Capstone Outline

Introduction

* **How this website is hosted**: My website is being hosted with 000webhost. This is a free web hosting service that lets me setup my own website with the use of PHP, and MySQL.
* **what languages are used(HTML/CSS/Jscript/PHP)** The structure of my website was created using HTML and CSS. The mailing system and login system that I used was created using PHP and finally, being able to record my exercises, I used JavaScript.
* **where everything is stored(github):** Everything is stored in a Github repository in folders marked as HTML, CSS, PHP, and Jscript
* **what the website does/purpose:** When it comes to fitness, writing down the past, present, and future allows the person to repeat their successes, build on them, and find out themselves, what doesn’t work and what does work. Normally, we could write all this down just using pen and paper, but with the advancement of technology, we could store all this information into your phone or watch through an application(app). With an app, we have a lot more capabilities compared to a piece of paper. We can have access to videos of workout and how to do them, we can make calculations almost instantly through an app like estimating BMI based on something like height, weight, and sex. We can view graphs that show our progress and whether it’s an incline or decline. We can also track what kinds of foods we eat and how many calories or grams of protein they contain

Explain/go down what does what one by one (use references)

* start with introducing the login system. mention how you used mysql and php to make it so that the user can register with a username and password that is stored in a database. if the user inputs a username and/or password that doesn’t match what is in the database, then it will return the user with An error message.
* Next start with the navigation bar. The navigation part presents the user with 7 options. Home/About us/Contact us/new workout/workout history/login/logout. the first five will bring you down the page to the section you selected. while login will bring you to a separate page to login, same goes for logout.
* “Home” part of the page will present a BMI calculator that calculates BMI based on CDC info (CDC - Calculating BMI Using the English System - BMI for Age Training Course – DNPAO)

and displays the status of the user based on info from CDC that uses age/weight/height (About Adult BMI) (About Child & Teen BMI) Explain how CDC standards don’t consider other factors besides those. (Ex: Phil health, an American bodybuilder, would be show as “obese” based on his weight and height, but is far from it.)

* Show “about us” page that explains what the goal of the website is for a user if they were to use it. For this I could just reference the “What the website does/purpose” section above in this outline
* show that “contact us” page that has a working email messenger that uses PHP functions to send an email to my school account and displays the users email and name for me to respond (Bakken 2000) I can do this by sending an email during the presentation and then opening my inbox to find that the message has been sent successfully
* Next is the “workout” page that displays a form that uses JavaScript to allow the user to enter what muscle group they worked/for how long/ and the data and is recorded onto a form below that can be saved or deleted (row by row) Also mention how the user can enter what they drank/ate and how many calories that was so that they can keep track of a diet if they wanted.
* Finally, the last part is the footer of the website, this is mostly for user who find that they are at the end of the page and don’t want to scroll all the way back up to a section they previously were at. Think of it as a 2nd navigation bar but less options (no login/logout)

Works Cited

“About Adult BMI.” Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, August 27, 2021. https://www.cdc.gov/healthyweight/assessing/bmi/adult\_bmi/index.html.

“About Child & Teen BMI.” Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, March 17, 2021. https://www.cdc.gov/healthyweight/assessing/bmi/childrens\_bmi/about\_childrens\_bmi.html#percentile.

Bakken, Stig Sæther. *PHP Manual*. San Jose, CA: iUniverse.com, Inc., 2000.

“CDC - Calculating BMI Using the English System - BMI for Age Training Course - DNPAO.” Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, May 9, 2014. https://www.cdc.gov/nccdphp/dnpao/growthcharts/training/bmiage/page5\_2.html.