# Planning Analysis Sheet

**John Scanlon; Web Design Project incorporating Javascript**

**location of website: https://djonskanlyn.github.io/**

e-mail link used: johnscanlon104@gmail.com (found in footer of all pages)

external link used: https://en.wikipedia.org/wiki/Basal_metabolic_rate (found in main section of home page)

## Website Goal

The goal of this compact website, dedicated to understanding the Basal Metabolic Rate (BMR), is to provide concise, accurate information on BMR, to provide an interactive calculator to determine someone's BMR; and to allow people to sign-up to the monthly newsletter.

## Page Titles

- **Home** page:
    - Common banner and page title in header section.
    - Common opaque fitness themed picture on webpage as background.
    - Navigation to all pages in navigation section.
    - Explanation behind BMR in video from Youtube video in main section; along with a link to an external website (Wikipedia).
    - Copyright notice and e-mail link.

- **Calculator** page:
    - Common banner and page title in header section.
    - Common opaque fitness themed picture on webpage as background.
    - Navigation to all pages in navigation section.
    - Webform that provides a person's BMR in kcal/day when they input their gender, age, weight and height.
    - Copyright notice and e-mail link.

- **Newsletter** page:
    - Common banner and page title in header section.
    - Common opaque fitness themed picture on webpage as background.
    - Navigation to all pages in navigation section.
    - Embedded PDF of the most recent monthly newsletter.
    - On page form looking for submission of name and e-mail to be added to the mailing list for the newsletter.
    - Copyright notice and e-mail link.

## Sources

- **Common:**
  - Common banner image .png to be found for all web pages.
  - Common background image .png to be found for all web pages.
  - Used colour scheme from background image for font and shading colours using https://www.colr.org.

- **Home:**
  - Youtube video explaining the BMR.

- **Calculator:**
  - On page form, formula used in js determined from Wikipedia page linked to on home page.

- **Newsletter:**
  - On page form to sign up for newsletter; code inspired and adapted from lecture notes.