

Team Project Proposal

WEB 333: Web Development

Team Members:

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**Problem Statement:**

In today’s fast paced world, many individuals struggle to track workouts and understand their fitness progress. Without a centralized platform to manage exercise routines, calculate BMI, and monitor calorie deficits/surpluses, it becomes challenging for users to achieve fitness goals and make informed decisions about their health.

**Project Purpose:**

The main goal of this fitness website is to provide users with resources, tools, and guidance to improve their physical health and well-being. This can include workout plans, nutrition advice, fitness tracking tools, and motivational content. The site aims to engage a broad audience, from beginners to experienced fitness enthusiasts, and offers tailored information based on individual goals, such as weight loss, muscle building, or general health improvement.

**Website Type:**

Our website is a Health & Fitness Web Application designed to help users efficiently track workouts, calculate BMI, monitor calorie deficits or surpluses, and manage exercise routines, providing a centralized platform to support informed decision-making and the achievement of fitness goals.