



AbsoluteHealth+

PREMIUM HEALTH AND FITNESS WEBSITE

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Absolute Health is a health and fitness website that offers a wide range of features to its users like seeing their workout stats, calculating their Total Daily Energy Expenditure or TDEE, Body Mass Index or BMI, and Body Fat Percentage.

The home page contains a slideshow with high definition photos and a navigation menu bar to navigate to every part of the website. There are 3 calculators in the Fitness Evaluation and Nutrition sections that use client-side JavaScript to calculate TDEE, BMI and Body Fat Percentage. Under the Nutrition section there is also a coffee page with interesting facts on coffee that forms an integral part of our morning routines.

The Fitness section provides a pictorial representation of the intensity of your workout so you can assess your progress at the gym. We have used client side JavaScript to provide this functionality.

The Login page on our website is mainly for tracking your weight-loss or weight-gain progress. On every login, you will be shown your previously logged weight. We use SQL and server-side PHP to provide this functionality.

The Music section is a dynamic webpage that displays one of three playlists created by us, chosen by you when you click on the playlist you are interested in. You can also download your favourite music tracks.

Lastly, the About Us section is a single page about us, the creators of this website.