

FitnessDive

FitnessDive is an all-around fitness/nutrition website geared for beginners looking to start their fitness journey. It will be geared to different goals (losing weight, gaining muscle, just wanting to get more active, etc). Not only will there be exercises and workout plans geared to the user, but there will also be nutrition plans built for every goal. It will be an all-welcoming experience for any user looking to get a little more movement/nutrition in their lives.

List of Pages: About Us, Nutrition, Workouts, What Should I Do, Contact Us

FitnessDive will store user account information and basic health data entered on the “What Should I Do” page, including height, weight, activity level, and fitness goals. The system will use this information to calculate general fitness and nutrition needs and recommend appropriate workout and meal plans based on the user’s goals, such as weight loss, muscle gain, or increased activity.

The website will also store structured data for workout and nutrition plans, including plan names, goal type, difficulty level, exercises or meals, and calorie or nutrition focus. Only administrators will be able to add, edit, or delete these plans, requiring secure admin accounts. Users will only be able to view content and input their personal information to receive personalized recommendations.