Fitness

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N241

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**Project Description** Answer the following questions:

* What is the topic of your project?

The topic of my project is fitness.

* Why did you choose this topic?

I chose this topic because I want to help people get in shape and feel good about themselves.

* What background knowledge to you bring to this topic?

I have been working out and have been in this fitness industry for 3+ years with personal training experience for 1 year. I don’t know everything about this topic but I have a good idea on how to approach this problem and what I can do to help people who wants to make a change.

* What is your intended audience?

My targeted audience is everyone who wants to make a change in their life health wise. These people can be beginner or expert, I plan to have different workout plans for different people and also include some nutrition information.

**Timeline**:

* Project due date: Apr 25 by 11:59pm
* Estimate Project Completion date: Apr 20th

I have already created a rough draft for the website. All of the websites will look the same except having different menu options. On the main page there will be a navigation bar on the left with a pull down menu and each menu will have options for other pages. The website will be elegant and easy to use with a gray background and light blue navigation bar including a background picture.

The website will be tested in Firefox, chrome, safari and also Microsoft edge to make sure that it will be compatible with different browsers and it will be done throughout the entire project. I have all the images essential in developing the website already picked and saved, any additional pictures needed will be collected by April 12th 2018. The styling of the pages should be done after the content of the html is done, both the styling and the html page will be done by April 18th so if needed to ask the professor any questions I can get a response back in time and it gives me 21 days to finish this assignment. Finalizing and validating HTML and CSS code will be done on the 19th of April and for the final release of the completed website will be April 20th. The website will be tested in Firefox, chrome, safari and also Microsoft edge one last time for compatibility and then the project will be uploaded if everything works and look according to the desired outcome.

|  |  |  |
| --- | --- | --- |
| **Drop down menu** | Header |  |
| |  | | --- | | **Male:**   * strength * muscle building * cardio * Fat loss |  |  | | --- | | **Female:**   * strength * muscle building * cardio * Fat loss |  |  | | --- | | **Supplements:**   * nutrition * Protein * Fat burner |  |  | | --- | | **Tracker:**   * Calorie counter * Calorie tracker | | Content area |  |
|  | Footer |  |

* If the user click “muscle building” for male a new page will be opened showing workout program for male: “muscle building” and listing all the options for male workouts. Same thing will be applied for women’s workout page. An example is given below:

|  |  |  |
| --- | --- | --- |
| **male** | Header |  |
| |  | | --- | | **Back to:**   * homepage. |  |  | | --- | | **Fat loss** |  |  | | --- | | **Strength** |  |  | | --- | | **Cardio** | | Content area |  |
|  | Footer |  |

* **Preliminary Resource Materials**

I will be using two websites for reference, first website is <https://www.bodybuilding.com/> and the second website is <https://www.muscleandfitness.com/> . I am using these two websites for information about products and workouts since they have a large database and their look is elegant and very easy to use.

Two articles helped me understand about the user interface and what to consider while a code for any project. One website is <https://www.interaction-design.org/literature/topics/ui-design> and the other website is <https://www.smashingmagazine.com/2018/02/comprehensive-guide-ui-design/> .

I will be using a fixed left menu template as described in the website <http://www.mycelly.com/> and <http://css.maxdesign.com.au/>. Both of these websites has amazing layouts for web development but I’m planning on just using a simple layout.

I am using two websites which teaches important concept of web development. One website teaches how to make rounded corners and the other one is on how to center a page.

**Rounded corner website:** [**http://www.websitecodetutorials.com/code/css/rounded-corners-css-plus-images.php**](http://www.websitecodetutorials.com/code/css/rounded-corners-css-plus-images.php)

**Page center website:** <https://davidwalsh.name/center-website>