

Project PHP

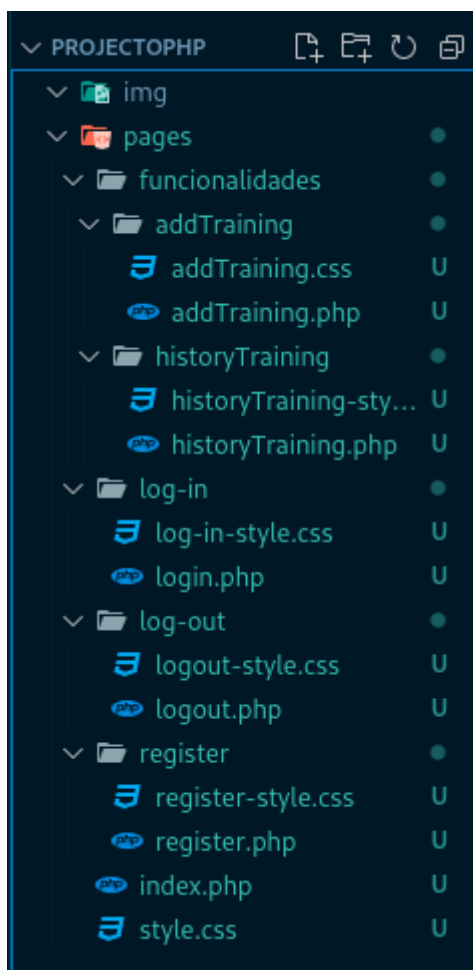
Design

The website is focused on the registration and tracking of daily workouts at the gym. The web page will be called **FitTrack** and will be organized into different pages: Home, Log-In and Register. It will be mandatory to have an account logged in to register workouts and use the website's features.

- Home: An initial text of the webpage, Log-in, Register.
- Log-in: Form with username and password.
- Register: Form with all the information to register an user.

Directory Schema

The website will start on the Home page where users can only read the main information and log in or register. Once logged in, users can navigate through a menu of their workouts with options like Create Workout, Workout History, and Log Out.



The project is divided into **two** main folders:

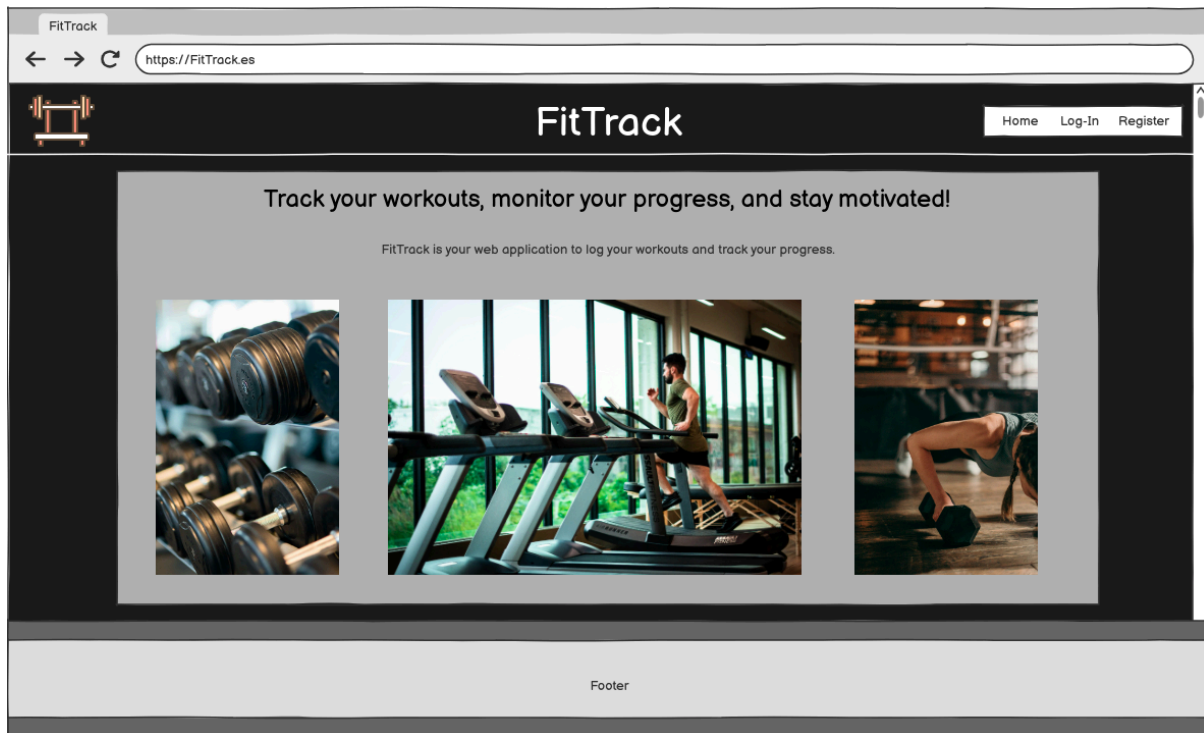
❖ **Images:** This will store the images used on each page, with corresponding subfolders.

❖ **Pages:**

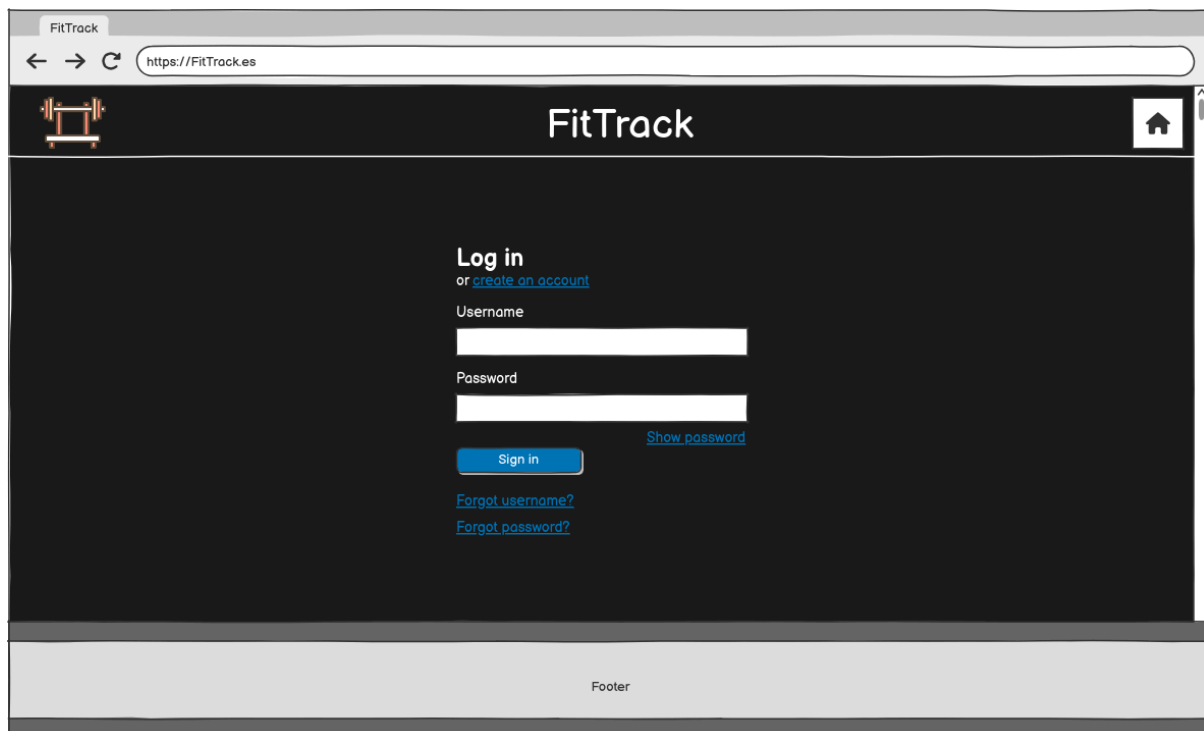
- The main page -> index.php with its corresponding style -> style.css.
- Then, each page/functionality is divided into its corresponding folders, which contain both the page and the style.
- The functionalities folder includes the folders for each feature available to the user.

Previous design

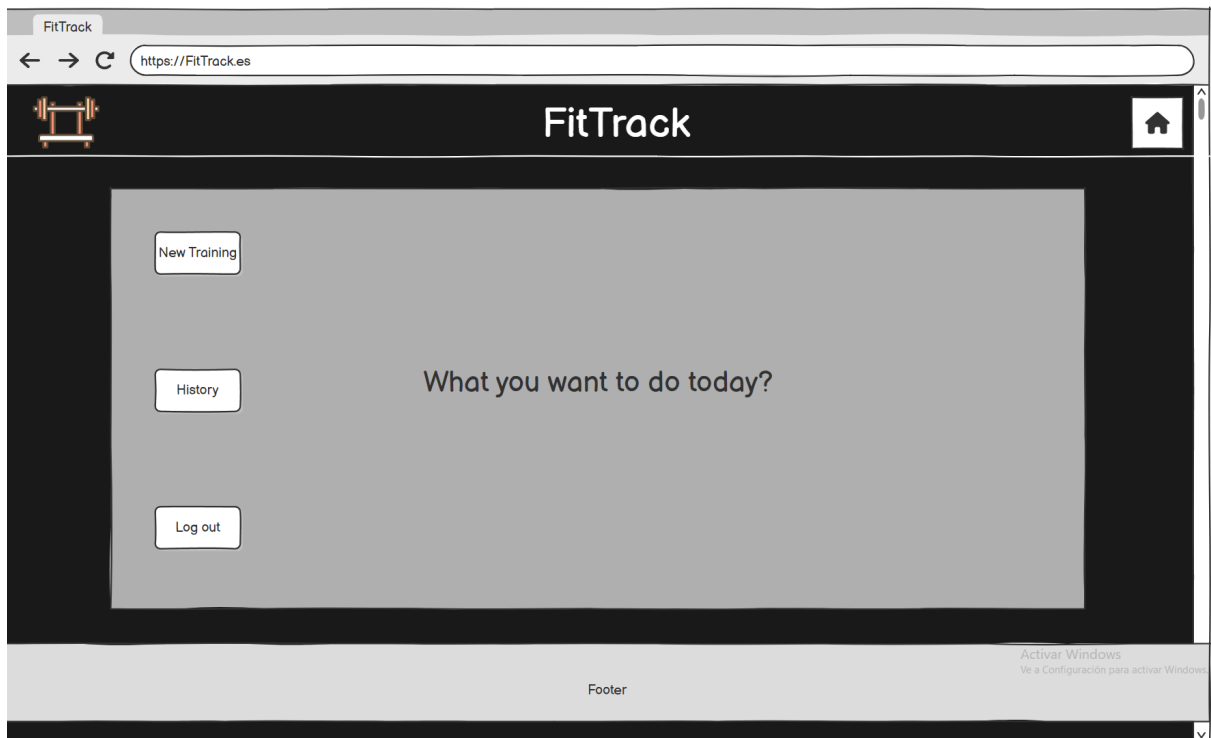
- Home page



- Log-In



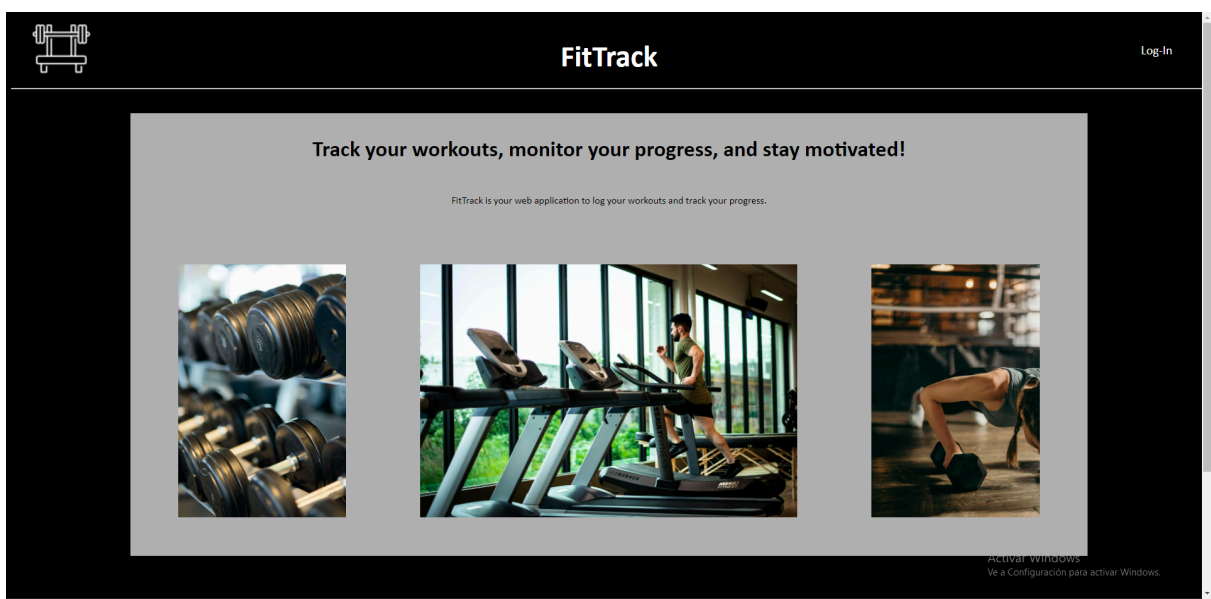
- Functions



The rest of the pages were designed based on pre-made templates. They were not initially planned to be implemented in this project, but fortunately for everyone, they are done.

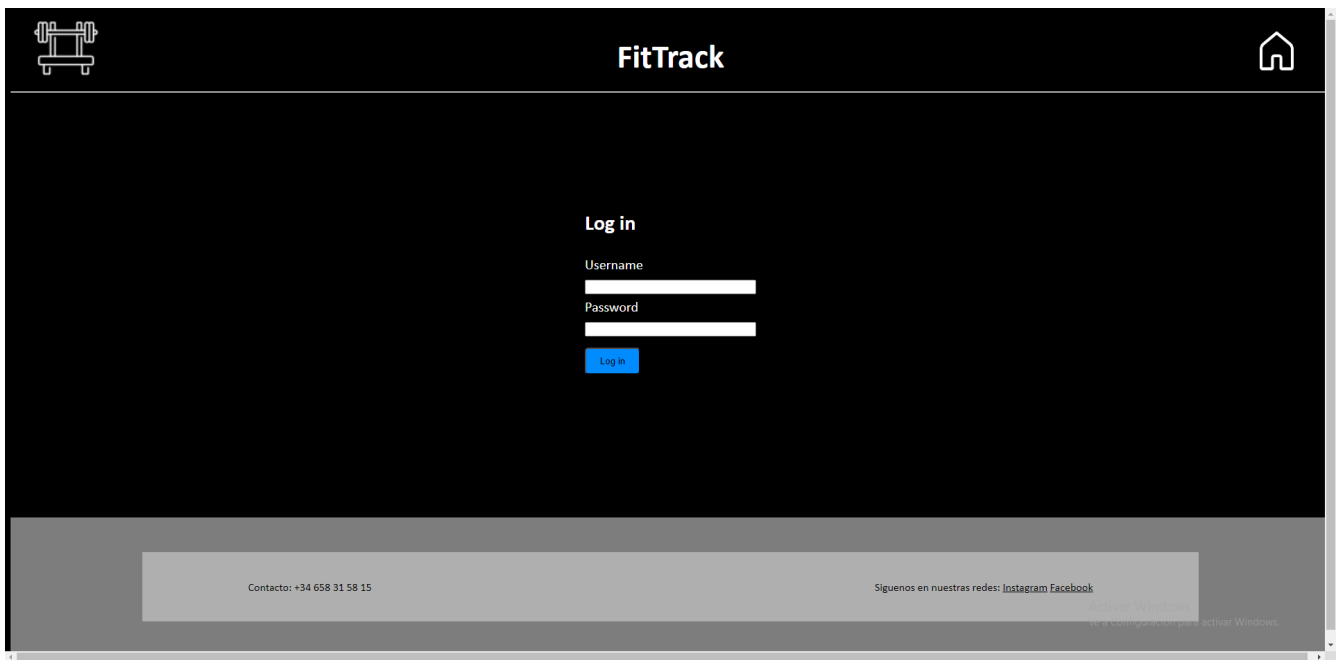
Final page

- Home page



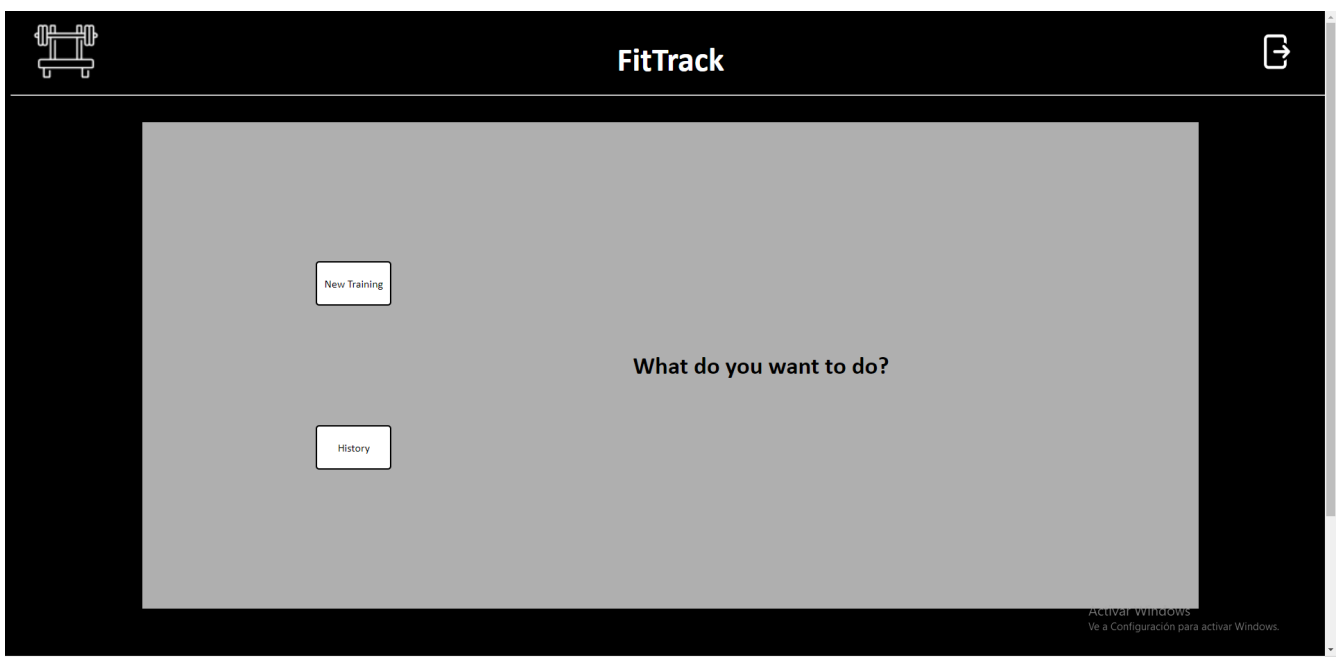
From there, we will be able to access the login.

- Log-In



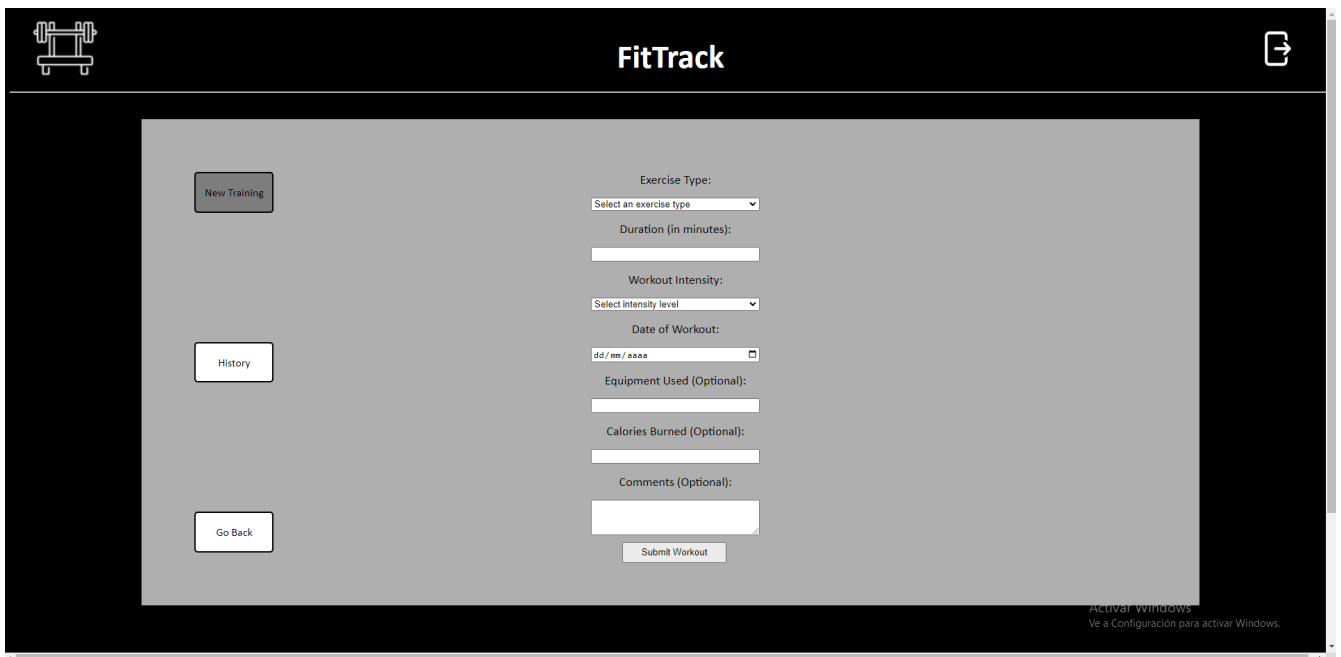
We log in with the username: "usuario" and password: "abc123"

- Functions



We have the features to add a workout and view the workout history.

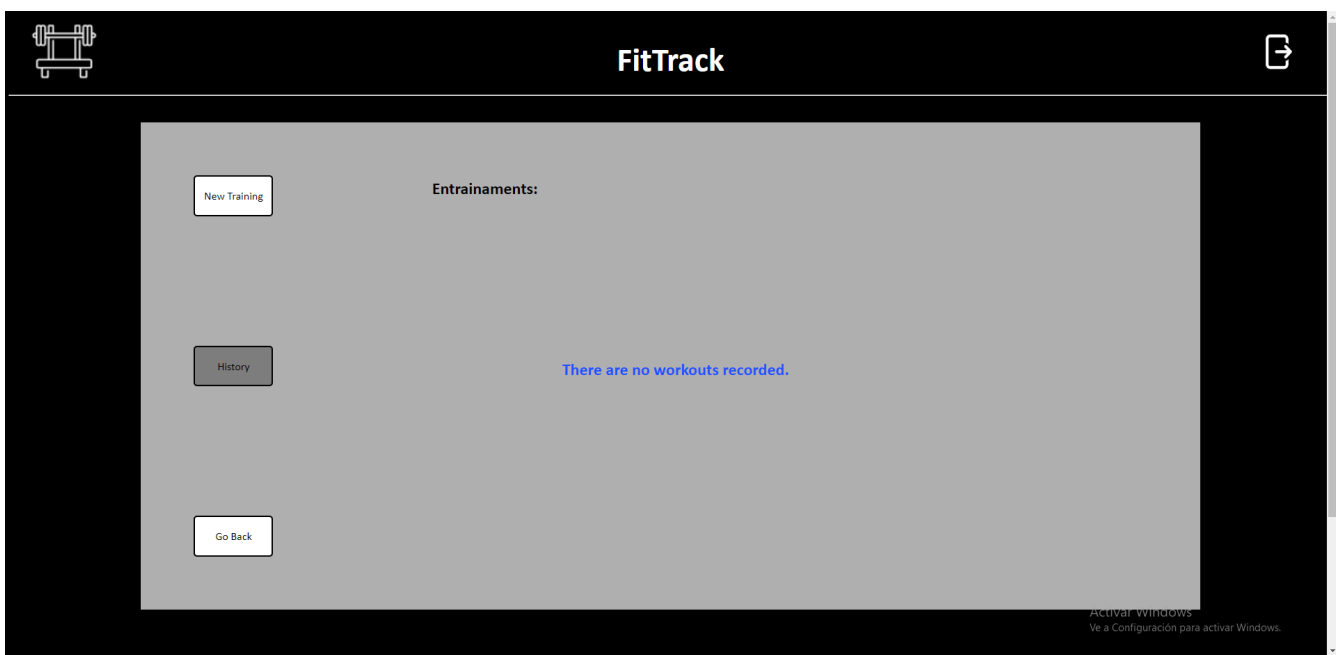
- Add training



The image shows a web application interface for 'FitTrack'. The header is black with a white dumbbell icon on the left, the text 'FitTrack' in the center, and a white icon on the right. The main content area has a light gray background. On the left, there are three buttons: 'New Training' (highlighted), 'History', and 'Go Back'. On the right, there is a form with the following fields: 'Exercise Type:' with a dropdown menu showing 'Select an exercise type'; 'Duration (in minutes):' with a text input field; 'Workout Intensity:' with a dropdown menu showing 'Select intensity level'; 'Date of Workout:' with a date picker showing 'dd/mm/yyyy'; 'Equipment Used (Optional):' with a text input field; 'Calories Burned (Optional):' with a text input field; 'Comments (Optional):' with a text input field; and a 'Submit Workout' button at the bottom. A small Windows watermark is visible in the bottom right corner.

A simple and user-friendly form. Four fields are mandatory, and if they are not filled out, an error will appear. The last three fields are optional, as shown on the page.

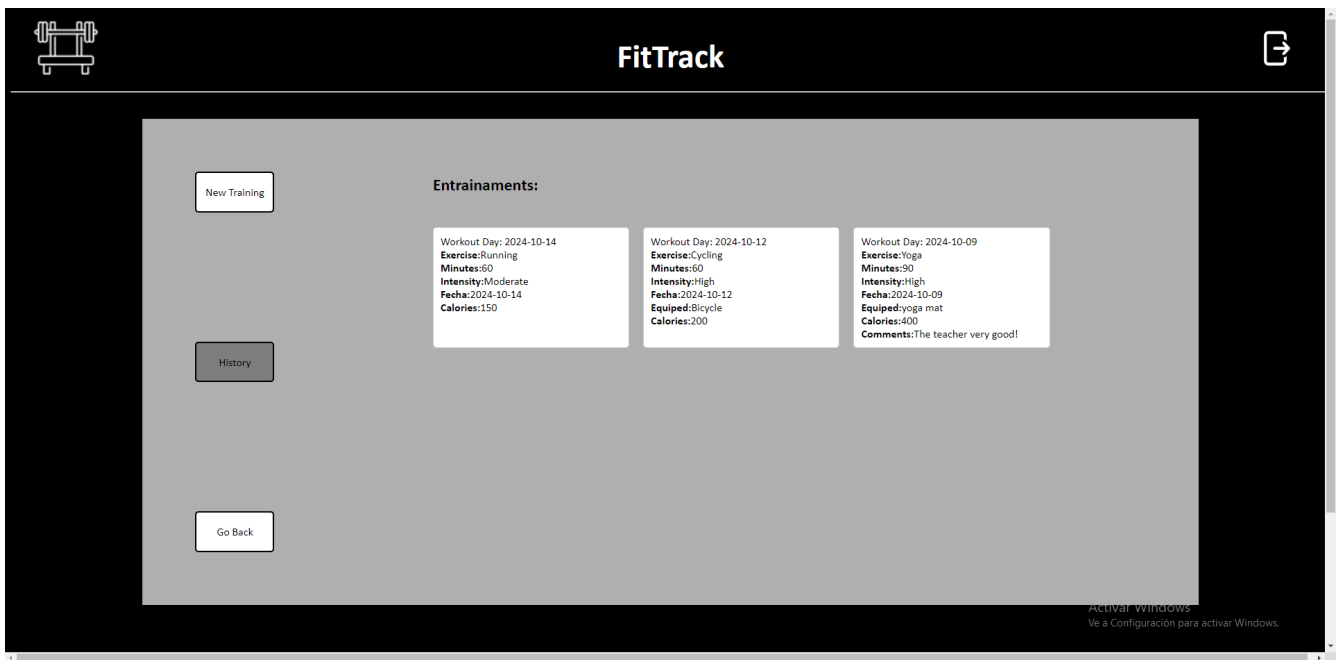
- History



The image shows the 'History' page of the 'FitTrack' web application. The header is black with a white dumbbell icon on the left, the text 'FitTrack' in the center, and a white icon on the right. The main content area has a light gray background. On the left, there are three buttons: 'New Training', 'History' (highlighted), and 'Go Back'. On the right, under the heading 'Entrainments:', there is a message: 'There are no workouts recorded.' A small Windows watermark is visible in the bottom right corner.

A history of recorded workouts, and if there are none, it appears like this.

- History completed



A history with three recorded workouts.

- Log out

To log out, simply click on the icon in the top right corner, which logs you out and returns you to the Home page.