ADVANCE WEB TECHNOLOGIES

**REPORT**

# INTRODUCTION

For the second coursework I decided to develop and designed a fitness web app that allows fitness enthusiast to have excess to information that would help them reach their fitness goals. The main page of the web app is consist of a workout page, nutrition supplements, login and also a register page.

# DESIGN

The home page contain a hero image that allows the Web-app to stand and also to give the user wow factor.

The workout page, this page contains a category of different type of workouts, when the user clicked on the category that that they are interest in, for example “LOSING FAT” this will then take them to the page were that can gain information that would help them lose fat.

The nutrition page is similar to workout page, the page work the same way once the uses clicked on the topic that they are interest in and it will take them to the page.

The register page, The Web-app contains a register page that allow users to set up an account, which allow the them to have access to their dashboard where the can set up their goals, create a workout plan that they can also track their workout and time spend in the gym. The register work by looking into the database to see if the user is signing up with an existence details if so an error will appear with the message telling the users to the “details entered are taken please try another”, or else if all of the details entered are correct the message will appear telling the users that “Thanks for joining” and then redirect them to the login page where they can login.

I’ve include a 404 page that return “sorry this page doesn’t exist “when the user used a non-existence URL.

I’ve also add a 405 page that returns “This method not found”.

When design the Web-app I made sure that the layout was consistent through all off the pages in the app so that the users can use the app with ease, further more I made sure they were interaction between users when using the Web-app, I did this by using flash message which is displayed every time the user is signing in, logging out and as well as when a user register.

In the near future I would like to expand this Web-app further by adding more feature to the web-app that could improve the app, firstly a search feature this feature will greatly improve the app and make it more user friendly and also help the users to search form more content, furthermore a calorie counter feature will help improve the app and also an add image feature that would allow the users to add images of their progress to their dashboard within their account, I would like to add a subscribe to newsletter feature which I believe would be very useful, and lastly I would like to improve the design aspect of the web-app for example creating a logo that would stand out and also making the layout a little bit more organised.

# critical evaluation

They are major problem with the app that could be improve, one of the problem is that the web app layout of the pages is too repetitive although this is a good thing, but in this case it makes the app look quite boring, the other problem with the app is that the page tend to load quite slow, this could cause a lot problems when using it. The layout of some page could also be improved for example the login and the register page are quite bland, unbalance and required a little bit more of CSS to make the page look better.

The other problem I see with the app is that is the colour of the navigation bar do not blend well with rest of the design.

# personal evaluation

The main problem I faced during the second project was my time management which led me to submitting my project late, the reason for this problem is being unorganised and lack of preparation and also personal problem that I had. Apart from those problems I manage to expand my knowledge of python flask further by learning a lot of things, for example I learned how to create a database and how to incorporate it within our python flask web-app to store user’s data, I also learned how to use wtforms to create a registration form within python instead of using html, furthermore I learned how to use SQLite3.

During the development of the web-app I encounter a lot problems that took me a lot of time to overcome, the main problem I faced was when I was working on my register page this problem took me a lot of time to resolve it, the other problem was creating a table for the database and connecting the register page to the database, this took me a while to fixed it.

# summary of resource

WTForms library - used to create the registration form.

Passlib library – password hashing library

<http://flask.pocoo.org/docs/0.10/patterns/wtforms/>

<http://www.tutorialspoint.com/sqlite/sqlite_create_database.htm>

<https://www.sqlite.org/cli.html>