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Project Overview

* My project is a Calisthenics/Workout page. It will help and guide users to move to a healthier lifestyle (diet and exercises) by using their own data and suggesting certain exercises and foods to eat.

The Pages

* Tell user suggested calorie intake based on cutting, bulking, and their weight and suggests foods if user lacks certain nutrients
* Tips on how to eat better and exercises to do
* Exercises to do based on level (amateur, advanced, expert)

User Interactions

* Buttons to choose level, nutrients, and cut/bulk
* Input box for weight
* Algorithm for range of calorie intake
* Algorithm for selecting nutrient and images appear accordingly
* Algorithm to make Div visible based on whether amateur, advanced, or expert is chosen

Variables

* Some of the challenges I foresee are
  + CSS
    - Images and Divs in right places
    - Making Images, Divs, and forms appear, or disappear, when button clicked

Presentation

* I would like to present
  + My presentation will consist of a run through of the web page. I will show each page and run through each page’s functions.

Works In Progress

* For WIP 1, I will have gathered all the text and images. Also, I will complete base functions (for buttons, appropriate output will display for user input)
* For WIP 2, I will have completed all functions, making sure the right images and text appear when the user clicks on certain buttons
* For WIP 3, I will have completed all CSS