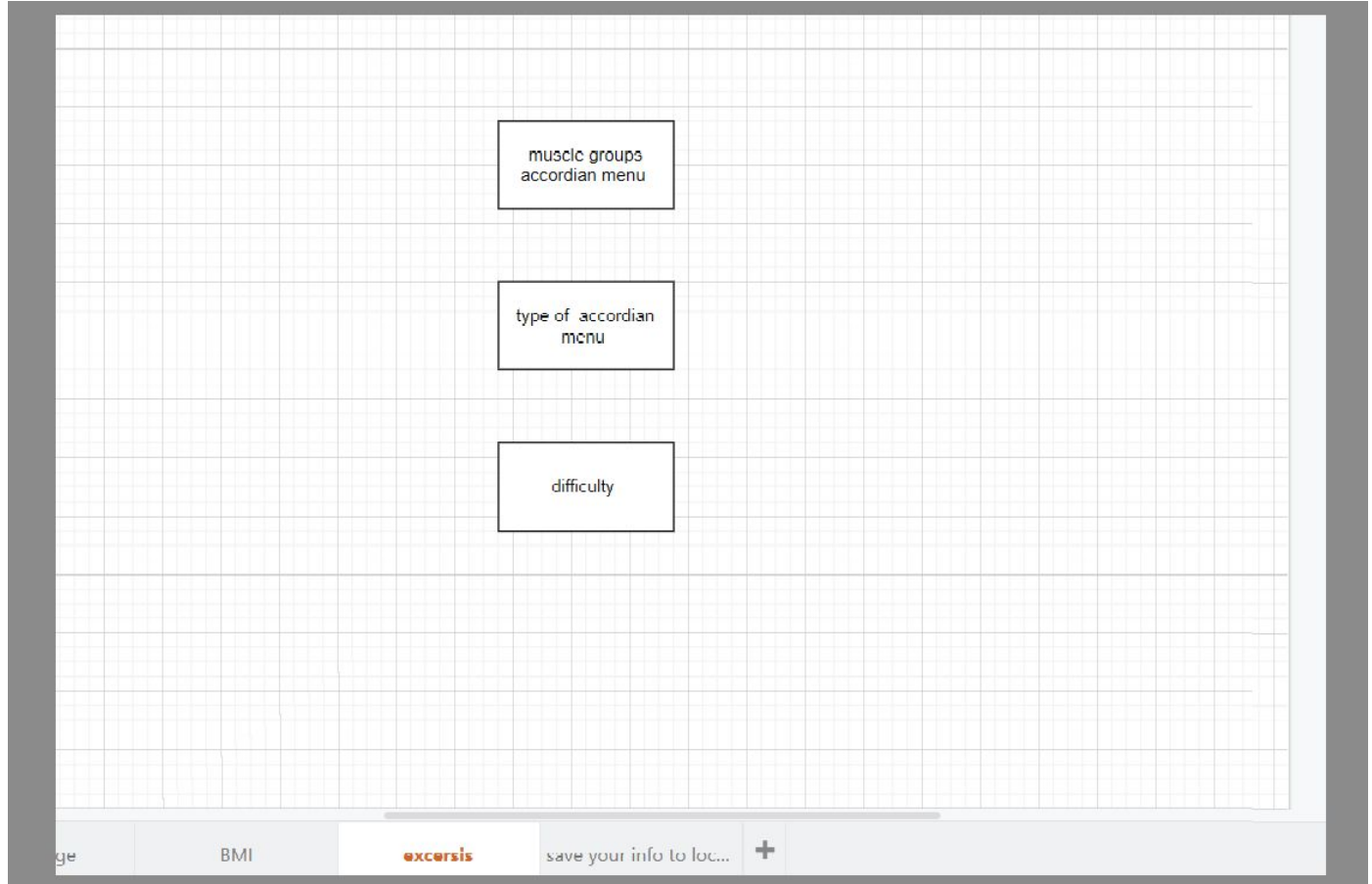
Initial Design: BMI Calculator



Process | wireFrame

Initial Design:

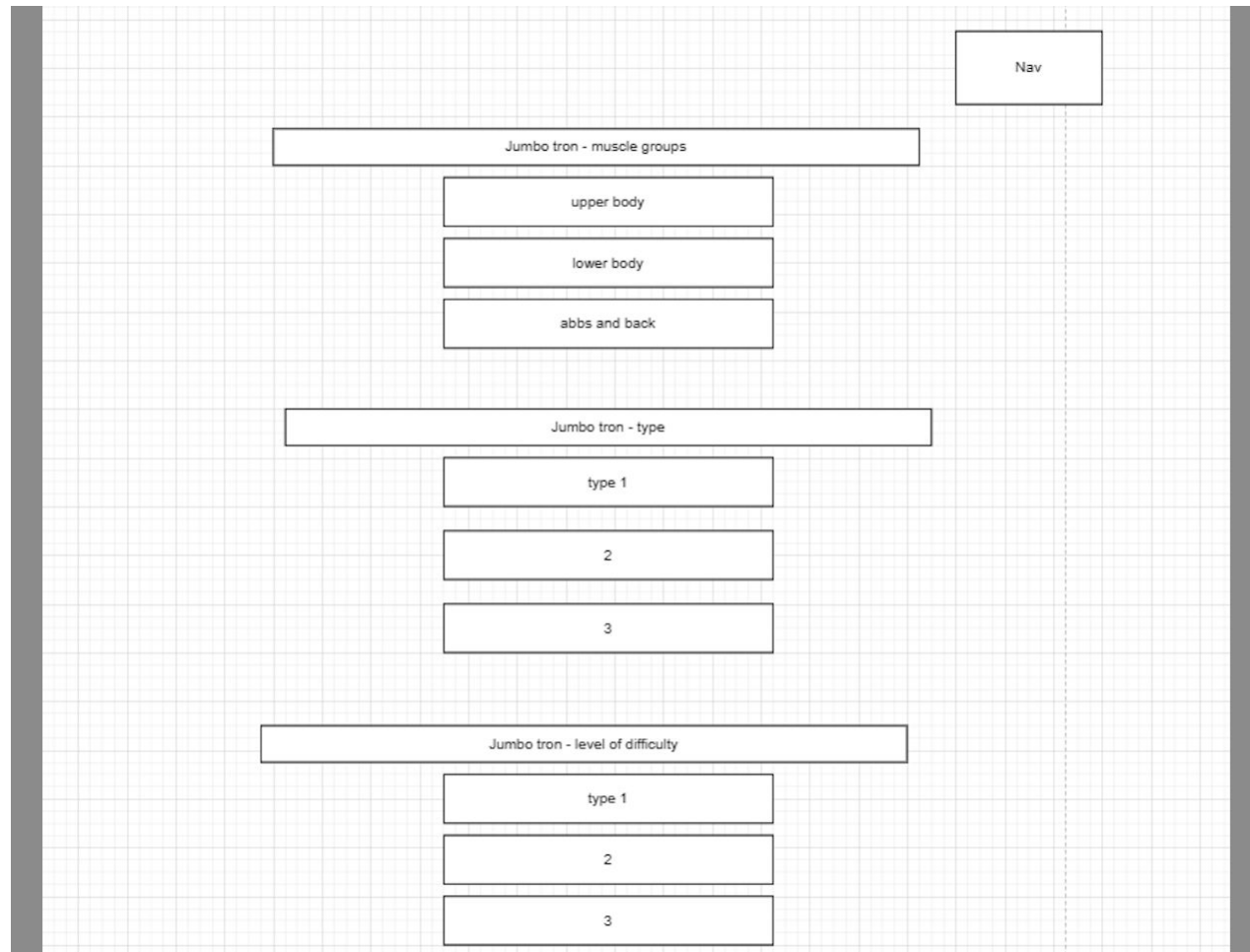
Exercises Page



Process | wireFrame

Design 2 - Exercise Page:

Includes the jumbotrons



DEMO | Deploy Web Page

CustomFit

[Home](#)

[Exercises](#)

[BMI Calculator](#)

[Contact us](#)



Future Development

- Add another accordion with the level of difficulty in the Exercises page
- Video demonstrations of the exercises next to each one
- Customer Account page
- Add Nutrition Page
- More Muscle Groups can be added
- Connecting a trainer with the trainee for online training
- Merchandise Page
- Customer Reviews



Feedback?