# 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.

## 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 was 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.

# 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 |

# 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.

## 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**