**1. Planning (Understanding the Goal)**

**Project Purpose:**

* **Goal**: The purpose of this project is to develop a Fitness Tracker website that helps users monitor their physical activity, track their workouts, and achieve their fitness goals.
* **Problem to Solve**: Many individuals struggle to track their daily exercise routines and progress. The website will provide a user-friendly interface that helps users log their activities, calories burned, and track their progress over time.

**Project Milestones:**

* **Initial Planning & Requirements Gathering**: Week 1
* **Design & Wireframe Creation**: Week 2
* **Development (Front-end & Back-end)**: Week 3-4
* **Testing & Debugging**: Week 5
* **Deployment & Documentation**: Week 6

**Team Responsibilities:**

* **Jasmeen (Frontend Developer)**: Responsible for the design, layout, and implementation of the website using HTML, CSS, and JavaScript.
* **Naman Virk (Backend Developer)**: Assist in integrating the frontend with backend services for user management and activity tracking.
* **Nandini (Project Manager)**: Manage the overall progress, set timelines, and ensure deadlines are met. Handle the documentation and GitHub repository.
* **Mridul (Advisor)**: Guide the team in refining the project plan, ensuring it meets the objectives, and assist with any technical concerns.