

# WEB DOCUMENTATION

## NutriHealthy

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## **1) Project description and requirements**

The project is aimed at a company specialized in nutrition. The company's name is NutriHealthy. The project consist of the development of a website where the company will share information about who they are and what they do.

The purpose of the website is to help people improve their diet. The company has different plans about nutrition. The mains plans are weightloss, sport nutrition and vegan nutrition. There are others plans to help people who suffer from metabolic problems such as diabetes, thyroid desease, lactose intolerance and celiac.

There is a section where the people can contact the company by email, social networks or telephone number.

The client intends to attract users who want to take care of their diet either for sports reasons, medical reasons or for the type of diet.

The page must contain different sections, such as weight loss, sport nutrition, vegan nutrition, eating disorders and metabolic problems, in which the main fundamentals of each one and the benefits provided after following a proper diet are written.

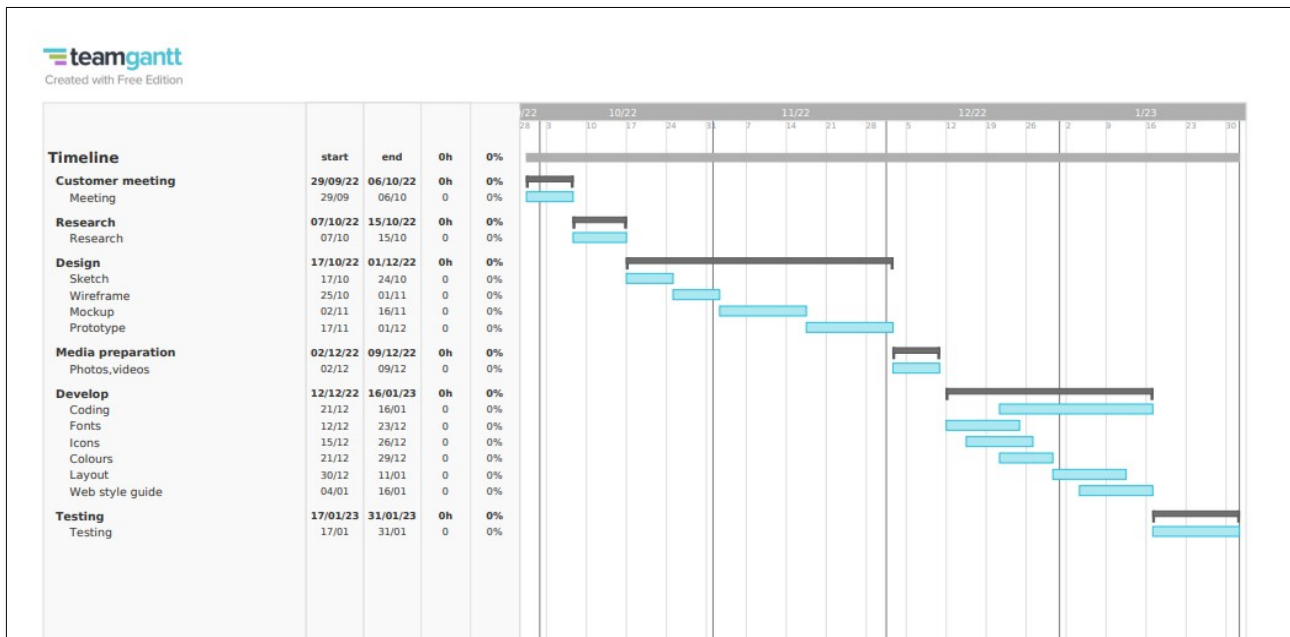
The customer tells us that his personal logo should appear at the top of the page. The colors of the page must be consistent with the colors of the logo.

The graphic interface should be clean, simple, readable, easy to navigate, intuitive.

Important sections should stand out from the rest of the content.

A section with contact information should be included.

## 2) Timeline



The project duration has been calculated using a Gantt chart. Gantt chart is a horizontal bar chart used to illustrate a project schedule. It is a way to visualize the schedule of your project and to follow up on the achievements.

The timeline has different parts:

- Customer meeting(1 week).
- Desing which includes:
  - Sketch(1 week)
  - Wireframe(1 week)
  - Mockup(2 weeks)
  - Prototype(2 weeks)
- Media preparation: photos and videos (1 week).
- Develop which includes:
  - Fonts(2 weeks)
  - Icons(11 days)
  - Colours(1 week)
  - Layout(2 weeks)
  - Web style guide(2 weeks)
- Testing(2 weeks)

### 3) Budget

Septiembre	Octubre	Noviembre	Diciembre	Enero
L M X J V S D	L M X J V S D	L M X J V S D	L M X J V S D	L M X J V S D
1 2 3 4	1 2	1 2 3 4 5 6	1 2 3 4	1
5 6 7 8 9 10 11	3 4 5 6 7 8 9	7 8 9 10 11 12 13	5 6 7 8 9 10 11	2 3 4 5 6 7 8
12 13 14 15 16 17 18	10 11 12 13 14 15 16	14 15 16 17 18 19 20	12 13 14 15 16 17 18	9 10 11 12 13 14 15
19 20 21 22 23 24 25	17 18 19 20 21 22 23	21 22 23 24 25 26 27	19 20 21 22 23 24 25	16 17 18 19 20 21 22
26 27 28 29 30	24 25 26 27 28 29 30	28 29 30	26 27 28 29 30 31	23 24 25 26 27 28 29
				30 31

From 29/09/2022 to 31/01/2023

Days: 125

Weekend days: 36

Public days: 8

Working days: 82

Hours per day: 5 hours

Estimated total price = 1500 euros.

### 4) Competitors

Nuria Romero Nutricionista:

NURIA ROMERO LOZANO

**DIETISTA NUTRICIONISTA**

Nº Colegiada: AND-00468

[Inicio](#) [Conóceme](#) [Método](#) [Servicios y precio](#) [Nutriconsejos](#) [Contacto](#)



*"Fija objetivos medibles y concretos, así obtienes resultados claros y precisos"*

Siéntete como  
te sueñas,



The navigation bar of this website should have more descriptive names. The contact. The contact does not stand out from the other elements. Therefore this navigation bar is not a good idea for my project.

She offers different services about nutrition.

I have taken some ideas about sport nutrition and vegan nutrition to include in the project.

### Carla mi nutricionista:



The navigation bar is too long. On the project I will use a shorter navigation bar with descriptive names.

Also I will include a contact link with bright colours.

On the other hand, the background image would be a good idea to include in the project. It gives a good impression when people enter the website.

## 5) Design principles applied

### -Use readable and web-friendly fonts:

In the project I use readable fonts that allow users an adequate reading.

If users have trouble reading, they will end up leaving the page.

### -Keep a consistent design:

Keep fonts, colors and icons uniform across the branding. Also keep the spacing consistent in the layout.

### -Simple and logical page navigation:

In the project, I include a simple navigation bar with descriptive and clear names, easily to understand. The menu is easy to locate and works well across all devices.

### - Optimize buttons and calls-to-action:

The buttons on the website should stand out against the other visual elements on the page and be easy to find and click.

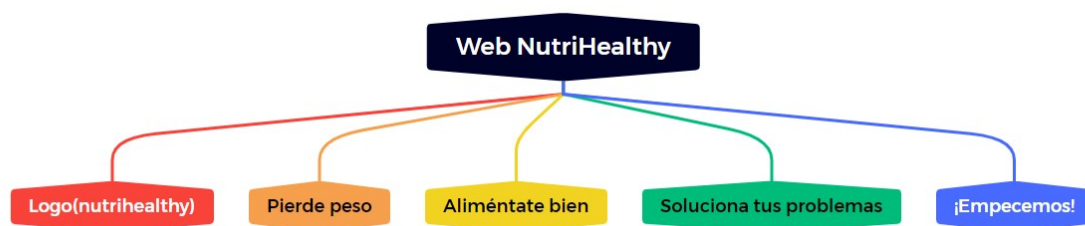
I include a button with calls-to-action called ¡Empezemos! .

The characteristic is that the button is a verb and not a noun. It invites the user to click.

### -Choose the images wisely:

Use images according to the topic that is being handled and that have a clear objective. The correct use of images, can demonstrate how a product works or evoke emotions.

## 6) Navigation



Practises to make the navigation map:

- **Use descriptive navigation labels:** descriptive labels are good for search engines, it helps the ranking SEO.

By other side, descriptive labels used in my navigation map, help the users search the information very easy.

If the users click on the **logo**, they will go to the home page.

If the users click on **pierde peso**, they will see different plans about weight loss.

If the users click on **aliméntate bien**, they will see plans about sport nutrition and vegan nutrition.

If the users click on **soluciona tus problemas**, they will see plans nutrition according the different disease related with metabolic problems, such as diabetes or celiac.

If the users click on **¡Empezamos!**, they will see information about how to contact a nutritionist by different ways, such as email, social networks or telephone.

#### **- Add a call to action to the header:**

The navigation map includes a contact button in the top right. This button is more visually because it has sa contrasting color.

#### **-Order of the website navigation:**

Items at athe beginning and the end are more effective, where the attention and retention are highest.

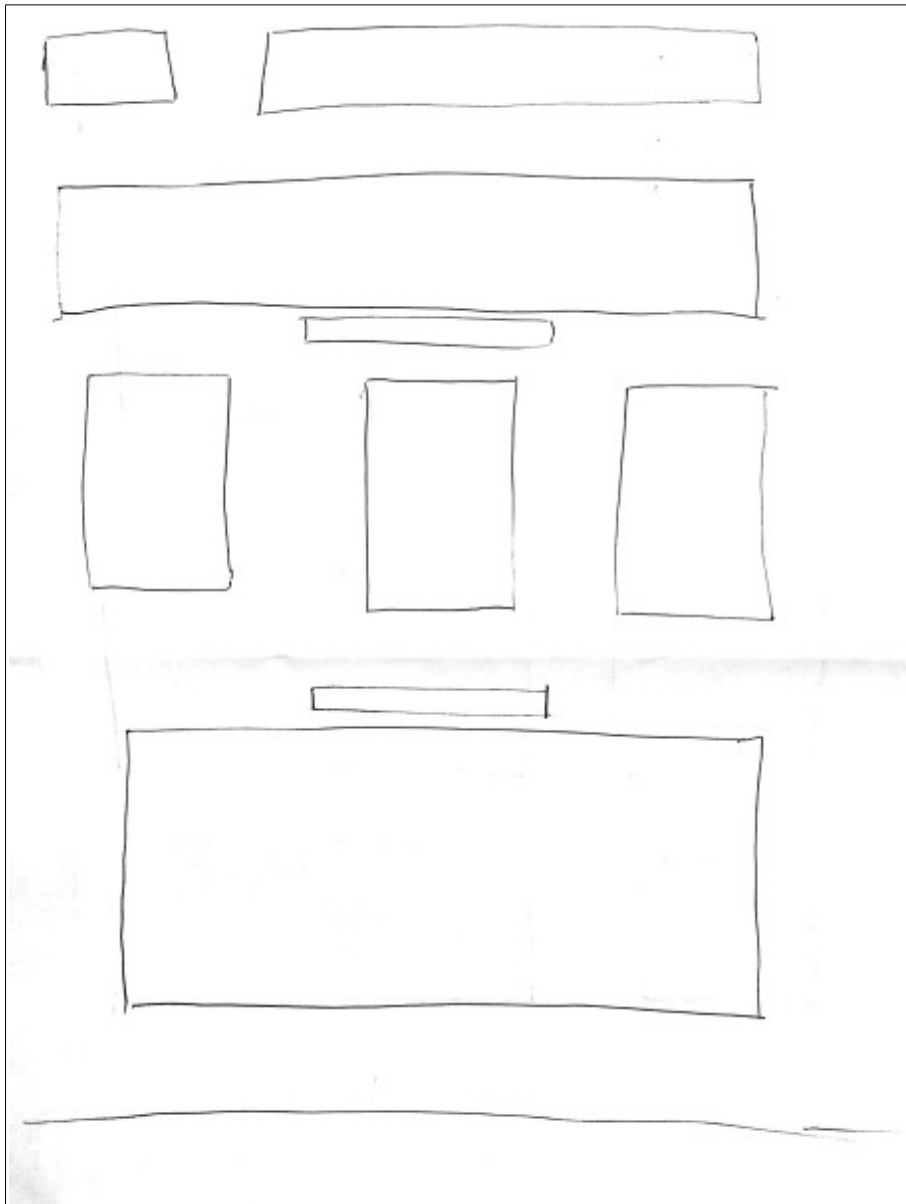
**At the beginning**, the item is pierde peso because most people are interisting in losing weight, so the users will click on it.

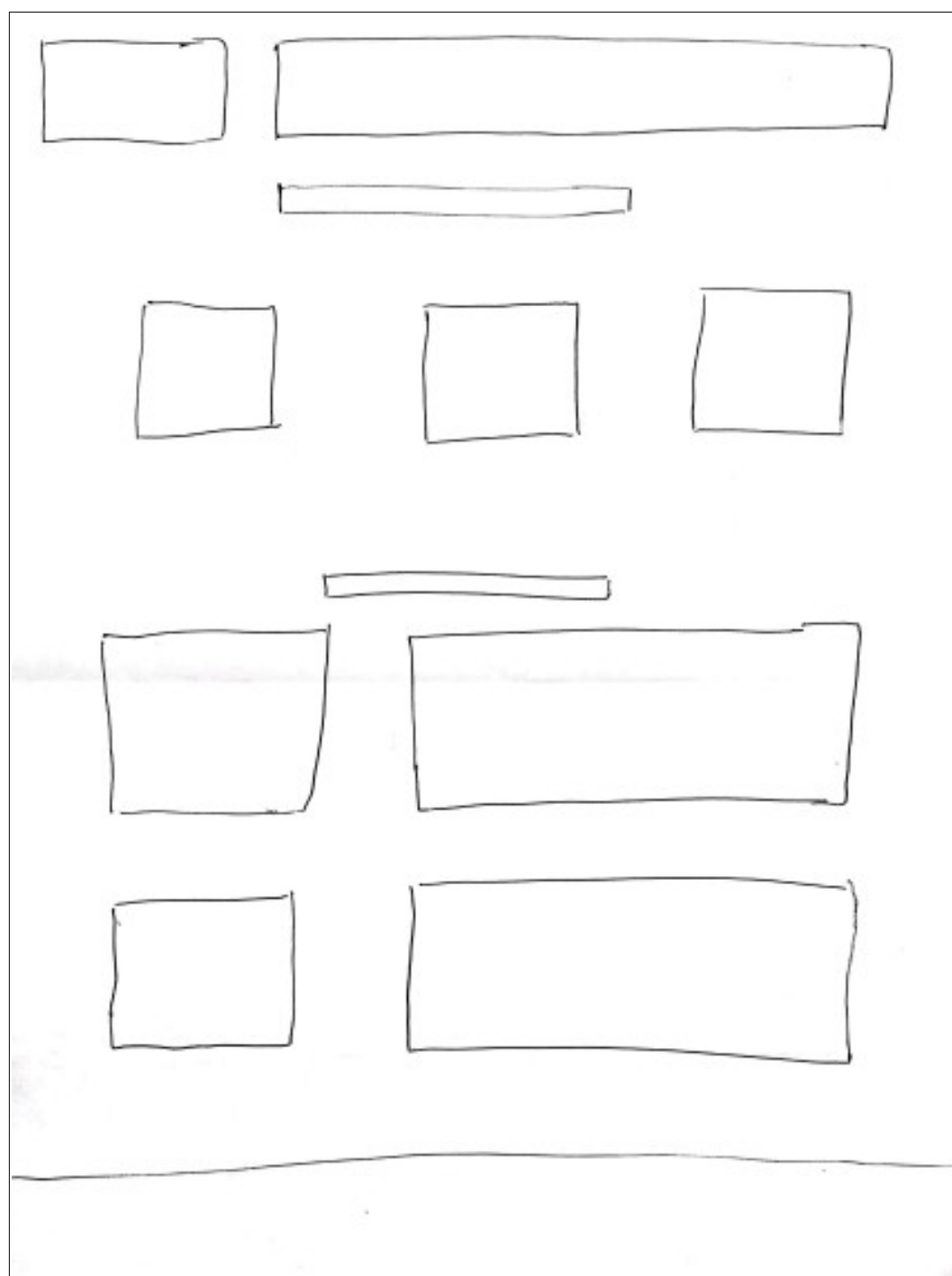
**At the end**, the item is ¡Empezamos!, a call to a action button because the purpose is that most of the people who enter the web click on it.

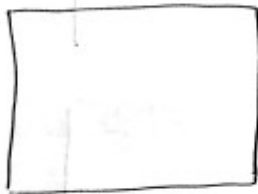
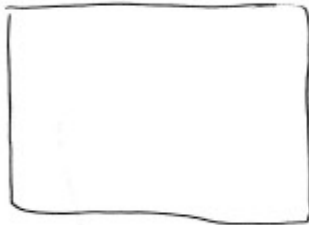
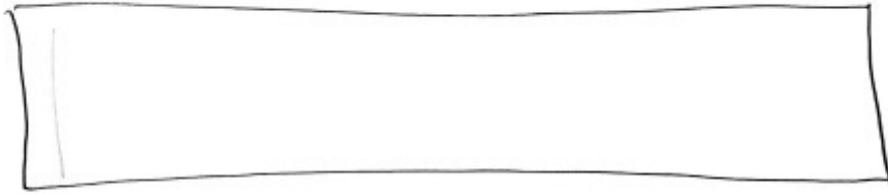


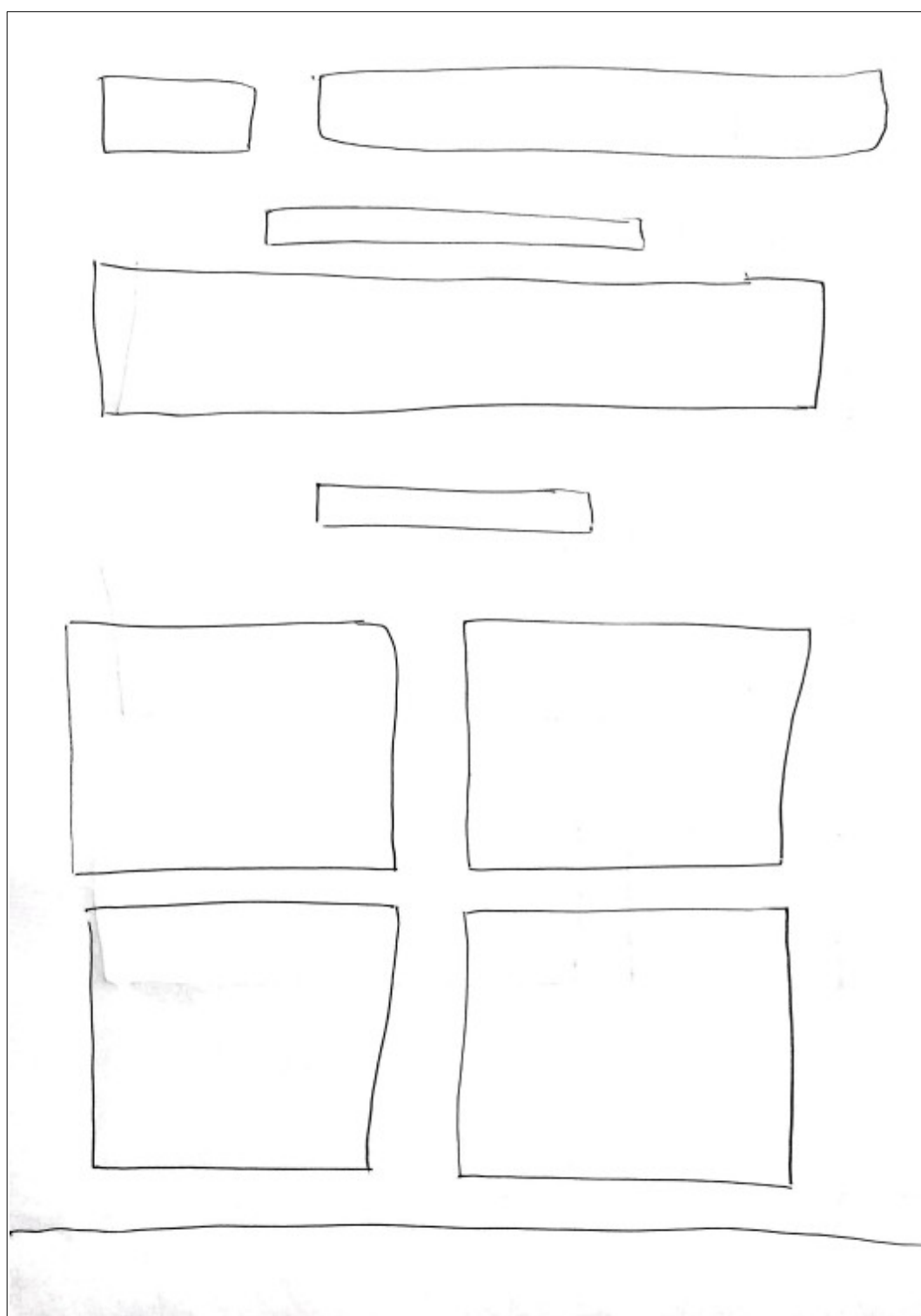
## 7) Prototypes

### SKETCH for PC

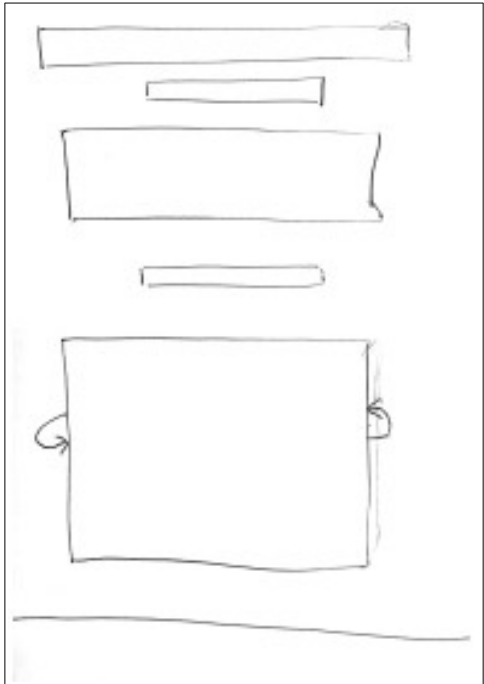
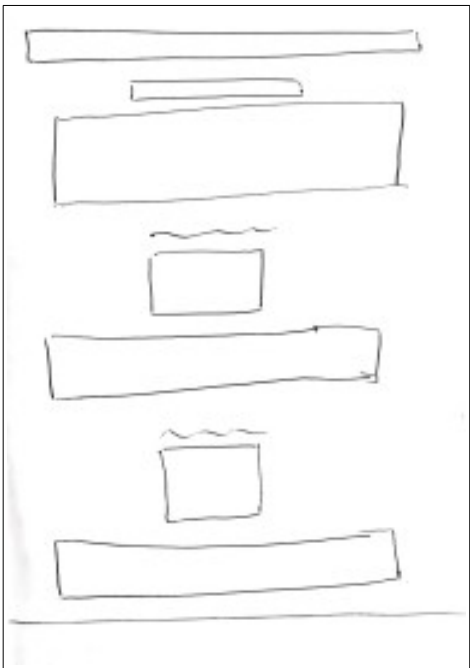
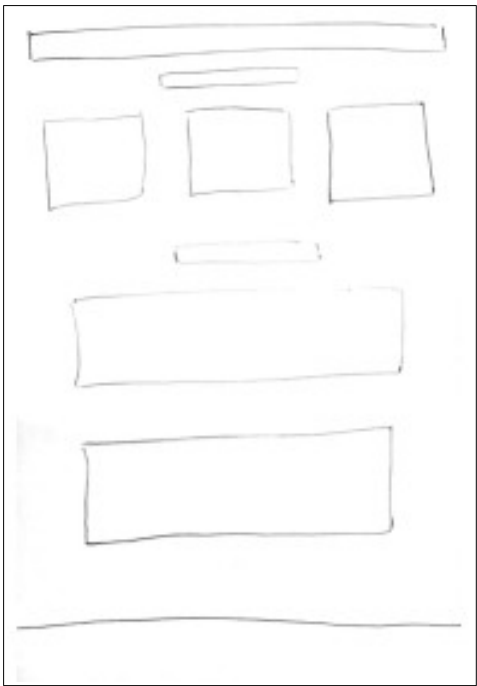
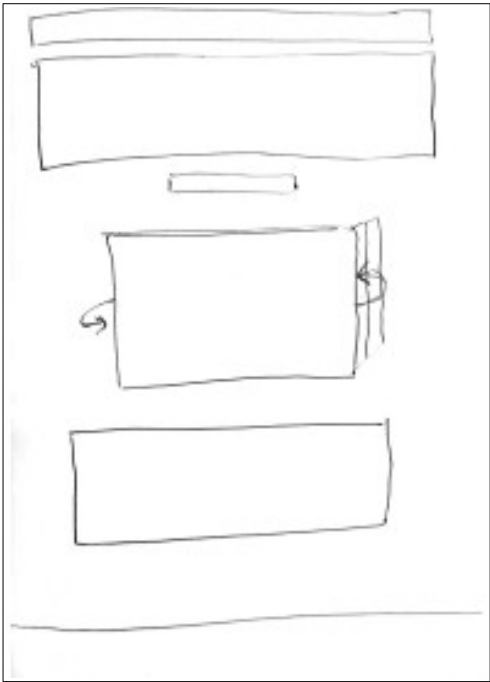




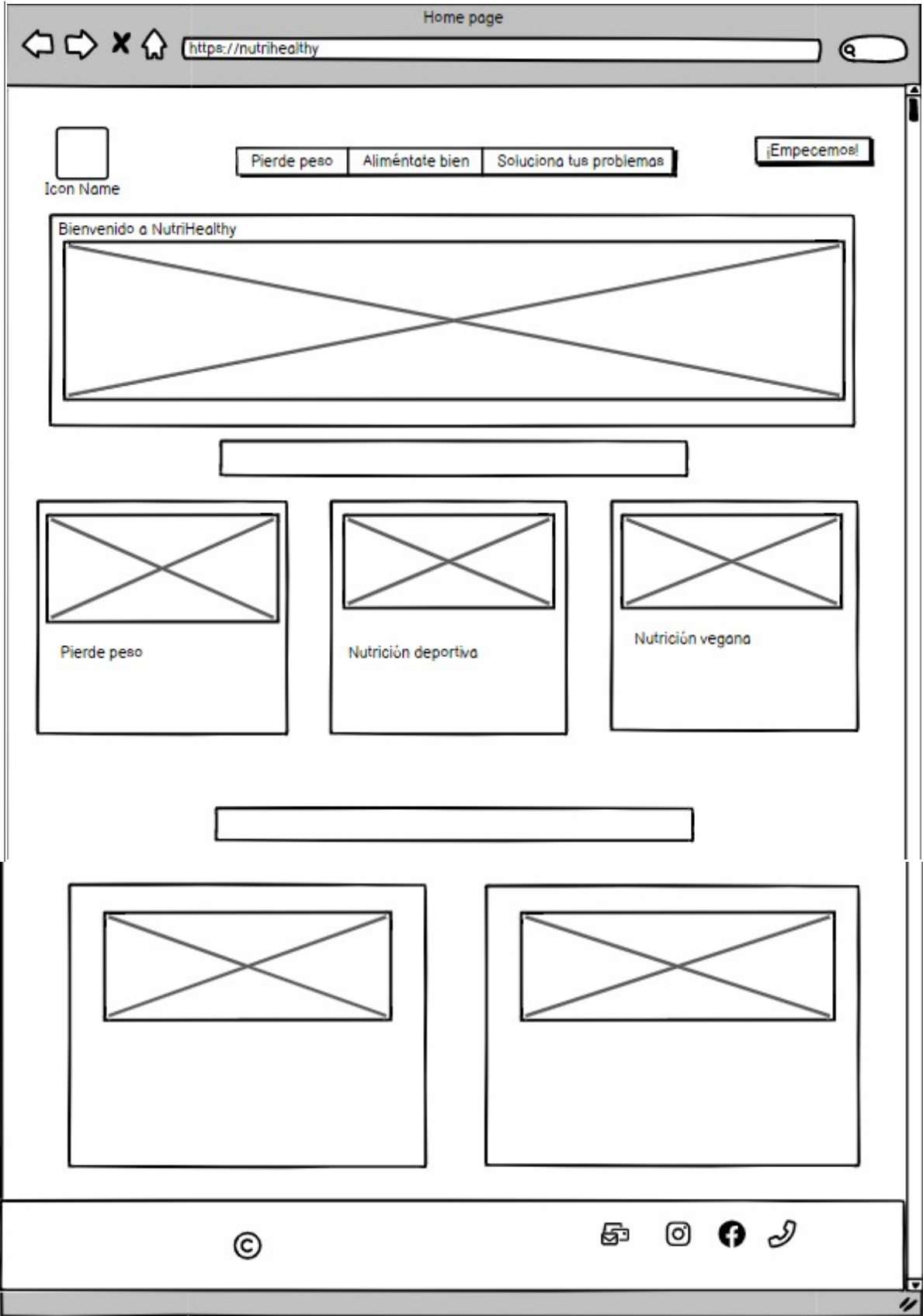


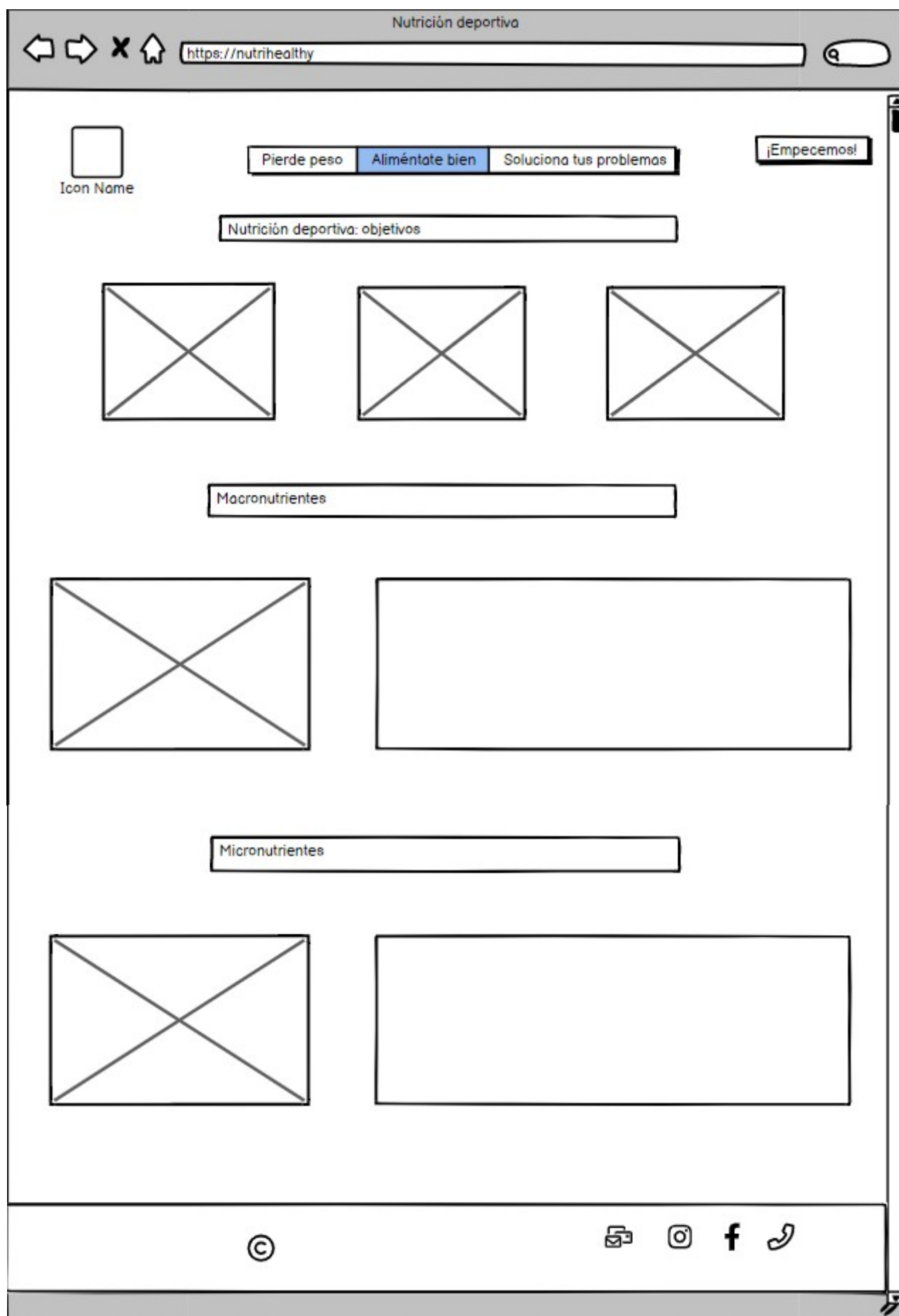


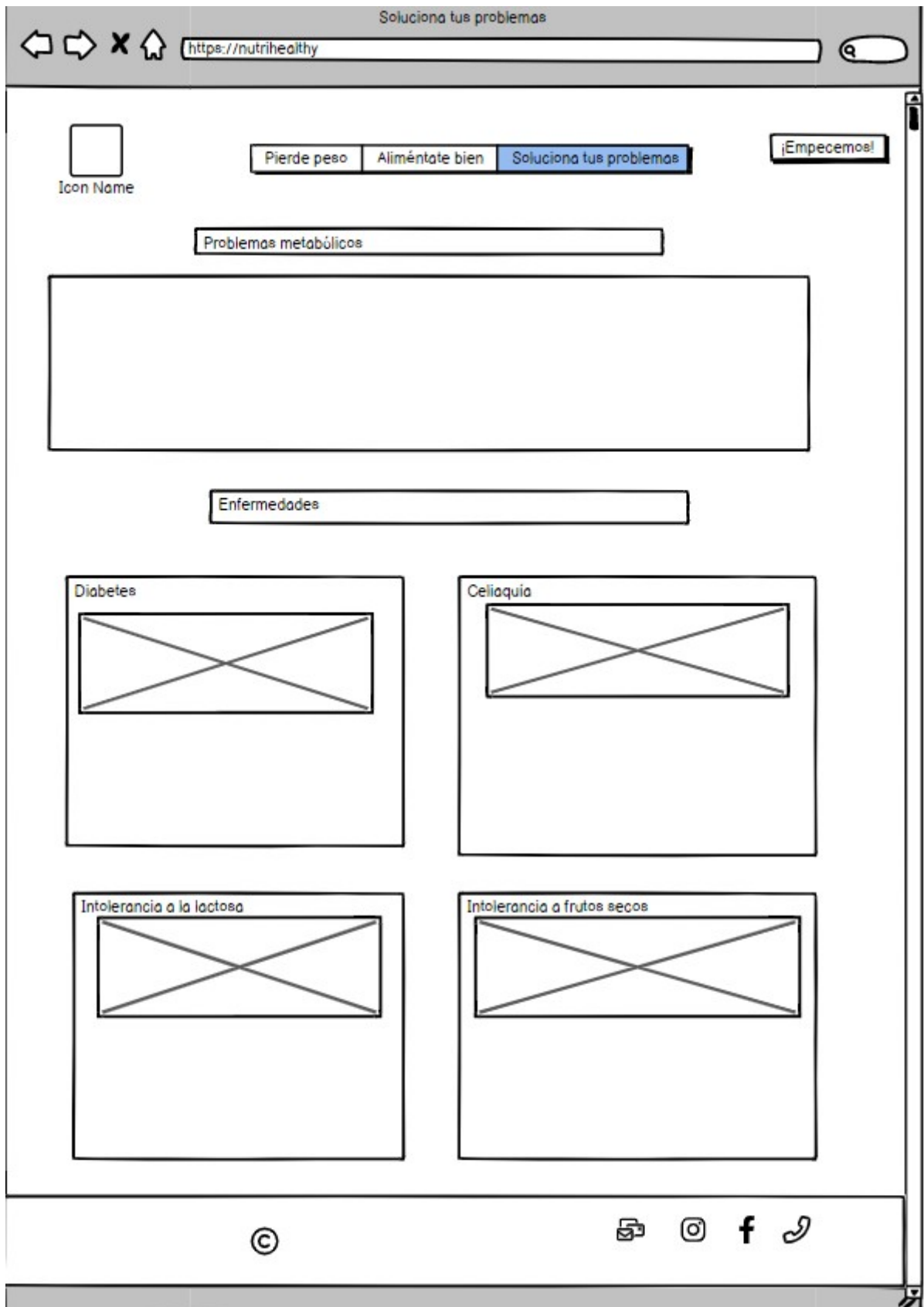
**SKETCH** for Smartphone:



WIREFRAME for PC









## How interact with the elements?

If the users click on the **logo**, they will go to the home page.

If the users click on **pierde peso**, they will see different plans about weight loss.

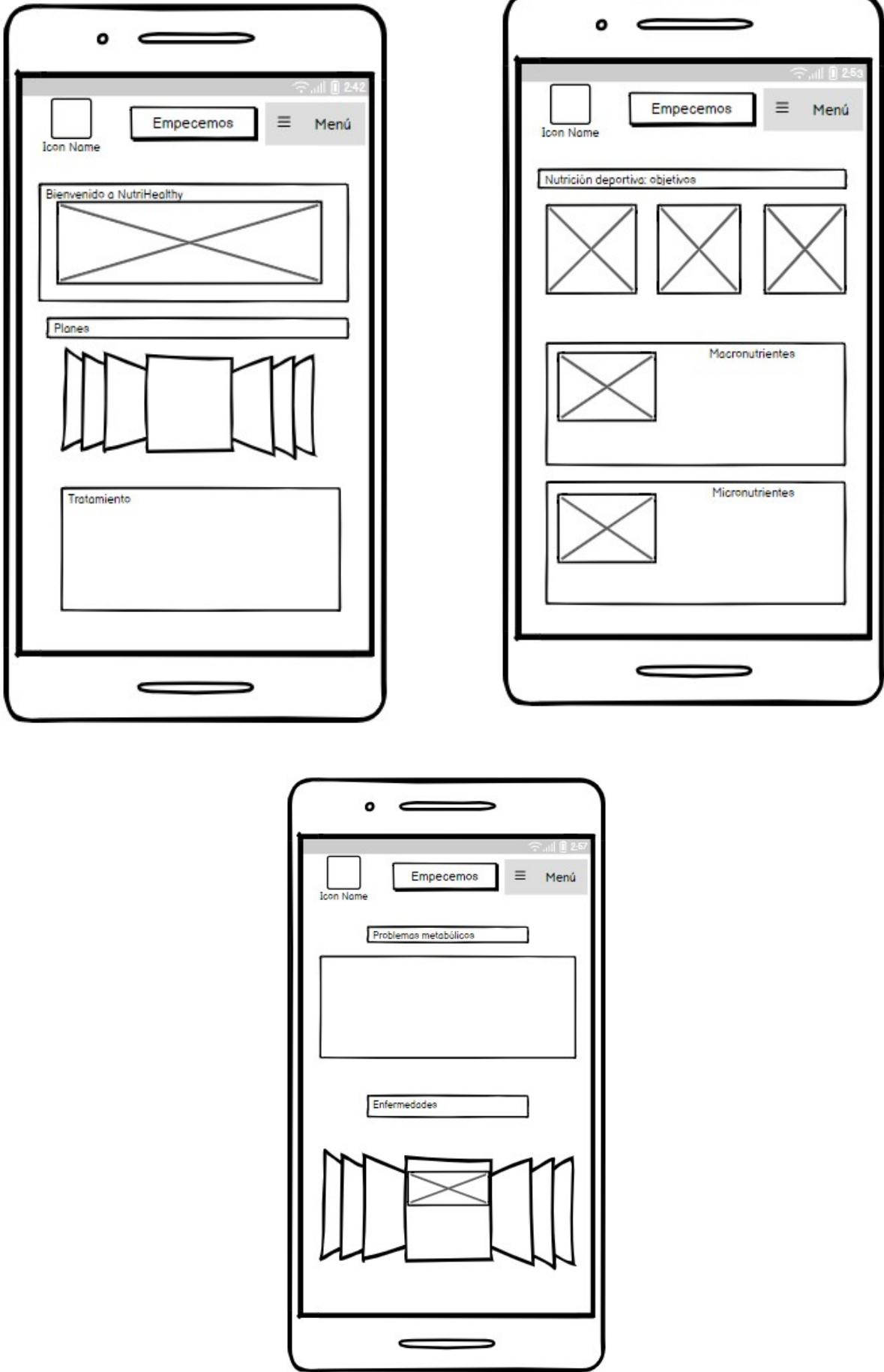
If the users click on **aliméntate bien**, they will see plans about sport nutrition and vegan nutrition.

If the users click on **soluciona tus problemas**, they will see plans nutrition according the different disease related with metabolic problems, such as diabetes or celiac.

If the users click on **¡Empezamos!**, they will see information about how to contact a nutritionist by different ways, such as email, social networks or telephone.

There is a **Scroll bar**, which you can move up and down around the page.

WIREFRAME for Smartphone:



## Mockup for PC:

 [Pierde peso](#) [Aliméntate bien](#) [Soluciona tus problemas](#) [¡Empecemos!](#)



**Bienvenido a NutriHealthy, expertos en Nutrición**

**¡Vive tu vida feliz y saludable!**

### PLANES DE ALIMENTACIÓN



**Pérdida de peso**

Despreocúpate de tu peso y consigue rebajarlo con las mejores técnicas y procedimientos según tus objetivos.



**Nutrición deportiva**

Mejora tu alimentación para obtener un mayor rendimiento y energía cuando realices actividades deportivas.



**Nutrición vegana**

Obtén los mejores conocimientos sobre alimentación vegana para poseer una buena salud y evitar carencias nutricionales.

### TRATAMIENTO DE PROBLEMAS ALIMENTICIOS



**Trastornos alimenticios**

Los trastornos de la conducta alimentaria afectan la salud mental de una persona y pueden causar daños graves a la salud física. Trastornos alimenticios que tratamos:

- Anorexia nerviosa
- Bulimia nerviosa
- Trastorno por atracón



**Problemas metabólicos**

Las enfermedades metabólicas son trastornos, causadas cuando nuestro cuerpo no es capaz de transformar los alimentos que se ingieren adecuadamente. Principales enfermedades: diabetes, celiaquía, enfermedad de la Tiroides, intolerancia a la lactosa.

[Contacto](#)  
 

[Redes](#)  
 

## NUTRICIÓN DEPORTIVA

### Objetivos



APORTAR ENERGÍA



OTORGAR NUTRIENTES NECESARIOS



REGULAR EL METABOLISMO CORPORAL

## NUTRIENTES PARA EL EJERCICIO



### Macronutrientes

Los macronutrientes son un grupo de nutrientes responsables de aportar la mayor parte de energía al organismo.

Se ingieren en grandes cantidades.

Los principales macronutrientes son:  
Hidratos de Carbono o Glúcidos  
Proteínas  
Lípidos o grasas



### Micronutrientes

Los micronutrientes son un grupo de sustancias esenciales que los seres vivos requieren para desarrollarse y funcionar correctamente.

Se consumen en pequeñas dosis. Son nutrientes que el organismo no puede sintetizar (que no puede producirlos por él mismo), sino que tiene que ingerirlos a través de la alimentación.

Se clasifican en dos grupos:  
Vitaminas  
Minerales

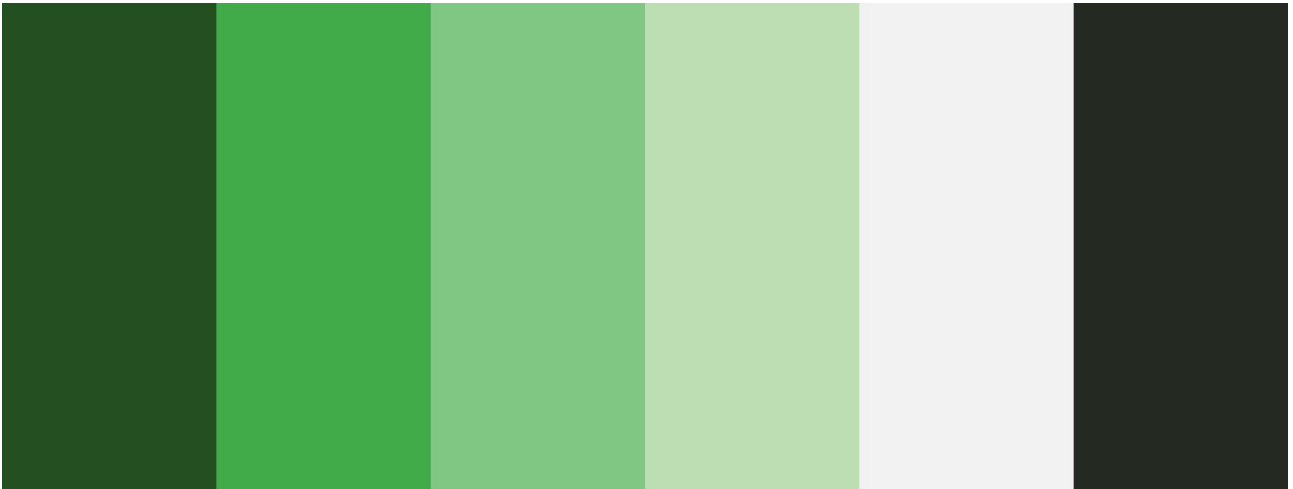
Contacto



Redes



## 8) Colour palette



The main color of the website is green.

The website is about Nutrition, so green is the color of safety, growth and health.

Green is realtionen with natural life and light foods.

By contrast, I include white and a light black, to get a readable page.

White is the color of cleanliness and purity.

Black is the color of power and sophistication.

## 9) Tipography

### **Raleway Regular 400:**

Raleway is an elegant and simple font type. It is a readable font.

You will capture the necessary emotion and action of your audience.





## 10) Images



Original resolution: 6240 x 3181

Format: JPG

Attribution: Imagen de Freepik

Url: [https://www.freepik.es/foto-gratis/primer-medico-estetoscopio-frutas\\_5591981.htm#query=nutricionista&position=6&from\\_view=search&track=sph](https://www.freepik.es/foto-gratis/primer-medico-estetoscopio-frutas_5591981.htm#query=nutricionista&position=6&from_view=search&track=sph)

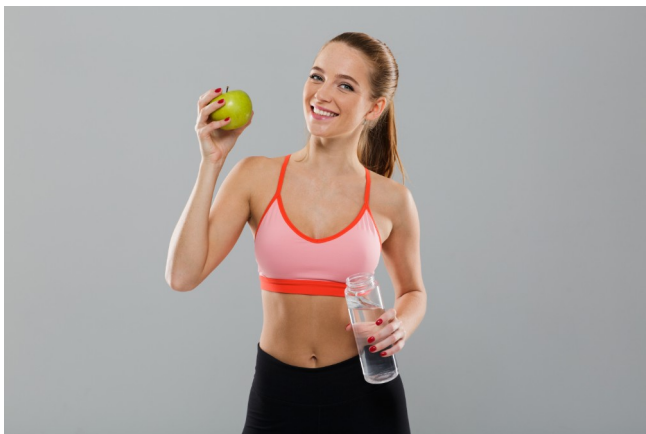


Original resolution: 3400x2267

Format: JPG

Attribution: Imagen de senivpetro en Freepik

Url: [https://www.freepik.es/foto-gratis/mujer-joven-cinta-metrica-weist-cocina\\_10705301.htm#query=perder%20peso&position=15&from\\_view=search&track=sph](https://www.freepik.es/foto-gratis/mujer-joven-cinta-metrica-weist-cocina_10705301.htm#query=perder%20peso&position=15&from_view=search&track=sph)



Original resolution: 5760 x 3840

Format: JPG

Attribution: Imagen de drobotdean en Freepik

Url: [https://www.freepik.es/foto-gratis/retrato-nina-sonriente-deportes-saludables-manzana-verde\\_7437926.htm#query=nutricion%20deportiva&position=9&from\\_view=search&track=sph](https://www.freepik.es/foto-gratis/retrato-nina-sonriente-deportes-saludables-manzana-verde_7437926.htm#query=nutricion%20deportiva&position=9&from_view=search&track=sph)



Original resolution: 5764 x 3759

Format: JPG

Attribution: Imagen de timolina en Freepik

Url: [https://www.freepik.es/foto-gratis/ensalada-tomate-pepino-cebolla-morada-hojas-lechuga-menu-saludable-vitaminas-verano-comida-vegetariana-vegana-mesa-cena-vegetariana-vista-superior-lay-flat\\_6713750.htm#query=nutricion%20vegana&position=8&from\\_view=search&track=sph](https://www.freepik.es/foto-gratis/ensalada-tomate-pepino-cebolla-morada-hojas-lechuga-menu-saludable-vitaminas-verano-comida-vegetariana-vegana-mesa-cena-vegetariana-vista-superior-lay-flat_6713750.htm#query=nutricion%20vegana&position=8&from_view=search&track=sph)



Original resolution: 6112 x 4500

Format: JPG

Attribution: Imagen de Freepik

Url: [https://www.freepik.es/foto-gratis/mujer-joven-trastorno-alimentario-cinta-metrica-plato\\_20282323.htm#query=trastornos%20alimentarios&position=14&from\\_view=search&track=sph](https://www.freepik.es/foto-gratis/mujer-joven-trastorno-alimentario-cinta-metrica-plato_20282323.htm#query=trastornos%20alimentarios&position=14&from_view=search&track=sph)



Original resolution: 4912 x 3340

Format: JPG

Attribution: Imagen de rawpixel.com en Freepik

Url: [https://www.freepik.es/foto-gratis/concepto-estilo-vida-saludable-gluten\\_16482354.htm#query=cel%C3%ADaco&position=4&from\\_view=search&track=sph](https://www.freepik.es/foto-gratis/concepto-estilo-vida-saludable-gluten_16482354.htm#query=cel%C3%ADaco&position=4&from_view=search&track=sph)

## 11) Icons



Original resolution: 512 x 512

Format: PNG

Attribution: Nuevo email iconos creados por Freepik - Flaticon

Url: <https://www.flaticon.es/iconos-gratis/nuevo-email>



Original resolution: 512 x 512

Format: PNG

Attribution: Teléfono iconos creados por Prosymbols - Flaticon

Url: <https://www.flaticon.es/iconos-gratis/telefono>



Original resolution: 512 x 512

Format: PNG

Attribution: Instagram iconos creados por  
Freepik - Flaticon

Url:  
<https://www.flaticon.es/iconos-gratis/instagram>



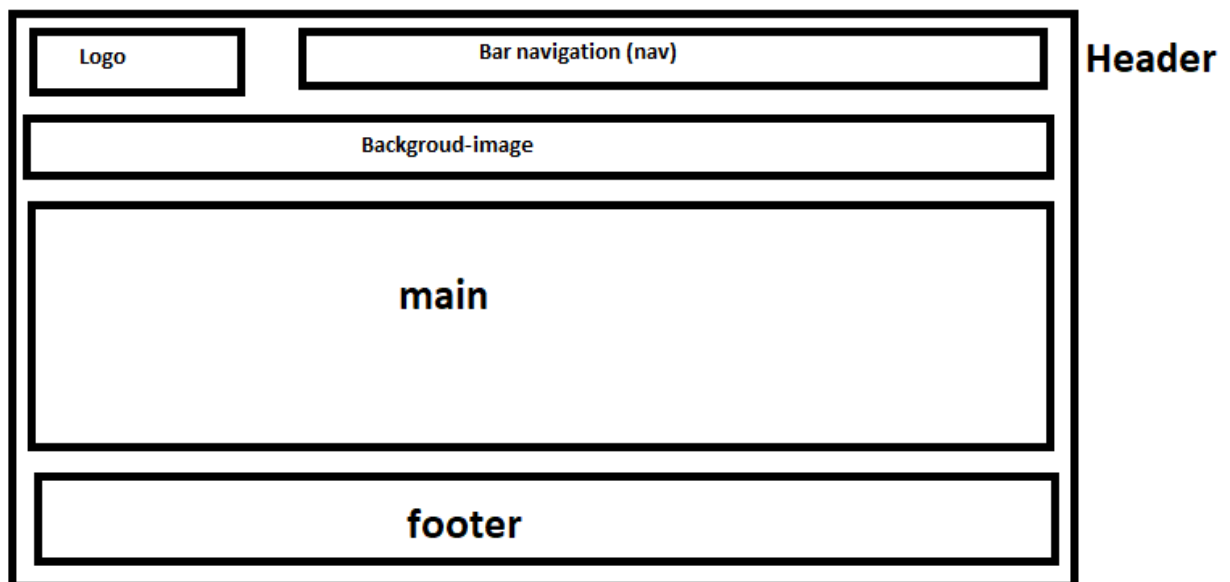
Original resolution: 512 x 512

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Attribution: Facebook iconos creados por Pixel  
perfect - Flaticon

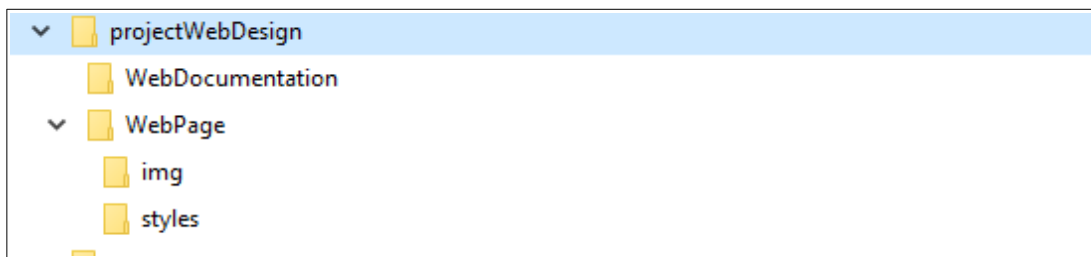
Url:  
<https://www.flaticon.es/iconos-gratis/facebook>

## 12) Layout





### 13) Project organization



The main folder is projectWebDesing. This folder has two folder inside. The folder are WebDocumentation and WebPage.

The folder WebPage two folders, img and styles and a index.html file.

The folder img has the project's images.

The folder styles has a home.css file.

The folder WebDocumentation has a PDF file with the Web Documentation.

### 14) Link to Github

<https://github.com/charro97/ProjectWebDesign>