

I plan to make my page dedicated to my Fitbit lifestyle. Not many people know what a Fitbit is and what it actually does. Fitbit is an activity tracker that tracks steps taken during walking or running. The distance, calories burned, and time is also tracked. There are different types of Fitbit available to suit different types of tracking. The one I currently have is limited to what I want to track. I hope in the near future to buy a Fitbit that tracks all my activities and most importantly my heart rate.

Like any health plans and changes it becomes incorporated into a lifestyle. It's not just about working out and burning calories. There is a whole big picture to it. I had to change what I eat. I had to change my sleeping patterns. I had to eliminate my intake on fried foods, junk food, and sugar. I had to find versatility in my workouts to stray from plateaus. Most important I had to turn working out into a habit. No more excuses on my end.

For my page I'll focus on the type of Fitbit that I have and how I utilize it. The second focus will be food substitutes I had to make, compromises with my schedule, and increasing my healthy produce intake. The third focus is motivations and versatility of my workouts. At the end of the page I will include all of Fitbit's information. I plan to use Leaflet, Magic, and Hover for libraries. Design on the left is desktop and on the right is mobile.

