

## Building a Fitness Routine Planner

**Objective:** Develop a fully responsive fitness routine planner that allows users to create custom workout plans, add exercises, set durations, and track their progress. The website should feature multiple pages including Home, Create Routine, My Routines, and Progress Tracker.

### Task Breakdown:

#### 1. Overview of HTML and CSS

- **Task:** Set up the basic HTML structure and apply CSS for styling.
- **Requirements:**
  - Use semantic HTML5 elements for layout (header, nav, main, footer).
  - Style the website using external CSS, focusing on a clean and modern aesthetic with an emphasis on accessibility and mobile responsiveness.

#### 2. UI/UX and Web Design

- **Task:** Design a user-friendly interface that encourages engagement and regular use.
- **Requirements:**
  - Develop an intuitive navigation system that allows easy access to all features.
  - Design interactive UI elements like buttons, dropdowns, and sliders for setting exercise durations and rest periods.

#### 3. JavaScript for Interactivity

- **Task:** Add dynamic functionalities to enhance user interaction.
- **Requirements:**
  - Implement JavaScript for creating new routines, adding exercises, and modifying existing routines.
  - Use client-side storage to save user routines and progress.

#### 4. Responsive Design

- **Task:** Ensure the application is functional and aesthetically pleasing on all devices.
- **Requirements:**
  - Employ media queries to make the layout responsive to different screen sizes.

- Test the application on multiple devices to ensure compatibility and usability.

## 5. Advanced JavaScript and TypeScript

- **Task:** Utilize advanced scripting techniques to manage application state and user interactions.
- **Requirements:**
  - Use TypeScript to add type safety to the JavaScript code, enhancing maintainability and scalability.
  - Implement complex features such as a drag-and-drop interface for rearranging exercises within routines.

## 6. Progress Tracking

- **Task:** Develop features for users to track their workout progress over time.
- **Requirements:**
  - Create a progress tracking page where users can see their past workout histories and achievements.
  - Implement charts using a JavaScript library to visually represent user progress.

## 7. Advanced CSS Techniques

- **Task:** Apply advanced CSS for animations and mobile-first design.
- **Requirements:**
  - Use CSS animations to enhance the user experience, such as during transitions between different parts of the application.
  - Implement Flexbox and CSS Grid for complex layouts and alignments.