# Project Idea

# "BeFit" is the name of our initiative. It will be a health and fitness website where visitors can calculate their BMI by entering their height and weight. The web app will then inform them about their BMI and provide useful suggestions about their health. They can also send a request through the software to dietitians and physical trainers to get an advice or diet/exercise plan. The advice will be returned to the user via email.

# Languages and frameworks will be used

* Html
* CSS
* Js
* BootStrap
* jQuery
* Node.js
* JSON
* MySQL workbench

# Wireframes

Diagram

Description automatically generated

# Persona

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