WEB DESIGN WORKSHOP(K24IT12P)

FIT FREAK WEBSITE

Project Report

BACHELOR OF TECHNOLOGY

in

Computer Science(AI)

Submitted by:

RAJ OJHA (2428CSEAI1369)

SAGAR SRIVASTAVA (2428CSEAI2090)

SAMARTH SHUKLA (2428CSEAI1644)

SATYAM TIWARI (2428CSEAI1343)

PRATHAM MISHRA (2428CSEAI1124)

Submitted to:

MAYANK LAKHOTIA SIR

INDEX

1. PROJECT DESCRIPTION

2. TEAM INFORMATION

3. TOOLS USED

4. FEATURES OF THE SOFTWARE

5. FLOWCHARTS AND SCREENSHOTS

6. FUTURE IMPLEMENTATION

PROJECT DESCRIPTION :

Fit Freak is a comprehensive fitness website dedicated to empowering individuals to achieve their health and wellness goals. The platform provides personalized nutrition diet plans and exercise schedules tailored to each user's unique needs and preferences. Our mission is to inspire and guide users toward healthier, more active lifestyles through customized solutions and expert advice.

Benefits

- **Achieve fitness goals more effectively with personalized plans.**
- **Stay motivated and engaged with community support and expert guidance.**
- **Make informed decisions about health and wellness with access to reliable information.**
- **Enjoy a healthier lifestyle with balanced nutrition and regular exercise.**

Fit Freak is not just a fitness website; it's your ultimate companion on the journey to a healthier, happier you. Join us today and take the first step towards achieving your fitness goals!

TEAM INFORMATION :

1) **RAJ OJHA 2428CSEAI1369**
2) **SAGAR SRIVASTAVA 2024CSEAI2090**
3) **SAMARTH SHUKLA 2428CSEAI1644**
4) **SATYAM TIWARI 2428CSEAI1343**
5) **PRATHAM MISHRA 2428CSEAI1124**

TOOLS USED:

1) HTML

2) CSS

3) VS CODE SOFTWARE

4) CANVA

5)GITHUB

FEATURES OF WEBSITE:

- **Personalized Nutrition Plans:**
  - **Customized diet plans based on individual health goals, dietary preferences, and nutritional needs.**
  - **Access to a wide range of healthy recipes and meal suggestions.**
  - **Tips and advice from certified nutritionists to ensure balanced and nutritious diets.**
- **Tailored Exercise Schedules:**
  - **Personalized workout routines designed by professional trainers to match fitness levels and goals.**
  - **Detailed exercise guides, including videos and step-by-step instructions.**
  - **Tracking tools to monitor progress and adjust schedules as needed.**
- **Comprehensive User Profiles:**
  - **Personal dashboards to track nutrition, exercise, and overall fitness progress.**

- **Goal-setting features to help users stay motivated and focused.**
- **Integration with fitness trackers and wearable devices for seamless data synchronization.**

Community Support:

- **Access to a community of like-minded fitness enthusiasts for motivation and support.**
- **Forums and discussion boards to share experiences, tips, and success stories.**
- **Regular challenges and events to keep users engaged and motivated.**

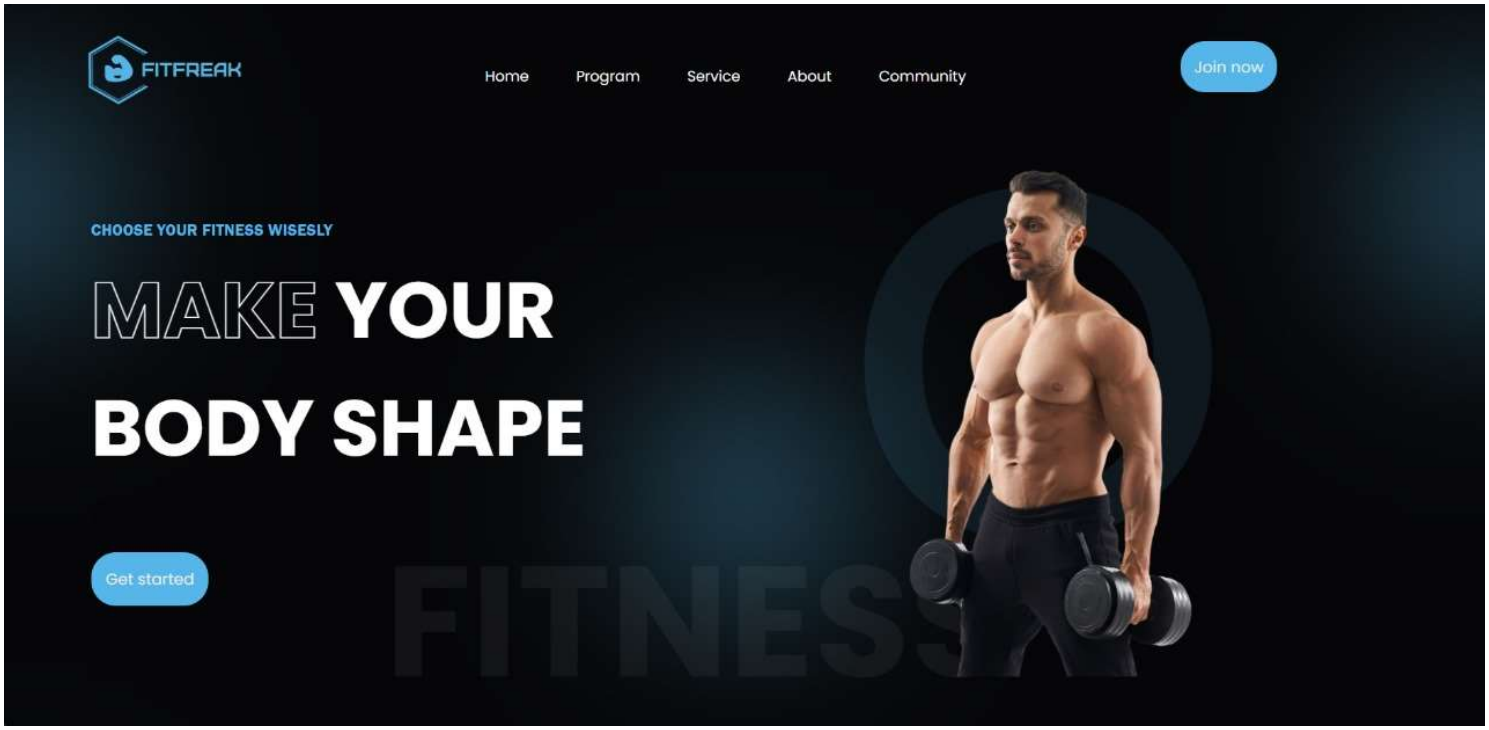
Expert Guidance:

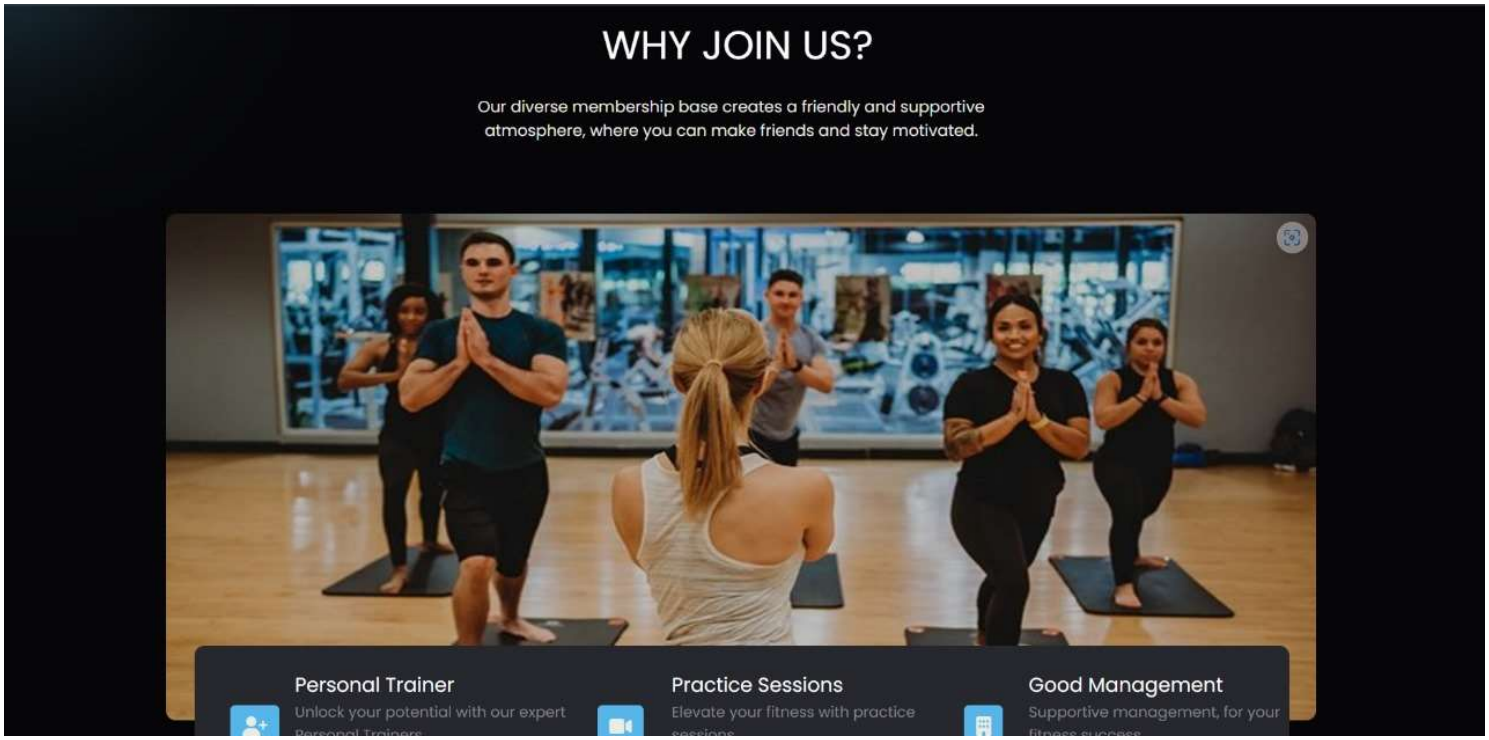
- **Regular blog posts and articles from fitness experts and health professionals.**
- **Live Q&A sessions and webinars on various fitness and nutrition topics.**
- **Personalized feedback and support from certified trainers and nutritionists.**

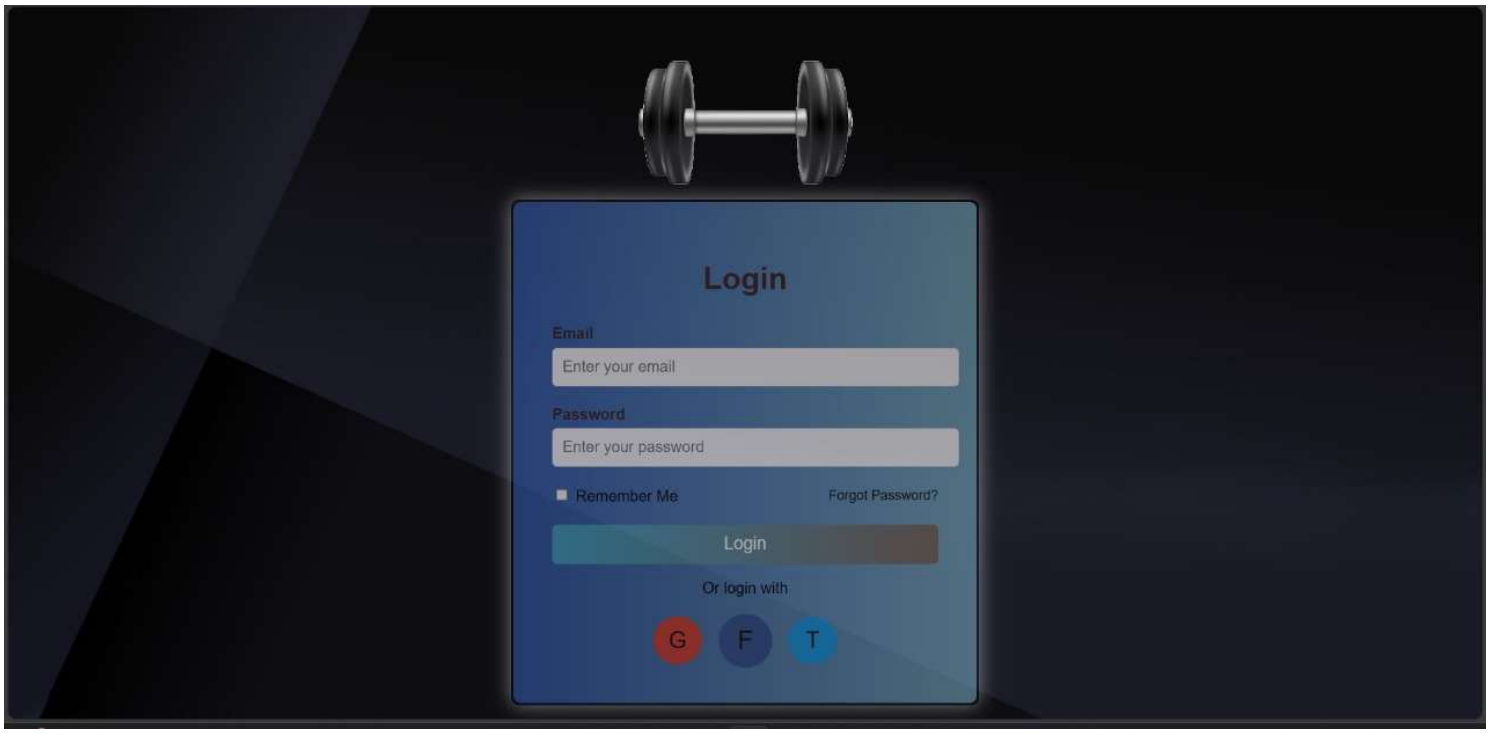
□ Subscription and Membership Plans:

- **Premium Content:** Offer premium content and services for subscribers, such as one-on-one coaching and exclusive workouts.
- **Membership Tiers:** Create different membership levels with varying benefits and access.

SCREENSHOTS OF WEBSITE:



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Enter your email
Password
Enter your password
Remember Me
Forgot Password?
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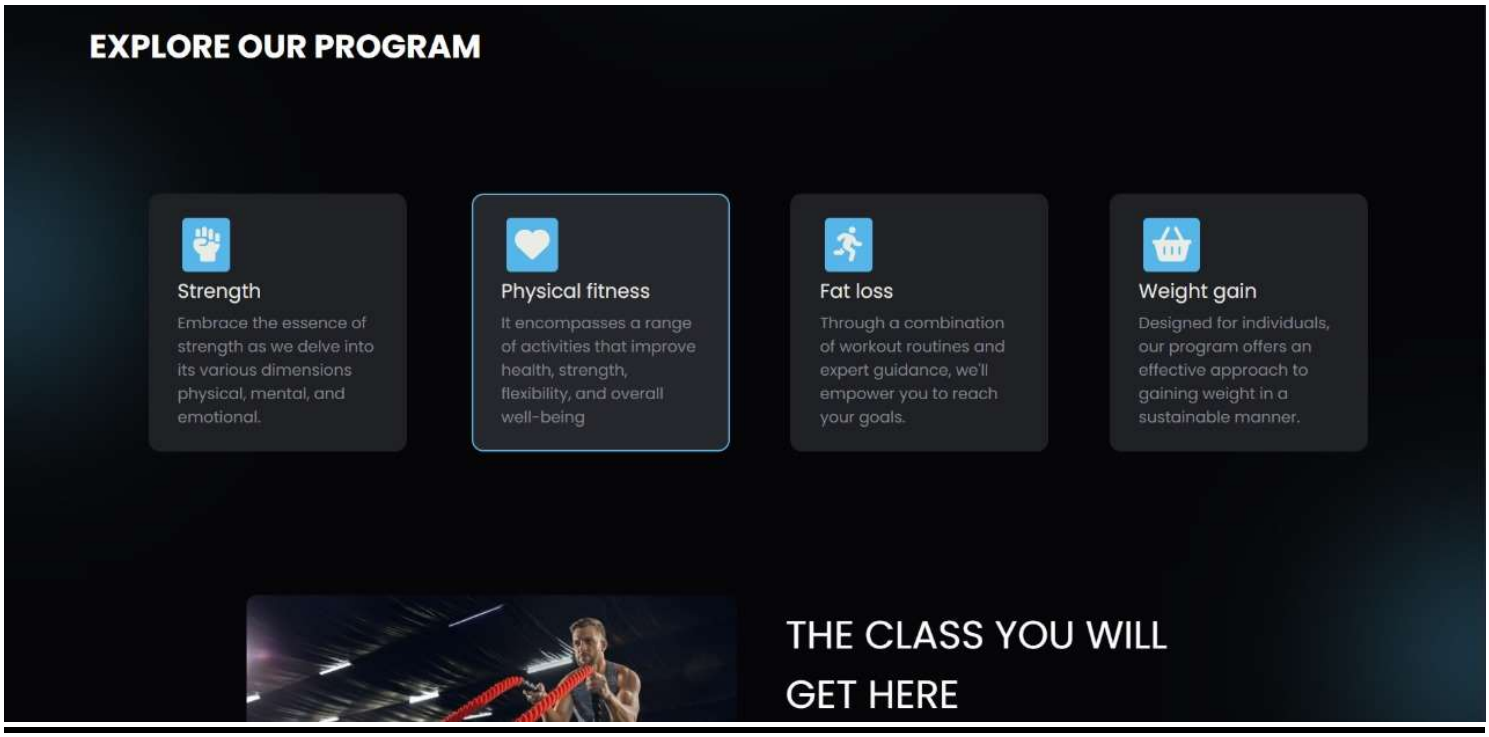

EXPLORE OUR PROGRAM
Strength
Embrace the essence of strength as we delve into its various dimensions physical, mental, and emotional.
Physical fitness
It encompasses a range of activities that improve health, strength, flexibility, and overall well-being
Fat loss
Through a combination of workout routines and expert guidance, we'll empower you to reach your goals.
Weight gain
Designed for individuals, our program offers an effective approach to gaining weight in a sustainable manner.
THE CLASS YOU WILL
GET HERE

FITFREAK

Home Program Service About Community

Join now

Privacy Policy

Introduction

Welcome to "MAKE YOUR BODY SHAPE"! We value your privacy and are committed to protecting your personal information. This Privacy Policy explains what information we collect, why we collect it, and how we use it to improve your experience on our website.

Information We Collect

MEMBER REVIEW

What truly sets this gym apart is their expert team of trainers. The trainers are knowledgeable, approachable, and genuinely invested in helping members achieve their fitness goals. They take the time to understand individual needs and create personalized workout plans, ensuring maximum results and safety.

Raj Ojha

Software Developer

Next Review

FITFREAK

Take the first step towards a healthier, stronger

Company

Business

About Us

Blogs

Contact

Contact Us

127.0.0.1:5500/aboutus.html

Home Program Service About Community

Join now

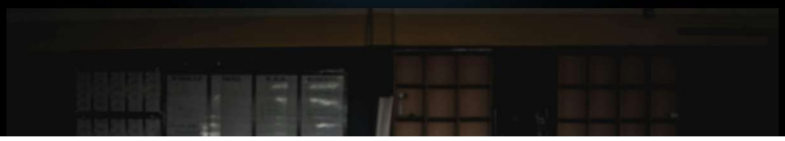
ABOUT US

THE VISION that inspires us

To be the best coorporation contributing to human health

THE PHYLOSOPHY THAT MAKES US A SUCCESS

As a worldwide fitness, wellness and health leader built on family values, Johnson Health Tech serves people who want to live better lives with products that provide superior experiences in the club, the home and beyond. Depend on us for innovation driven by cross-cultural collaboration, thoughtful design manufactured to the highest international standards and an ironclad commitment to be the very best global citizen.



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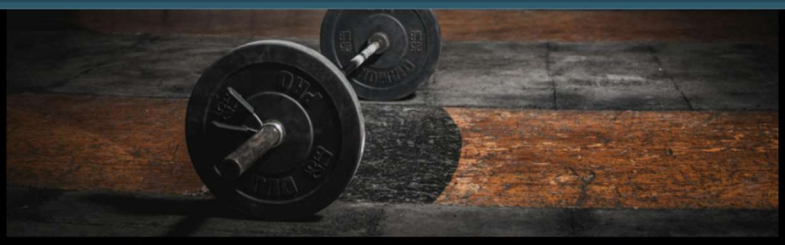
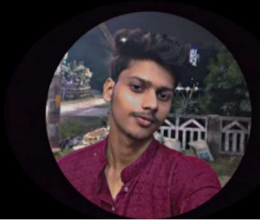


Health **Value** **Sharing**

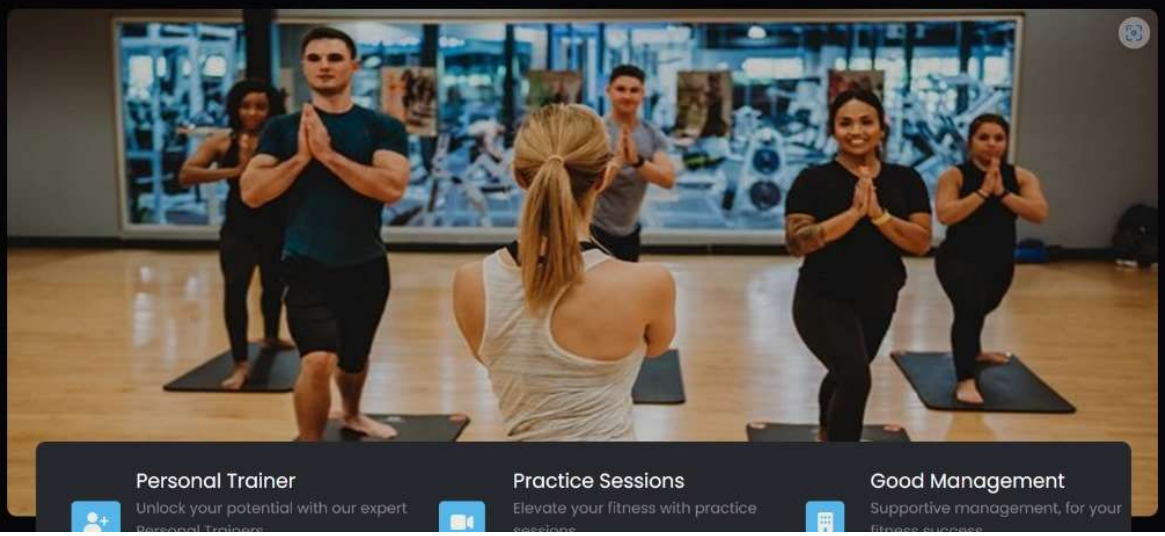
We are committed to providing products that promote health and wellness.
We create solutions that deliver the lowest total cost of ownership.
Employees that contribute to our success share in our profitability.
We also invest in communities where we operate and in projects that align with our values.

Welcome to FITNESS FREAK, where we are dedicated to helping you achieve your fitness goals. Our mission is to inspire and empower people to live healthier and more active lives.



WHY JOIN US?

Our diverse membership base creates a friendly and supportive atmosphere, where you can make friends and stay motivated.



Personal Trainer

Unlock your potential with our expert Personal Trainers

Practice Sessions

Elevate your fitness with practice sessions

Good Management

Supportive management, for your fitness success

FUTURE IMPLEMENTATION:

Mobile App Development:

- **Native Mobile Apps: Develop iOS and Android apps to provide a seamless mobile experience.**
- **Push Notifications: Keep users engaged with reminders, tips, and motivational messages.**

Wearable Device Integration:

- **Fitness Tracker Sync: Sync with devices like Fitbit, Apple Watch, and other wearables to track workouts and health metrics.**
- **Real-Time Data: Provide real-time feedback and insights based on data from wearable devices.**

Social Features:

- **Community Forums: Enhance community engagement through forums, discussion boards, and social groups.**

- **Social Sharing: Allow users to share their progress and achievements on social media platforms.**

Mental Health and Wellness:

- **Meditation and Mindfulness: Incorporate meditation and mindfulness sessions to support mental well-being.**
- **Stress Management: Provide resources and tools for managing stress and improving mental health.**

Content Expansion:

- **Educational Resources: Offer articles, eBooks, and webinars on various fitness and health topics.**
- **Expert Contributions: Invite fitness and health experts to contribute content and offer guest sessions.**