

Planning

Goals:

- To create a scalable website delivering top tier fitness content and tools to its users.

Objectives:

- To create a visually appealing website
- To create a login system and account management system for users
- To keep record of user data for progress

Target Audience:

- The website will be targeted at the youth and middle aged groups.
- Fitness routines will be posted for both men and women i.e. the workouts will be unisex.
- Calorie counter may also be implemented for both genders and different age groups.

Content:

The proposed content of the website is as follows :

- Workout routines will be provided for both genders and different types of workouts will be on separate pages.
- Nutrition guides and a calorie calculator will be provided.
- A photo gallery will be added that will show the before and after results of consistent workouts
- A contact page will also be provided.

Additional Features:

- The website will include a navigation menu on the top and a banner behind it.
- The website will also contain a fitness and health tip section on the left and a logo background on the right of the main page.

Wireframing

Home page:

Banner Section

- **Logo on the left:** clickable and redirects to the home page.
- **Navigation links:** Clearly labeled links (workouts, nutrition, health, gallery, contact us).
- **Login button on the right:** maybe with a hover effect to enhance interactivity.

Background

- Visually appealing but shouldn't be distracting, maybe changes with time.

Main Content Area (background image throughout this section)

- **Right Side:** This will have the main content of the background.
- **Tips Box on the Left:** A Tips textbox which gives tips of the day for health.

Workout Section

- Different workout types mentioned with images.

Tips Section

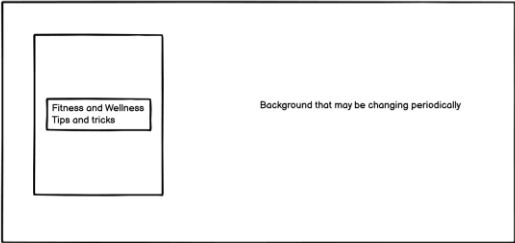
- Dynamic tips to keep them engaging.

Results Section

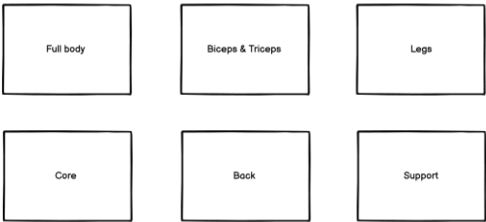
- Testimonials and success stories here for credibility.

Contact Section

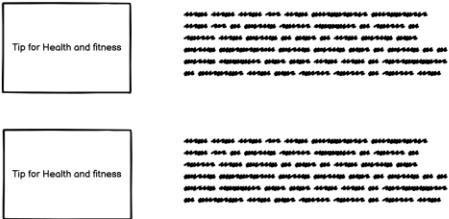
- Contact info mentioned here for users to reach out if needed.



Workouts

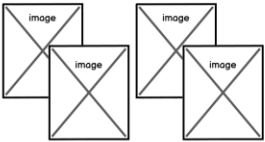


Essential Tips for Everyone



Results

The Results Speak For Themselves



Workouts page:

Banner Section

- **Logo on the left:** clickable and redirects to the home page.
- **Navigation links:** Clearly labeled links (workouts, nutrition, health, gallery, contact us).
- **Login button on the right:** maybe with a hover effect to enhance interactivity.

Background

- Visually appealing but shouldn't be distracting.

Workout Section

- Different workout types mentioned with images.

Contact Section

- Contact info mentioned here for users to reach out if needed.

LOGO



[workouts](#) [nutrition](#) [health](#) [gallery](#) [contact us](#)

Workouts

[Home Gym](#) [Calisthenics](#) [Cardio](#) [Full Body](#) [Support](#)

Full body

Biceps & Triceps

Legs

Core

Back

Support

Contact info

Nutrition page:

Banner Section

- **Logo on the left:** clickable and redirects to the home page.
- **Navigation links:** Clearly labeled links (workouts, nutrition, health, gallery, contact us).
- **Login button on the right:** maybe with a hover effect to enhance interactivity.

Background

- Visually appealing but shouldn't be distracting, maybe changes with time.

Main Content Area (background image throughout this section)

- **Right Side:** This will have the calorie calculator and remarks.
- **Left Side:** This will have the input form for the calculator.

Tips Section

- Dynamic tips to keep them engaging.

Contact Section

- Contact info mentioned here for users to reach out if needed.

Gender :

Age :

food

ammount in grams

+

Calories this week

int (3424) Cal

Remarks

Essential Tips for Everyone

Tip for Health and fitness

1. Get enough sleep. Sleep is essential for your body to recover and rebuild muscle. Aim for 7-9 hours of sleep per night.

2. Stay hydrated. Drinking enough water is crucial for maintaining energy and preventing fatigue. Aim for at least 8 glasses of water per day.

3. Eat a balanced diet. Consuming a variety of fruits, vegetables, lean proteins, and whole grains provides the nutrients your body needs to perform at its best.

4. Exercise regularly. Engaging in both cardiovascular and strength training exercises helps improve overall health and fitness.

5. Listen to your body. Pay attention to signs of overexertion or injury, and take breaks when needed to avoid burnout or injury.

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5. Listen to your body. Pay attention to signs of overexertion or injury, and take breaks when needed to avoid burnout or injury.

Gallery page:

Banner Section

- **Logo on the left:** clickable and redirects to the home page.
- **Navigation links:** Clearly labeled links (workouts, nutrition, health, gallery, contact us).
- **Login button on the right:** maybe with a hover effect to enhance interactivity.

Background

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Main Content Area (background image throughout this section)

- **Left Side:** This will have the before and after images
- **Right side:** An engaging story or testimonial from the person.

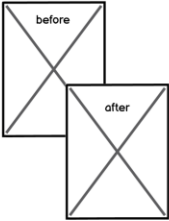
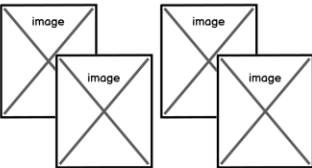
Contact Section

- Contact info mentioned here for users to reach out if needed

Gallery

The Results Speak For Themselves

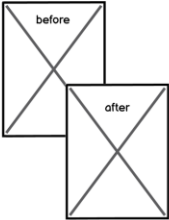
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name

story and fitness journey told here

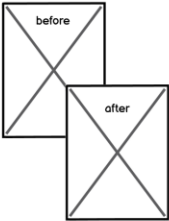
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name

story and fitness journey told here

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name

story and fitness journey told here

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Contact page:

Banner Section

- **Logo on the left:** clickable and redirects to the home page.
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Contact Section

- A detailed contact section for various needs, including social media pages.

LOGO



[workouts](#) [nutrition](#) [health](#) [gallery](#) [contact us](#)

Company Name

Facebook

Company trademark

Instagram

CEO

Telegram

Phone

SnapChat

Submit a query

Write you queries here

Email :

required

Phone :

optional

☐ send me updates on my email