Your exercise tracker website should include the following features:

**Core Features**

1. **User Profiles** – Allow users to create accounts and track their progress.
2. **Workout Logging** – Users should be able to log exercises, sets, reps, and weights.
3. **Exercise Library** – A database of exercises with descriptions, images, or animations.
4. **Progress Tracking** – Graphs or charts to visualize strength, endurance, or body measurements.
5. **Custom Workout Plans** – Users can create, save, and follow workout routines.
6. **Calendar/Schedule** – A workout calendar for planning and tracking sessions.
7. **Rest Timer** – A built-in timer for rest periods between sets.
8. **Goal Setting** – Users can set fitness goals (e.g., increase bench press by 10kg in 3 months).

**Advanced Features**

1. **AI Recommendations** – Suggest workouts based on past activity and progress.
2. **Integration with Wearables** – Sync with fitness trackers (if feasible).
3. **Social Features** – Users can share progress, join challenges, or follow others.
4. **Nutrition Tracking** – Optional feature to log calories and macros.
5. **Dark Mode** – A user-friendly interface option.
6. **Export & Reports** – Users can download their workout history in a PDF or CSV format.
7. **Responsive Design** – Mobile-friendly for easy access in the gym.

**UX/UI design**

Here's a structured **UI/UX design** for your exercise tracker website:

## **🌟 UI/UX Design Plan**

### ****1. Landing Page (Home)****

* **Header:**
  + Logo
  + Navigation (Home | Workouts | Progress | Settings | Login/Signup)
* **Hero Section:**
  + Motivational tagline: "Track. Improve. Conquer."
  + CTA buttons: Sign Up | Explore Features
* **Features Section:**
  + Short previews of workout tracking, progress charts, and custom plans.
* **Testimonials Section (optional)**
* **Footer:**
  + Contact, Socials, About Us

### ****2. Authentication Pages (Login / Signup)****

* **Simple and clean UI**
* **Sign Up:**
  + Username, Email, Password, Confirm Password
  + Profile setup: Goals, Experience Level, Preferred Workout Style
* **Login:**
  + Email & Password
  + "Forgot Password?" link

### ****3. Dashboard (Main Page after Login)****

* **Top Navigation Bar:**
  + Profile icon
  + Notifications
  + Quick Add Workout button
* **Main Sections:**
  + **Today’s Workout Summary:** (E.g., "Chest Day - 3 Exercises Remaining")
  + **Progress Overview:** (Graphs for weight lifted, reps, etc.)
  + **Recent Workouts:** (Last logged sessions)
  + **Upcoming Workouts (Calendar Widget)**

### ****4. Workout Logging Page****

* **Workout Selection:**
  + Choose from preset workouts or create custom workouts
  + Filters (muscle group, difficulty, equipment)
* **Workout Logging:**
  + Add exercises → Input sets, reps, weight
  + Rest timer between sets
* **Save/Complete Workout Button**

### ****5. Exercise Library****

* **Search bar + Filters (Body Part, Equipment, Difficulty)**
* **Exercise Cards:**
  + Image/GIF
  + Name & Description
  + Target Muscles
  + "Add to Workout" Button

### ****6. Progress Tracking****

* **Graphs & Charts:**
  + Strength progress over time
  + Workout frequency
  + Calories burned (if included)
* **Body Measurements (Optional):**
  + Track weight, arm/chest size, etc.

### ****7. Settings Page****

* **Profile Management** (Edit name, email, goals)
* **Theme Selection (Light/Dark Mode)**
* **Workout Preferences**
* **Data Export (CSV, PDF)**

✔ **Minimalist & Clean UI** – Focus on usability  
✔ **Mobile-First Design** – Optimized for smartphones  
✔ **Dark Mode Support**  
✔ **Fast & Intuitive Workout Logging**  
✔ **Data Visualization for Motivation**

**Additional ideas:**

**In the exercise page we will have some kind of circle that contain the body parts to target and when touched it will affect the body part that is touched.**

**And on the other side we will have list of exercises**