

Project Part 1: Topic Selection

Name: Core Metrics

Description: This website is a fitness calculator and a progress analysis. It would include all the features to calculate body fat percentage, body mass index, weight gained/lost, and basal metabolic rate. This being the calculation part. There would be another page for workouts logged and workout plans available. A page would be dedicated to healthy recipes and potentially caloric intake calculator. There would be a page for cardio and a running log that tracks progress. The progress analysis part happening when on the home page, which would include general progress, recent activities, and stats. The goal is that users will be able to clearly see their progress over time with visuals and data.

Page Names:

1. Home
2. Workout
3. Body Metrics
4. Food
5. Cardio

Data Storing:

User accounts- This would include data like a username and password, potentially height and starting weight, and maybe goals or progress made.

Workout log- There would need to be data stored like date, exercise name, sets and reps, and weight used.

Body Metrics- Data is needed in order to perform the calculations like weight gained/lost, body fat percentage, and any others listed. It is needed to keep track of the time elapsed by dates.

Recipes- The name, ingredients, instructions, cook time, calories, and potentially saved recipes by the user.

Cardio log- There would need to be data stored like date, cardio type, distance, time, and pace.

Password- The data stored would need a good security method like encryption or hashing.

Control Permissions- This would be key data that allows the user to have rights to add or edit their information but not change the calculations or other major features.