Website Name: Fitness Planner

Description of Website:

Fitness Planner is a fitness-focused website designed to help users organize and manage all aspects of their workout routines in one place. The site allows users to track completed workouts and create customized workout plans by selecting specific exercises, repetitions, weight amounts, and rest times between sets. In addition to workout tracking, users can also log and monitor their daily nutrition, allowing them to keep all of their fitness information easily accessible. For newer lifters who may lack technical experience in the gym, the website includes an educational section with embedded YouTube tutorials. These videos provide guidance on proper exercise form and technique, helping users safely and effectively perform different workouts.

5 Page Names:

1. Home Page
2. About
3. Progress Dashboard
4. Nutrition Tracker
5. Nutrition Ideas / Tips
6. Exercise Library
7. Exercise Ideas
8. Case Studies
9. YouTube tutorials

Description of Data That Will Be Stored:

The Home Page will act as a navigation hub where users can access all other sections of the website and view a summary of their workout dashboard.

The Progress Dashboard will store data from all previously completed workouts, including exercises performed, sets, repetitions, weight used, and dates. This data will be displayed in an organized format to allow users to track their progress over time.

The Nutrition Tracker will store daily food entries and nutritional information such as calories, carbohydrates, protein, and fats consumed throughout the day. Users will be able to add, edit, and review their nutrition data to support their fitness goals.

The Exercise Library will store records of past workouts and exercises completed by the user, allowing them to reference previous routines and plan future workouts more effectively.

The Exercise Ideas and Nutrition Ideas / Tips pages will provide structured recommendations based on fitness goals, such as muscle gain or fat loss, offering users guidance.

The Case Studies page will store informational content related to training methods and fitness research, such as comparisons between push/pull/legs routines and muscle-group-specific training, as well as studies on supplements like creatine.

The YouTube Tutorials page will store video links with specific exercises, allowing beginners to view instructional content and gain a basic understanding of proper exercise performance.