# Project brief

Pain and Gain is a fitness based web app that contains a variety of different features that will help users who are looking to become fitter and healthier. The website contains two different calorie counters, one that calculates the number of calories that you are eating and the other will calculate the number of calories that you will be burning through exercising. You can achieve your consumption targets by choosing from the list of foods that we have set on our site or you could enter your very own and add them manually. As for the exercising target we have a wide range of exercises that will help you achieve your goals and make sure that you become fitter and healthier.

# References

Since my project was a web app that used php, html and JavaScript, I had to write most of it from scratch with mainly self-research. However, there are mainly two websites that helped me a lot during the programming. These are:

## W3schools

W3schools is a website that shows everything that is to do with html, CSS, php, JavaScript etc. I have used this mainly for references when doing my work.

<https://www.w3schools.com/>

## Stack Overflow

Stack overflow is an online website where you can post problems with your program and people around the world will help you solve them. This helped me a lot when it came to figure out problems with my JavaScript.

<https://stackoverflow.com/>

<http://cssdeck.com/labs/7bx7mmcm>

As for images I obtained most of them from google images or from the site below:

<https://www.bodybuilding.com/>