ABILITY ENHANCEMENT COURSE PROJECT REPORT

for

WEB DESIGN TECHNOLOGIES (21CSE422A)

on

NUTRIZEN

Submitted by

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Academic Year: 2022-2023

CERTIFICATE

This is to certify that the Ability Enhancement course project work titled

NUTRIZEN

Submitted by

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EVEN SEMESTER 2022-2023

For

COURSE: WEB DESIGN TECHNOLOGIES (21CSE422A)

Signature of Reviewer Signature of HOD

ABSTRACT

The "NutriZen" HTML project is a dynamic and engaging online platform focused on promoting a healthy lifestyle through balanced nutrition and effective fitness practices. This project encompasses a comprehensive website that offers valuable resources to users seeking to improve their well-being. Through NutriZen, users will access a treasure trove of information, including expertly crafted articles and guides on healthy diet choices, nutritious recipes, and exercise routines. The webpage seamlessly integrates interactive features, such as workout videos and meal planning tools, to facilitate users understanding and application of healthy practices. In addition to its educational content, NutriZen ensures seamless user interaction through a dedicated contact section, allowing visitors to reach out with inquiries, feedback, or consultation requests. Users can easily get in touch with the NutriZen team through a dedicated "Contact Us" section, enabling them to seek personalized advice and support. Moreover, the website includes a subscription feature that allows visitors to receive regular updates, ensuring they stay informed about the latest health and fitness trends. The project also incorporates a subscription feature, enabling users to stay up-to-date with the latest health and fitness insights via newsletters and updates. The NutriZen HTML project merges aesthetics and functionality to create an immersive digital experience, catering to individuals looking to transform their lifestyles for the better. By fostering a community of like-minded individuals committed to wellness, NutriZen paves the way for a healthier future.

ACKNOWLEDGEMENT

The satisfaction and euphoria that accompany the successful completion of any task would be impossible without the mention of the people who made it possible, whose constant guidance and encouragement crowned our efforts with success.

I have great pleasure in expressing gratitude to **Dr.Mohan Manghnani**, Chairman, New Horizon Educational Institutions, for providing necessary infrastructure and creating good environment.

I take this opportunity to express my profound gratitude to **Dr.Manjunatha,** Principal, New Horizon College of Engineering, for his constant support and encouragement.

I would like to thank **Dr.RJ Anandhi**, Professor and Dean-Academics, NHCE, for her valuable guidance.

I would also like to thank **Dr.Rajalakshmi.B**, Professor and Head, Department of Computer Science and Engineering, for her constant support.

I also express my gratitude to **Ms.Srividhya.G**, Assistant Professor, Department of Computer Science and Engineering, for constantly monitoring the development of the project and setting up precise deadlines. His valuable suggestions were the motivating factors in completing the work.

<div align="right">

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CONTENTS

LIST OF FIGURES

INTRODUCTION

NutriZen: Your Haven for Holistic Health and Personalized Wellness! In this digital realm dedicated to nurturing your well-being, NutriZen presents an innovative HTML project that takes you on a journey towards a healthier and more fulfilling life. Our platform offers a harmonious blend of healthy living and tailored experiences, empowering you to embark on a transformative path. At the heart of NutriZen lies the art of crafting Personalized Diet Plans. Delve into a world of choices, where you can customize your dietary preferences, be it vegan, keto, or balanced nutrition, and witness the magic of a menu tailored to your unique needs. With a meticulously curated selection of delectable dishes, our website offers a symphony of flavors that cater to your taste and wellness aspirations.

But that's not all – the NutriZen experience goes beyond the plate. Engage in our dynamic Workout Programs that cater to various fitness levels and goals. Whether you're an ardent yogi, an avid runner, or a strength-training enthusiast, our expertly designed workout routines will invigorate your body and elevate your spirit. Your journey towards holistic well-being wouldn't be complete without a touch of personal connection. Our Contact section invites you to reach out and connect with our team of seasoned nutritionists and fitness experts. Have a question about your diet? Seeking guidance on exercise routines? We're here to offer insightful advice and unwavering support on your path to wellness.

Furthermore, if you're eager to stay up-to-date with the latest in health trends and NutriZen's offerings, our Subscription feature ensures you never miss a beat. Sign up to receive newsletters and updates, keeping you informed and inspired on your pursuit of a vibrant and resilient lifestyle. As you immerse yourself in the world of NutriZen, remember that this isn't just a webpage – it's your digital companion on the road to a healthier, happier you. Join us in embracing the art of personalized well-being and step into a realm where your health and vitality are the ultimate priorities. Welcome to NutriZen – where your journey to optimal wellness begins!

1.1 OBJECTIVES

Our objective is to design and develop NutriZen, a comprehensive online platform dedicated to promoting healthy living through personalized diet and fitness guidance. NutriZen will provide individuals with valuable insights into maintaining a balanced lifestyle, offering tailored nutritional and exercise recommendations. Our aim is to empower users with the knowledge they need to make informed choices about their well-being. Through NutriZen, users can access informative content, subscribe to our updates, and easily get in touch with our experts. Our project will combine user-friendly web design with informative resources to inspire a healthier and happier life for all.

1.2 METHODOLOGY

1. Project Planning:

- Define Your Goals: Clearly outline the objectives of the NutriZen project. Decide on the main features you want to include, such as personalized diet plans, fitness routines, subscription options, and a contact page.

- Target Audience: Identify your target audience. Are you catering to individuals looking to lose weight, gain muscle, improve overall health, or something else?

- Content Strategy: Plan the type of content you'll offer, such as articles, blog posts, recipes, workout videos, and more.

2. Information Architecture:

- Sitemap: Create a visual representation of your website's structure. Outline the main pages, such as Home, About Us, Services, Blog, Contact, etc.

- Wireframes: Design rough sketches of each webpage's layout. Decide where different elements like navigation menus, content sections, images, and call-to-action buttons will be placed.

3. Design:

- Visual Identity: Choose a color scheme, typography, and imagery that align with the healthy and personalized theme of NutriZen.

- Responsive Design: Ensure your webpages are responsive and optimized for different devices (desktops, tablets, smartphones).

4. Content Creation:

- Home Page: Create an engaging introduction to NutriZen, highlighting its benefits and services.

- About Us: Share the story behind NutriZen, the team's qualifications, and the mission of the project.

- Services: Describe the personalized diet and fitness services in detail. Highlight how they benefit the users.

- Blog: Write informative articles related to nutrition, fitness tips, healthy recipes, and more.

- Contact Page: Provide a contact form, email address, phone number, and possibly a physical address. Make it easy for users to reach out.

- Subscription Page: Detail the benefits of subscribing, whether it's regular newsletters, exclusive content, or discounts on services.

5. Development:

- HTML Structure: Create the HTML structure for each webpage based on the wireframes.

- CSS Styling: Apply the chosen visual identity to your HTML elements using CSS. Ensure consistent styling across all pages.

- Navigation: Implement a user-friendly navigation menu that allows users to easily move between different sections of the website.

6. Functionality:

- Personalized Services: If you're offering personalized diet and fitness plans, develop a system to gather user information and generate tailored recommendations.

- Subscription Management: Integrate a subscription system that allows users to subscribe, unsubscribe, and manage their preferences.

- Contact Form: Set up a functional contact form that sends inquiries to your designated email address.

8. Launch and Promotion:

- Social Media Integration: Connect your website to your social media accounts to promote your content.

9. Maintenance and Updates:

- Regularly update your blog with fresh content to keep users engaged.

- Monitor the website for any technical issues and fix them promptly.

- Gather user feedback and make improvements based on their suggestions.

1.3 EXPECTED OUTCOMES:

1. **Clear and Engaging Landing Page:**

- A visually appealing landing page that immediately communicates the purpose and benefits of NutriZen.

- Engaging images, graphics, or videos that depict healthy lifestyles and fitness activities.

- A concise tagline that conveys the essence of NutriZen's services.

2. **Information Pages:**

- **About Us:** Provide a brief overview of NutriZen's mission, vision, and values. Highlight the expertise of your team of nutritionists and fitness experts.

- **Services:** Detail the range of personalized diet and fitness plans you offer. Explain how NutriZen tailors these plans to individuals' unique needs and goals.

3. **Blog or Articles:**

- Regularly update a blog section with informative articles about nutrition, fitness tips, healthy recipes, and the latest industry trends.

- Establish yourself as a reliable source of information in the health and wellness niche.

4. **Subscription Options:**

- Clearly present different subscription tiers or plans with their respective features and pricing.

- Highlight the value of subscribing, such as access to exclusive content, personalized guidance, and ongoing support.

5. **Contact and Support:**

- Provide a dedicated contact page with various means of communication (email, contact form, phone number).

- Ensure prompt responses to user inquiries and concerns.

6. **Social Media Integration:**

- Integrate links to your social media profiles, allowing users to follow your updates and engage with your content on various platforms.

7. **Mobile Responsiveness:**

- Ensure that your website is fully responsive and displays properly on different devices, including smartphones and tablets.

8. **Subscription and Contact Forms:**

- Integrate easy-to-use subscription and contact forms that collect user data securely.

1.4 HARDWARE AND SOFTWARE REQUIREMENTS:

Hardware Requirements:

1. **Computer:** A personal computer or laptop capable of running modern web browsers and development tools.

2. **Internet Connection:** A stable internet connection for research, testing, and communication.

Software Requirements:

1. **Text Editor or Integrated Development Environment (IDE):** You'll need a tool for writing and editing HTML, CSS, and potentially JavaScript code.

2. **Web Browser:** Multiple web browsers for testing and ensuring cross-browser compatibility. Google Chrome, Mozilla Firefox, Microsoft Edge, and Safari are commonly used options.

3. **Database (Optional):** If you plan to store user subscriptions or contact form submissions, you might need a database system. MySQL, PostgreSQL, or cloud-based solutions like Firebase could be options.

2. WED DESIGN TECHNOLOGIES USED:

1. **HTML (Hypertext Markup Language):** The foundation of your web pages, used for structuring content and creating the basic layout.

2. **CSS (Cascading Style Sheets):** Used to style the HTML elements, making your website visually appealing and consistent. CSS also plays a role in responsive design for different screen sizes.

3. **JavaScript:** Enhance the user experience with dynamic and interactive features. You can use JavaScript for things like dropdown menus, sliders, interactive forms, and more.

4. **Responsive Web Design:** Ensure that your website works well on various screen sizes and devices (desktops, tablets, smartphones). You can achieve this using CSS media queries and responsive frameworks like Bootstrap or Foundation.

5. **Bootstrap:** A popular front-end framework that provides pre-designed CSS and JavaScript components for building responsive and visually appealing websites.

6. **Web Forms:** Implement forms for subscription, contact, and feedback purposes. HTML forms can be enhanced with JavaScript for validation and a better user experience.

7. **Database:** If you plan to store user information, such as subscription details or user profiles, you might need a database. MySQL, PostgreSQL, or even a NoSQL database like MongoDB could be used.

8. **Analytics Tools:** Integrate tools like Google Analytics to monitor user traffic, behavior, and engagement on your website.

9. **Social Media Integration:** Add social media sharing buttons and links to your website, making it easier for users to connect and share your content.

10. **Graphics and Visual Content:** Utilize graphic design tools like Adobe Photoshop or online platforms to create visually appealing images and graphics for your site.

3. DESIGN GOALS:

1. **User Landing:**

- Users land on the NutriZen homepage.

- They are greeted with an appealing layout and visuals that reflect a healthy lifestyle.

- Navigation menu includes options like "Home," "About Us," "Services," "Subscribe," and "Contact Us."

2. **About Us:**

- Users can click on the "About Us" link to learn more about NutriZen's mission, vision, and values.

- A brief overview of the team and their expertise in nutrition and fitness is provided.

3. **Services:**

- Users can explore the "Services" section to understand what NutriZen offers.

- Different service categories such as "Personalized Diet Plans," "Fitness Routines," and "Expert Consultations" are presented.

4. **Personalized Diet Plans:**

- Users can click on "Personalized Diet Plans" to access a form/questionnaire.

- The form gathers information about the user's age, gender, dietary preferences, allergies, and health goals.

- An algorithm processes the user's inputs and generates a customized diet plan.

5. **Fitness Routines:**

- Clicking on "Fitness Routines" leads users to a selection of workout plans.

- Users specify their fitness level, workout duration, and preferred exercise types.

- An algorithm recommends suitable workout routines and schedules.

6. **Expert Consultations:**

- Users interested in expert advice can access the "Expert Consultations" page.

- They can schedule virtual consultations with NutriZen's certified nutritionists and trainers.

- A booking system with calendar integration manages consultation scheduling.

7. Blog:

- The "Blog" section features articles on nutrition tips, fitness trends, success stories, and more.
- Users can browse and read informative content related to their health goals.

8. Subscribe:

- The "Subscribe" link allows users to subscribe to NutriZen's newsletter.
- Users provide their email addresses and optionally, their interests.
- An email management system sends regular newsletters with valuable content.

9. Contact Us:

- Clicking on "Contact Us" brings users to a contact form or contact details.
- Users can fill out a form with their name, email, subject, and message.
- Alternatively, direct contact details like email and phone number are provided.

10. Responsive Design:

- The website design is responsive, ensuring optimal user experience across devices (desktop, tablet, mobile).

3.1 FLOWCHART:
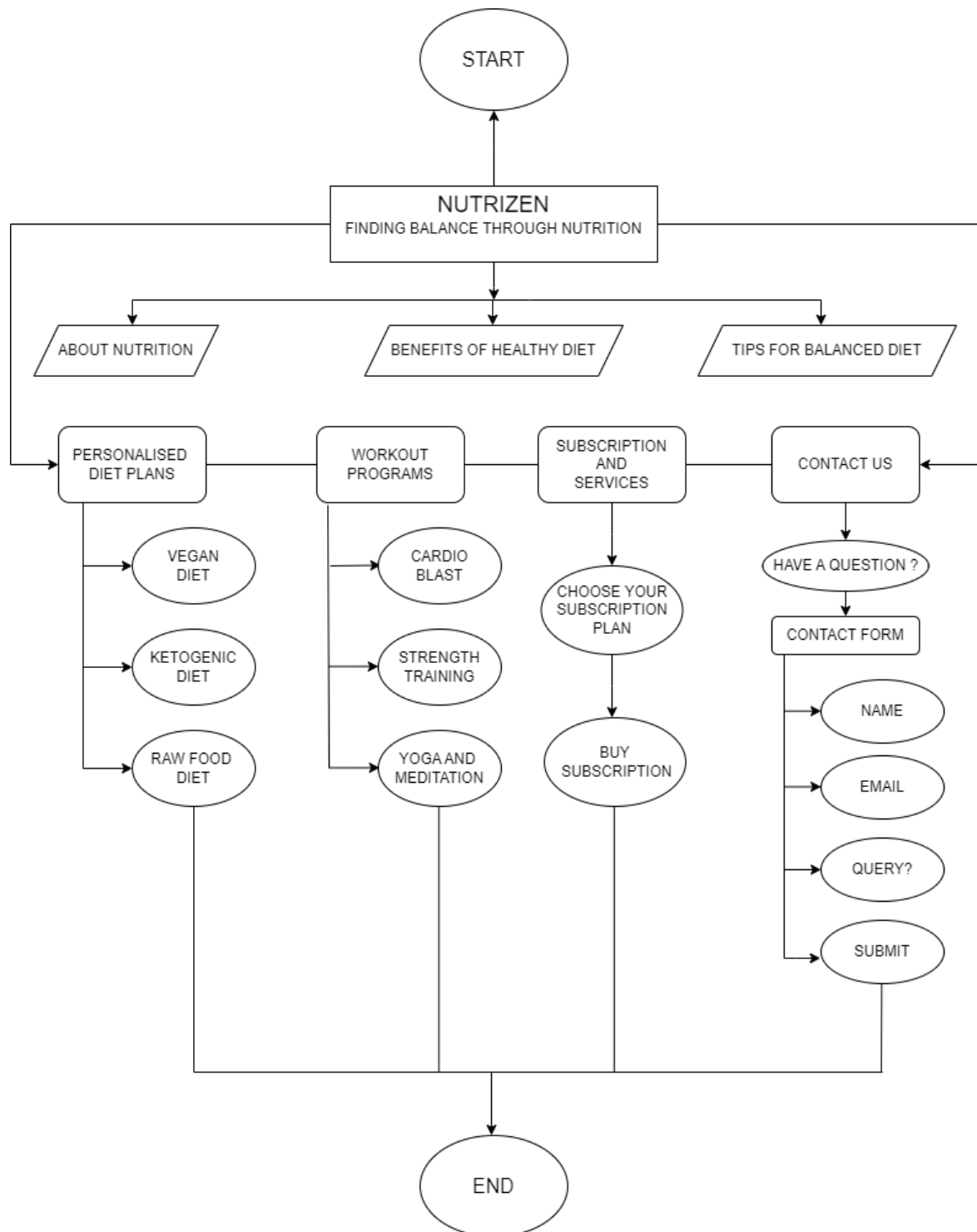
3.2 PROGRAM SOURCE CODE:

HOME

```html
<!DOCTYPE html>
<html lang="en">


<head>
 <meta charset="UTF-8">
 <meta name="viewport" content="width=device-width, initial-scale=1.0">
 <title>NutriZen</title>
 <style>
  body {
   background-color: #306C1C;
   color: #333;
   font-family: Arial, sans-serif;
   line-height: 1.6;
  }


  h1 {
   color: #D6FACA;
   font-family: 'Bradley Hand', cursive;
   text-align: center;
   margin: 20px 0;
   font-size: 36px;
   text-transform: uppercase;
   letter-spacing: 2px;
   background-image: url("background.jpg");
   background-size: cover;
   background-repeat: no-repeat;
   background-position: center;
   padding: 10px 0;
  }
```

```css
h4 {

  color: #D6FACA;

  text-align: center;

  margin: 20px 0;

  font-size: 18px;

  text-transform: uppercase;

  letter-spacing: 2px;

  background-image: url("background.jpg");

  background-size: cover;

  background-repeat: no-repeat;

  background-position: center;

  padding: 10px 0;

}


h2 {

  color: #D6FACA;

  font-size: 24px;

  margin-bottom: 20px;

  text-transform: uppercase;

  letter-spacing: 1px;

  text-align: center;

}


img {

  width: 200px;

  height: 200px;

  object-fit: cover;

  display: block;

  margin: 20px auto;

  border-radius: 50%;
```

```css
  box-shadow: 0 0 10px rgba(0, 128, 0, 0.5);

}


nav {

 text-align: center;

}


nav ul {

 list-style: none;

 margin: 0;

 padding: 0;

}


nav li {

 display: inline-block;

 margin: 0 15px;

}


nav li a {

 text-decoration: none;

 color: #333;

 font-weight: bold;

 font-size: 18px;

 padding: 8px 12px;

 border: 2px solid #333;

 border-radius: 20px;

}


nav li a:hover {

 background-color: #008000;
```

```css
    color: #fff;
  }


  main {
    max-width: 800px;
    margin: 0 auto;
    padding: 20px;
  }


  section {
    margin-bottom: 40px;
  }


  section p {
    font-family: 'Bradley Hand', cursive;
    text-align: justify;
  }


  footer {
    text-align: center;
  }


  footer p {
    margin: 0;
    font-size: 14px;
    color: #333;
  }
</style>
<script>
  function changeBackgroundColor() {
    const colors = ['#7ac663', '#5ca63d', '#429922'];
```

```
      const randomColor = colors[Math.floor(Math.random() * colors.length)];

      document.body.style.backgroundColor = randomColor;


      const links = document.querySelectorAll("nav li a");

      for (let i = 0; i < links.length; i++) {

      links[i].style.backgroundColor = randomColor;

      }

    }

    setInterval(changeBackgroundColor, 1200);

  </script>

</head>


<body>

  <header>

    <h1>NutriZen</h1>

    <h4>Finding Balance through Nutrition</h4>

  </header>


  <nav>

    <ul>

      <li><a href="DietPlans.html">Personalized Diet Plans</a></li>

      <li><a href="WorkoutPrograms.html">Workout Programs</a></li>

      <li><a href="Subscription.html">Subscription to our Services</a></li>

      <li><a href="Contact.html">Contact Us</a></li>

    </ul>

  </nav>


  <main>

    <section>

      <h2>About NutriZen</h2>
```
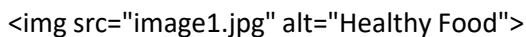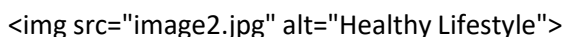
<p>Welcome to NutriZen– your ultimate destination for a healthier and happier lifestyle.At NutriZen, we believe that wellness is the cornerstone of a fulfilling life. Our mission is to empower you with the knowledge and tools needed to achieve your health goals and unlock your full potential. With a team of experienced nutritionists, fitness experts, and health enthusiasts, we are committed to providing reliable and evidence-based information on all things related to health, diet, and nutrition. From personalized diet plans to effective workout programs and expert nutritional counseling, we've got you covered every step of the way. Join us on this transformative journey towards optimal well-being and discover the joy of living your best life. Together, let's nourish your body, mind, and soul for a vibrant and resilient you!</p>

  <img src="image1.jpg" alt="Healthy Food">
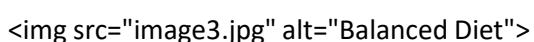
  </section>

  <section>

  <h2>Benefits of a Healthy Diet</h2>

  <p>Adopting a healthy diet is not just about weight management; it is a powerful step towards overall well-being. A balanced and nutritious diet provides numerous benefits that impact both our physical and mental health. A healthy diet rich in fruits, vegetables, whole grains, lean proteins, and essential nutrients can boost our immune system, enhance energy levels, and promote better digestion. It can also help reduce the risk of chronic illnesses, such as heart disease, diabetes, and certain cancers. Moreover, a healthy diet plays a crucial role in maintaining healthy skin, hair, and nails, contributing to a radiant appearance. With the right combination of nutrients, a healthy diet nourishes our bodies and minds, fostering mental clarity and emotional stability. Embracing a healthy diet not only makes us feel better but also empowers us to lead a vibrant and fulfilling life.</p>

  <img src="image2.jpg" alt="Healthy Lifestyle">

  </section>

  <section>

  <h2>Tips for a Balanced Diet</h2>

  <p>Maintaining a balanced diet is essential for overall well-being and vitality. Embrace a variety of colorful fruits and vegetables to ensure a spectrum of vitamins and minerals. Opt for whole grains and lean proteins to fuel your body with sustained energy. Stay hydrated by drinking plenty of water throughout the day. Limit the consumption of sugary and processed foods, and opt for healthier alternatives. Practice portion control to avoid overeating and maintain a healthy weight. By following these tips, you'll discover the joy of a well-balanced diet, promoting long-term health and supporting your journey towards a happier and healthier you. Visit our Personalized Diet Plan Webpage to choose your own customized healthy and balanced diet!</p>

  <img src="image3.jpg" alt="Balanced Diet">

  </section>

```html
    </main>

  <footer>
    <p>&copy; 2023 NutriZen. All rights reserved.</p>
<p> Diksha S </p>
<p> Deepika Singh </p>
<p> Siva Manohari </p>
  </footer>
</body>

</html>
```

4. IMPLEMENTATION PROCESS:

1. Project Planning:

- Define the purpose and goals of your website (healthy and personalized diet and fitness).

- Identify your target audience and their needs.

- Create a sitemap to outline the structure of your website (Home, About Us, Services, Blog, Contact, Subscription, etc.).

2. Design:

- Sketch a wireframe or mockup of your web pages to visualize the layout and content placement.

- Choose a color scheme, typography, and images that reflect a healthy and inviting vibe.

- Ensure the design is user-friendly, responsive (works well on various devices), and accessible.

3. Content Creation:

- Write engaging and informative content for each webpage.

- For "About Us" page, introduce your team, mission, and values.

- Provide details about your personalized diet and fitness services.

- Write blog posts related to health, nutrition, and fitness.

- Create clear and concise subscription and contact information.

4. HTML and CSS Development:

- Create the basic structure of each webpage using HTML5.

- Use CSS3 to style your web pages according to the design you've planned.

- Implement responsive design using media queries to ensure the website looks good on different devices.

4.1 MODULES USED TO BUILD A PROJECT:

1. **HTML and CSS:** These are the fundamental building blocks for structuring the content and styling your webpages.

   CSS-Framework,Custom,CSS,Grid,Systems,Flexbox,CSS,Animations,Typography Styles,Color,Schemes,Responsive,Design,Icons,Fonts,Forms,Styling,Image Optimization Button , Styles, Hover Effect.

2. **JavaScript:** JavaScript will add interactivity to your website. You can use it for features like dynamic content loading, animations, and form validation.

3. **Responsive Design Framework:** Using a responsive framework like Bootstrap will help ensure that your website looks good on various devices and screen sizes.

4. **Database:** For storing user information, subscription data, and other dynamic content, you'll need a database.

5. **Contact Form:** You can implement a contact form that allows users to send messages directly from your website to your team's email.

6. **Subscription Management:** For handling user subscriptions, you might integrate with a third-party email marketing service or build a custom solution.

7. **Payment Gateway Integration:** If you plan to offer premium services, you'll need a way to handle payments securely.

8. **Social Media Integration:** Add social media buttons and integration to encourage users to share your content.
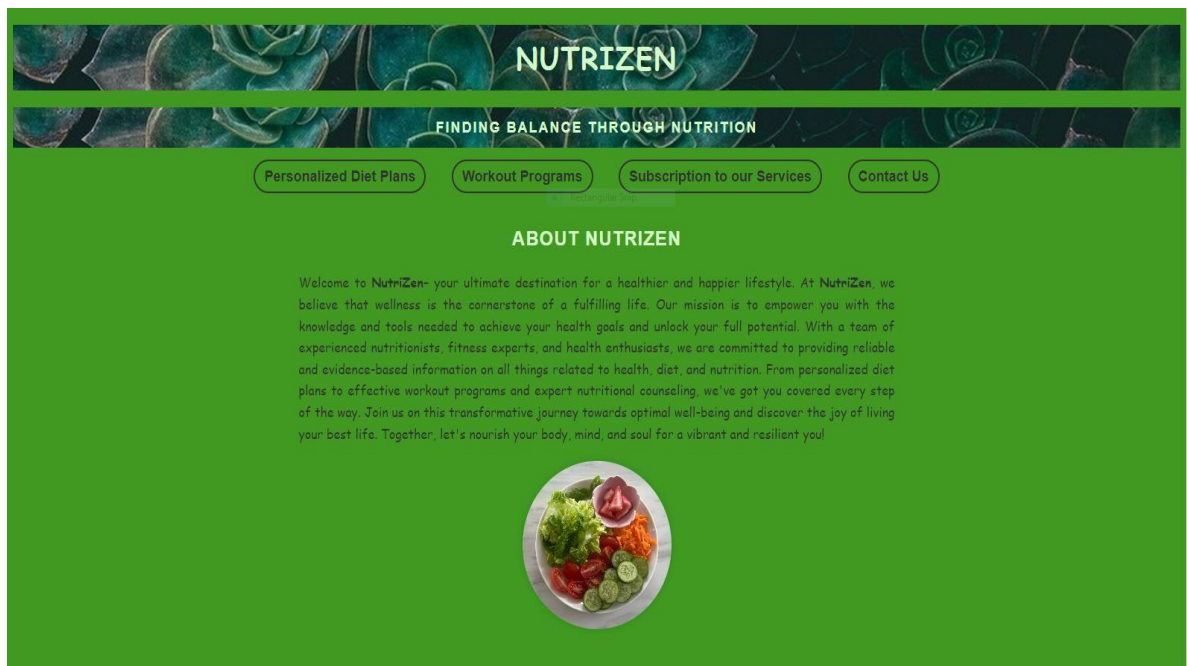
5. RESULT SNAPSHOTS:

Fig 5.3

Here we can see the website of NutriZen which shows us the insights of the website where we have various options to choose such as personalised diet plans, workout programs, subscriptions, and contact details.

It also shows us further more details about NutriZen, its plans and mission etc.

Fig 5.2

Here is the detailed information described for benefits of a healthy diet. Where it tells us the importance of maintaining a healthy diet, its benefits and why one should choose a balanced healthy diet in their routine.

It also shows the tips for having a balanced diet, why is it essential, the need for a healthy diet etc.
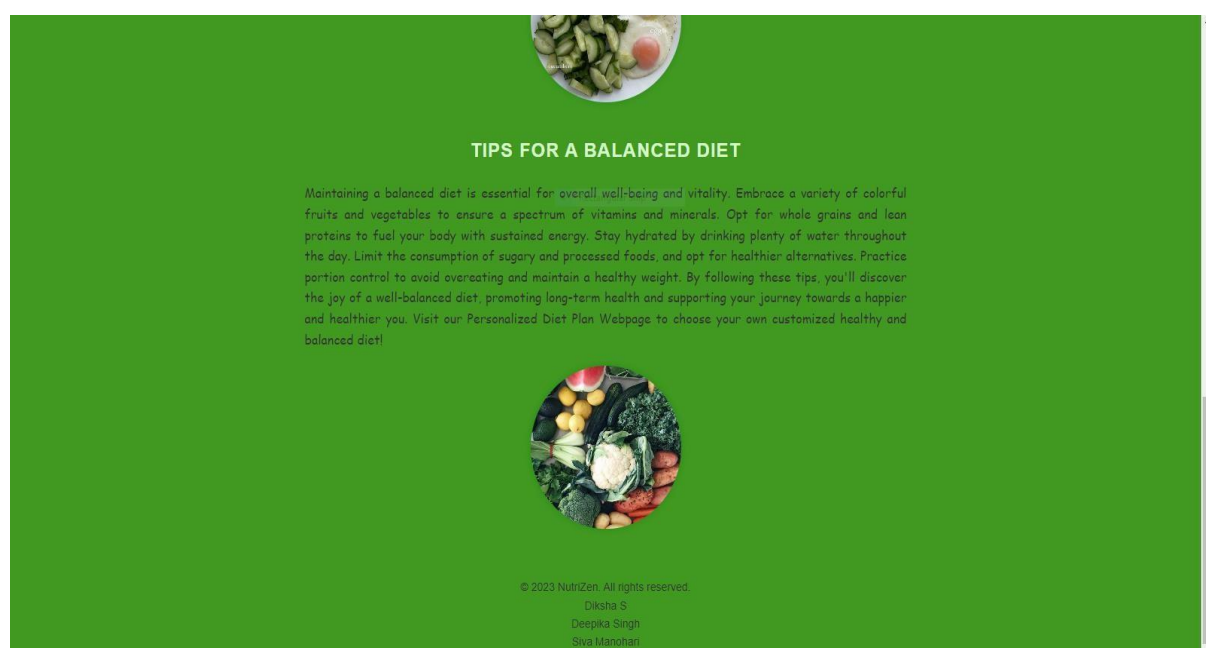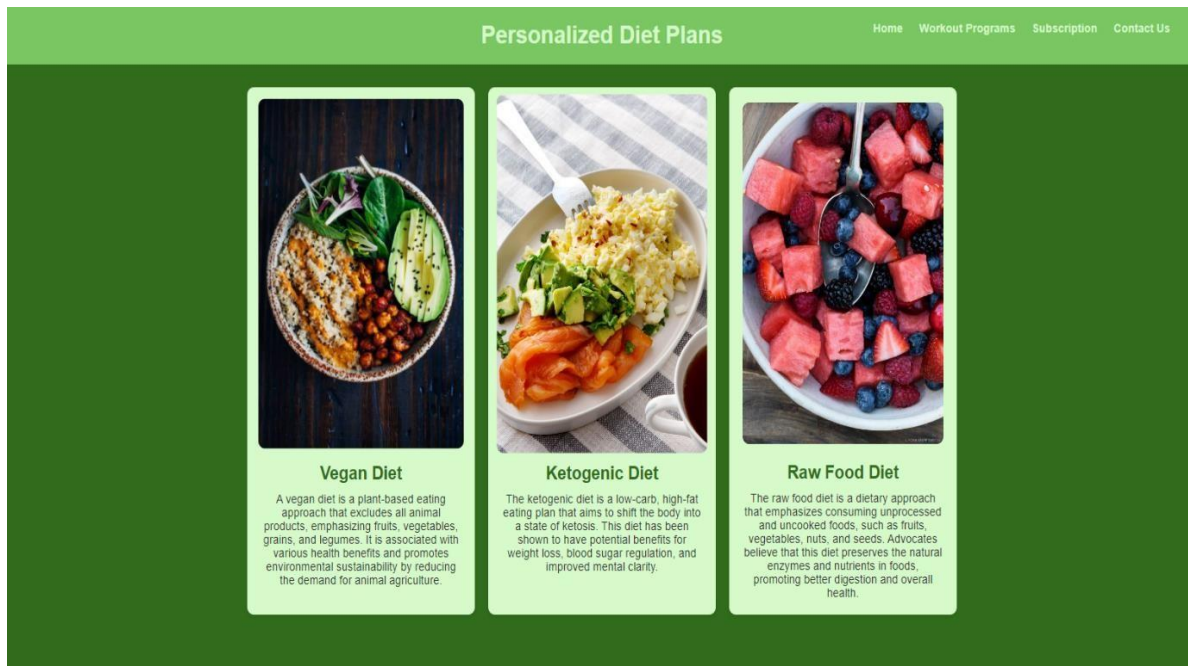

Fig 5.3

Fig 5.4

When you choose the personalised diet plans, here shows the perfect diet plans such as

1. vegan diet

2. ketogenic diet

3. raw food diet

These diet plans are designed in such a way where it shows the meaning and benefits of those diets and suits the persons choice.
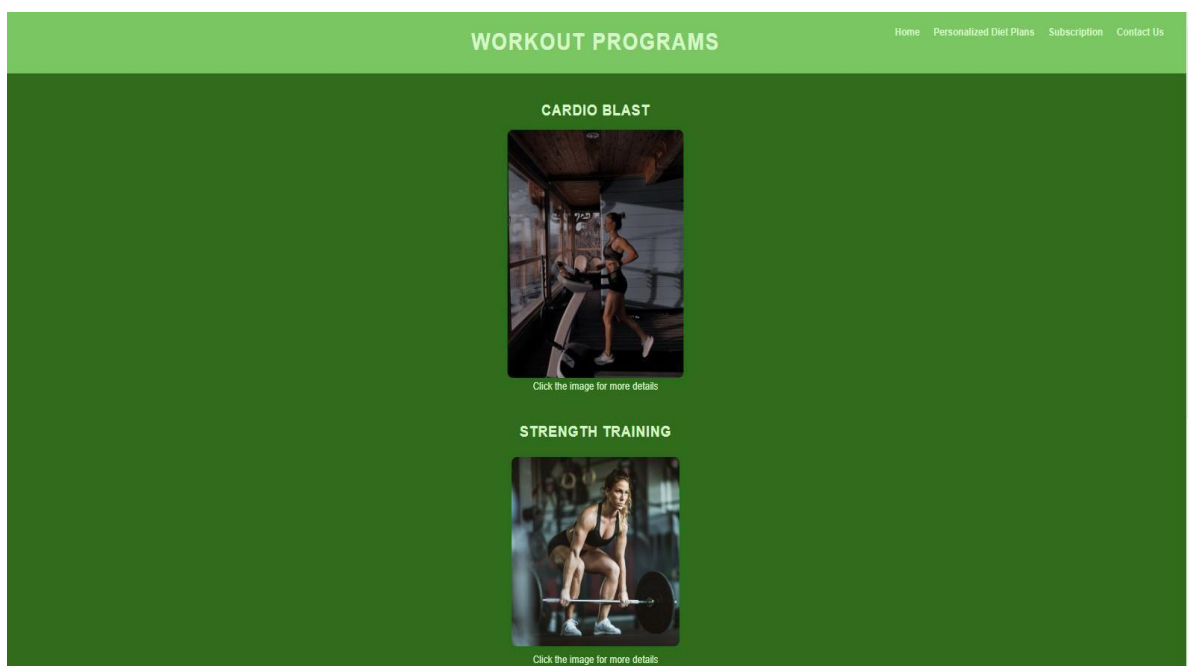

Fig 5.5

When you choose the workout program, here are the details

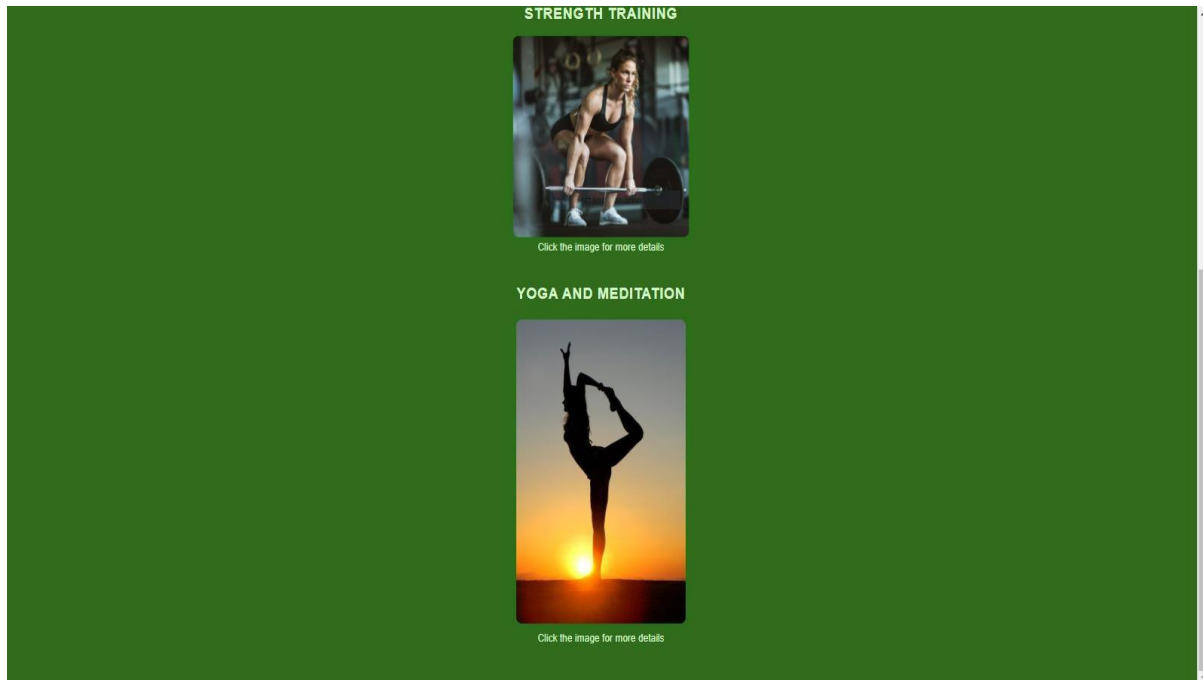1. cardio blast　　　　2. strength training　　　　3. yoga and meditation

Fig 5.6

The desired choice will tell you more information about the program. You can choose any of the above 3 training programs as per your favourite interest.
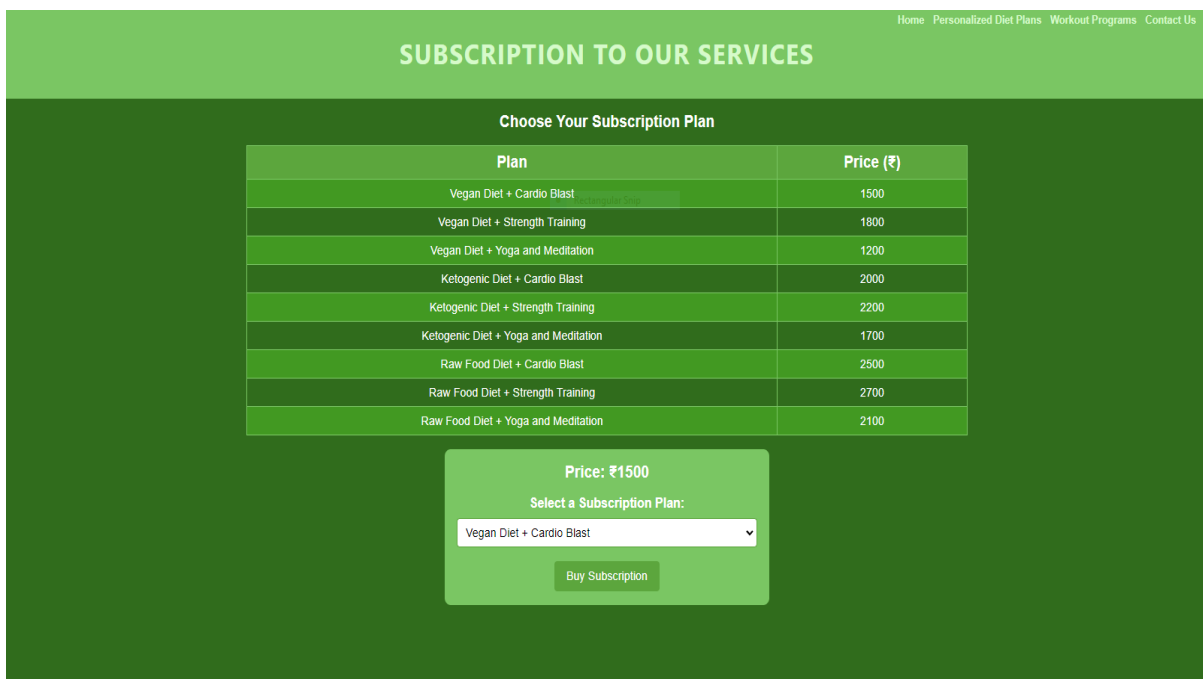

Fig 5.7

This is the subscription page where it shows the plan details which contains both personalised diet plans along with the workout programs and their price details.

You can select your desired plan under the select subscription plan box and can click the buy subscription button for acquiring the plan.

Fig 5.8

Here is the contact support portal where if you if have any questions or queries you can put forward. And also you can reach their support team by the required details such as phone number, email, Instagram id, twitter page as mentioned by NutiZen.

You can fill the contact form with your name, email, and what is the issue or query you are facing with and click the submit button.

CONCLUSION

NutriZen stands as a revolutionary online platform that seamlessly combines the realms of health, nutrition, and fitness into a personalized experience like never before. Our website offers a comprehensive range of resources and information designed to empower individuals on their journey towards a healthier lifestyle. Through NutriZen, users gain access to tailored diet and fitness plans that cater to their unique needs and goals. By exploring our webpages, visitors not only enrich their understanding of nutrition and exercise but also find themselves inspired to take actionable steps towards positive change. The subscription feature ensures that users remain engaged and motivated, receiving regular updates, tips, and insights that keep them on track. Our commitment to fostering a sense of community enables users to connect, share experiences, and seek guidance from like-minded individuals. Whether you're a health enthusiast or someone taking their first steps towards wellness, NutriZen welcomes you with open arms. Our "Contact Us" section is a testament to our dedication to providing personalized support and assistance. We encourage you to reach out with your inquiries, suggestions, and feedback as we continually strive to enhance your NutriZen experience. Embark on a journey of transformation with NutriZen. Discover the power of a balanced and nutritious lifestyle tailored to your needs, and join our ever-growing community in embracing the path to holistic well-being. Your wellness is our priority, and NutriZen is here to guide you every step of the way.

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