Online Health & Fitness Store

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Project Objective:

The main purpose of the project is to help people who are interested to stay healthy and to get fit through a number of nutrition and diet tips and fitness related products. This application guides the users to choose from many fitness related products, nutrition supplements which will be available on the store and a number of workout routines depending on the type of body-shape the user is longing to achieve. There will be separate workout routines and dietary tips provided to the user based on the age , sex , height , weight and the current body type(endomorph , ectomorph , mesomorph) they belong to .

Project Requirements:

This is a user-friendly application which helps users to have a user specific workout routine and access multiple products on the store for which we require:
¬ Home page
¬ Contact us page
¬ Login page
¬ Store page
¬ Nutrition products page
¬ Fitness equipment page
¬ Workout routine page
¬ Motivation quotes page
¬ Cart page

User Requirements:

- Who is the application for?

The application is for the customers who are looking for a fit and healthy body.

- What problems are you solving?
  This application helps the users in finding a *user specific* diet and a workout routine with the help of this online store.

- How do target users address the problem currently?
  Usually people should consult a dietician to change their daily routine diet in order to be healthy and should hit a gym to get a workout plan from trainee,

user should also go into a store to buy the products related to workout. These all are available in one application which makes the people to use it in a user-friendly way.

- How will your solution impact your users?
  The application provides an easy way to search for the dietary plan, workout routine and get detail information about different workout products.

- What are their technical requirements or limitations?
  Reliable database, Internet connection is must and should for the web application to complete the process without any disturbances. The users must be aware of how to handle the application.

- When is it needed?
  This web application is used by the user when the user is longing to have a fit and healthy body with different packages.

- Why is it needed?
  This application is used when the user is in need of a fit and healthy body.

- How will it work?
  1. Firstly, user browses according to the requirements he is in need of.
  2. When the user has selected a particular diet and fitness routine then a list will be projected according to the selection which makes the user to proceed further to select the package.
  3. Finally user can buy any products related to workout.

System Requirements:

Software requirements : Asp.net, SQL Server, java scripts, jQuery , Ajax, HTML, CSS, Any Operating System, Any Browser.
Hardware requirements:
Processor: Intel Pentium IV or above.
RAM: 512MB or above.
HARD DISK: At least 20 Gigabytes.

Network Considerations: UHCL network will support this application on the server side.