WEB DOCUMENTATION

NutriHealthy

Antonio Jiménez Cortés

Index

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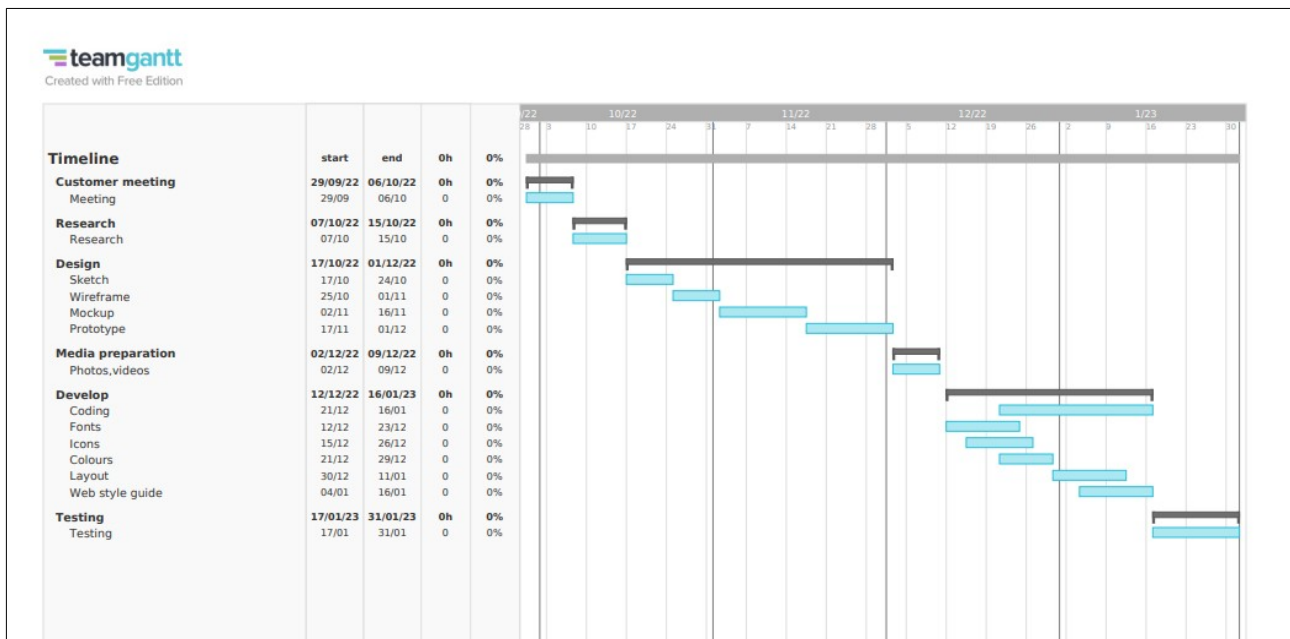
The customer tells us that his personal logo should appear at the top of the page. The colors of the page must be consistent with the colors of the logo.

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

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 visited, specifying ideas taken or dropped for your website

Nuria Romero Nutricionista:

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 backgroud image would be a good idea to include in the project. It givesa good impression when people enter the website.

5. Design principles applied

- 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.

-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 ana works well across all devices.

-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, explaining how you can interact with your website
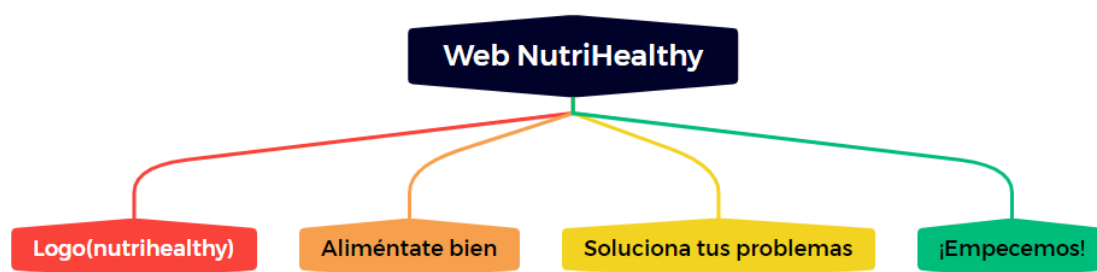
Practises to make the navigation map:

- 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 **aliméntate bien**, they will see plans about sport nutrition and vengan 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
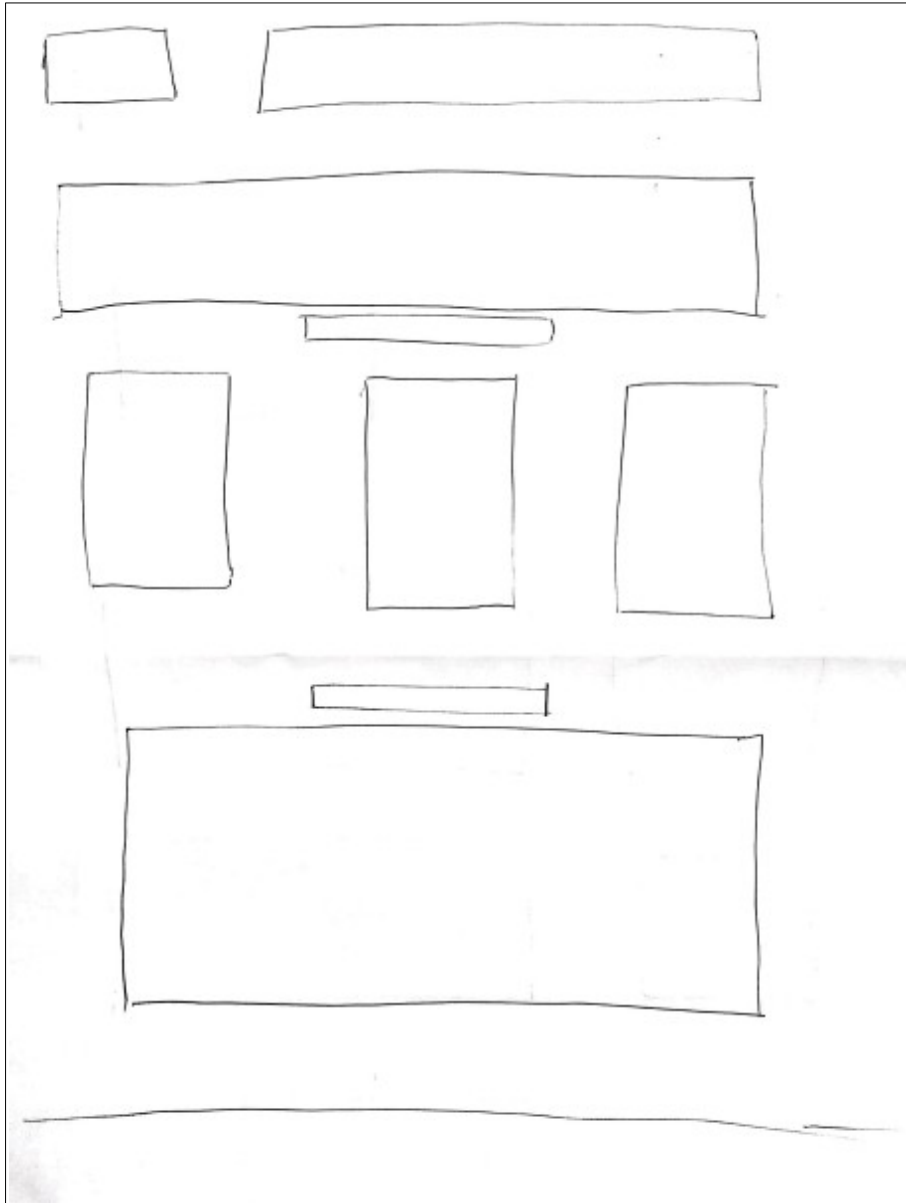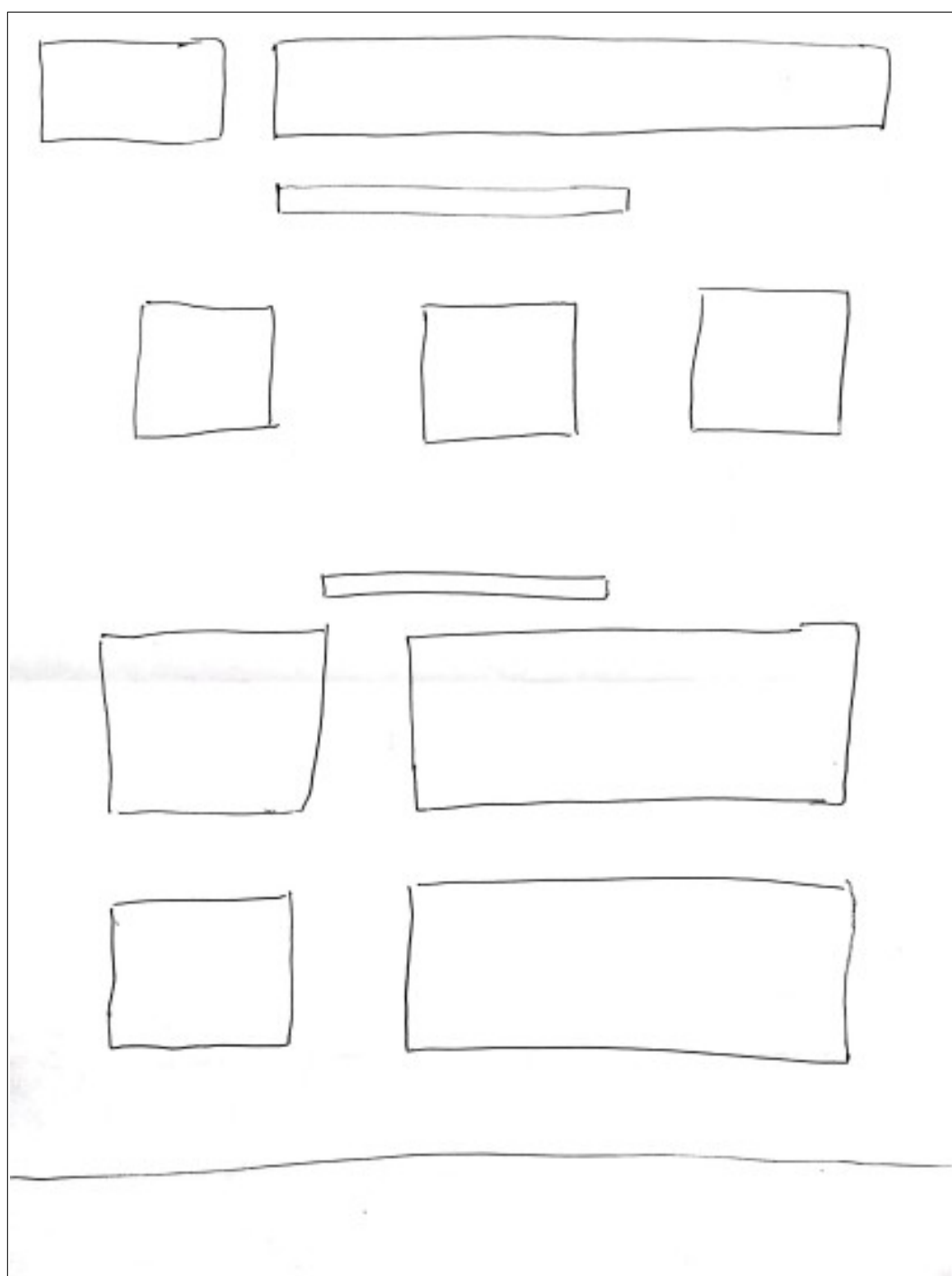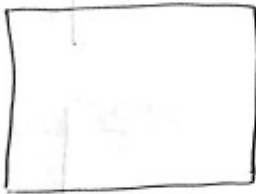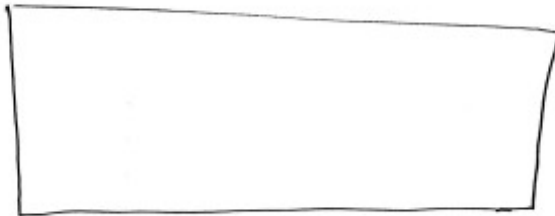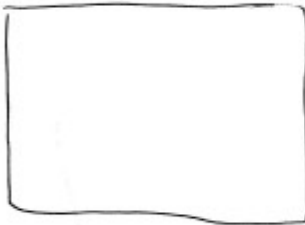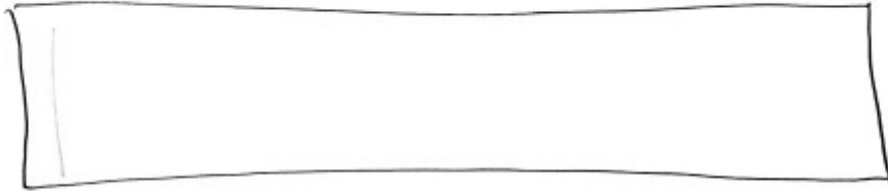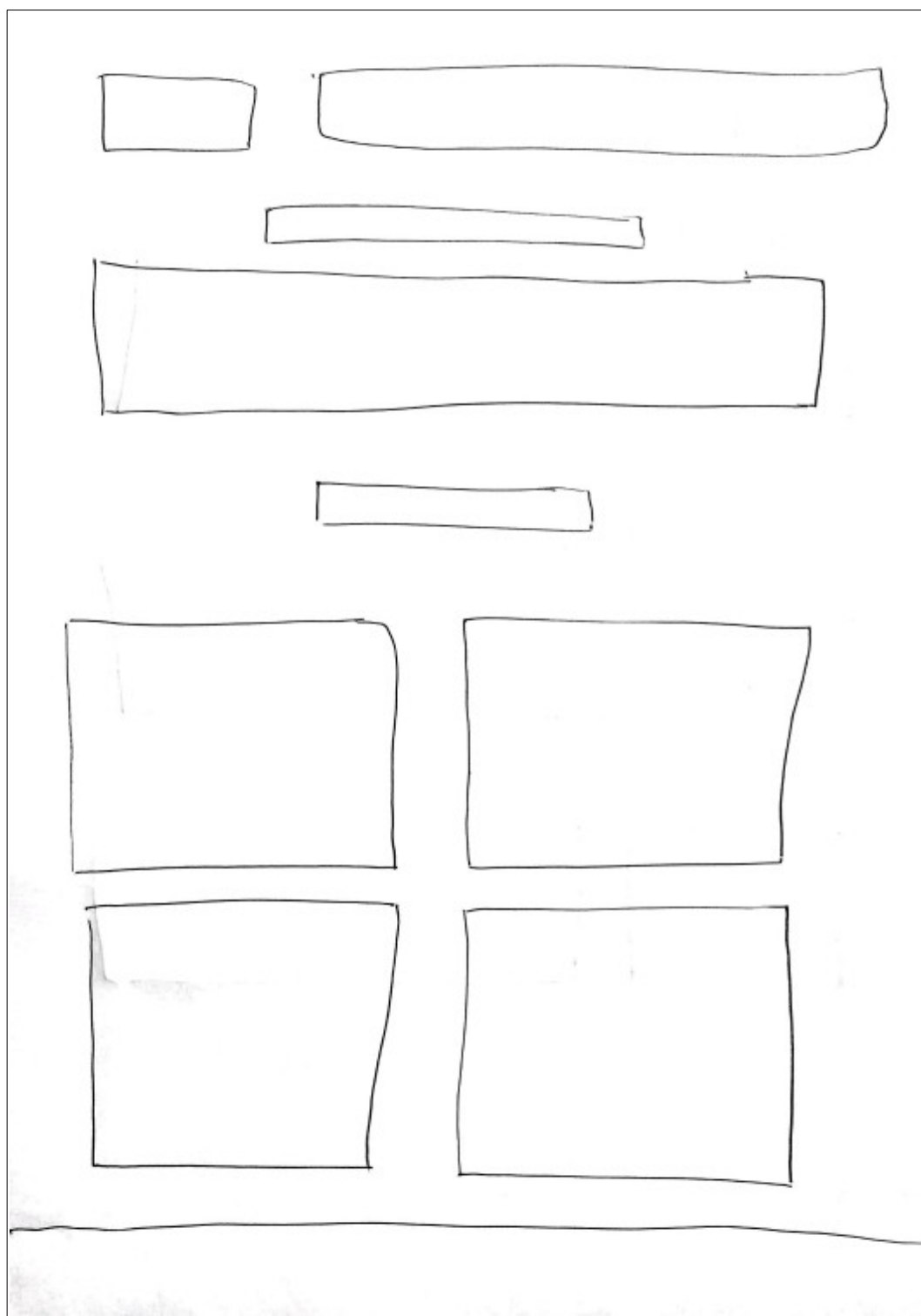
SKETCH for Smartphone:

WIREFRAME for PC

https://nutrihealthy

Icon Name

Pierde peso | Aliméntate bien | Soluciona tus problemas

¡Empecemos!

Nutrición deportiva: objetivos

Macronutrientes

Micronutrientes

©

← → X ⌂ https://nutrihealthy 🔍

Icon Name

Pierde peso | Aliméntate bien | **Soluciona tus problemas**

¡Empecemos!

Problemas metabólicos

Enfermedades

Diabetes

Celiaquía

Intolerancia a la lactosa

Intolerancia a frutos secos

© 🖶 ⊙ f ✆
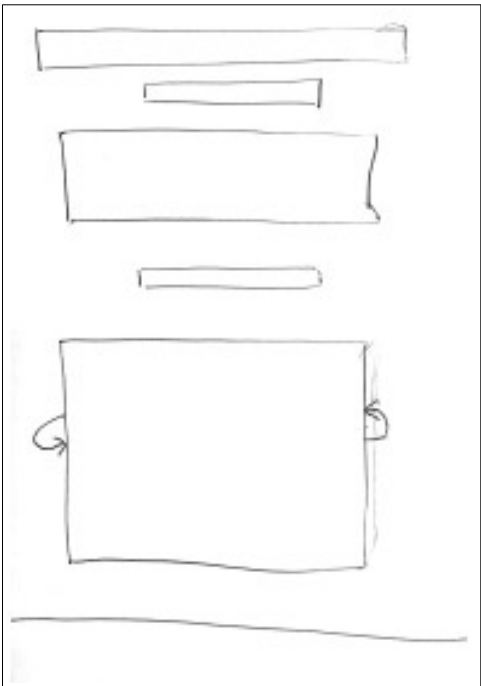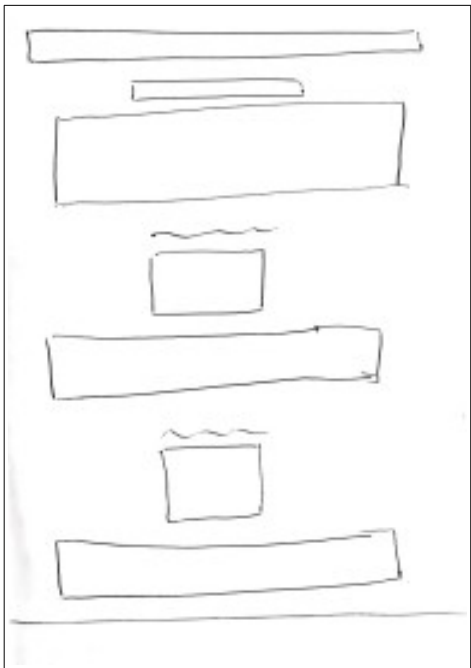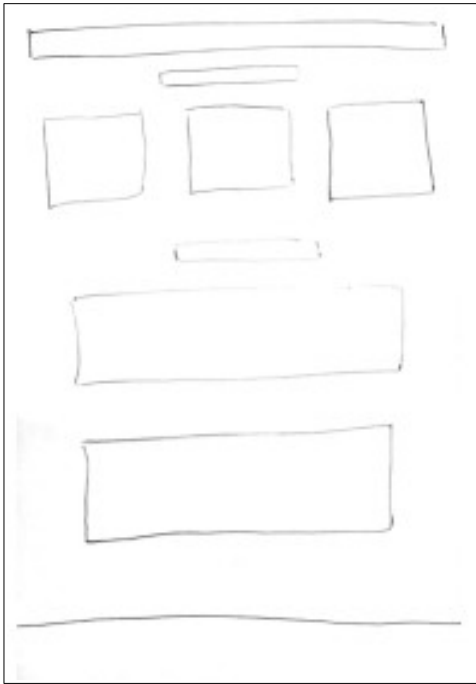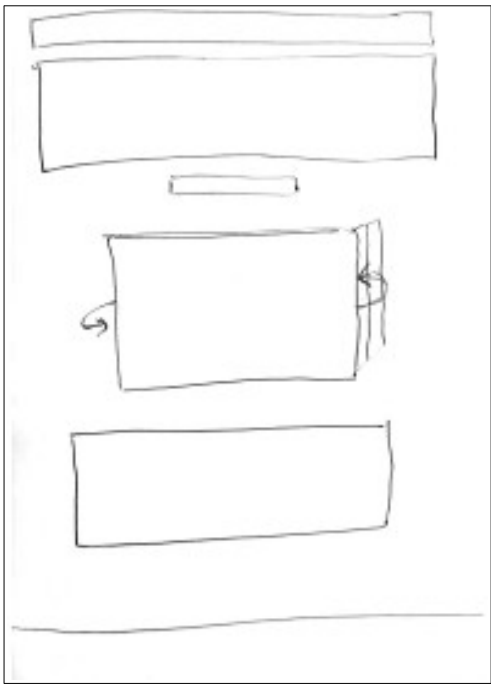
How interact with elements?

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

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

Icon Name
Empecemos
≡ Menú

Bienvenido a NutriHealthy

Planes

Tratamiento

Icon Name
Empecemos
≡ Menú

Nutrición deportiva: objetivos

Macronutrientes

Micronutrientes

Icon Name
Empecemos
≡ Menú

Problemas metabólicos

Enfermedades

Mockup for PC:

NutriHealthy

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

8. Colour palette, showing discarded candidates

Discarded:
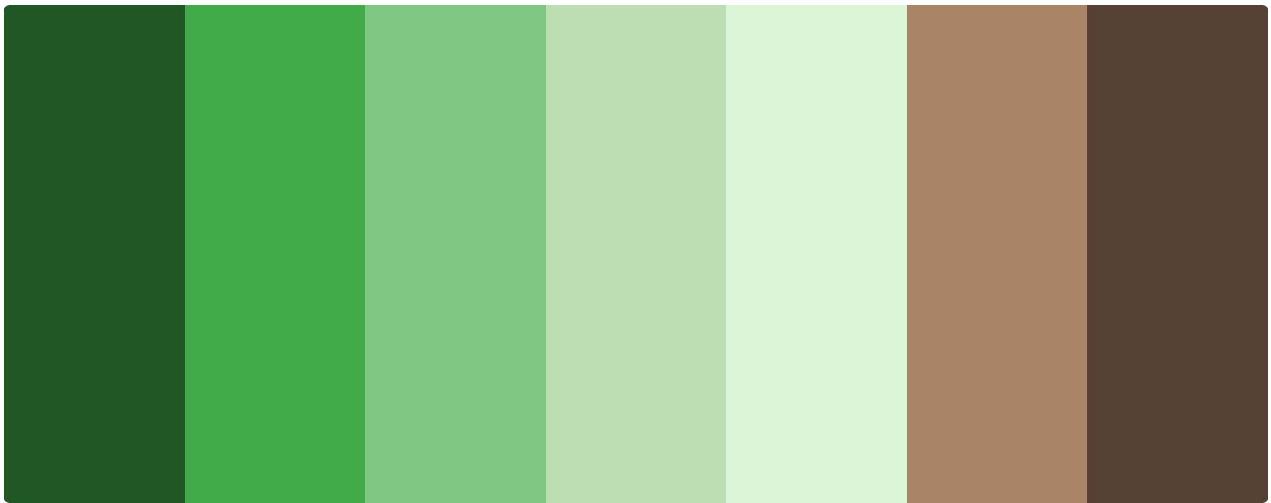
Choosen:
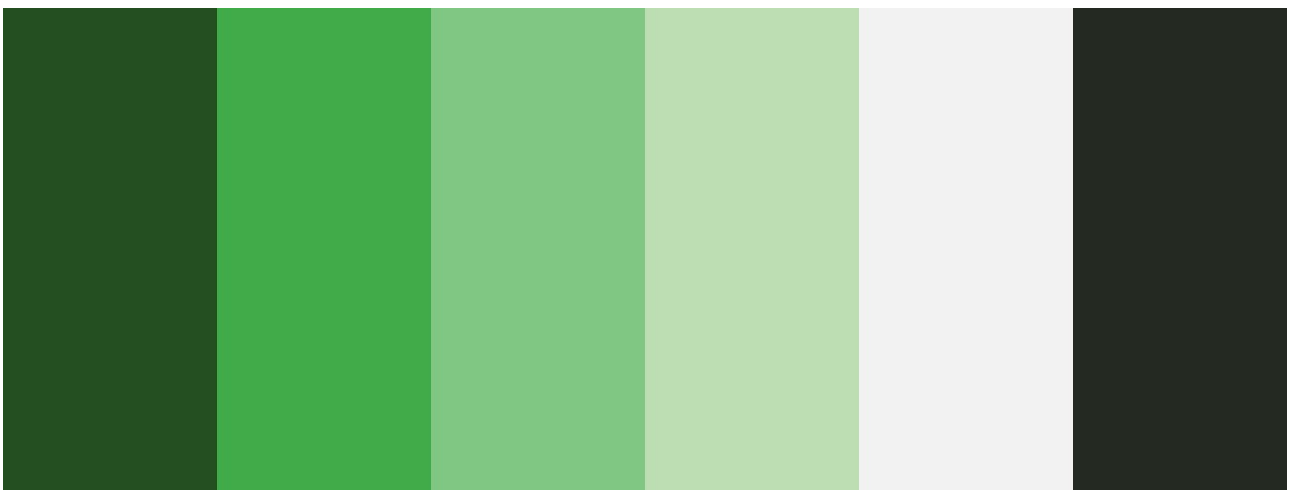
I have chosen the color palette with black and white as contrasting colors

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, showing discarded candidates

Raleway   Variable
Matt McInerney, Pablo Impallari, Rodrigo
Fuenzalida

Bienvenido

Merriweather   8 styles
Sorkin Type

Bienvenido

I have choosen the typography Raleway Regular 400.

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. Icons used

Icons from Remix Icon

Use: icon used to display the menu

How to include? → <i class="ri-menu-line"></i>

Use : icon used to display the phone number

How to include? → <i class="ri-phone-fill"></i>

Use : icon used to display the email

How to include? → <i class="ri-mail-line"></i>

Use : icon used to direct you to Facebook website

How to include? → <i class="ri-facebook-box-fill"></i>

Use : icon used to direct you to Instagram website

How to include? → <i class="ri-instagram-fill"></i>

11. Layout, explaining how elements are organized and positioned

Home Page

Aliméntate Page

Logo	Bar navigation (nav)	Header

objetivos

nutrientes

main

footer

Soluciona tus problemas Page

Logo	Bar navigation (nav)	Header

Trastornos alimenticios

Problemas metabólicos

main

footer
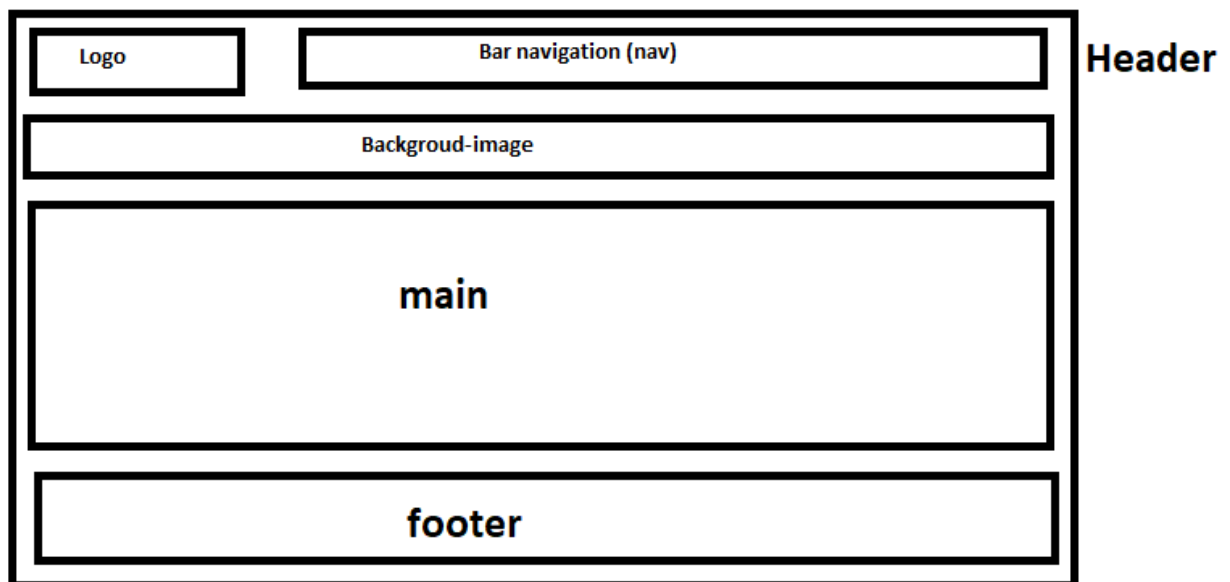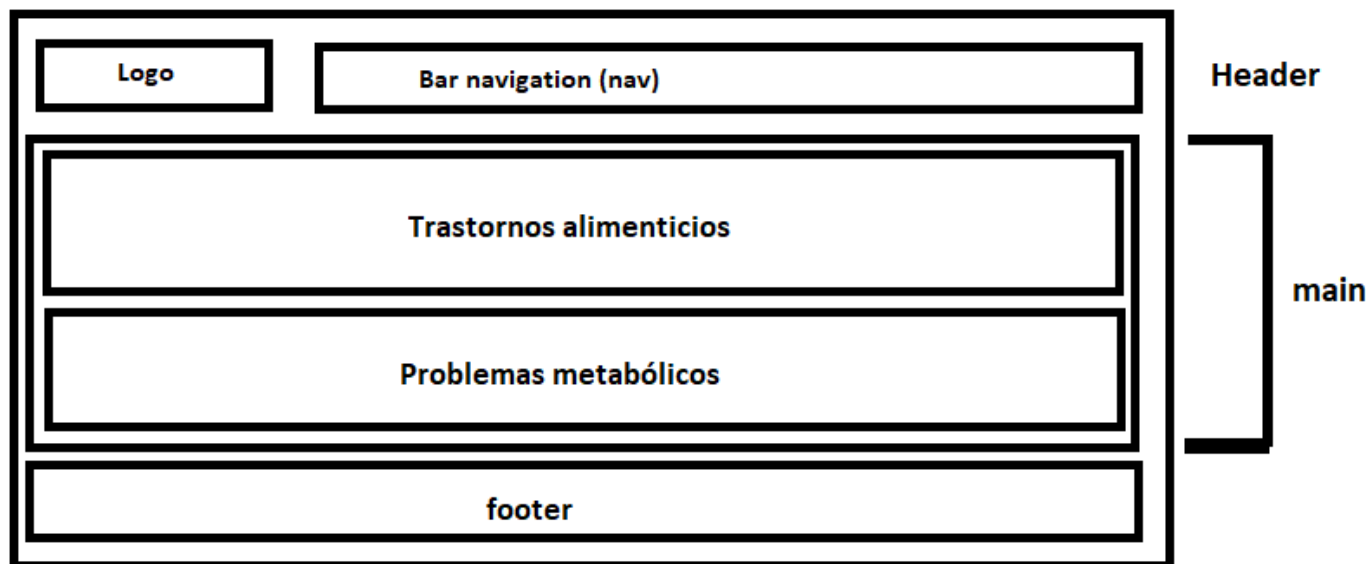
Contacto Page
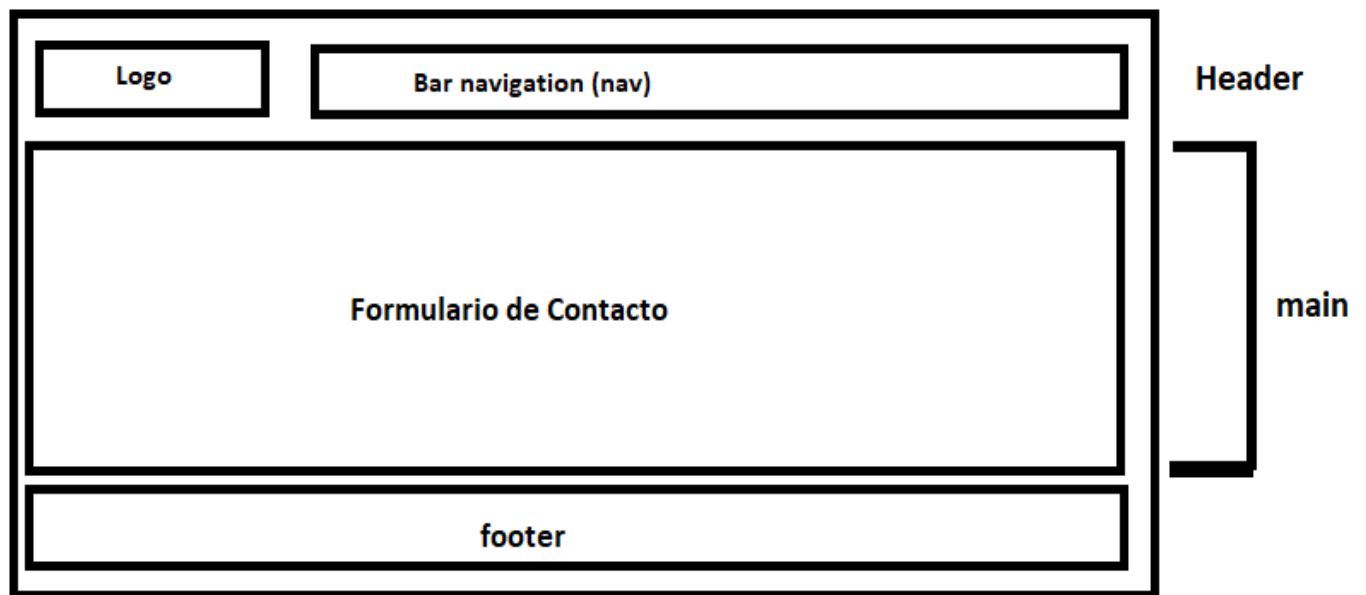
12. Images used, specifying license, resolution and formats

Background image:

-License:

Attribution: Imagen de Freepik

Url: web link

-Resolutions used:

1300 x 554
1000 x 415
700 x 298
550 x 234
400 x 171

-Format: JPG

Sport image:

-License:

Attribution: Imagen de drobotdean en Freepik

Url: web link

-Resolutions used:

400 x 267   330 x 220   300 x 200

-Format: JPG

Vegan image:

-License:

Attribution: Imagen de timolina en Freepik

Url: web link

-Resolutions used:

400 x 267   330 x 220   300 x 200

-Format: JPG

Weight image:

-License:

Attribution: Imagen de senivpetro en Freepik

Url: web link

-Resolutions used:

400 x 267   330 x 220   300 x 200

-Format: JPG

Disorder image:

-License:

Attribution: Imagen de Freepik

Url: [web link](#)

-Resolutions used:

400 x 267   330 x 220   300 x 200

-Format: JPG

Metabolic image:

-License:

Attribution: Imagen de rawpixel.com en Freepik

Url: [web link](#)

-Resolutions used:

400 x 267   330 x 220   300 x 200

-Format: JPG

Macronutrients image:

-License:

Attribution: Imagen de master1305 en Freepik

Url: [web link](#)

-Resolutions used:

400 x 267   330 x 220   300 x 200

-Format: JPG

Micronutrientes image:

-License:

Attribution: Imagen de pikisuperstar en Freepik

Url: web link

-Resolutions used:

400 x 267   330 x 220   300 x 200

-Format: JPG

Anorexia image:

-License:

    Attribution: Imagen de Freepik

    Url: web link

-Resolutions used:

400 x 267   330 x 220   300 x 200

-Format: JPG

<u>Bulimia image:</u>

-License:

    Attribution: Imagen de stoccking en Freepik

    Url: web link
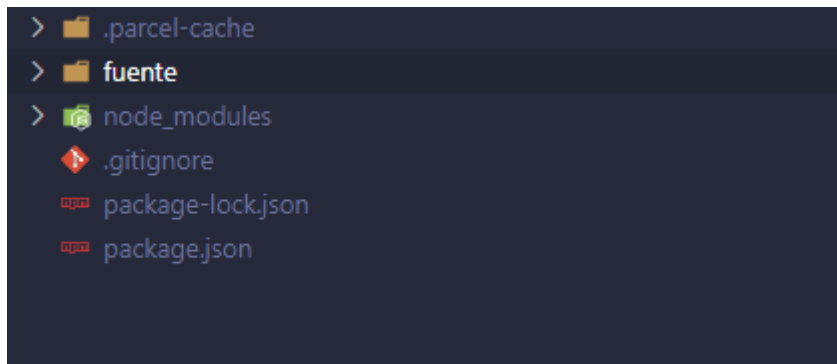
-Resolutions used:
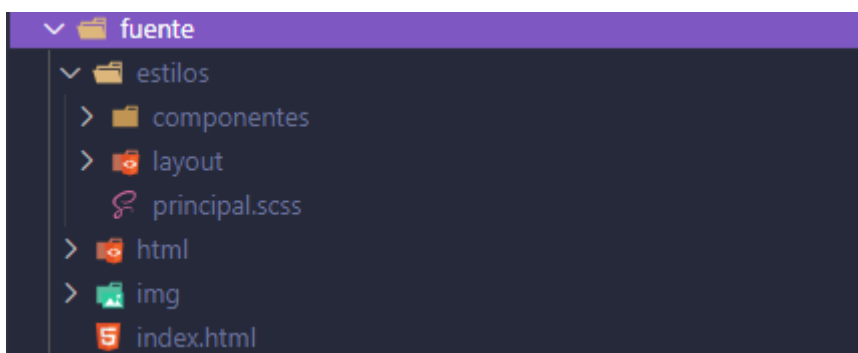
400 x 267   330 x 220   300 x 200

-Format: JPG

13. Project organization, explaining the directory tree and structure followed at every code file

The main folder is WebPageNH. This folder has the folders .parcel-cache, fuente, node_modules and the files .gitignore, package.json and package-lock.json.

The **fuente folder** has the folders estilos, html, img and a index.html file.
The file index.html is the main html file(home).
The img folder has the project's images.
The html folder has all the html files of the different pages.
The estilos folder has the style files in SASS code (file.scss). There are two folders, componentes and layout. The main scss file is principal.scss

The **node_modules** folder has the packages or dependencies installed via npm.

The **package.json** contains important information about the project as well as functional metadata.

The **package-lock.json** keeps a history of the installed packages. This file optimizes the way project dependencies and the content of node_modules folder are generated.

The **.gitignore** file contains the folders and the files that we don't want to be uploaded to GitHub.

```
.gitignore
1    node_modules
2    dist
3    produccion
4    desarrollo
5    .parcel-cache
```

14. node.js and npm environment conceps, installation, configuration and use

Concepts:

Node.js is a JavaScript runtime environment. Node.js has everything you need to execure JavaScript code on the server side.

NPM or Node Package Manager is the default package manager for Node.js runtime. NPM installs new modules into Node.js

npm-run-all: runs multiple scripts in parallel or sequential.

Parcel: is a JavaScript tool that processes all the code of our site or web application. This tool iterates through all the linked files and generates a new collection of files, more appropriate fot the browser.

Sass: css preprocessor. It is a technology that gives css the capabilities of a programming language
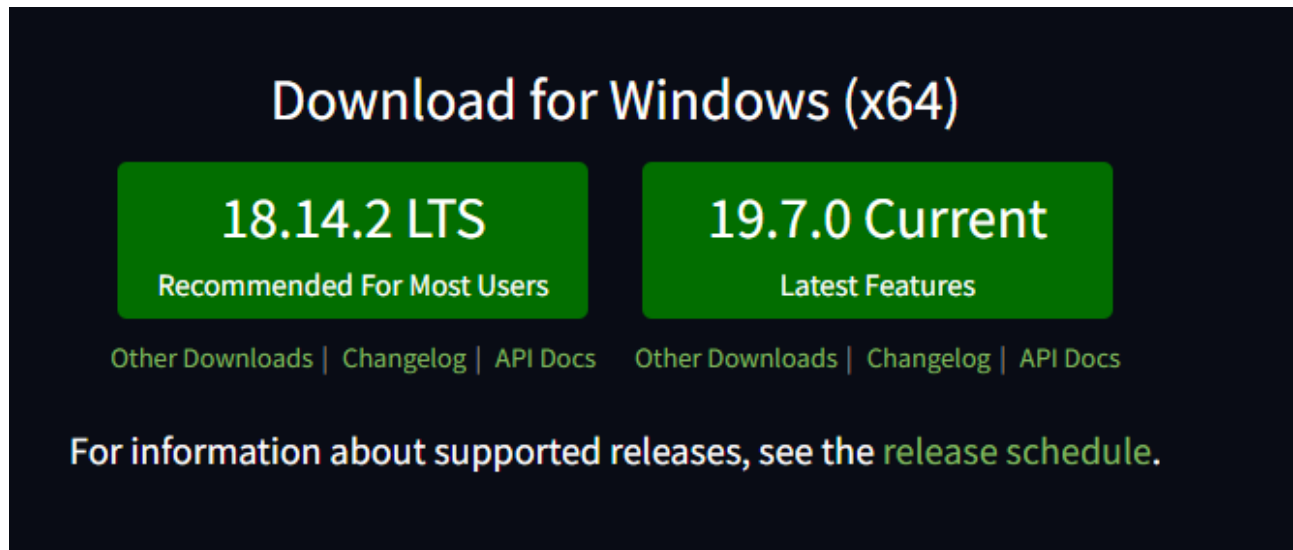
parcel-plugin-imagemin: a parcel plugin for image minification.

rimraf: is an executable used to clean up node packages installed in a node.js based project.

Installation:

For Node.js installation, download the LTS version on the web.
Link de descarga → enlace

The following commands are executed in a terminal in the root directory of the project

npm init
npm install npm-run-all --save
npm install parcel --save-dev
npm install parcel-plugin-imagemin --save-dev
npm install sass --save-dev
npm install rimraf
npm install bootstrap --save
npm install bootstrap-icons –save
npm install remixicon --save

--save : dependencies used in production environments
--save-dev : dependencias used in development environments

The packages are installed into node_modules folder.

Configuration:

The package.json file has dependencies and devDependencies. We can create some scripts using these dependencies.

```json
"scripts": {
  "parcel:desarrollo": "parcel fuente/index.html --dist-dir desarrollo",
  "parcel:produccion": "parcel build fuente/index.html --public-url './' -
  "limpia": "rimraf desarrollo produccion .parcel-cache",
  "des": "npm run parcel:desarrollo",
  "prod": "npm-run-all limpia parcel:produccion"
},
"author": "Antonio Jiménez Cortés",
"license": "ISC",
"dependencies": {
  "bootstrap": "^5.2.3",
  "bootstrap-icons": "^1.10.3",
  "npm-run-all": "^4.1.5",
  "rimraf": "^4.1.3"
},
"devDependencies": {
  "@parcel/transformer-sass": "^2.8.3",
  "parcel": "^2.8.3",
  "parcel-plugin-imagemin": "^4.0.2",
  "sass": "^1.58.3"
}
```

Use:

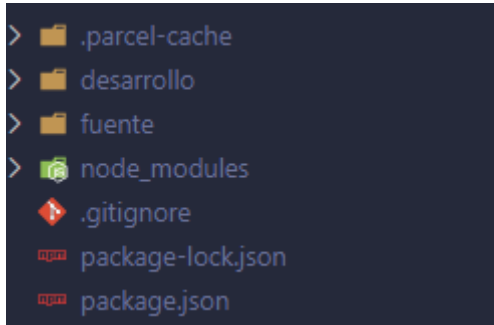To run a package we use npm run.

Examples:

npm run des : this command execute the des script.

```
PS C:\Users\jimen\Desktop\WebPageNH> npm run des

> webpagenh@1.0.0 des
> npm run parcel:desarrollo


> webpagenh@1.0.0 parcel:desarrollo
> parcel fuente/index.html --dist-dir desarrollo

Server running at http://localhost:1234
✨ Built in 2.53s
```
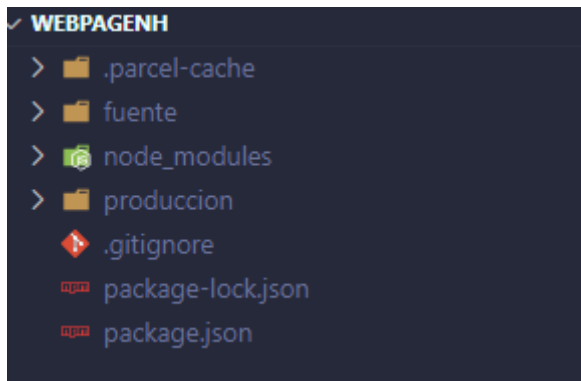
This command runs a local server. Also the desarrollo folder(dist) is created.

npm run des : this command execute the prod script. The folders desarrollo produccion and .parcel-cache are cleaned.
The produccion folder is created.

15. Accesibility test performed and their results

0	3	25
Errors	Warnings	Notices

Errors: 0   Warnings: 3   Notices: 25

WCAG2AA.Principle1.Guideline1_3.1_3_1_A.G141

The heading structure is not logically nested. This h4 element should be an h2 to be properly nested.

```
<h4>Pérdida de peso</h4>
```

WCAG2AA.Principle1.Guideline1_3.1_3_1_A.G141

The heading structure is not logically nested. This h4 element should be an h2 to be properly nested.

```
<h4>Trastornos alimenticios</h4>
```

WCAG2AA.Principle1.Guideline1_3.1_3_1_A.G141

The heading structure is not logically nested. This h4 element should be an h3 to be properly nested.

```
<h4>Contacto</h4>
```

Fixes in project:

Change h4 to h2:

```
<h2>Pérdida de peso</h2>
```

```
<h2>Trastornos alimenticios</h2>
```

-Change h4 to h3:

```
<h3>Contacto</h3>
```

16. Usability test performed and their results

Not in 2022-2023

17. Link to a github repository containing the full website

https://github.com/charro97/WebPageNH