

Build a fitness tracker website where users can log their workouts and track progress.

A. Home Page:

- Introduction
- User registration: Users should be able to create an account with basic details (name, email, password, etc.) and log in.

B. About:

- Who we are
- History
- Mission
- Expert Trainers
- Members

C. Workout Library and Benefits

- Workouts and benefits

D. Workout logging:

Functionality: Users should be able to log their workouts, including details like date, type of workout (e.g., running, weightlifting), duration, and calories burned.

User Interface: Provide an easy-to-use form for entering workout data. This should be accessible from their account/dashboard.

Backend: Store the workouts in the database, associating each entry with the specific user.

E. Schedule and Goal setting

F. Progress Chart:

- BMI check

Functionality: Visual representation of workout data, showing progress over time (e.g., how their endurance, strength, or weight changes).

Technologies: Use chart libraries (like Chart.js or D3.js) to display graphs showing trends.

Data: Users can view progress for different types of workouts or metrics, and compare historical data to current performance.

G. Contact

Template: <https://radiustheme.com/demo/wordpress/themes/gymat/>