

# “Fit and Focused”

## Description

“Fit and Focused” is a fitness website designed to help people log their workouts, track their progress, and more! With an easy-to-use interface, anyone can start their workout journey with my website. I offer many helpful tools as well! Such as, a library of various workouts and a goal setting option to keep yourself going. “Fit and Focused” is *focused* on helping you become the best version of yourself, and we’ll be there every workout of the way.

## Pages

1. Home Page
  - a. Overview of website
  - b. Benefits of using the website
  - c. Create account/login
2. Workout Log
  - a. Log work out details for us to track
3. Progress Tracker and Insights
  - a. Summary of user data (Graphs if I can program that)
  - b. Calories burned, workout frequency, etc.
4. Set Goals
  - a. Add goals or future milestones that can be checked off when completed
5. Workout Library
  - a. Library of exercises
  - b. Filtered by split (Upper body, lower body, etc.)
6. About Us, Contact, FAQ, and Help Center

## Data Collection

“Fit and Focused” stores work out information such as duration and targeted work out area (arms, legs, etc.). It also will store goals that the user sets. This will include the date the goal was started, date the goal is to end (optional), weight when goal is started,

and other possible options. I plan to go more in depth and include calories burned if I am able to get the calculations right. This information will also prove useful in the goals section. I need to do more research first, that is why I do not have all of the information currently.