
Project Synopsis

Health and Fitness Website

Team

Team Members :-

Name	University Roll No.
1. Alok Kumar Upadhyay	181500068
2. Anubhav Tomar	181500112
3. Lokesh Yadav	181500351
4. Mridul Srivastav	181500395

1. Introduction

- Web development is the work involved in developing a Website for the Internet. Basically, it is a Health and Fitness website.
- From our website, anyone can get proper detail about the health diet plan, yoga and some important instructions that keep the body healthy.
- People will be able to get proper content according to their health.

1.3 Hardware and Software Requirements :-

1.3.1 Hardware Requirements :-

- a) Minimum Marshmallow version 7.0 (for android)
- b) Pentium IV or higher, (PIV-300GHz recommended)
- c) Hard-Disk 250GB or more
- d) RAM 4GB or more

1.3.2 Software Requirements :-

- a) HTML (front-end)
- b) CSS
- c) JavaScript
- d) BootStrap
- g) Github
- h) Web Browser (Google Chrome , Firefox , Safari , Mozilla , Internet Explorer)
- i) Operating System (Windows , Linux , MacOS)

2. Problem Definition

- In today's generation people are more depended on the internet to find the solutions related to their health.
- People often waste their time in searching for the solutions, so they have to visit different websites for finding proper content or solutions to accomplish their needs.
- Some websites have some different content and it is difficult to find all type of health related content in one website.

3. Objectives

- The project Health and Fitness website is clearly showing about health and strength of human body.
- We provide every detail about the health diet plan, yoga and some important instructions that keep the body healthy.
- And we also provide instructions for the Gym lovers, people who are regular in exercise or normal person.
- People get various advices from various sources and they get confused .in our website they will find everything in one place.
-

4. Methodology

- Our first approach for website is to analysis the problems that people are facing in their daily life to keep their body healthy.
- As it is a Health and Fitness website , the most important is to get correct information about gym tips, diet plan, what to eat or not. We collect all the material about above information.
- Next approach is to make our website attractive and easy to use .
- Here comes the stage of implementation where we have to code and developing the required webpages according to the requirements.
- After implementation , the most important is testing and to find the bugs in our website.

5. Implementation Details

This process is divided into some steps that are essential to our project :-

- a) Analyse the problems or Program Planning
- b) Required content or materials for our project
- c) Designing the framework
- d) Implementation and action toward our project
- e) Testing

6. Contribution Summary

a) Alok Kumar Upadhyay

- Developed the whole front page or main page of website.
- Developed the Yoga webpages with its sub branches respectively.
- Managing all the web pages and uploaded on the github according to completion of task.

b) Anubhav Tomar

- Developed the About Us webpages.
- Developed the Diet plan webpage with its sub branches respectively.
- Design the layout or framework

c) Lokesh Yadav

- Developed the Health facts webpage with its sub branches respectively
- Design the layout or framework

d) Mridul Srivastava

- Developed the Gym webpages with its sub branches respectively.
- Design the layout or framework.
- Developed the Contact webpage.

7. Progress till Date and the Remaining Work

Worked Done

- Home Page
- Yoga Page
- Gym Page

Remaining Work

- Diet plan
- Health facts
- CBSE Syllabus
- About us

8. Conclusion

We made a website where people can easily get correct information, advices and facts on health and fitness. They can easily get a diet plan and do not have to search different websites for different information related to their health.

9. References

- a) <https://www.google.com>
- b) <https://www.menshealth.com/>
- c) <https://www.myfitnesspal.com/>
- d) <https://getbootstrap.com/>
- e) <https://www.w3schools.com/>

Thank You