



FitLife – Your Digital Fitness Companion

Hackathon Project Submission

Details:-

Team number:- T071

Team name:-Innovators Hub

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Why a Fitlife Website?

- Many people lack proper guidance for fitness and nutrition
- Gym memberships are expensive & not accessible to all
- No central place for workouts + diet + motivation
- Lack of personalized digital fitness resources

What is the role of fitness in life ?

- 1.Maintain physical health:** Improves strength, stamina, flexibility and reduces the risk of diseases.
- 2.Boost mental well being:** Lowers stress, anxiety and depression while enhancing mood and focus.
- 3.Increases energy levels :** regular exercise keeps the body active and reduce fatigue.
- 4.Supports healthy lifestyle:** Encourages good eating habits , proper sleep and discipline.
- 5.Enchances quality of life :** Promotes confidence , productivity and longevity.



KEY FEATURES

► Contact & Support

- Name
- Contact from
- Social media links
- Email/helpline

► Motivational & Success

- Real user transformations
- Quotes & fitness tip to stay consistent

► Nutrition and diet plan

- Healthy meal plans
- Calorie intake advice
- Hydration and lifestyle tips.

Tools & Technologies

.Frontend: HTML,CSS(Planned extension with javascript)

.IDE: VS Code + live server

.Design: Responsive layout, clean UI, fitness - themed colors

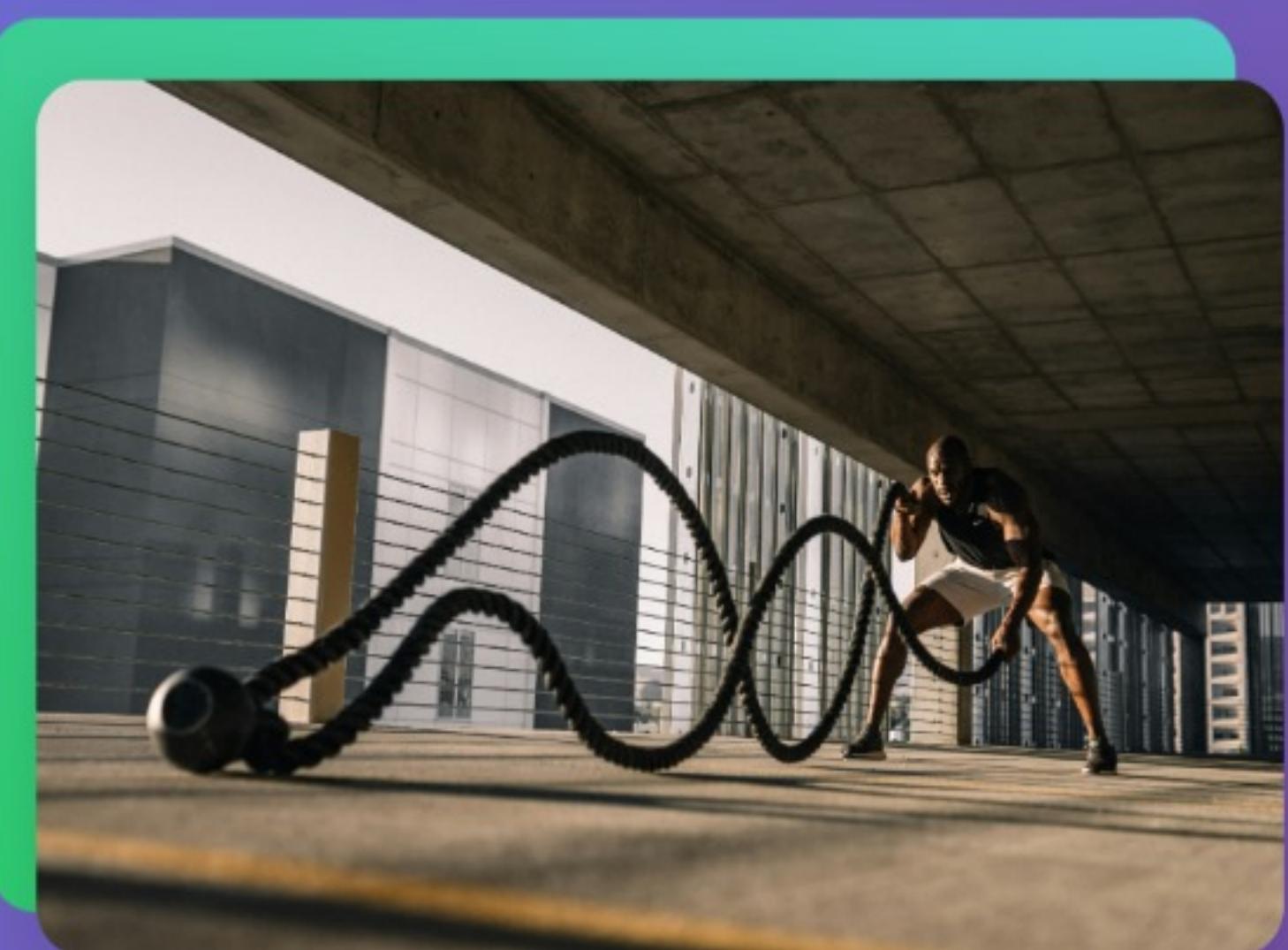
. Deployment: Github pages

WORK DEMO

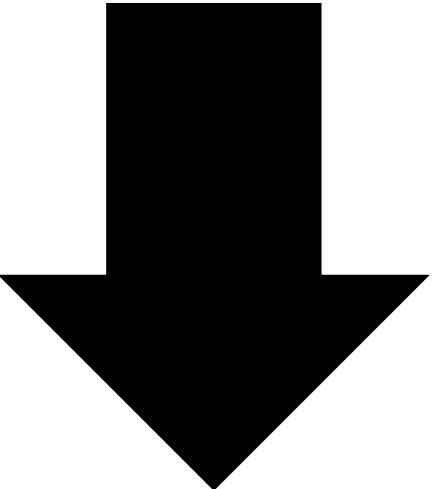
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Transform your body. Transform your life.

Beginner friendly workout plans, nutrition guides, and daily motivation.

[See Plans](#)[BMI Calculator](#)

WORK VIDEO





Fitlife

Home

About

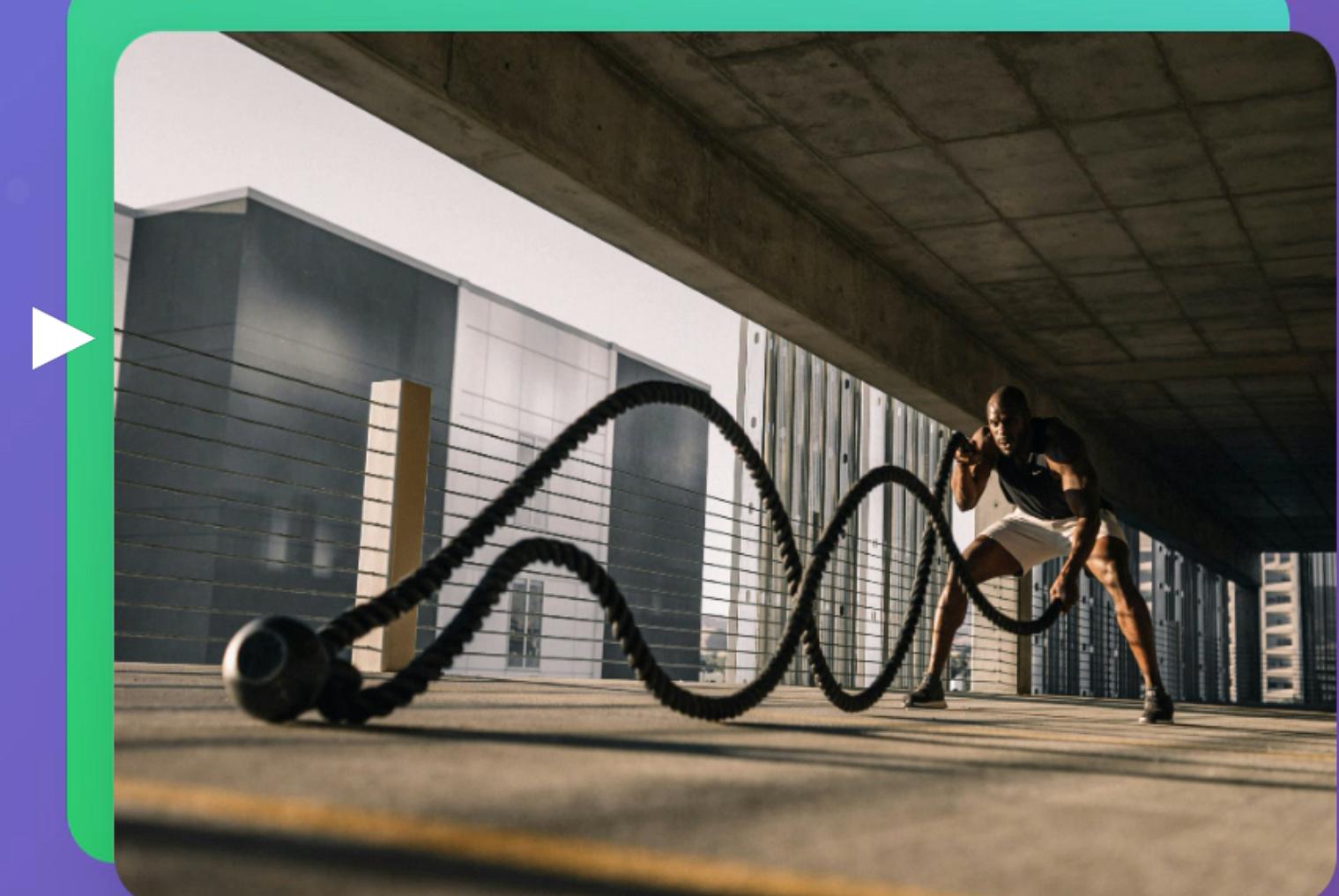
Plans

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ADVANTAGES

- 1. Available Anytime** – Open 24/7, can be accessed from home or anywhere.
- 2. Beginner Friendly** – Simple guidance for people new to fitness.
- 3. Saves Time** – No need to search separately for diet/workouts.
- 4. Motivates Users** – Success stories and tips keep users inspired.
- 5. Healthy Lifestyle** – Encourages exercise and balanced diet habits.
- 6. User-Friendly** – Easy navigation and clean design for all age groups
- 7. Expandable** – Can add BMI calculator, progress tracking, or AI in future.



DISADVANTAGES

- 1. No Personal Trainer** – Guidance is general, not one-on-one like in a gym.
- 2. Limited Customization** – Same plans may not suit everyone's body needs.
- 3. Needs Internet** – Cannot be used offline without connectivity.
- 4. No Real-time Feedback** – Mistakes in exercise form cannot be corrected instantly.
- 5. Requires Self-Motivation** – Users may skip workouts without discipline.
- 6. Basic Features Only** – Advanced tools like AI, trackers, or login may not be present at first.



IMPACTS

1. Promotes Healthy Lifestyle – Encourages people to exercise and eat better.
2. Accessible to Everyone – Free and available online, anyone can use it.
3. Saves Time & Money – No costly gym or trainer required, easy home workouts.
4. Increases Awareness – Educates people about fitness, diet, and mental health.
5. Motivates People – Success stories and tips inspire consistency
6. Supports Beginners – Simple guidance for people starting their fitness journey.
7. Community Building (Future Scope) – Can connect fitness enthusiasts globally.

**THANK
YOU**