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Project Plan

Our project is designed to help users create a fitness plan and track it. Using their inputs for their height, weight, and desired goal from the website, the website will give a weekly based fitness plan that includes the name of the exercise and a short description on how to do it with the right form. Users will first log in or sign up if they do not already have an account. If it is the users first time on the website, they will enter their details like height, weight, gender, and their main goal which is one of the 3: Lose Weight, Get Toned, Get Flexible. All three of these buttons will get information from a database, specifically from this website: <https://www.acefitness.org/resources/everyone/exercise-library/>. This website contains exercises that can be pulled based on keywords. Our first area of focus is HTML, CSS for page layout and design. Our second focus is pulling data from a database. Using the database, we will run through and use keywords to put together a weekly fitness plan. Each day will have a set of exercises with the number of repetitions and sets to be done.

Our prototype is a fitness app that helps users to achieve their fitness goals by providing personalized workout plans based on their body details and goals. Upon opening the app, users are asked to either login or sign up if they don't have an account. If they don't have an account, they are asked to create one and enter their body details such as weight, height, age and time available for workouts. After this, users are asked about their fitness goals, such as weight loss, muscle gain, or overall fitness such as flexibility, and are then provided with a weekly workout plan for their goals. The workout plans include exercises with video links to ensure proper form and technique. The application will later feature a progress tracker that allows users to log their workouts and monitor their progress after every week. Overall, the prototype is designed to help users achieve their fitness goals by providing personalized workout plans.

So far, we have made a prototype and the main landing page. Moving forward, we need to add a section for users who want to gain healthy weight since staying toned is not the same and we still need to find a place to pull information from for the mindfulness section (Get Flexible Page). We need to figure out the logistics of pulling data and what data in the database will be useful in providing the user specific workout plan.

In the future, if this application were to be further developed to launch as a business idea, we would add a feature that would unite the fitness community within universities. Being able to login to one’s schools fitness community is a great opportunity for individuals to connect and have fun while working out. It will also motivate more college students to go outside the vicinity of their dorms and confidently workout with peers.

**Tasks and Milestones:**

| Key - 3/16 Key - 3/23 Key - TBD | Aanya | Nikul | Will |
| --- | --- | --- | --- |
| Main Page after landing - Figma |  | x-done |  |
| Lose Weight - Target Area |  |  | X - done |
| Lose Weight Page - Show Plan |  |  | X - done |
| Get Toned - Target Area | X - done |  |  |
| Get Toned - Show Plan | X - done |  |  |
| Get Flexible Page - Show Plan (Yoga) |  |  | X - done |
| Add Logos/Name on page |  | X - done |  |
| Weekly Plan (demo) - Figma |  | x |  |
| Finish Project Plan Write Up | X - done |  |  |
| Organize Folders in Repo   * main.html (starting page) |  | X - done |  |
| Code Main.html (basic) |  | X - done |  |
| Make Landing Pages | x |  | x |
| Fix Design of all Pages | x |  | x |
| Add a Gain Weight section | x |  |  |
| Use database and create the content for some landing pages | x | x | x |