

## INTRODUCTION

### Purpose

The website that I have designed and developed is a personal health and fitness site that aids users in their personal fitness journey.

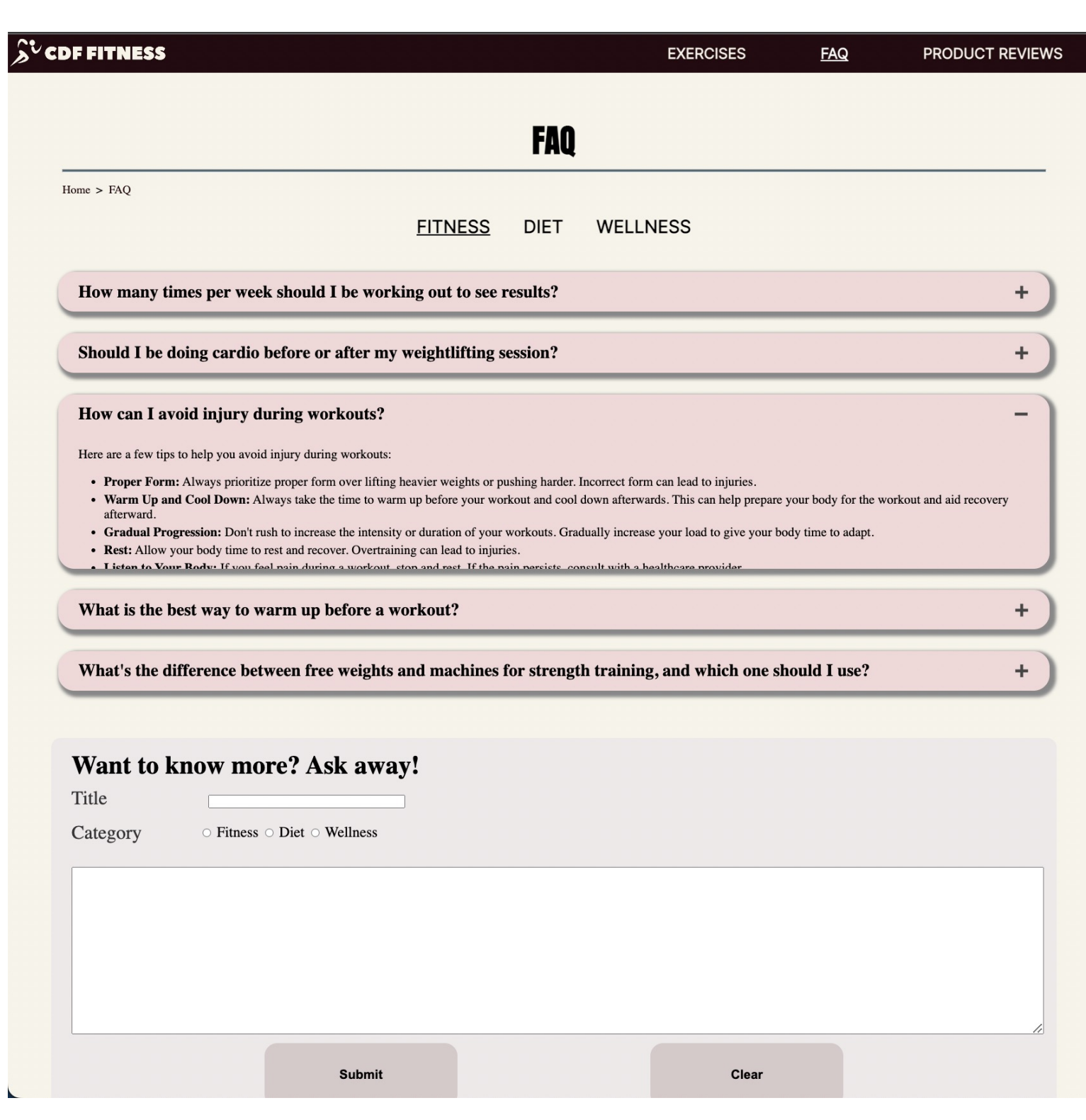
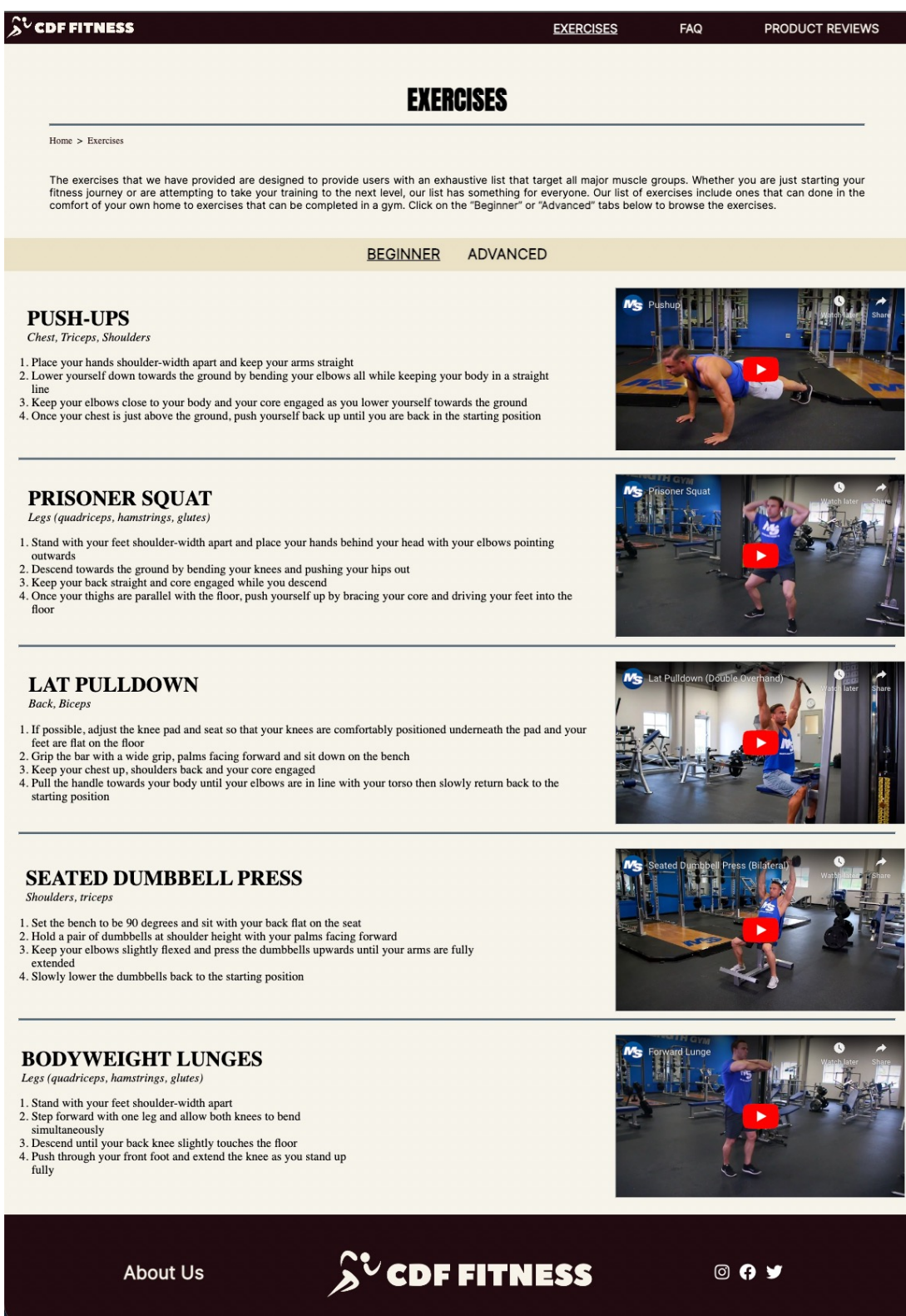
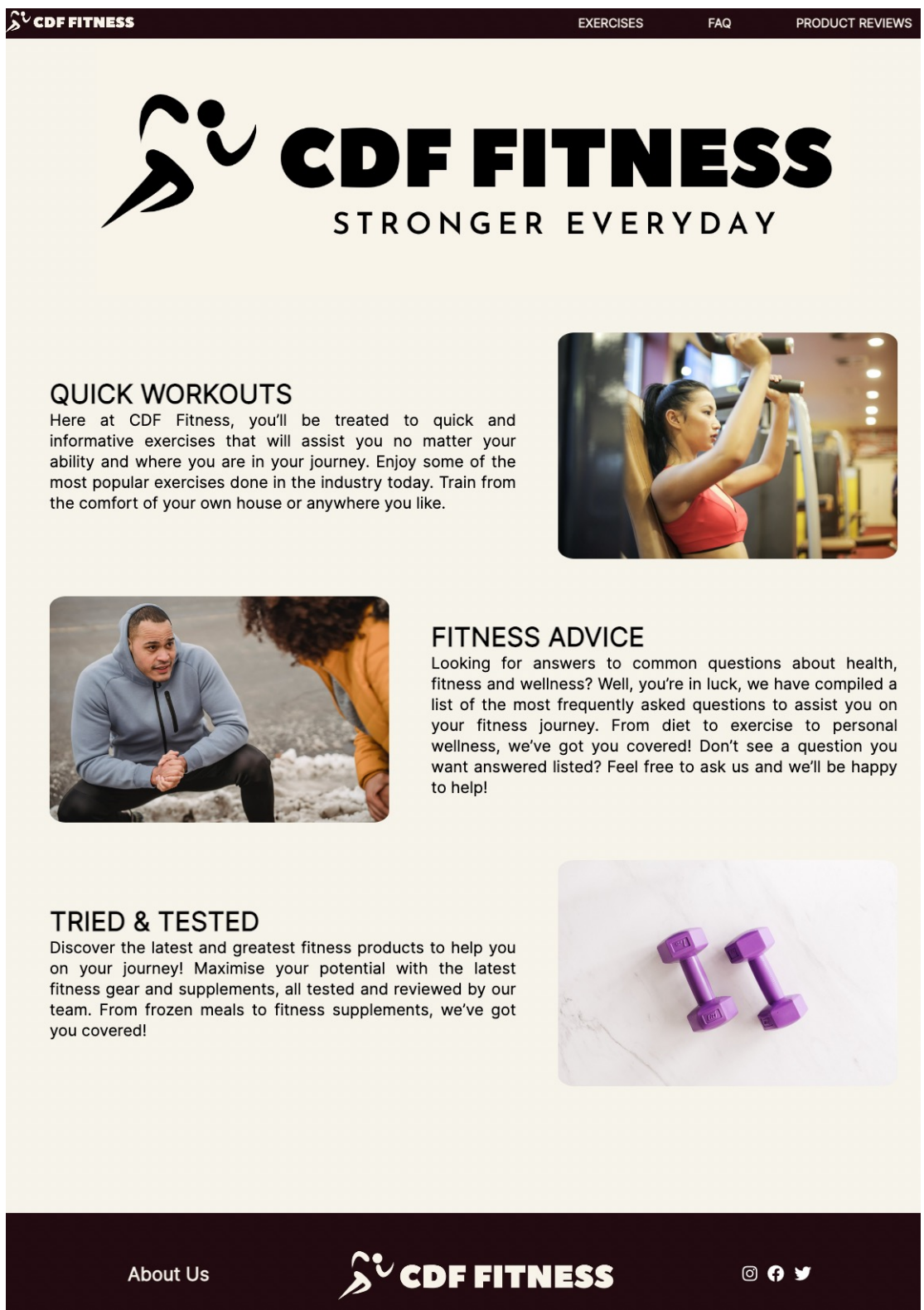
### Target

The target audience for this website are individuals who are seeking to either begin their fitness journey or looking to optimize the regime they are currently on.

### Reason

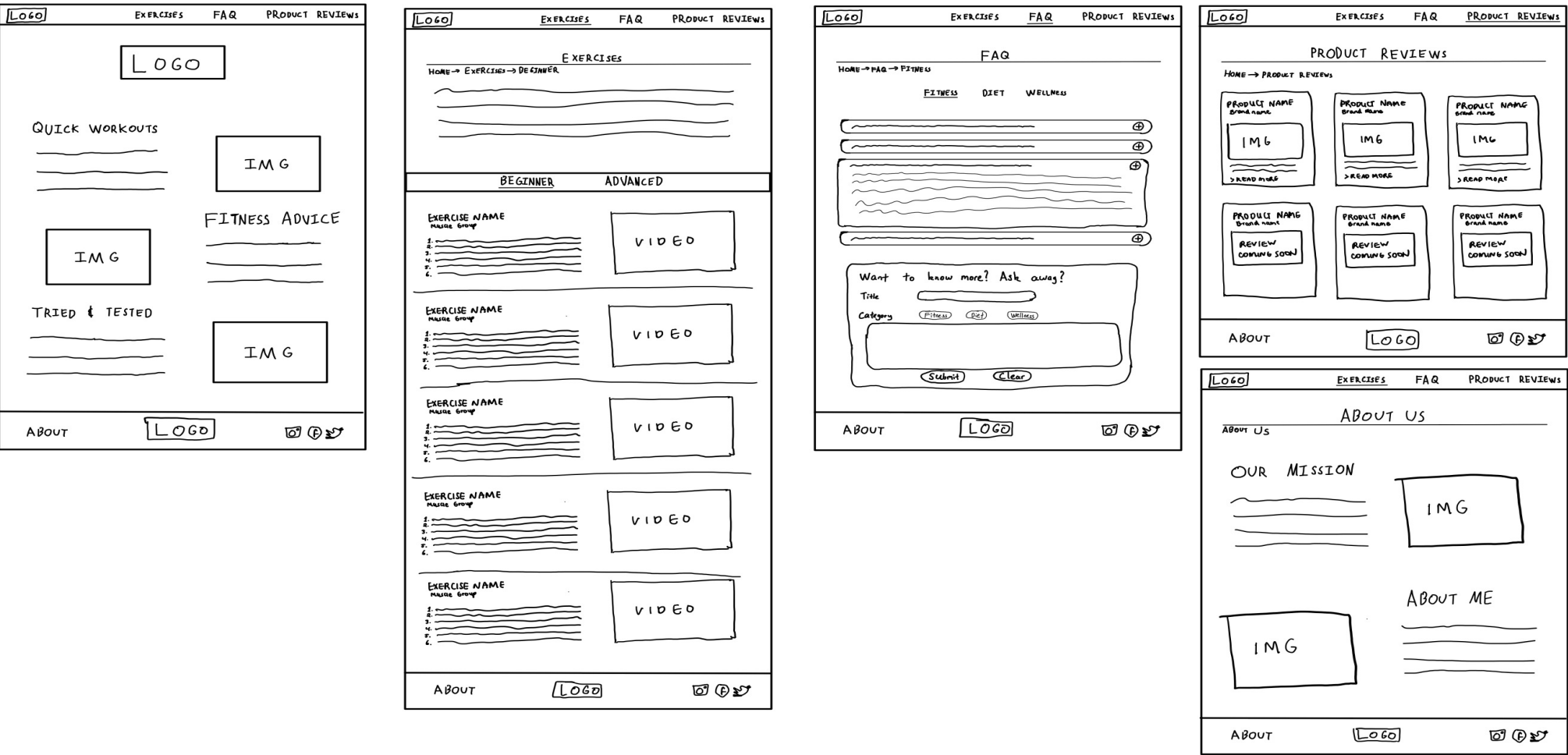
I created this website because I am passionate about health and fitness. Due to busy Uni and work schedules, I always aim to prioritise quick and efficient workouts

## WEBSTITE SCREENSHOTS

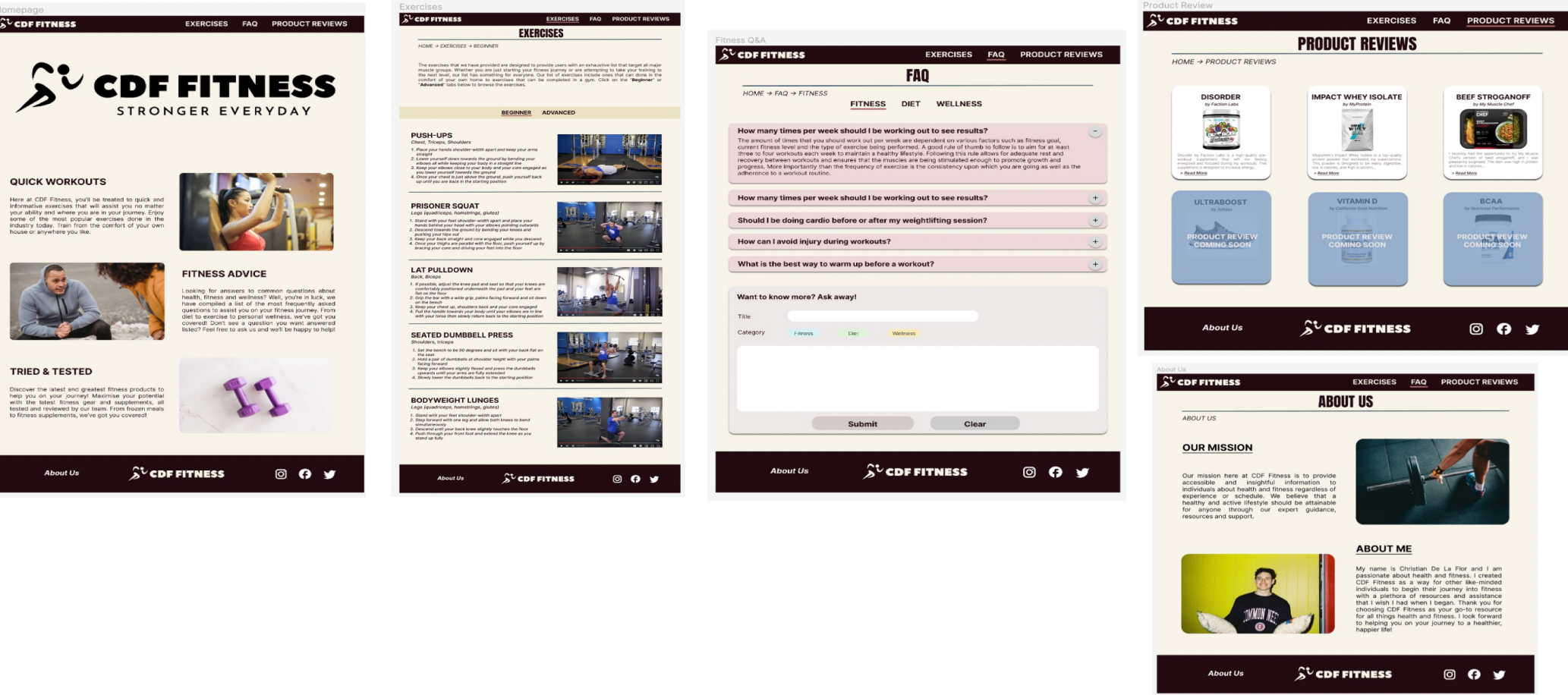


## PROTOTYPES

### Low-Fidelity



### High-Fidelity



## CONCLUSION

### Reflection

I learnt many lessons while developing this website:

- Flexboxes are very helpful when designing a multi row type of website as they can be reused multiple times
- Better practice to reuse classes throughout HTML code as it makes styling much easier
- Media Queries are extremely useful for a responsive webpage

### Future Work

There are features that I was unable to add in my current submission from my prototypes and features that would be nice to include in the future:

- Addition of back-end development for greater checking of questions submitted
- More diverse range of exercises and icons to indicate whether they need to be performed with equipment or not
- Unable to implement a pill styled checkbox for the Form Submission in the FAQ page
  - With more time, might be able to modify styling and get closer to the high-fidelity design

Overall, my HTML, CSS and JS skills improved over the course of this development period, and I look forward to employing those languages in the future.