**2. Requirement Analysis (Defining What is Needed)**

**Functional Requirements:**

* **User Authentication**:
  + Users should be able to create an account, log in, and log out.
  + Password reset functionality.
* **Fitness Tracker Dashboard**:
  + Users can log and track workouts (e.g., running, cycling, weightlifting).
  + A calendar view to track daily, weekly, and monthly progress.
  + Users can log calories burned for each exercise.
* **Goals**:
  + Users can set fitness goals (e.g., calories burned per day, distance traveled, etc.).
  + Notifications/reminders when goals are achieved or pending.
* **Progress Tracking**:
  + Visual progress charts and graphs based on activities logged (line or bar graphs).
* **Responsive Design**:
  + The website must be responsive, adjusting layout and design for mobile, tablet, and desktop views.

**Non-Functional Requirements:**

* **Performance**: The website should load quickly and efficiently with minimal latency.
* **Security**: Ensure that user data (like passwords and fitness logs) is securely stored and encrypted.
* **Scalability**: The website should handle an increasing number of users and activity logs over time.

**Technical Limitations:**

* The website is built using only HTML, CSS, and JavaScript for the front-end. More complex server-side operations (like saving user data) may be handled by a separate backend server or future upgrades (e.g., Node.js, Python Flask).

**Platform and Tools:**

* **Frontend Technologies**: HTML, CSS, JavaScript
* **Version Control**: Git and GitHub for collaboration and version tracking.
* **Collaboration Tools**: GitHub Issues (for tasks and bug tracking), Google Docs (for requirements and documentation).