1. Survey
   1. similar to homework 1 & 2
      1. like the input in posts
         1. dropdown menus (categories)
   2. Survey Content
      1. Are you male or female?
      2. Weight? Height? Age?
      3. Are your shoulders
         1. wider than your hips?
         2. the same width as my hips
         3. narrower than my hips
      4. When wearing jeans, do they
         1. feel tight around your glutes?
         2. feel perfect around your glutes?
         3. feel loose around your glutes?
      5. Do your arms and legs look
         1. big?
         2. average?
         3. skinny?
      6. How would you describe your current build?
         1. carry a bit of extra fat
         2. lean and muscular
         3. skinny
      7. Does your body look
         1. soft and round?
         2. athletic?
         3. delicate?
      8. Do you
         1. gain weight easily, but have a hard time losing it?
         2. gain and lose weight with little effort?
         3. have a hard time gaining weight?
   3. The answers to the first two questions can be used for later (food suggestions, recommended workouts, tracking process). The rest of the questions will place the user under ectomorph (A’s), mesomorph (B’s), and endomorph (C’s) -Kevin

1. Forum
   1. Similar to homework 3 & 4
      1. each topic will be a table, and when you click the default view button you go to the full thread (pagetable)
         1. the thread is a table with all of the comments (revisions)
2. After Survey
   1. Goals
   2. Diet
      1. Calorie Intakes
      2. Suggested meal plans
   3. Fitness
      1. Suggested workouts/exercises/stuff
      2. Profile → button “workouts” → page that has your workouts
         1. arms, legs, etc.
         2. programs
            1. 8 weeks, calendar that shows different workouts for each part of the body each week
            2. how many you should do, and how many you did
         3. end of each week:
            1. weekly fit test?

weekly update on progress

how many reps from last week versus how many reps from this week

* + - * 1. meeting goal?
      1. end of program:
         1. print out progress

weight difference

reps versus first week fit test and last week fit test

how successful with goal