

# **COMP. 5103**

## **INTERNET WEBSYSTEMS – 1**

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### **Project Report:**

#### **Project Overview:**

This project aims to create a **30-Day Fitness Challenge Website** that provides users with a structured and interactive platform to improve their health and fitness through daily workouts, personalized diet plans, educational content, and tracking tools. The website will focus on user engagement, providing a seamless user experience with intuitive navigation and visually appealing design.

#### **Features implemented:**

##### **1. Home Page:**

- Created a website framework for the 30-day fitness challenge.
- Developed a homepage design with key UI elements that provide an overview of the challenge and its benefits.

##### **2. Diet Plans:**

- Designed a user-friendly layout for displaying diet plans, making them easy to follow for participants.

##### **3. Daily Workouts:**

- Created sections for various fitness levels.

##### **4. Educational Content:**

- Developed initial content for blogs, articles, and tutorials that educate users on fitness, nutrition, and wellness.

##### **5. Tracking Tools:**

- Developed tools like a water intake tracker and BMI calculator.
- Ensured accurate calculation and tracking for users to monitor their progress.

##### **6. Testing and Feedback:**

- Conducted initial testing of the website's user experience.

We used **HTML**, **CSS**, and **JavaScript** to build an interactive, responsive, and user-friendly platform aimed at guiding users through their fitness journey.

### **What We Will Do in the Future:**

#### **1. Mobile Optimization:**

- Ensure that the website is fully optimized for mobile devices and tablets, allowing for a seamless experience across all platforms.

#### **2. User Authentication & Profiles:**

- Implement user registration and login functionality so participants can create profiles, track progress, and personalize their experience.
- Enable users to store and review their past diet plans, workouts, and tracking data.

#### **3. Community Features:**

- Add social and community features like group challenges, leaderboards, and forums for users to engage with one another.
- Allow users to set personal goals and receive progress reports.

#### **4. Automated Notifications & Reminders:**

- Introduce daily email or push notifications reminding users about their workouts, meal plans, and water intake goals.