**STAY FIT**

**Introduction**

Stay fit is a website designed for student athletes between the ages of 13-17. Main purpose of this web site is to provide young athletes a fun, and easy learning environment to become more aware about their day to day nutrition and fitness. This will help maximize athlete students’ performance in a specific sport they are engaged.

Stay Fit will permit coaches, and vendors for direct registering. students will register to the system once the school provides a verification and parents will register students following the verification from the school. Once student becomes member of Stay Fit she/he will have access to edit personal profile information, post messages, link their social media account, view information provided by vendors, create personal schedules, and post completed exercise. The website will also provide a user friendly map to help teens to search for local fitness facilities as well as details for certified fitness trainer.

Teachers and trainer will also be able to access the site once register. They will take parts in controlling students and vendors activity.