

AS Capstone Project Proposal

Summer 2024

Project Name: Workout Helper

Student Name: Emma Capirchio

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Project Description

I am proposing a dynamic website that will allow users to track calories, log steps and workouts, and set goals. The site will also provide suggestions for workouts and workout videos. Another part of the site will be admin. Admin will have the ability to see all the users and will be able to assign workouts to a user.

Functionality

Functionality of the site must include the following:

- Secure logins for both users and administrators of the site.
- Administrators can:
 - Add/Edit/Delete/Search users
 - Add/Edit/Delete/Search workouts
 - Assign workouts to different users
- Non-admin users can
 - Log calories and steps
 - Add, Edit, Update, and Delete workouts
 - Add, Edit, Update, and Delete personal goals

Development Platform

The site will be coded in PHP with MySQL as the DBMS due to my knowledge and comfort with using these languages. The initial hosting will be on cs.neit.edu for development and testing. After the testing phase, the app will be moved to a professional hosting service, which has yet to be determined.