# 1. Project Summary

The “Go Training Fitness Website” was developed to provide a user-friendly and visually engaging platform for showcasing the services and facilities of a fitness center. The website’s primary objective was to highlight the center’s offerings, including various modalities, membership plans, and contact information, while ensuring accessibility and responsiveness across devices. The project emphasizes a clean design, intuitive navigation, and the integration of modern web technologies.

# 2. Design Process

## 2.1. Research & Investigation

To understand user expectations and industry standards, we analyzed several fitness websites. Key insights included the importance of high-quality visuals, clear navigation, and the effective presentation of membership options. This research informed the structure and design of the “Go Training” website.

Interface gráfica do usuário, Texto, Aplicativo

Descrição gerada automaticamente

Fig.1 Smart Fit.(n.d.). Plans. Retrieved November 27, 2024. From <https://www.smartfit.com.br/>

Placa com informação na frente de um prédio

Descrição gerada automaticamente com confiança baixa

Fig.2 Bodytech.(n.d.). Home. Retrieved November 27, 2024. From <https://www.bodytech.com.br/>

Pessoa com as mãos

Descrição gerada automaticamente com confiança baixa

Fig.3 Stoneybatter Cross Training.( n.d.). Home. Retrieved November 27, 2024. From <https://www.stoneybattercrosstraining.ie>

Calendário

Descrição gerada automaticamente com confiança baixa

Fig.4 Competition Gym.( n.d.). Home. Retrieved November 27, 2024. From https://www.competition.com.br

## 2.2. Requirements & Technical Approach

The project required a responsive website featuring six distinct pages: Index, Swimming, Contact Us, Gym, Plans, and CrossFit. We selected HTML, CSS, JavaScript, and Bootstrap as the primary technologies for their flexibility and widespread adoption. GitHub and VsCode were used for version control and collaboration.

## 2.3. Design & Wireframe

Wireframes were created to visualize the layout of each page. The focus was on balancing aesthetics with functionality, ensuring ease of navigation and consistency across the site. Particular attention was given to responsive design to cater to mobile and desktop users.

o maintain clean and easy navigation, with sober colors that still catch attention or have a significant highlight, we chose black, white, gray, and orange as our theme colors. The Go Training logo was developed with the concept of "life" in mind, which is why we replaced the letter O with a heart featuring a heartbeat, symbolizing the practice of activities that bring health benefits. /\* inserir aqui depois uma foto contend as cores utilizadas com padrao css, logo, navbar, e fonte geral do css\*/

### 2.3.1 Index and Swimming Pages (Clara)

### 2.3.2 Plans and Crossfit Pages (Guilherme)

A screenshot of a computer screen

Description automatically generatedA screenshot of a web page

Description automatically generated

### 2.3.3 Contact Us and Open Gym Pages (Alexandre)

# 3. Project Work

## 3.1. Breakdown of Tasks

|  |  |
| --- | --- |
| **Team Member** | **Tasks** |
| Clara | Index Page, Swimming Page |
| Alexandre | Contact Us Page, Gym Page |
| Guilherme | Plans Page, CrossFit Page |

Student Clara was responsible for creating the Index (Home) page and the Swimming page, which is part of the modalities option. She was also in charge of creating and designing the logo, navigation bar and functional fake merchandise products for our clients, customized with the logo, to be displayed on the page.

Student Alexandre was responsible for creating the Contact Us age and the Gym page, which is also part of the modalitions option. He was in charge of creating and validating the form as well.

Student Guilherme was responsible for creating the Plans page and Crossfit page, which is one of the three modalities that we presented in our website. He was also in charge of creating the footer and review section.

# 4. Development

## 4.1. HTML and CSS Implementation

The website was built using HTML to organize the content and CSS to make it look nice and easy to use. HTML created the basic structure of the pages, while CSS added colors, styles, and spacing to make everything more visually appealing and consistent.

We also made sure the website works well on different devices like phones, tablets, and computers. To do this, we used CSS techniques called media queries to adjust how things appear depending on the screen size. Buttons, cards, and sections were styled to make them user-friendly, with smooth edges and proper spacing.

Some parts needed extra work to fix layout issues and make everything align correctly, but these were solved with small changes and testing. In the end, the pages looked polished and worked smoothly.

Interface gráfica do usuário, Site

Descrição gerada automaticamente

Fig. xx. Tips section using HTML, CSS and Bootstraps Card component(created by Student Clara)

Uma imagem contendo pessoa, homem, no interior, olhando

Descrição gerada automaticamente

Fig. xx. Display of images created using HTML, CSS and Bootstraps Carousel component (created by Student Guilherme)

/\*inserir foto do forms criado pelo alex\*/

## 4.2. Bootstrap Integration

Bootstrap was a big help in making the website look modern and responsive. It allowed us to quickly set up layouts using its grid system, which automatically adjusted to fit different screen sizes. This made it easy to design pages without starting from scratch for each device.

The navigation bar was made using Bootstrap tools, making it interactive with dropdown menus and a responsive design. Buttons and other elements were styled with Bootstrap classes, which saved time and gave a clean, professional appearance.

Overall, Bootstrap simplified a lot of the work and kept everything consistent across the site.

## 4.3. JavaScript Implementation

JavaScript was used to make the website more interactive and engaging. It helped add features like carousels that cycle through images and smooth scrolling for moving between sections of a page. These made the website feel more dynamic and user-friendly.

On some pages, JavaScript was used for validating forms to ensure users filled them out correctly. It also helped improve how dropdown menus and collapsible sections worked.

Even though a few small adjustments were needed to make sure everything worked well on all devices and browsers, JavaScript added a lot of value to the website by making it more interactive and functional.

## 4.4. SEO and Optimization

The team used W3C Validators to ensure the HTML and CSS were standards-compliant. Images were optimized for faster loading times.

## 4.5. Testing

Each page was tested for responsiveness across different devices and browsers. Issues with card alignment on medium screens were resolved using targeted media queries.

## 4.6. Deployment

The website was deployed on GitHub Pages. Challenges included aligning the navigation bar across all pages, which was resolved through collaboration.

# 5. Results and Achievements

The “Go Training” website successfully met its objectives, offering a visually appealing and functional platform. Highlights include a fully responsive design, seamless navigation, and engaging interactive features.

# 6. Teamwork and Improvements

Collaboration among team members was effective, with clear task distribution and regular check-ins. Future improvements could include adding a backend for dynamic content and incorporating user feedback mechanisms.

# 7. Conclusion

The “Go Training Fitness Website” project provided valuable experience in web development, teamwork, and problem-solving. The final product is a testament to the team’s dedication to creating a high-quality, user-centered platform.

# 8. References

* Bootstrap Documentation: https://getbootstrap.com
* W3C Validator: https://validator.w3.org

# 9. Appendices

## **9.1. Wireframes**

## **9.2. Validation Results**

## **9.3. Code Snippets**

## **9.4. Screenshots**