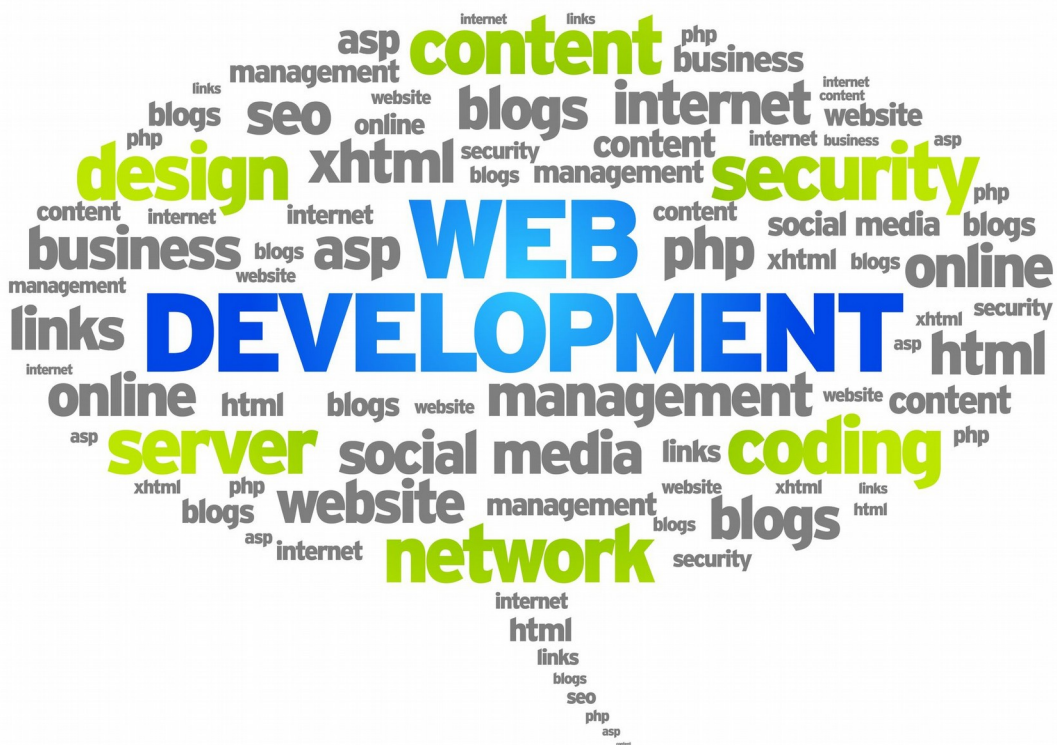


CSE326: INTERNET PROGRAMMING LABORATORY

SYNOPSIS

PROJECT TITLE: FITNESS CLUB WEBSITE

SUBMITTED TO: Sukhvir Kaur



Registration Number	Name	Roll Number
11902557	Kokkula Sai Krishna	RK19SJA16
11902520	Nallapati Jayanth	RK19SJA17
11905664	Jaskirat Singh Osahan	RK19SJA18

Introduction: Nowadays, we live in a society that simplifies physical fitness and technology. Technology has eased the burdens of rigorous physical training. It is gradually becoming impossible for unfit people to advance in physical fitness without taking the help of technology. The ability to carry on daily tasks and routine physical fitness without undying fatigue is a hard task. But it must be kept in mind that too much dependence on technology for physical fitness can have its ill health effects.

Online fitness club providing many services, and provide notifications for upcoming events. A proper guide is provided in website for people who want to workout at home. Blogs are also provided written by Fitness Experts and Models. Gallery images provide step-by-step guide for different exercises. You can register yourself online through the website.

Objective: The objective of the website is to provide good and sleek experience for user who wants to have good physique. The website will provides various options. User can enroll themselves in fitness courses. You can also connect your smartphone with the website with help of an application available on both Playstore and AppStore. The website will personally take the track your exercises, and also will recommend you the same in future. There are various bloggers on our site which constantly blogs and keep updated our users. This website also provide you with nutritional food timetable.

Web Description:

- When the user will open the webpage, he/she will land at the title page where details will be provided on how the website works and the benefits of the website will be displayed.
- When clicked on enroll option, a new page will open asking to fill out details, and to choose a course which want to pursue.
- Also there will be other options like Gallery which will display exercises and results of your people to motivate user.
- There will be blogs and video messages for users which will be telling more detail about how to be healthy in this modern world, about yoga, exercises, about healthy eating and many more.
- There will be special tracking page for records of user who want to keep track of their health, food, calories burn and intake, steps take on a particular day and many more features.
- User can also ask out for personal guidance on the website from our trained expertises.

HTML:

Various tags are used in making the website of html along with CSS. Some of them are:

- | | |
|-------------------------------------|---------------------------------------|
| <u><a></u> | Defines a hyperlink |
| <u><abbr></u> | Defines an abbreviation or an acronym |
| <u><area></u> | Defines an area inside an image-map |

<u><base></u>	Specifies the base URL/target for all relative URLs in a document
<u><bdo></u>	Overrides the current text direction
<u>
</u>	Defines a single line break
<u><button></u>	Defines a clickable button
<u><canvas></u>	Used to draw graphics, on the fly, via scripting (usually JavaScript)
<u><data></u>	Links the given content with a machine-readable translation
<u><datalist></u>	Specifies a list of pre-defined options for input controls
<u><dd></u>	Defines a description/value of a term in a description list
<u><dialog></u>	Defines a dialog box or window
<u><iframe></u>	Defines an inline frame
<u></u>	Defines an image
<u><link></u>	Defines the relationship between a document and an external resource (most used to link to style sheets)
<u><main></u>	Specifies the main content of a document
<u><map></u>	Defines a client-side image-map
<u><mark></u>	Defines marked/highlighted text
<u><option></u>	Defines an option in a drop-down list
<u><progress></u>	Represents the progress of a task
<u>></u>	
<u><select></u>	Defines a drop-down list
<u><style></u>	Defines style information for a document

And many more...

CSS:

- CSS stands for Cascading Style Sheets
- CSS describes how HTML elements are to be displayed on screen, paper, or in other media
- CSS saves a lot of work. It can control the layout of multiple web pages all at once
- External stylesheets are stored in CSS files

If you want to make your website look fancy, then you can use CSS, for example, you can change the colour of the background, can insert tables, boxes, or columns, can round up the corners of the table or boxes or columns, can use certain fonts for making your text look in a certain way, having a certain colour or font style and size, and many more.

You can add various effects while designing your website without any HTML code that using 3 to 4 lines of CSS code.

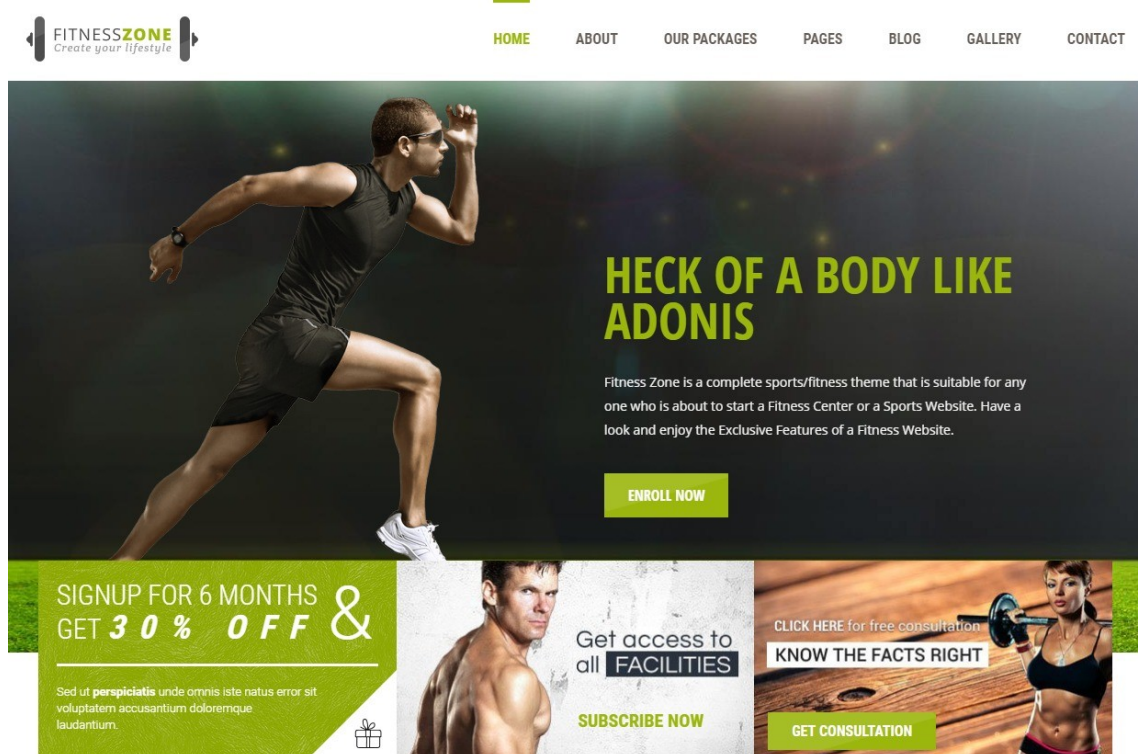
CSS can be written to an external CSS file and called via a link element in the head of the HTML. The same text that would be in the external CSS file can be directly in the HTML file between STYLE Tags. There are different type of CSS like Internal CSS and Inline CSS is also there.

Role and Responsibilities:

The three of us will be working at different aspects of web pages.

We will be making different page and customises it for great user experience.

Prototype:



Conclusion:

This project will help user to keep track your health and life and to keep it healthy.

User will get benefits by enrolling in courses for art of the healthy living and will get personalised advise from experts.

They can see other's results and will motivate to do better through pictures.

This project will help us learn various elements of web development and to a step forward in building a responsive website.

This project will use HTML with CSS for styling.

We will learn that how these websites uses to interact with people and store each user's data safe and secure.

References:

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- <https://www.zauca.com/business-web/design-company>
- <https://teamtreehouse.com/tracks/web-design>
- <https://www.bloggersideas.com>