**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 an 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

ROLES AND RESPONSIBILITIES

Requirement Gathering and Analysis : Sidharth , Riyaz , Aalekhya , Sanju , Harsha and Ravi

Documentation and GUI : Sidharth , Riyaz , Aalekhya , Sanju , Harsha and Ravi

Coding and Database connectivity related to specific pages:

* Home page : Sidharth
* Contact us page : Riyaz
* Login page : Aalekhya
* Store page : Sanju
* Nutrition products page : Harsha
* Fitness equipment page : Ravi
* Workout routine page : Ravi
* Motivation quotes page : Sidharth
* Cart page : Riyaz

**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.