

INT-200 Internship Quarter 3 (II Year)

SECOND REVIEW

Project Type: Web Development

Project Title: Gym website

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Problem Statement

Designing a responsive website for Gym with necessary tools and technologies such as front-end and back-end.

Front-End tools include:

1. HTML
2. CSS
3. Java script

Back-End tools include:

1. Node Js
2. Express Js
3. MongoDB

Introduction

Web development is the process of creating dynamic and interactive websites that are accessible on the World Wide Web. HTML (Hyper Text Markup Language), CSS (Cascading Style Sheets), and JavaScript are the three fundamental technologies used in web development. HTML is used to structure content on a web page, CSS is used to style and layout the content, and JavaScript is used to add interactivity and functionality to the page.

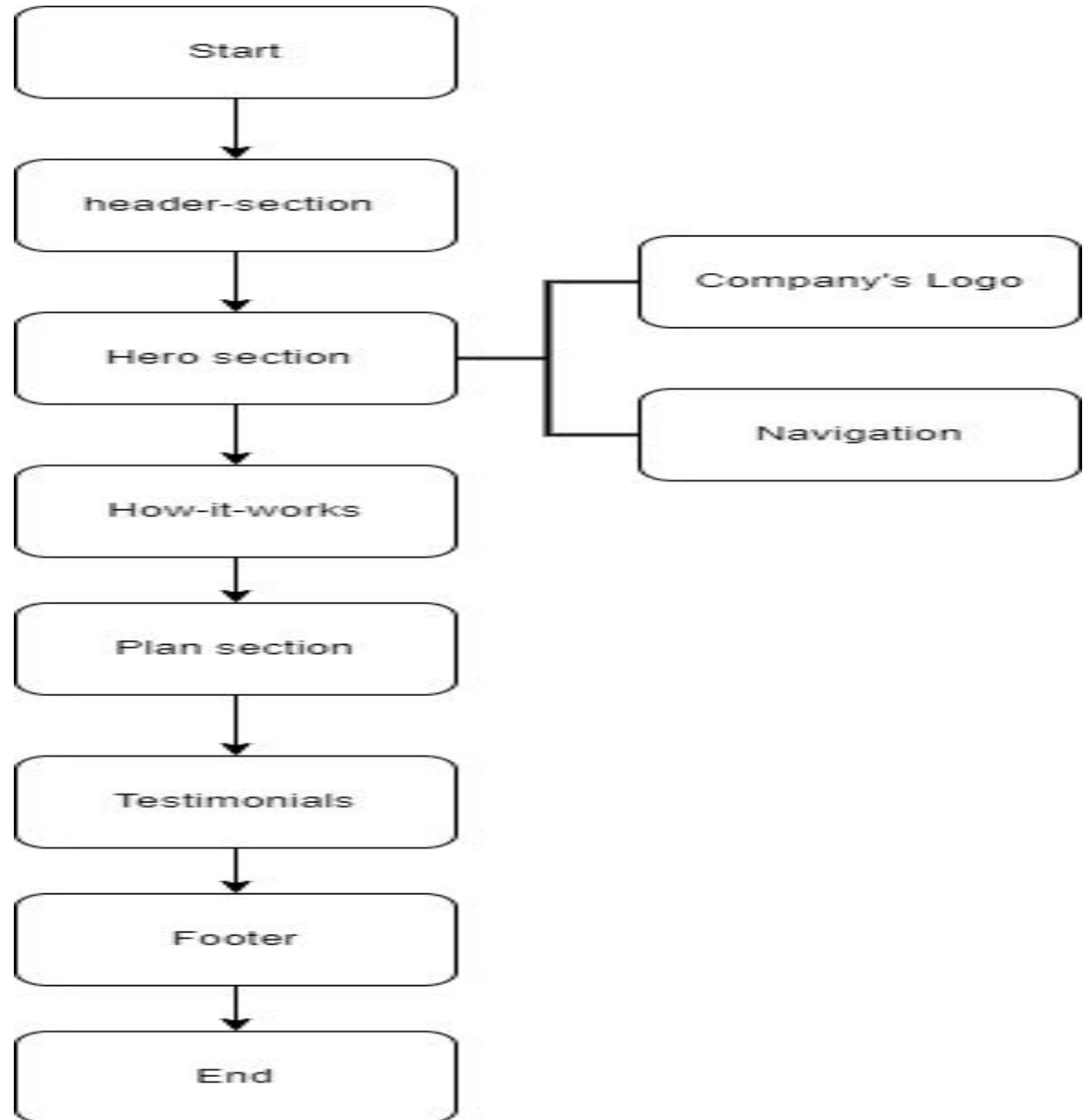
Survey

1. Observed the features of various gym websites and obtained inspiration
2. Surveyed the owner of the gym and got insights and the crux of the project.
3. Obtained pictures and details of the staff in the gym. Revised their payment plans and features of the gym.
4. Reviewed the achievements of the gym and key elements which contribute to the unique selling point.

Objectives

- To create a start-up fancy website which is capable to promote a gym and attract customers.
- Make the users of the gym a log in which displays their plan and help them edit it.

Workflow Diagram



The Website consists of 6 sections:

1. Header section: The header section has the company's logo and the navigation.
2. Hero section: Hero Section is used to grab the attention of the user gives the first impressions of the website.
3. How it works section : This section briefly explains about the features Of the gym.

4. Pricing section: This section displays the membership plans of the gym.
5. Testimonial Section: This section consists of the testimonials by satisfied customers and a gallery with images of the meals offered.
6. Footer Section: This section consists of contact details and copyrights of the company.

Result

The front end for the front page has been developed for the powerzone gym which meets all the requirements. The about us and contact page along with the javaScript and backend will be dealt later.

Source Code

```
1 <!DOCTYPE html>
2 <html lang="en">
3 <head>
4   <meta charset="UTF-8" />
5   <meta http-equiv="X-UA-Compatible" content="IE=edge" />
6   <meta name="viewport" content="width=device-width, initial-scale=1.0" />
7   <link rel="stylesheet" href="css/main.css" />
8   <link rel="stylesheet" href="css/general.css" />
9   <link rel="stylesheet" href="/css/queries.css" />
10  <title>PowerZone</title>
11  <link rel="preconnect" href="https://fonts.googleapis.com" />
12  <link rel="preconnect" href="https://fonts.gstatic.com" crossorigin />
13  <link
14    href="https://fonts.googleapis.com/css2?family=Rubik:wght@400;600;700&display=swap"
15    rel="stylesheet"
16  />
17
18  <script
19    type="module"
20    src="https://unpkg.com/ionicons@7.1.0/dist/ionicons/ionicons.esm.js"
21  ></script>
22  <script
23    nomodule
24    src="https://unpkg.com/ionicons@7.1.0/dist/ionicons/ionicons.js"
25  ></script>
26  <script defer src="./js/main.js"></script>
27 </head>
28 <body>
29   <header class="header">
30     <nav class="nav-container">
31       
32     </nav>
33   </header>
34 </body>
35 </html>
```

```
<body>
  <header class="header">
    <nav class="nav-container">
      

      <ul class="header-nav-list">
        <li>
          <a class="nav-scroll header-nav-link caps" href="#">BMI </a>
        </li>
        <li>
          <a
            class="nav-scroll header-nav-link caps"
            href="/html/products.html"
            >products</a>
        </li>
        <li>
          <a class="nav-scroll header-nav-link caps" href="#section--3"
            >routines</a>
        </li>
        <li>
          <a class="header-nav-link caps" href="/html/about.html">About us</a>
        </li>
        <li>
          <a class="header-nav-link caps" href="/html/contact.html"
            >Contact us</a>
        </li>
      </ul>
    </nav>
  </header>
</body>
```

```

57     <li>
58         <a class="header-nav-link btn--nav caps" href="#">join now</a>
59     </li>
60 </ul>
61 </nav>
62 <button class="btn-mobile-nav">
63     <ion-icon class="icon-mobile-nav" name="menu-outline"></ion-icon>
64     <ion-icon class="icon-mobile-nav" name="close-outline"></ion-icon>
65 </button>
66 </header>
67
68 <main>
69     <section class="hero" id="section--0">
70         <div class="hero-text">
71             <h1 class="caps">Believe</h1>
72             <p class="header-text">
73                 The man who think they can and the man who think they can't, are
74                 both right
75             </p>
76         </div>
77     </section>
78
79     <section class="section" id="section--1">
80         <div class="container">
81             <span class="subheading">Our programs</span>
82             <p class="heading-secondary">Beginner? We got you covered</p>
83         </div>
84         <!-- 01 -->
85         <div class="container grid grid--2-cols">
86             <div class="program-text-box">
87                 <div class="program-heading-box">
88                     <p class="program-number">01</p>
89                     <p class="heading-tertiary">personal training</p>
90                 </div>

```

```
91 <p class="program-description">
92   Personal training provides tailored fitness guidance and support
93   to help you achieve your desired results. A personal trainer
94   creates a customized workout plan based on your unique needs and
95   fitness level, offering ongoing feedback and motivation to keep
96   you on track.
97 </p>
98 </div>
99 <div class="program-img-box">
100   
101 </div>
102
103 <!-- 02 -->
104
105 <div class="program-img-box">
106   
107 </div>
108 <div class="program-text-box">
109   <div class="program-heading-box">
110     <p class="program-number">02</p>
111     <p class="heading-tertiary">group training</p>
112   </div>
113   <p class="program-description">
114     Our gym offers group training sessions to provide a fun and social
115     way to achieve your fitness goals. Our certified trainers lead
116     each session, ensuring proper form and technique while motivating
117     you to push your limits. Join us for a rewarding and challenging
118     workout with like-minded individuals.
119   </p>
120 </div>
121
122 <!-- 03 -->
123 <div class="program-text-box">
124   <div class="program-heading-box">
125     <p class="program-number">03</p>
126     <p class="heading-tertiary">strength training</p>
127   </div>
```



```

128 <p class="program-description">
129 | We also offer you the chance to focus on strength training with
130 | our state-of-the-art equipment and experienced trainers. Our
131 | customized plans will help you build muscle, increase your
132 | strength, and improve your overall health. Join us and take your
133 | fitness journey to the next level.
134 | </p>
135 </div>
136 <div class="program-img-box">
137 | 
138 </div>
139
140 <!-- 04 -->
141
142 <div class="program-img-box">
143 | 
144 </div>
145 <div class="program-text-box">
146 | <div class="program-heading-box">
147 | | <p class="program-number">04</p>
148 | | <p class="heading-tertiary">crossfit</p>
149 | </div>
150 | <p class="program-description">
151 | | CrossFit is a high-intensity workout program designed to build
152 | | strength and endurance through functional movements. It
153 | | incorporates elements from weightlifting, gymnastics, and cardio,
154 | | making it challenging and diverse. CrossFit offers a supportive
155 | | community and the opportunity to push yourself to your limits.
156 | </p>
157 </div>
158
159 <!-- 05 -->
160 <div class="program-text-box">
161 | <div class="program-heading-box">
162 | | <p class="program-number">05</p>
163 | | <p class="heading-tertiary">hiit and cardio</p>
164 | </div>

```

```

165 <p class="program-description">
166     High-Intensity Interval Training (HIIT) and cardio workouts offer
167     numerous health benefits, including increased cardiovascular
168     endurance, improved metabolism, and fat loss. They also boost mood
169     and mental health, making them a great addition to any fitness
170     routine.
171 </p>
172 </div>
173 <div class="program-img-box">
174     
175 </div>
176
177 <!-- 06 -->
178
179 <div class="program-img-box">
180     
181 </div>
182 <div class="program-text-box">
183     <div class="program-heading-box">
184         <p class="program-number">06</p>
185         <p class="heading-tertiary">Zumba</p>
186     </div>
187     <p class="program-description">
188         Our gym offers Zumba classes, a fun and energetic dance workout
189         that combines Latin and international music with easy-to-follow
190         moves. It's a great way to burn calories, improve coordination,
191         and boost your mood while enjoying a vibrant and lively
192         atmosphere.
193     </p>
194 </div>
195
196 <!-- 06 -->
197 <div class="program-text-box">
198     <div class="program-heading-box">
199         <p class="program-number">06</p>
200         <p class="heading-tertiary">yoga</p>
201     </div>
202     <p class="program-description">
203         Our yoga classes offer a welcoming and supportive environment for

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```
207 |     </p>
208 | </div>
209 | <div class="program-img-box">
210 |   
211 | </div>
212 | </div>
213 | </section>
214 |
215 | <section class="section" id="section--2">
216 |   <div class="container">
217 |     <span class="subheading">MEMBERSHIP</span>
218 |     <p class="heading-secondary">
219 |       Become a member by availing one of these plans
220 |     </p>
221 |   </div>
222 |
223 |   <div
224 |     class="plans-container container grid grid--4-cols margin-bottom-md"
225 |   >
226 |     <div class="plan">
227 |       <div class="plan-flex">
228 |         <p class="plan-type">1 month</p>
229 |         <p class="plan-cost"><span class="plan-rs">₹</span>2499</p>
230 |         <p class="plan-about">
231 |           Try our gym risk-free with a one-month plan. See the results for
232 |           yourself and then choose a longer membership
233 |         </p>
234 |         <a href="#" class="plan-btn btn btn--full">buy now</a>
235 |       </div>
236 |     </div>
237 |
238 |     <div class="plan">
239 |       <div class="plan-flex">
```

```

240 <p class="plan-type">3 months</p>
241 <p class="plan-cost"><span class="plan-rs">₹</span>4999</p>
242 <p class="plan-about">
243   For real body change, commit to a three-month gym plan. Give
244   yourself time to see results and make lasting progress
245 </p>
246 <a href="#" class="plan-btn btn btn--full">buy now</a>
247 </div>
248 </div>
249
250 <div class="plan">
251   <div class="plan-flex">
252     <p class="plan-type">6 months</p>
253     <p class="plan-cost"><span class="plan-rs">₹</span>6999</p>
254     <p class="plan-about">
255       Transform your body with our six-month gym plan. This extended
256       commitment allows for even greater progress towards achieving
257       your fitness goals
258     </p>
259     <a href="#" class="plan-btn btn btn--full">buy now</a>
260   </div>
261 </div>
262
263 <div class="plan plan-rec">
264   <div class="plan-flex">
265     <p class="plan-type">12 months</p>
266     <p class="plan-cost"><span class="plan-rs">₹</span>8999</p>
267     <p class="plan-about">
268       Make a lasting commitment to your health and wellness with our
269       annual gym plan. Enjoy the perks of FREE diet and nutrition
270       guidance
271     </p>
272     <a href="#" class="plan-btn btn btn--full">buy now</a>
273   </div>
274 </div>
275 </div>
276 </section>

```

```

278 <section class="section" id="section--3">
279   <div class="container">
280     <span class="subheading">TESTIMONIALS</span>
281     <p class="heading-secondary">Reviews of our gym members</p>
282   </div>
283   <div class="slider">
284     <div class="slide">
285       <div class="slide--1">
286         <div class="testimonial grid testimonial-grid">
287           <div class="testimonial-review">
288             <div class="testimonial-user-container">
289               <div class="testimonial-user">
290                 <span class="testimonial-user-img">
291                   
292                 </span>
293               </div>
294             </div>
295           </div>
296           <div class="review">
297             <div class="top-g">
298               <div class="test-user">Dominic Thirshatha</div>
299               <div class="testimonial-stars">
300                 <span class="testimonial-star">
301                   <ion-icon class="star-icon" name="star">
302                 </span>
303                 <span class="testimonial-star">
304                   <ion-icon class="star-icon" name="star">
305                 </span>
306                 <span class="testimonial-star">
307                   <ion-icon class="star-icon" name="star">
308                 </span>
309                 <span class="testimonial-star">
310                   <ion-icon class="star-icon" name="star">
311                 </span>
312                 <span class="testimonial-star">
313                   <ion-icon class="star-icon" name="star">
314                 </span>
315               </div>
316             </div>

```

[illegible]


```

355 |     ><ion-icon class="star-icon" name="star"
356 |   /></span>
357 |   <span class="testimonial-star">
358 |     <ion-icon class="star-icon" name="star"
359 |   /></span>
360 | </div>
361 </div>
362 <div class="testimonial-text-container">
363   <span class="testimonial-text">
364     The best gym owner along with some great trainers. Perfect
365     combination of equipments and he adds something new to the
366     gym every month. A best place to workout and socialise as
367     well.
368   </span>
369 </div>
370 </div>
371 </div>
372 </div>
373 </div>
374 <div class="slide">
375   <div class="slide--1">
376     <div class="testimonial grid testimonial-grid">
377       <div class="testimonial-review">
378         <div class="testimonial-user-container">
379           <div class="testimonial-user">
380             <span class="testimonial-user-img">
381               
382             </span>
383           </div>
384         </div>
385       </div>
386       <div class="review">
387         <div class="top-g">
388           <div class="test-user">Dominic Thirshatha</div>
389           <div class="testimonial-stars">
390             <span class="testimonial-star"
391               ><ion-icon class="star-icon" name="star"
392             /></span>

```

```

393     <span class="testimonial-star"
394     |   ><ion-icon class="star-icon" name="star"
395     |   /></span>
396     <span class="testimonial-star"
397     |   ><ion-icon class="star-icon" name="star"
398     |   /></span>
399     <span class="testimonial-star"
400     |   ><ion-icon class="star-icon" name="star"
401     |   /></span>
402     <span class="testimonial-star">
403     |   <ion-icon class="star-icon" name="star"
404     |   /></span>
405     </div>
406   </div>
407   <div class="testimonial-text-container">
408     <span class="testimonial-text">
409       The best gym owner along with some great trainers. Perfect
410       combination of equipments and he adds something new to the
411       gym every month. A best place to workout and socialise as
412       well.
413     </span>
414   </div>
415 </div>
416 </div>
417 </div>
418 </div>
419 <button class="slider__btn slider__btn--left">&larr;</button>
420 <button class="slider__btn slider__btn--right">&rarr;</button>
421 <div class="dots"></div>
422 </div>
423 </section>
424 </main>
425 <footer class="footer">
426   <div class="container grid grid--footer">
427     <div class="logo-col">
428       <a href="#" class="footer-logo-text">
429         <span>
430           
431         </span>

```

```
432 </a>
433 <ul class="social-links">
434   <li>
435     <a class="footer-link" href="#">
436       <ion-icon class="social-icon" name="logo-facebook"></ion-icon>
437     </a>
438   </li>
439   <li>
440     <a class="footer-link" href="#">
441       <ion-icon class="social-icon" name="logo-instagram"></ion-icon>
442     </a>
443   </li>
444 </ul>
445 <div class="copy-rights">
446   Copyright &#169; 2023 by Powerzone. All rights reserved.
447 </div>
448 </div>
449 <div class="col-two">
450   <ul class="col-two-content">
451     <li><a href="" class="col-two-link">BMI</a></li>
452     <li>
453       <a href="html/products.html" class="col-two-link">Products</a>
454     </li>
455     <li><a href="" class="col-two-link">Routine</a></li>
456     <li><a href="html/about.html" class="col-two-link">About Us</a></li>
457   </ul>
458 </div>
459 <div class="col-three">
460   <p class="col-three-link">
461     <a href="#contact-us" class="col-two-link">Contact Us</a>
462   </p>
463   <address class="contacts">
464     <p class="address">
465       Mukti Enclave :19/20, Manapakkam Main Rd, Manapakkam, Chennai,
466       Tamil Nadu 600125
467     </p>
468     <p>
469       <a class="contacts-info">+91 8680880109</a>
470       <a class="contacts-info">powerzonegymchennai@gmail.com </a>
```

```
471     </p>
472     </address>
473 </div>
474 <div class="row-2">
475     <p><a href="index.html" class="home-page">back to homepage</a></p>
476 </div>
477 </div>
478 </footer>
479 </body>
480 </html>
481
```


Target Audience (Application)

The website and its services are intended for :

- People who seek to know and join the gym and stay fit.

Timeline

- Week 5: JavaScript fundamentals
- Week 6: JavaScript DOM manipulation
- Week 7: Backed log-in framework
- Week 8 : Applying the knowledge gained in the previous week to design the front end of the website.

Conclusion

By creating this website, we have learnt about Web development and its role in today's world, about how to design an webpage, from the user experience to visual design, motion, fonts and more.

Mentor / Guidance Details

Project mentor – Prof. Hari Prasath L

Thank you!