CSE-326 (Internet Programming Laboratory)

CA-1

Project Title: Weight Loss blog: Document yourself losing weight and record everything that you do. Make a difference.

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Project Link

The complete project along with website showcase video is uploaded on the following link:

https://github.com/Viralore/CA-CSE-326.git

INTRODUCTION :-

This project (Weight loss) has been made

using HTML, CSS & JavaScript.

Main core page is Home Page which is linked to every page.

Primarily inline and external CSS is used.

Inline CSS is used for specific tags and external is used for binding same CSS file to multiple files.
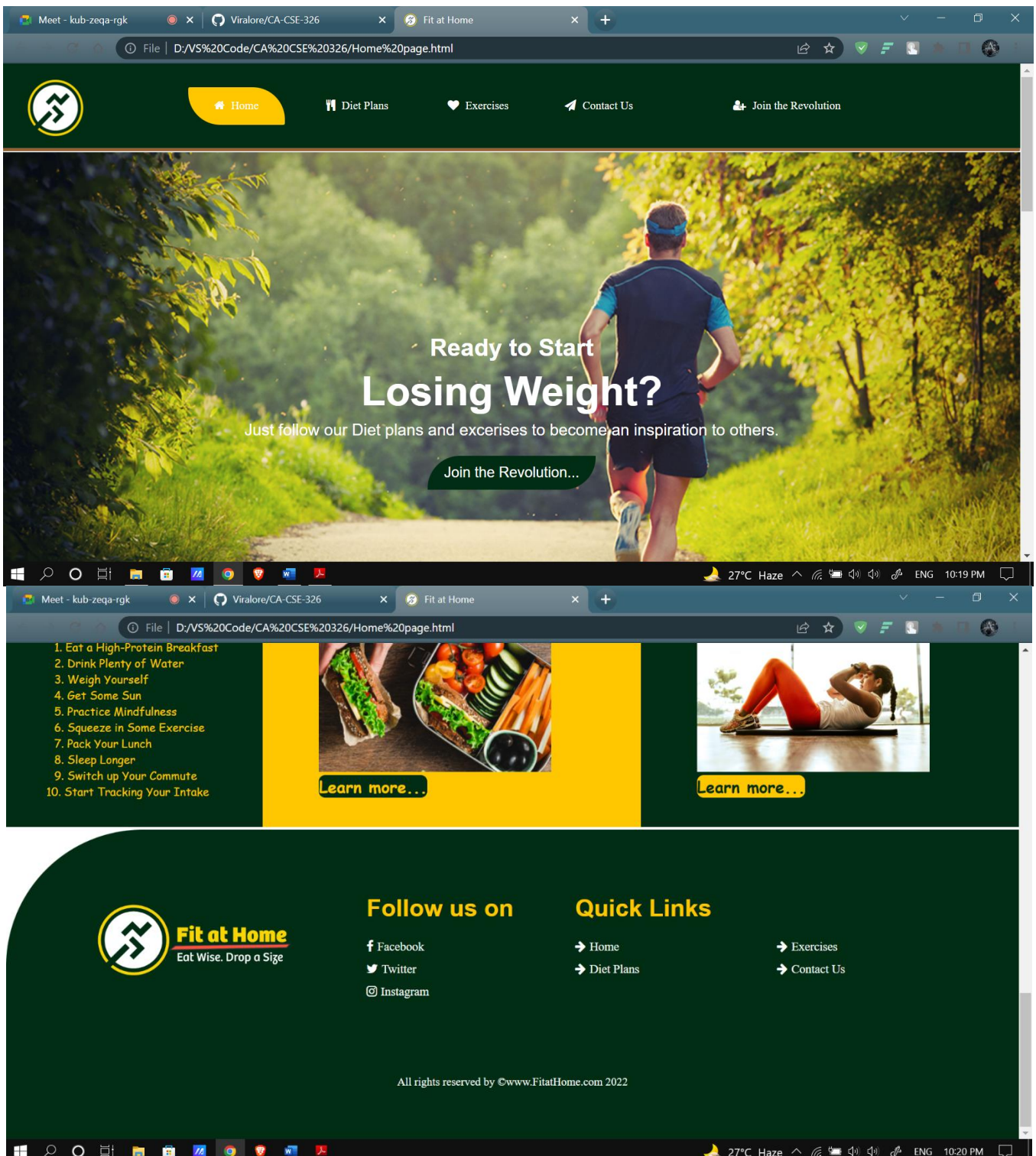
JavaScript was used to add animations in

Login/Sign-Up page.

All the images are in "IMGS" folder, all the scripts are in "Scripts" folder and all the CSS files are placed in "STYLE" folder.
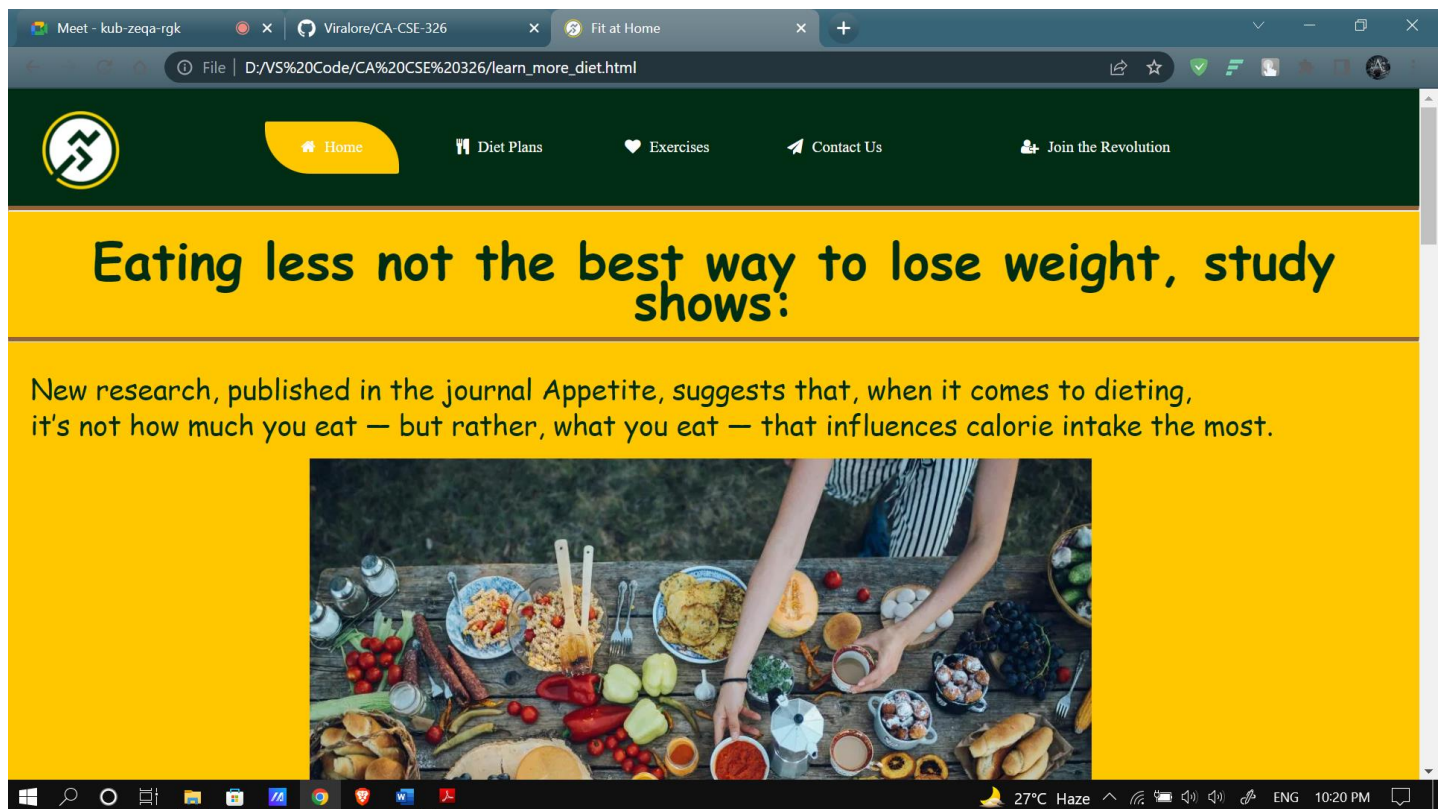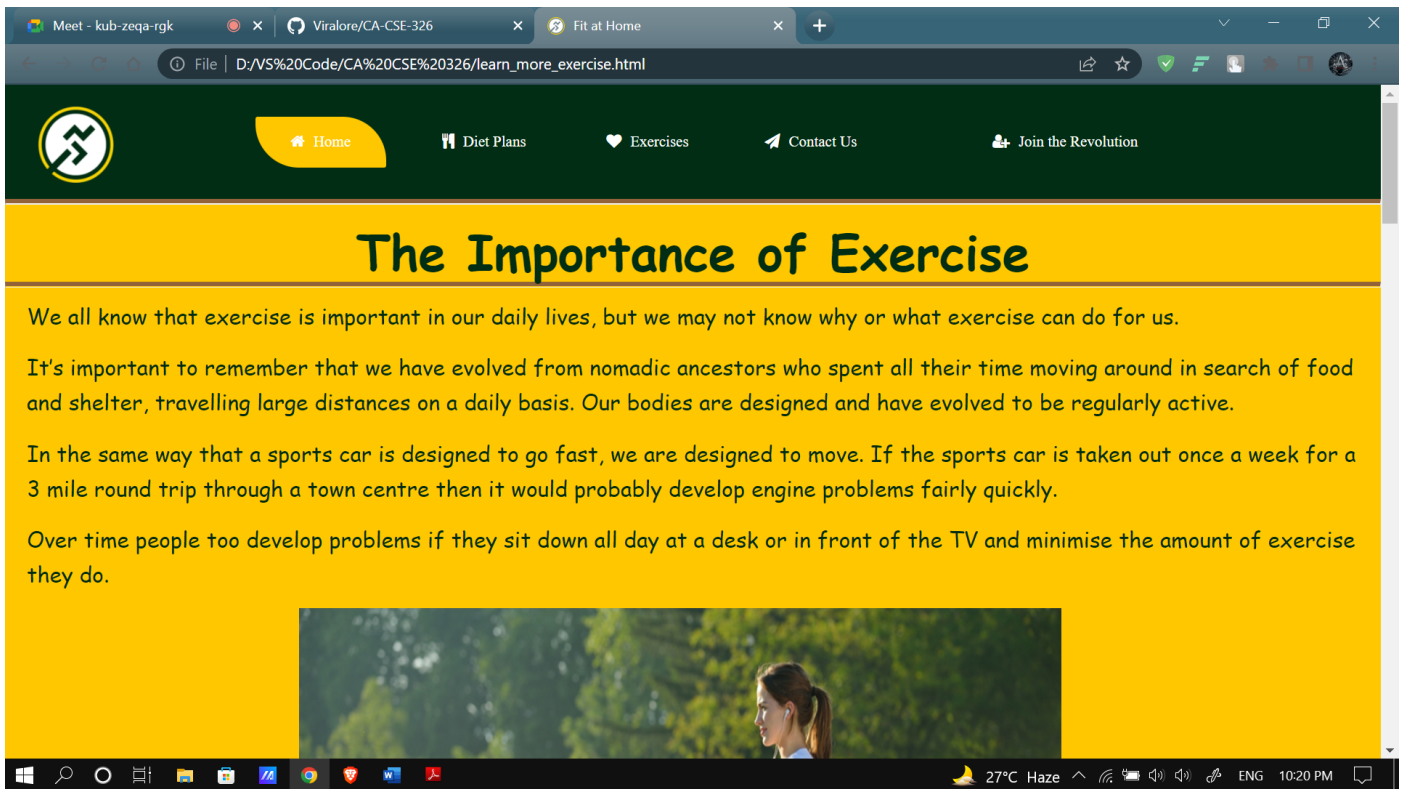
Website Images

Home Page

Most of the buttons on home page are working. Here You see two learn more buttons which will take you to other pages.

Header is responsive and logo is also embedded.
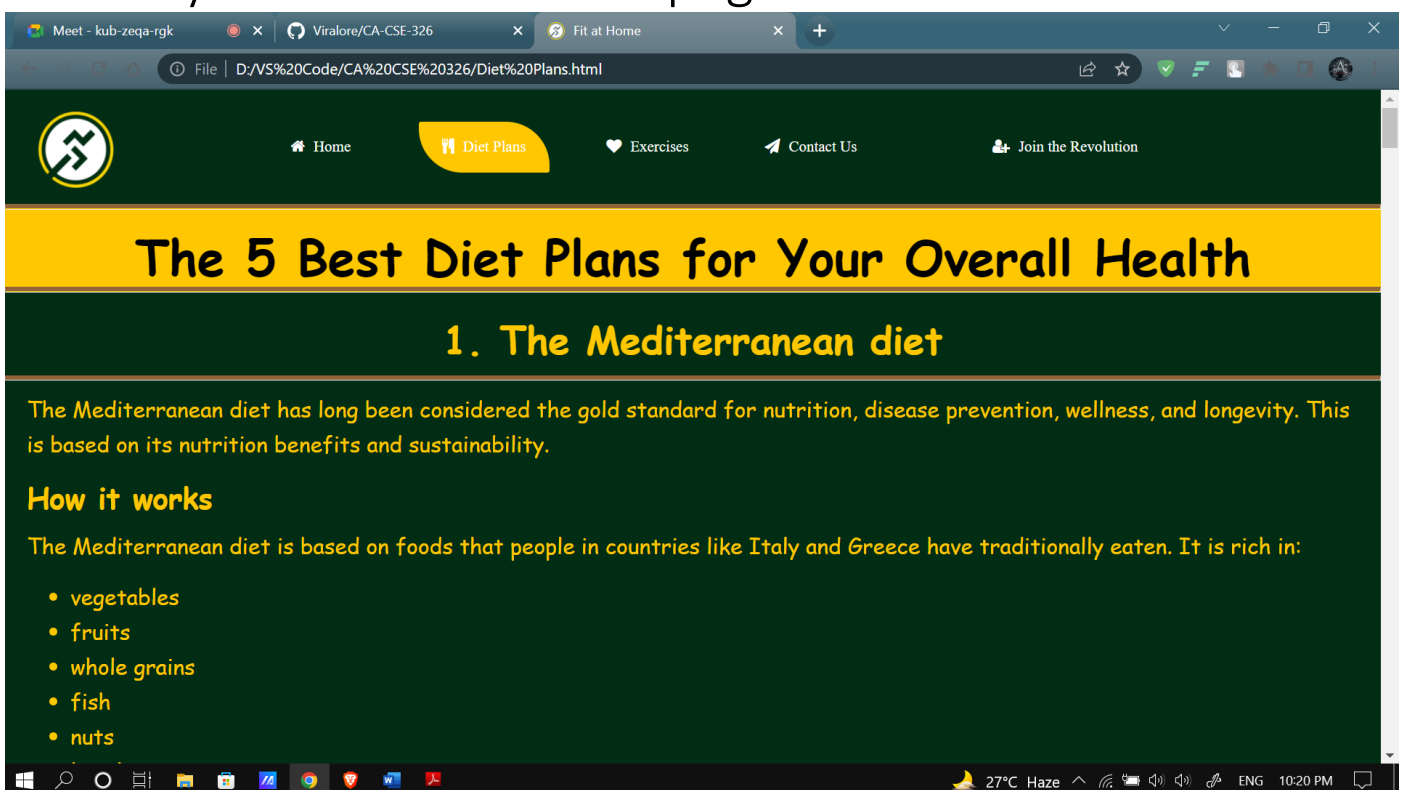In footer you see the social links(not working) and quick links(working).
First learn more button will lead you to this page.

The second learn more will lead you to another page which is given below.

The Importance of Exercise

We all know that exercise is important in our daily lives, but we may not know why or what exercise can do for us.

It's important to remember that we have evolved from nomadic ancestors who spent all their time moving around in search of food and shelter, travelling large distances on a daily basis. Our bodies are designed and have evolved to be regularly active.

In the same way that a sports car is designed to go fast, we are designed to move. If the sports car is taken out once a week for a 3 mile round trip through a town centre then it would probably develop engine problems fairly quickly.

Over time people too develop problems if they sit down all day at a desk or in front of the TV and minimise the amount of exercise they do.

Next we have the Diet-Plan page.
Which looks like this:-
Basically this is informative page.

The 5 Best Diet Plans for Your Overall Health

1. The Mediterranean diet

The Mediterranean diet has long been considered the gold standard for nutrition, disease prevention, wellness, and longevity. This is based on its nutrition benefits and sustainability.

How it works

The Mediterranean diet is based on foods that people in countries like Italy and Greece have traditionally eaten. It is rich in:

- vegetables
- fruits
- whole grains
- fish
- nuts

And also, images are provided.

- added sugar
- other highly processed foods

Health benefits

And then we have Exercises page which look like similar to Diet-Plan page.

🏠 Home   🍽 Diet Plans   ❤ Exercises   ✈ Contact Us   👥 Join the Revolution

10 Best Exercises To Lose Weight At Home

Exercise is essential for your overall health. Good health and weight loss are interrelated. If a person has a higher body mass index, then they are prone to several disorders like hypertension, diabetes, cholesterol, and other cardiovascular problems. Exercise becomes also very crucial for the effective management of these conditions.
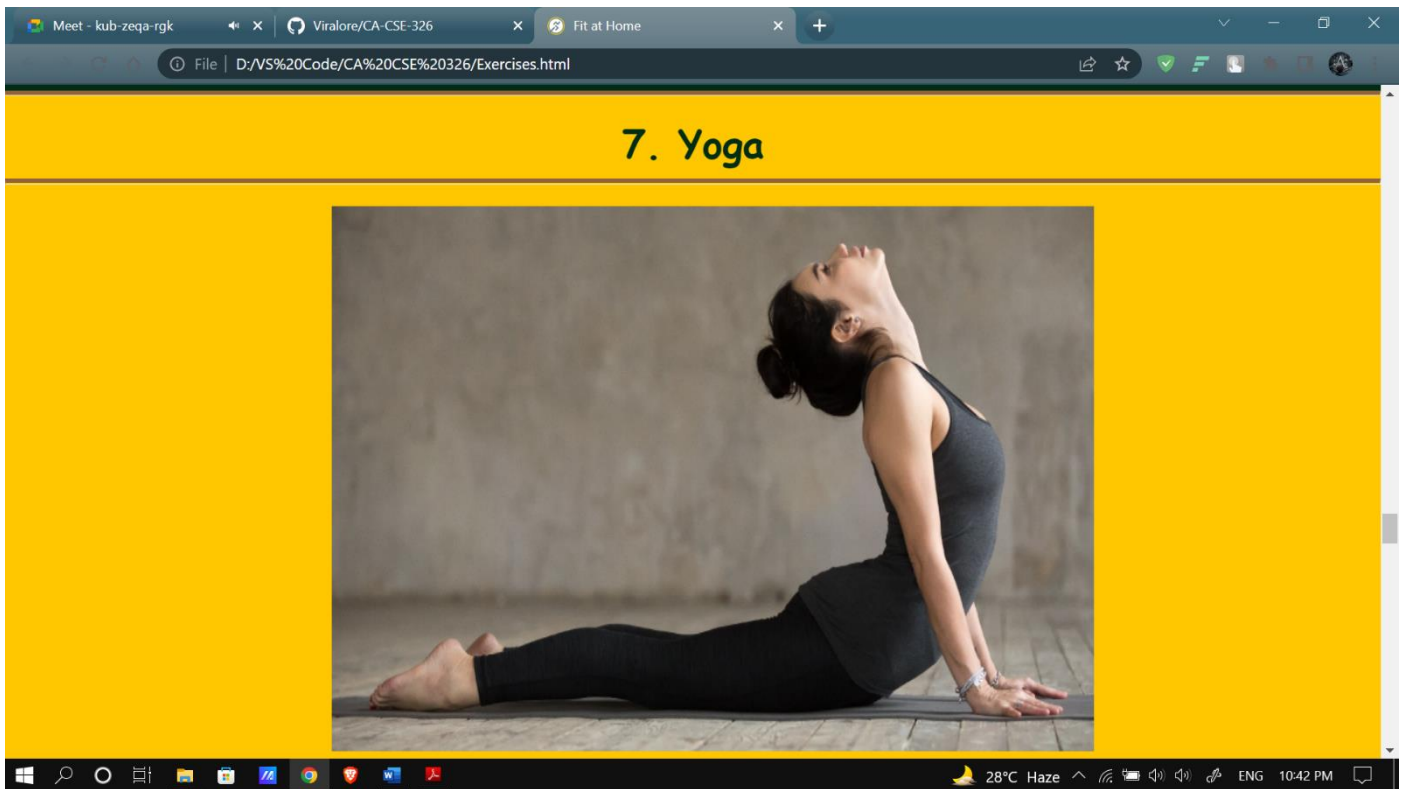
Two important factors that need to be considered to lose weight are exercise and dieting. The balance between the two is very important. In your everyday routine, if you follow your diet and skip exercise or work out intensely and not follow your diet then you will see your body behaving very differently.

Exercise has many benefits attached to it along with weight loss. Exercise improves your mood, strengthens your bones, and reduces the risk of many chronic diseases. People tend to pull themselves out from exercise as they won't have the time to hit the gym or even cannot afford to join a gym or personal trainers to guide them on their fitness journey.
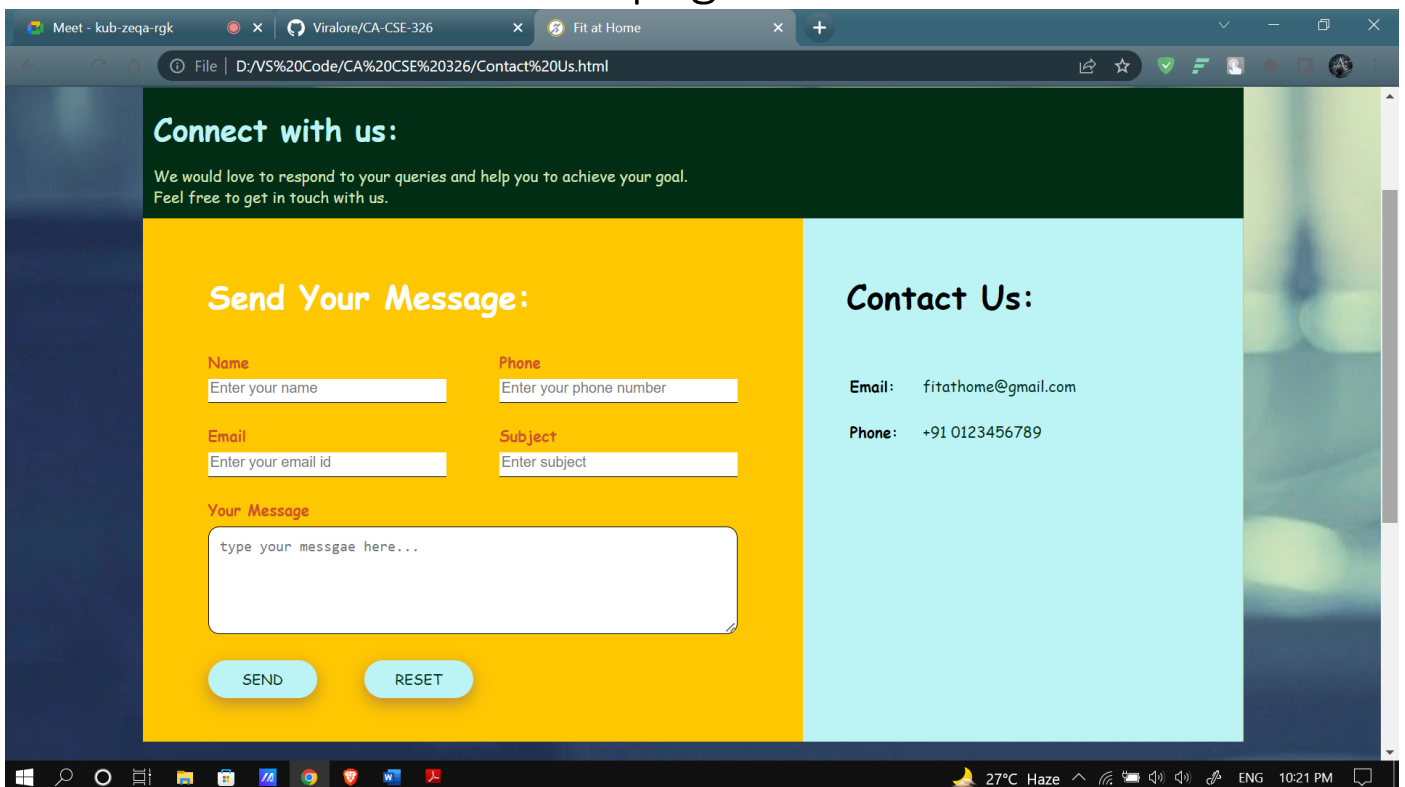
1. Aerobic Exercises

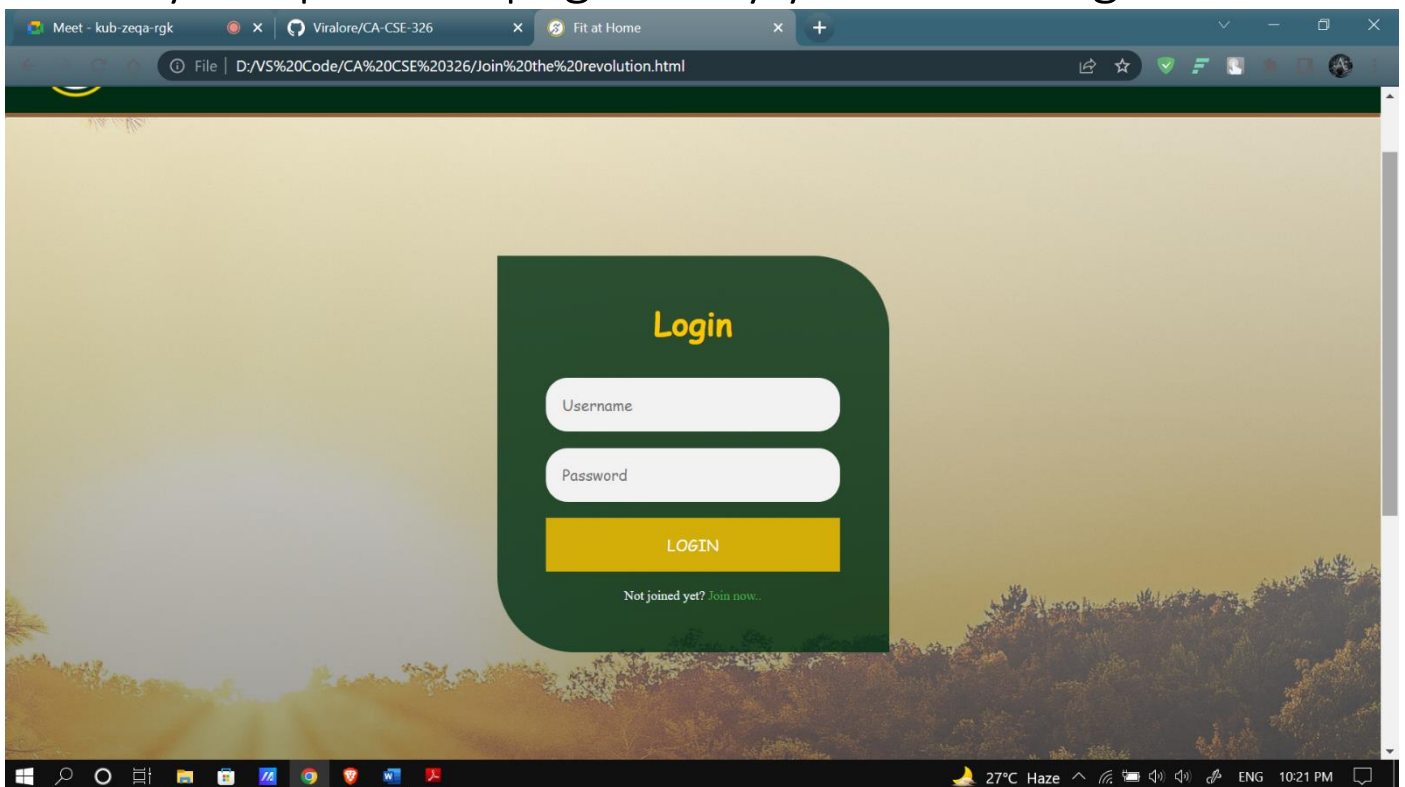Images are also provided in this page.

Then we have Contact Us page

Here JavaScript is used which will validate that you have written name correctly or not, will check if you entered phone number correctly, if you enter string it will pop-up
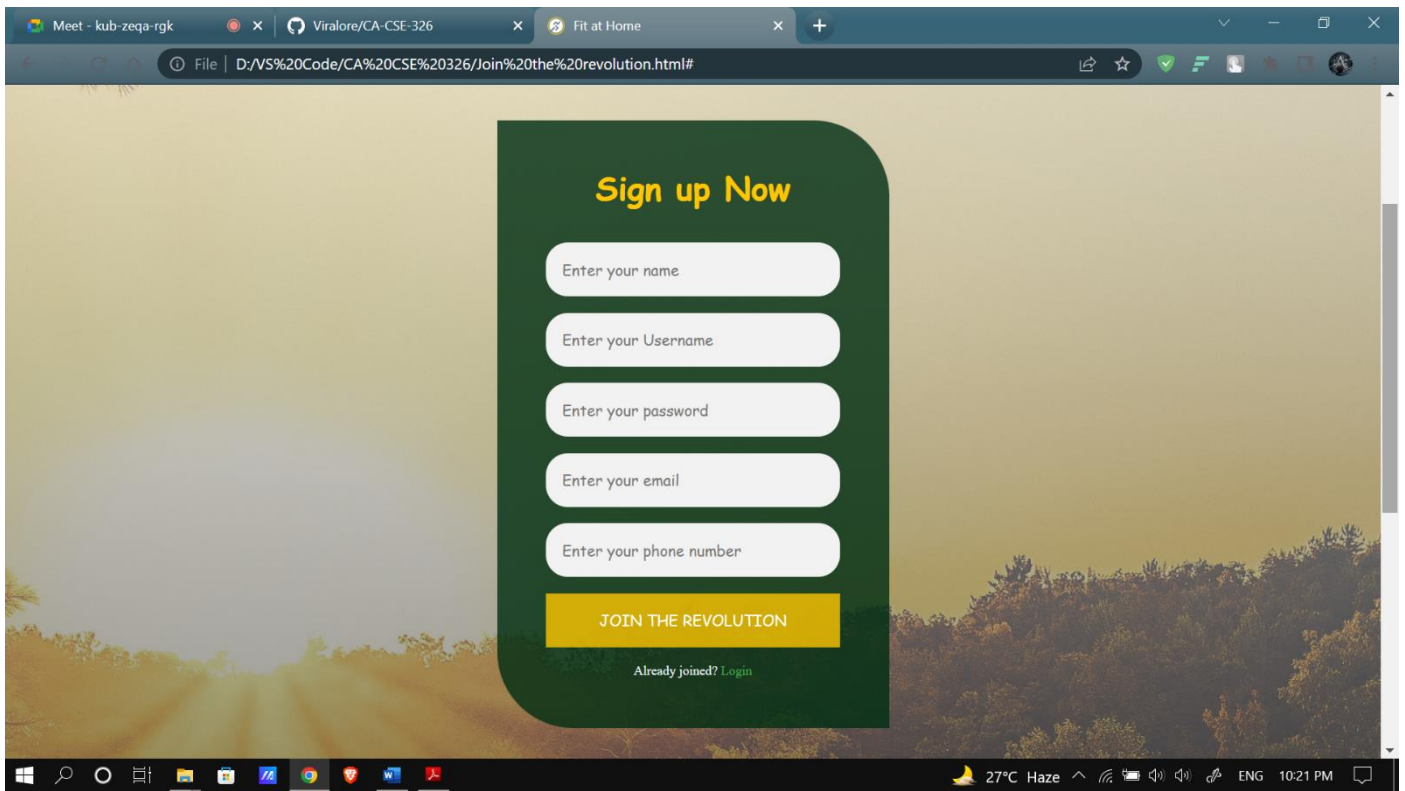
alert message and, we don't have backend so if you press send button data will not go anywhere.

After that we have Join the Revolution page, which is for sign up and login page here, we have animation which will show login page and sign-up page differently.

When you open this page firstly you will se login form.

Then if you click on join now button you will see the sign-up form which looks like this

Here JavaScript is used whether you entered data correctly or not.

Thank You