**Description**

My project will be a fitness tracking website. It is currently aimed at the sport of CrossFit. CrossFit is defined as constantly varied, functional movements, performed at high intensity. The end user of this website will be any CrossFit athlete, ranging from beginners to elite athletes. CrossFit combines many aspects of other sports and conditioning regiments such as interval training, gymnastics, and Olympic lifting. Because of this, the website could be used for someone who just trains in one of those sports. The main features of this project will be logging an athlete’s daily workout and tracking their progress over time. A user will also be able to keep track of their PRs (personal records). There will be a separate page for these. Another feature I would like to implement would be a goal tracker, where a user can input any goal they want and check it off when they reach it. Another key feature I would like for this to have is being able to see one’s progress by displaying their past goals met, the increase in their PR’s, and any other progress that can be shown based on all of their inputs.

There are several pieces of software that this can be compared to. The first is an app called myWOD. This app allows users to track their daily workouts and PRs. There is no option to see your progress or set goals. It has other features, which mine would not such as timers and example workouts. Another app that does something similar is called CrossFit Games. This allows a user to keep track of their PRs. The workouts that it is designed to track are specific workouts to qualify for the CrossFit Games. It also has a leaderboard feature, which lets each user see their position against every other user, a feature which would be nice to have, but will not be in this iteration of the project.

The hardware I will use to build this website is just my computer. The software will be primarily Sublime Text, Neo4J, and Node.js.

**Justification**

I chose this as my project because although there are some decent apps and websites that have the features that I want, there is no website that does it well and simply. Every website that acts as a fitness tracker implement too many unnecessary features that users never need. And of those websites, I haven’t found a good one whose focus is on CrossFit. I want something that is simply, easy to use, visually appealing, and most of all helpful to the user in tracking their progress.

Another reason why I chose this as my project was the complexity of it. I will be building both the front end and back end. This will act as an extension of my past classes. In 401 I worked on the front end, so now I will get experience with both. It will be the perfect project to tie in what I have learned about front end with web development and UI design with what I’ve learned about backend with APIs and databases. It will be something that will be challenging enough to last the whole semester, but that I can feasibly accomplish.