Final Project Description

The topic of my project is about healthy living and eating. There are three main parts to the project, which are the training plan, the diet plan, and the survey questionnaire. The main aim of the project is to help the general public to become more health conscious and improve their lifestyle habits. And it has some commercial potential. The project can be embedded with relevant advertisements to promote fitness and nutrition organizations. Through the collection of questionnaires filled by users, the project will provide a customized health plan for each potential user and charge a fee for it. The project will use html, CSS and Javascript to construct a front-end website for user interaction. The project will consist of one main page and three secondary pages. The main page will have a blue color scheme and will enhance the user experience by creating a clickable button. When the user clicks on the blue button, the relevant topic logo will pop up. The user can choose to browse the topic of interest at once. These topics will be placed in the three secondary pages. The first secondary page is a section on fitness plan. Aerobics, strength training, and yoga stretching are introduced in a grid-like layout. There are also training videos for further learning experiences. The second topic is about diet. The page is also distributed in a grid-like manner, with professional plans for aerobics and strength training enthusiasts' diets for their reference. The last page is a questionnaire to collect user information and experience. This is the main factor that gives the project its commercial and professional use. With the feedback from our users, we will improve our project and launch a more popular product.