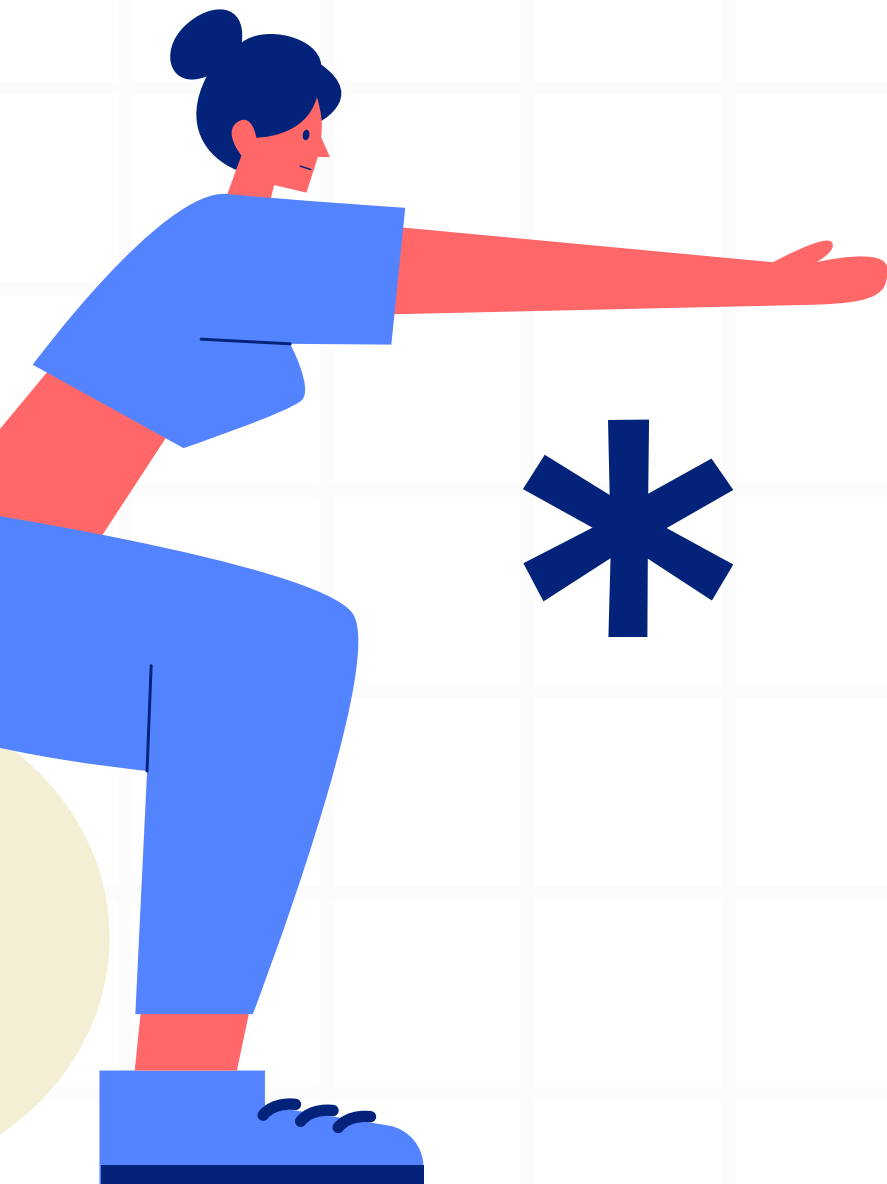# FITNESS & PHYSIOTHERAPY EXERCISE PLANNER

Thera Fit

BUILD STRENGTH, REDUCE PAIN, AND IMPROVE MOBILITY WITH GUIDED EXERCISES

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WEB APP'S PURPOSE

Thera Fit

This web app aims bridge healthcare and personal wellness by offering digital tools that support both rehabilitation and fitness goals.

Fitness & Training

-Personalized workout plans tailored to user goals.

-Achieve maximum fitness & recovery results by following prescribed instructions

-Progressive overload when user list their target exercises and consistently completed the exercises and also helps to build discipline

Physiotherapy Support

-Each exercises includes physiotherapy guidance such as therapeutic benefits, targeted muscles & recovery and safety & physiotherapy advice

-Target exercises suitable for users' condition.
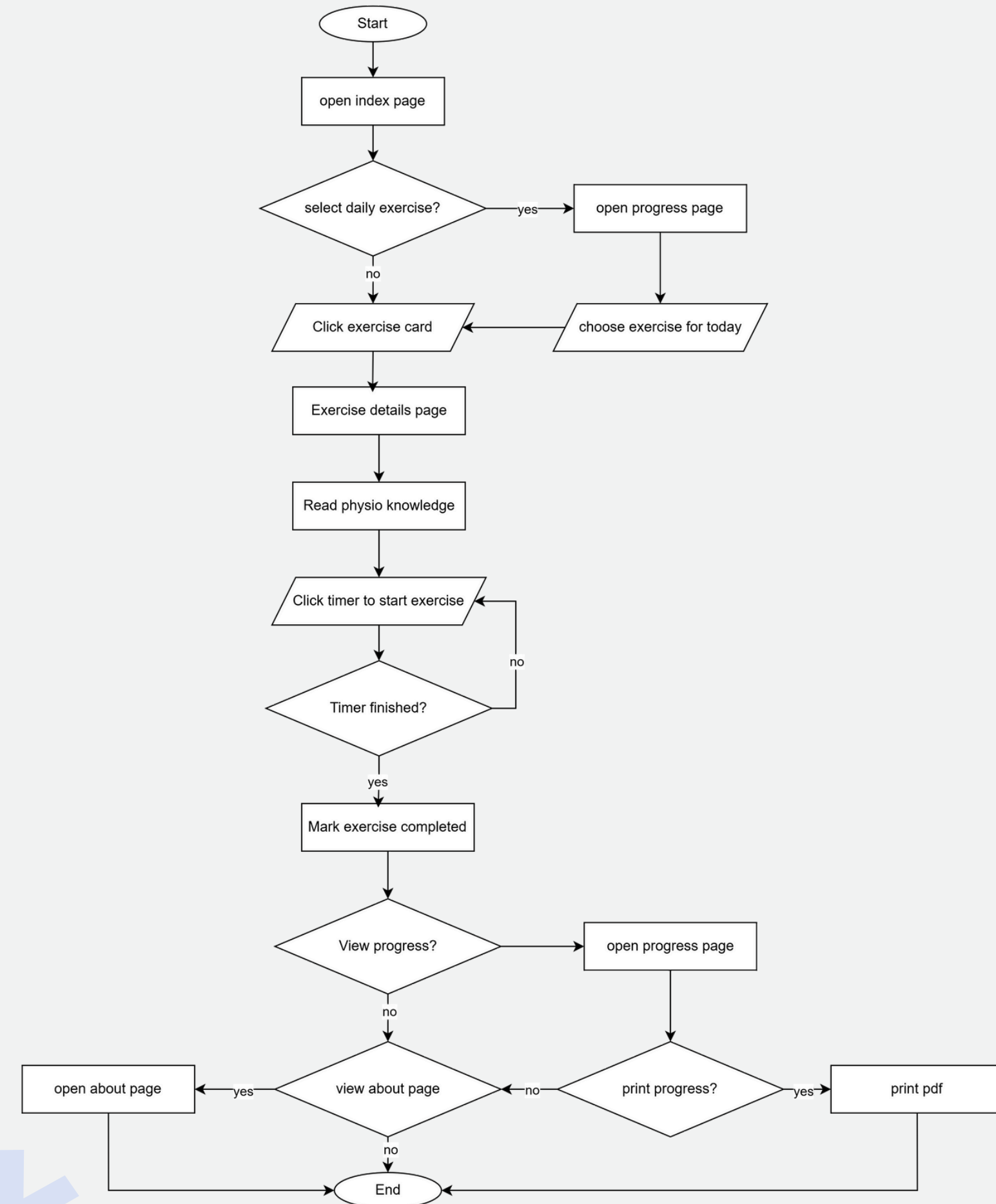
WEB APP DEMO

ACCESSIBILITY & USER EXPERIENCE

Accessibility Consideration

Colour & themes

- Not relying solely on colour to convey meaning

Text & Typography

- Suitable font size and clear hierarchy (headings, subheadings, body text)

Timer

- Visual countdown that allows users to pause or reset easily

Design

- Easy to navigate and user friendly.

User Experience (Shneiderman's 8 Golden Rules)

Consistency

- Uniform layout across pages with standard navigation bar and footer.

Feedback

- Show progress for each exercises

Error prevention

- Clear intruction to avoid confusion

User Control & Freedom

- Allow users to stop, restart, print progress or clear progress

Integrity

- Focuses on exercises and progress for quick recovery

Progress Tracking

- Focuses on exercises and progress for quick recovery

Shortcuts

- User can go to exercises by clicking the exercise in to-do list

Reduce Short Term Memory Load

- Progress indicators remain visible

TECHNOLOGIES USED

HTML

HTML is used defines the content and structure of web content. HTML describes the structure of a web page semantically and originally included cues for its appearance.

CSS

CSS describes how HTML elements are to be displayed on screen, paper, or in other media.It can control the layout of multiple web pages all at once
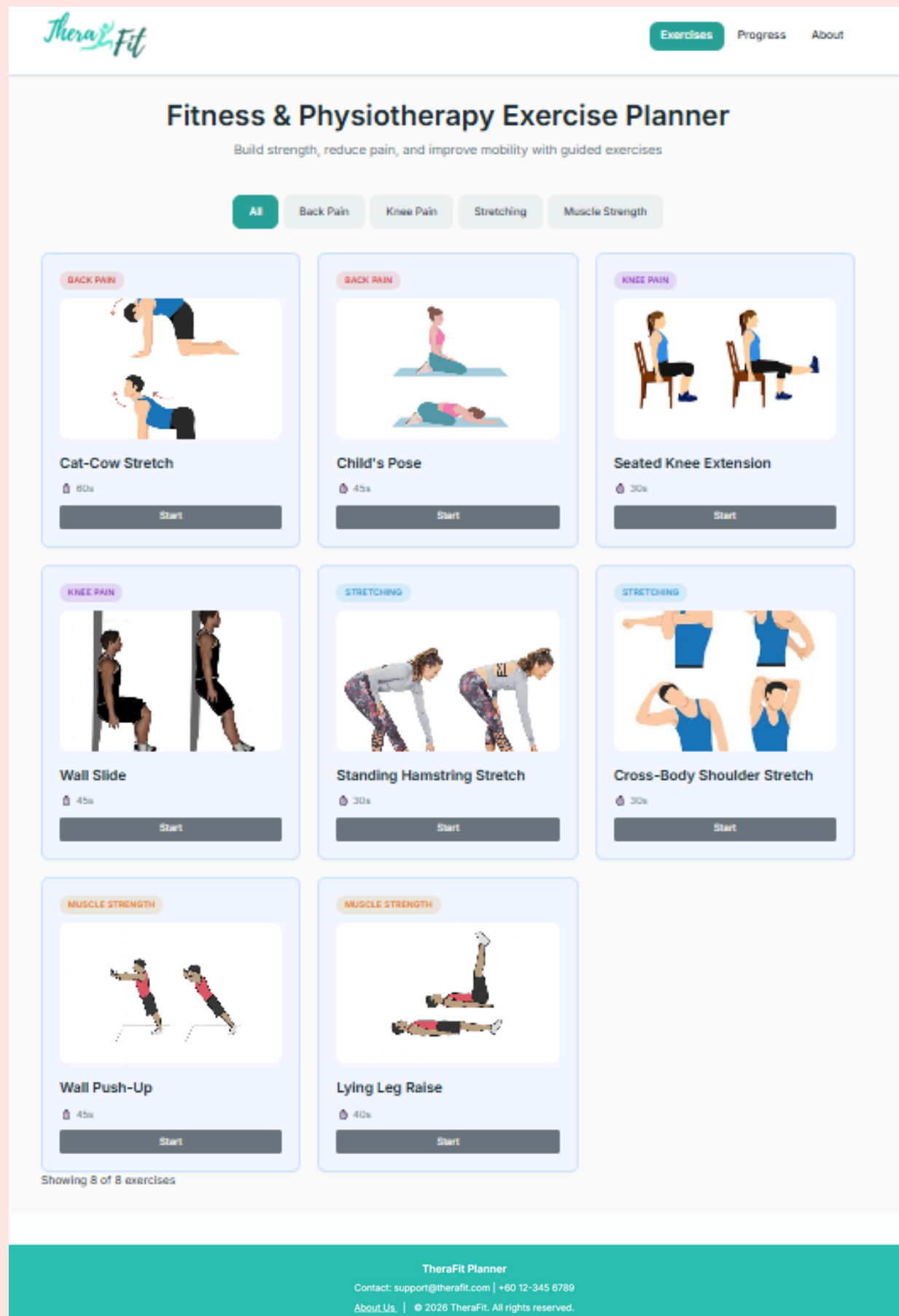
JAVA SCRIPT

JavaScript is a versatile tool that adds interactivity to web pages and creates animations, among other uses.

BOOTSTRAP

Bootstrap acts as a toolkit, providing a foundational structure so it don't have to code common web components from scratch.

PAGE : HOME PAGE

Colour Choosing

- Minimal colour palette to create a calm and relaxing experience
- Soft yellow/orange for the timer to draw attention without causing stress
- Light backgrounds for a clean, professional, and easy-to-read interface
- Simple, distinct colours for each category to help users quickly identify exercises

Structure

1. Navbar
2. Category buttons
3. Exercise cards in a grid
4. Exercise image
5. Exercise name
6. Time shown
7. Start button
8. Number of exercises shown at the bottom

HTML

- <nav> → top navigation bar
- <main> → main page content
- <header> → page title area
- <section> → separates areas (filters, exercise grid)
- <div> → layout and grouping container
- <h1> → main page title
- <h3> → exercise card titles
- <p> → text and messages
- <a> → navigation links and clickable cards
- <img> → logo and exercise images
- <span> → inline labels, icons, counters
- <button> → category filter buttons
- <script> → page logic (filtering & rendering)

JavaScript

- document.addEventListener → wait for page to load before running code
- document.getElementById → select important page elements
- document.createElement → build elements dynamically
- className / classList → apply styles & active states
- element.onclick → handle user clicks
- Array.filter → show only matching exercises
- innerHTML → insert HTML into elements

PAGE : HOME PAGE

CSS

- CSS variables → theme colors & easy updates
- Flexbox → layout, alignment, centering
- Grid layout → responsive exercise card grid
- Media queries → responsive behavior
- Pseudo-classes → hover, active, and state styles
- Transitions → smooth hover animations
- HSL colors → flexible color control
- Utility classes → quick styling helpers
- Bootstrap overrides → customize default components
- Typography → font styles (Inter)
- Box-shadow & borders → depth and separation
- Object-fit → keep images properly scaled
- Transform → hover scaling effects

Bootstrap

- **Buttons**:
btn
: Base class for button styling.
btn-sm
: Makes the button smaller.
btn-secondary
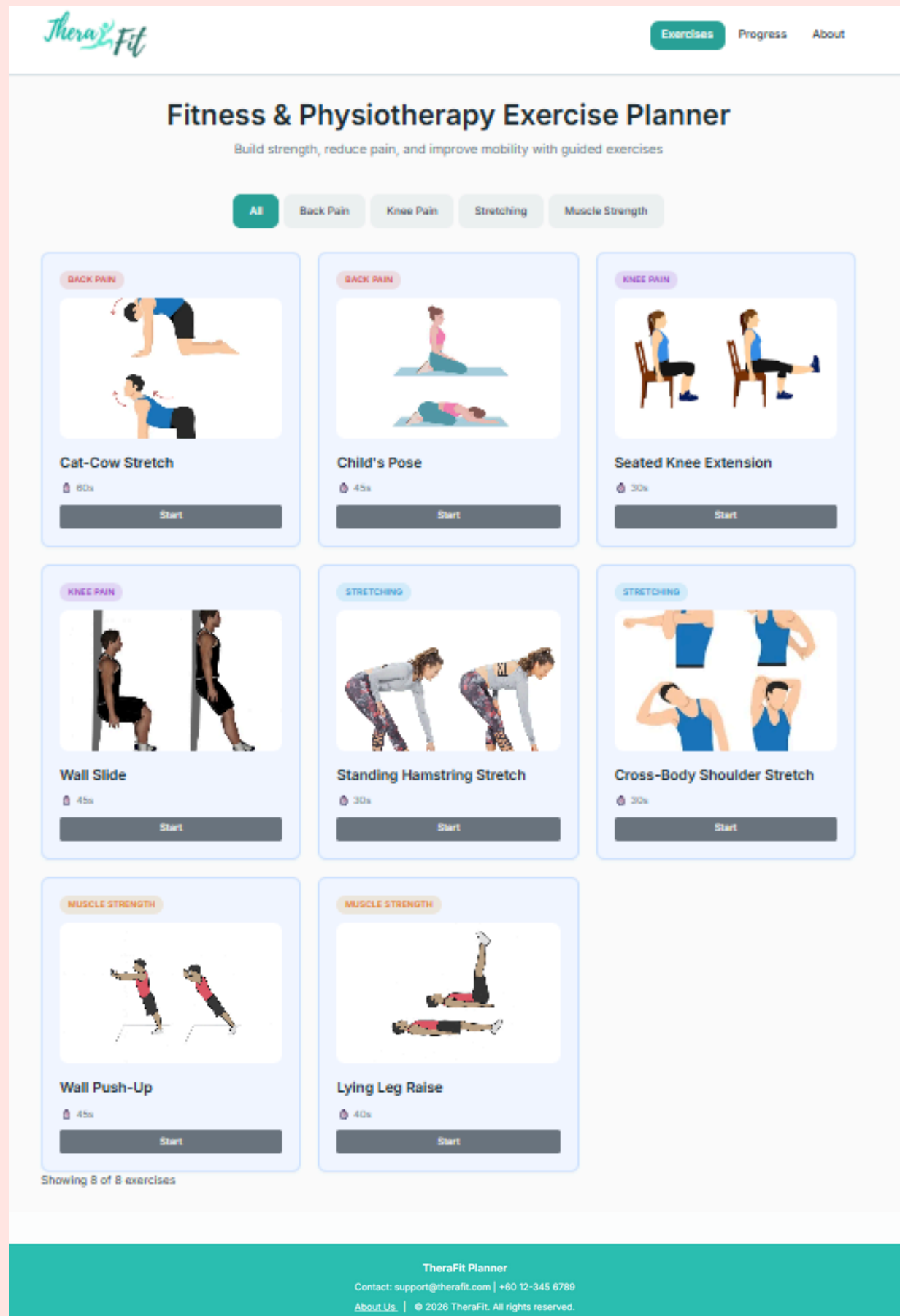: Applies the grey theme color to the button.

- **Utilities**:
text-center
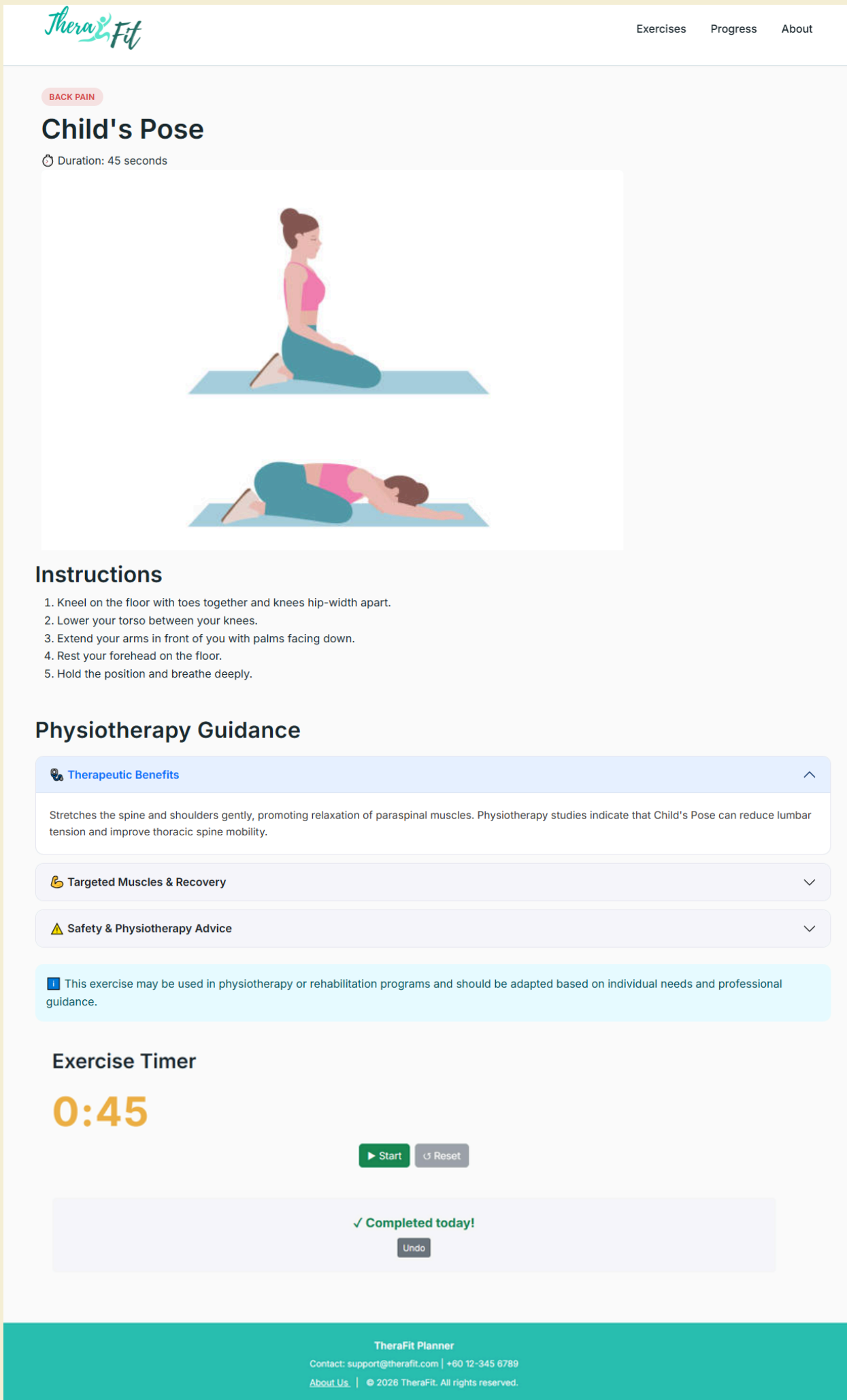: Centers the text for the filters and headings.
d-none
: Hides elements (used for the "No exercises found" message).
w-100
: Forces the "Start" button to take up the full width of the card.

PAGE : EXERCISE DETAILS

Colour Choosing

- Minimal colour palette to create a calm and relaxing experience
- Soft yellow/orange for the timer to draw attention without causing stress
- Light backgrounds for a clean, professional, and easy-to-read interface
- Simple, distinct colours for each category to help users quickly identify exercises

Structure

1. Navbar
2. Exercise header
3. Main visual
4. Instruction
5. Physiotherapy Guidance
6. Timer
7. Completion section

HTML

- <nav> → navigation bar
- <main> → main page content
- <section> → logical content grouping
- <article> → full exercise detail
- <header> → titles and meta info
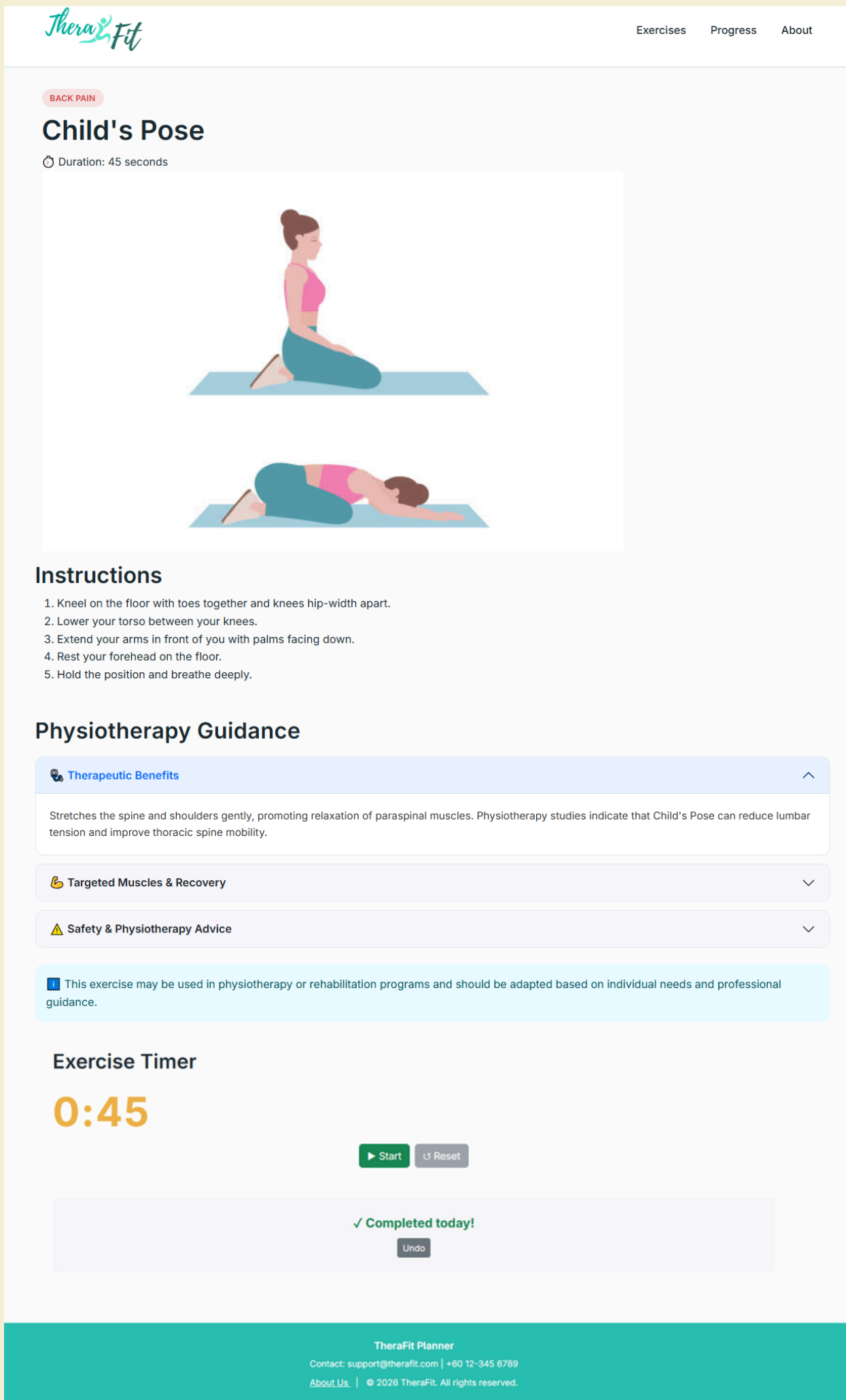- for instructions → correct semantic choice

Why?
- Easier maintenance
- Cleaner separation of concerns

JavaScript

- Loading exercise data dynamically
- Injecting text, images, and instructions
- Managing:
- Timer
- Completion status
- Progress tracking (localStorage)
- UI state changes (show / hide sections)

Separation of logic:
- ExerciseTimer
- ProgressManager

PAGE : EXERCISE DETAILS

CSS

CSS is used for:
- Branding (logo size, fonts, colours)
- Custom components:
  - progress-card
  - category-badge
  - timer
- Consistent spacing, fonts, and alignment

Bootstrap

Responsive behavior

```
row.className = 'row align-items-center';
imgCol.className = 'col-md-4';
textCol.className = 'col-md-8';
```

Bootstrap's grid system allows the exercise details layout to adapt naturally across devices without additional CSS

Accordion Component
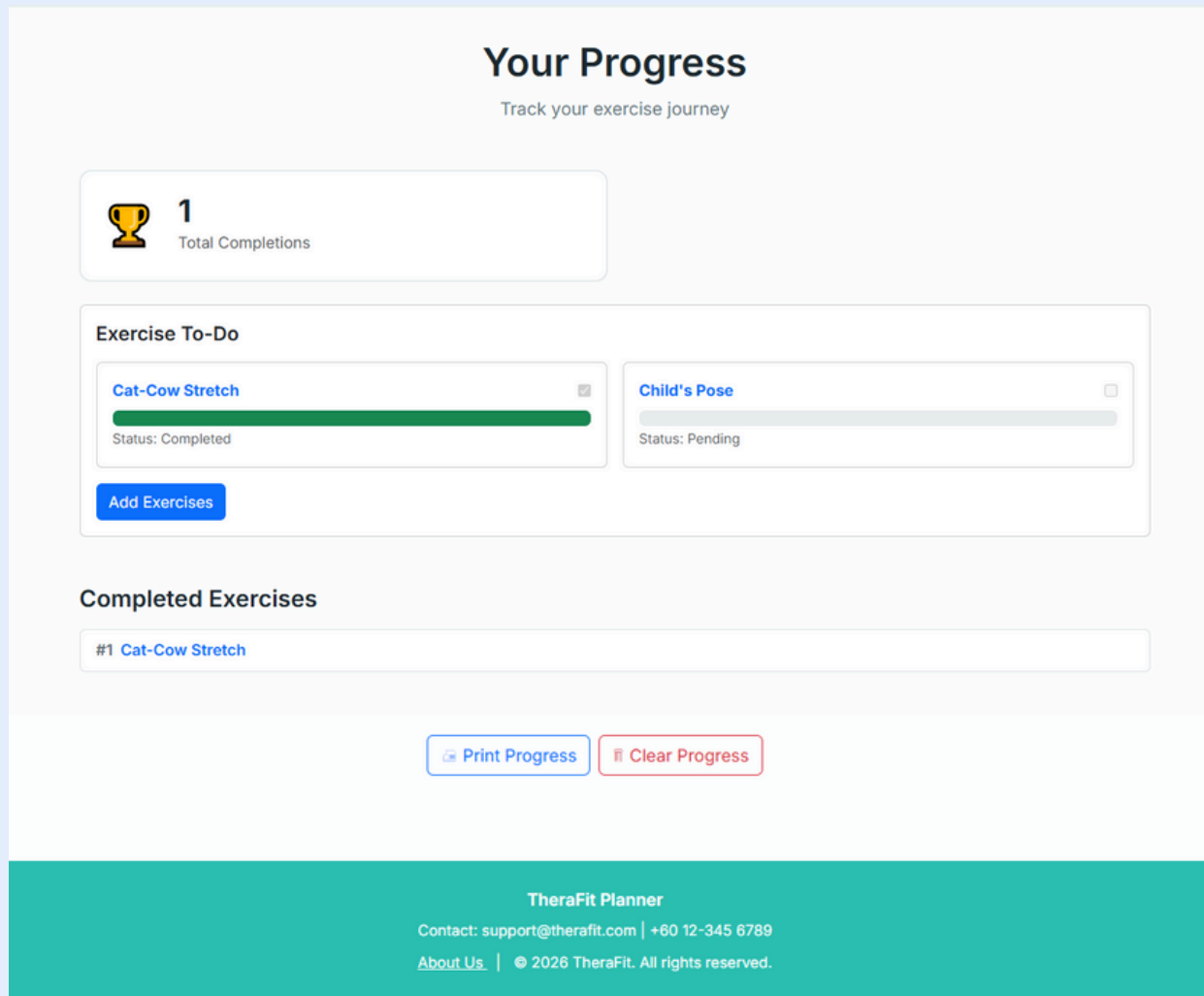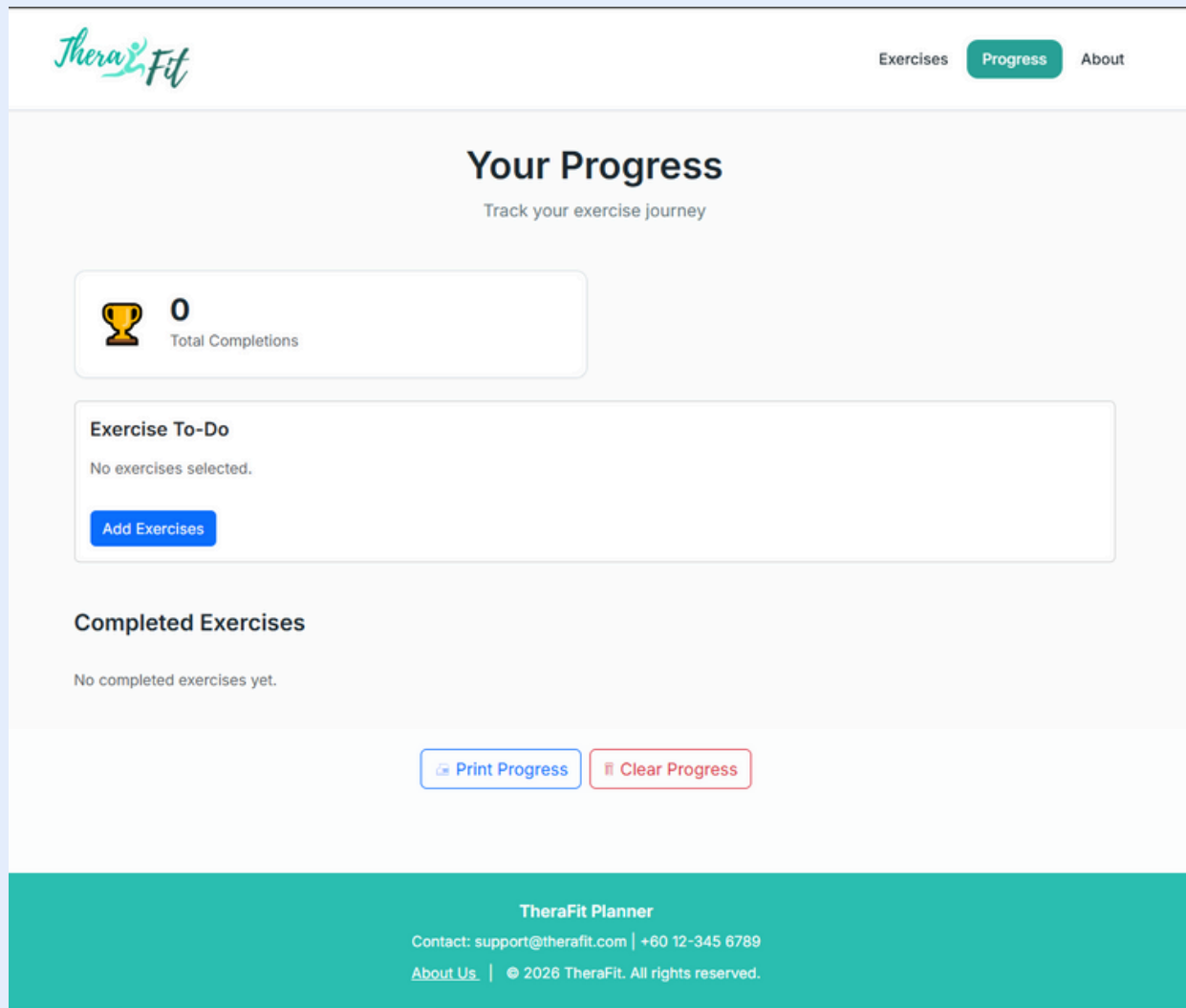
```
<button class="btn btn-success">Start</button>
<button class="btn btn-warning">Pause</button>
<button class="btn btn-secondary">Reset</button>
```

Bootstrap button styles provide immediate visual feedback

Accordion Component

```
<div class="accordion" id="physioAccordion">
```

Bootstrap's accordion component helps organize clinical information in a compact and accessible way

PAGE : PROGRESS

Colour Choosing

Neutral and calm palette
- Coloured text → guide user navigation
- Light backgrounds → clean, professional, readable
- Button colour → guide user attention

Structure

1. Navbar
2. Progress header
3. Total Progress completion
4. Exercise To-Do List planner
5. Completed Exercises & Summaries
6. Print Progress button & Clear Progress button
7. Footer

HTML

- <nav> → navigation bar
- <main> → main page content
- <section> → logical content grouping
- <header> → Page title and description
- → List completed exercises

Why?
- Easier maintenance
- Cleaner separation of concerns

JavaScript

- Fetch progress data for completed exercises from exercise details page
- Updates total exercises completion
- Load saved plan to exercise to do list
- Show exercises in the selection model
- Save selected exercises button
- To-Do list rendering
- Completed exercises + details
- Clear progress button
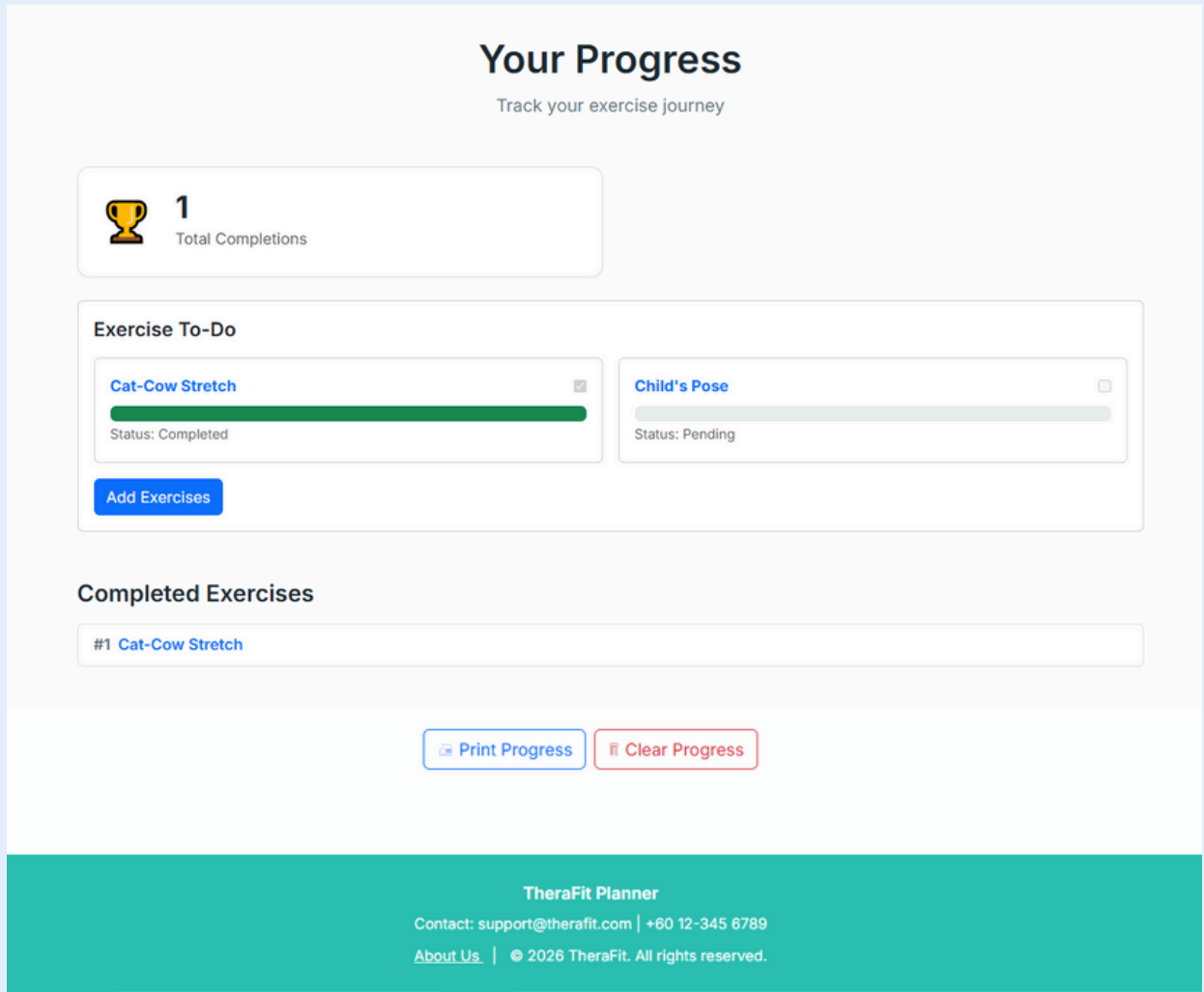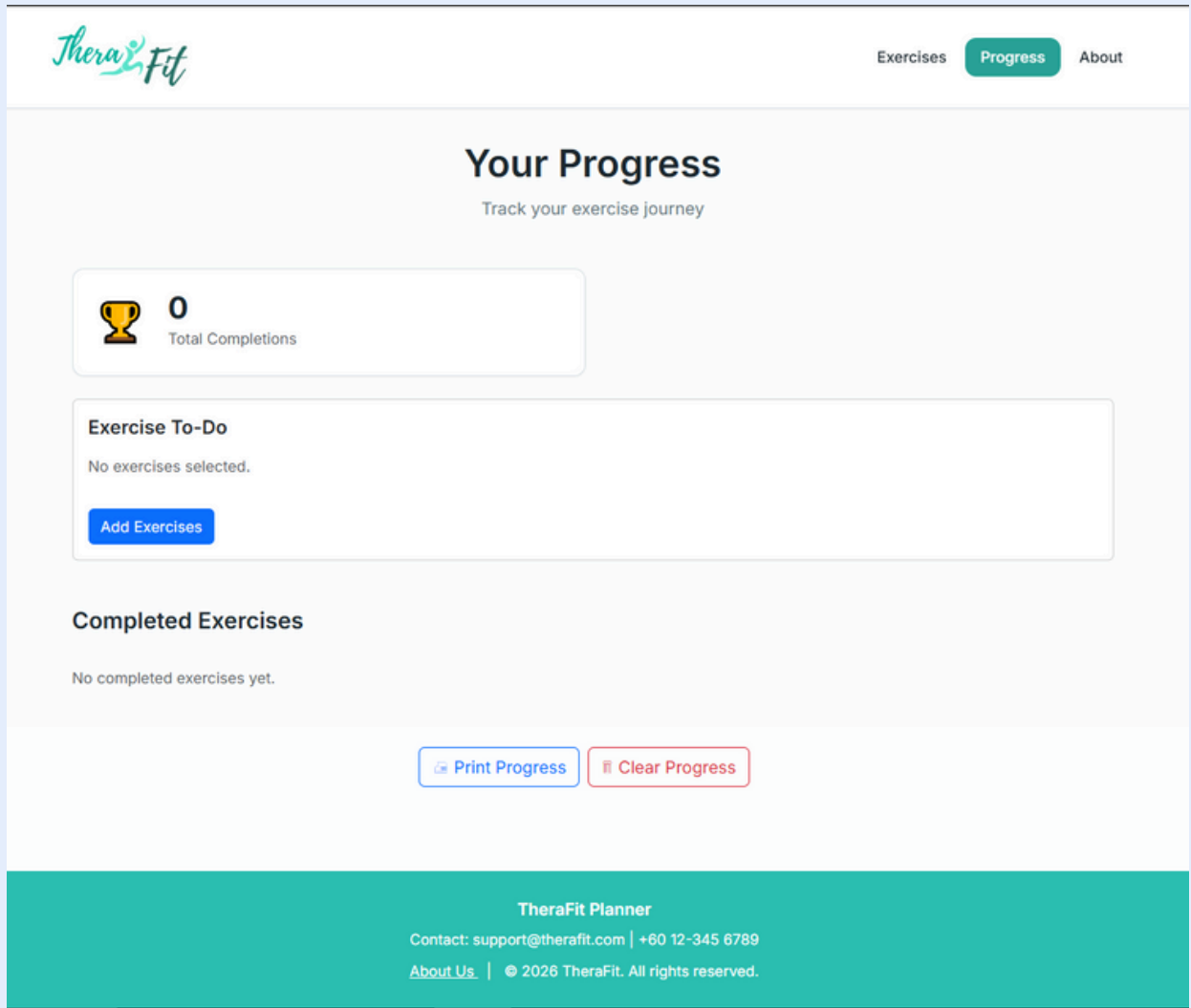
PAGE : PROGRESS

CSS

CSS is used for:
- Branding (logo size, fonts, colours)
- Custom components: progress-card
- Consistent spacing, fonts, and alignment

Bootstrap

Responsive behavior

```
<div class="modal fade" id="exerciseModal" tabindex="-1">
    <div class="modal-dialog modal-lg modal-dialog-scrollable">
        <div class="modal-content">
```

Bootstrap's modal component allows an exercise list popup window that overlay the page when triggered.

Accordion Component

```
<div class="d-flex gap-2 justify-content-center no-print">
    <button onclick="window.print()" class="btn btn-outline-primary">
        🖨 Print Progress
    </button>
    <button id="btn-clear" class="btn btn-outline-danger" data-bs-toggle="modal"
        data-bs-target="#clearProgressModal">
        🗑 Clear Progress
    </button>
</div>
```

Bootstrap button styles provide immediate action for printing progress and clear progress.

Accordion Component

```
<button class="btn btn-primary mt-3" data-bs-toggle="modal" data-bs-target="#exerciseModal">
    Add Exercises
</button>
```

Bootstrap button styles allow modal window to appear when the button is clicked.

PAGE : ABOUT

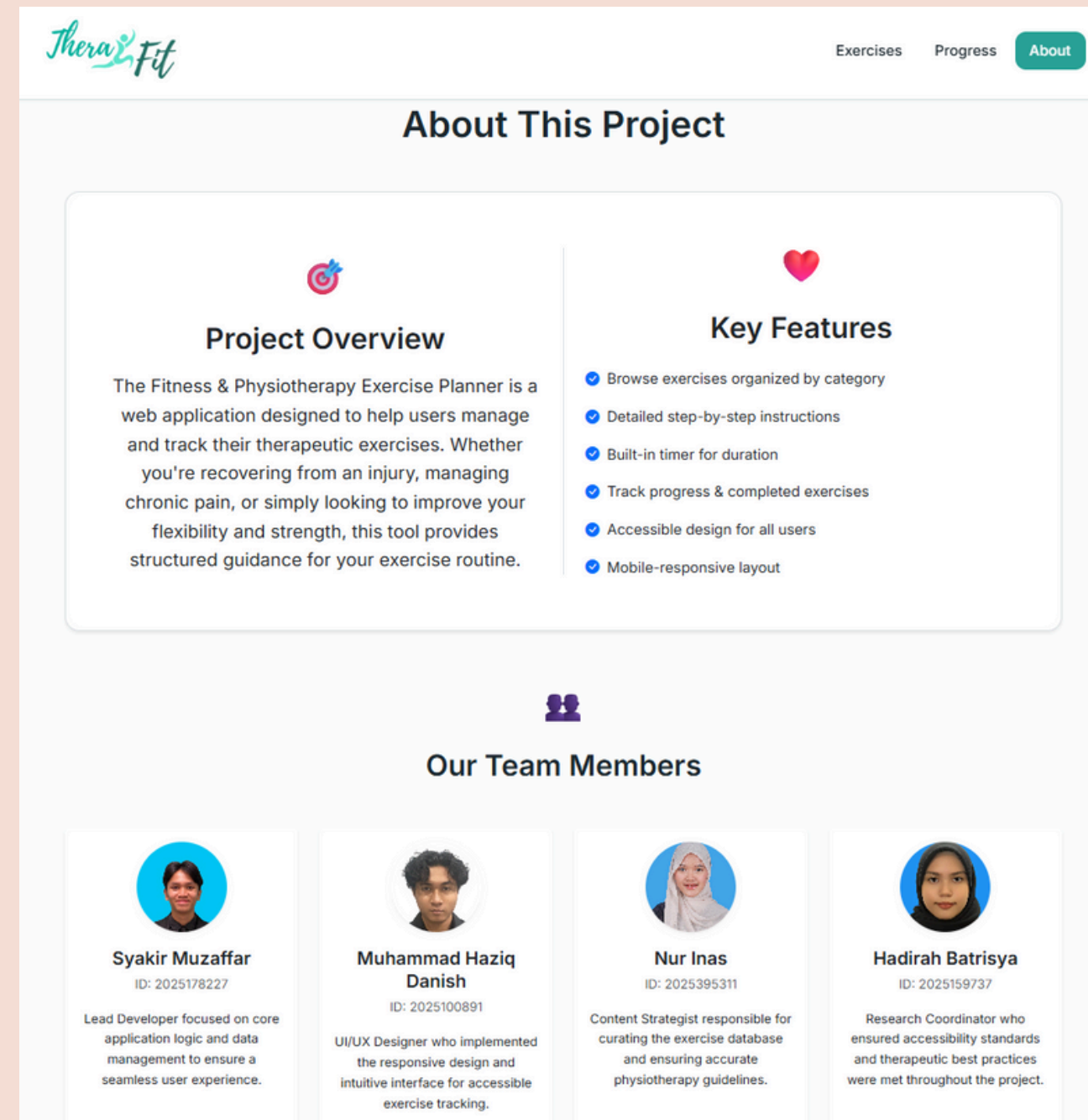## Layout Design

Layout & Content Design
- Two-column layout for Project Overview and Key Features
- Icons (🎯 ❤️ 👥) used as visual appeal for each section
- Card-based layout to separate content logically
- Short paragraphs and bullet points for easy reading

HTML

- <nav> → main navigation
- <main> → About page content
- <header> → page title
- <section> → major grouping of content
- <article> → main content wrapper
- <div> → more specific content groups
- & → features listing

Why?
- Clear layout structure
- Easy to understand content flow

About This Project

Project Overview

The Fitness & Physiotherapy Exercise Planner is a web application designed to help users manage and track their therapeutic exercises. Whether you're recovering from an injury, managing chronic pain, or simply looking to improve your flexibility and strength, this tool provides structured guidance for your exercise routine.

Key Features
- Browse exercises organized by category
- Detailed step-by-step instructions
- Built-in timer for duration
- Track progress & completed exercises
- Accessible design for all users
- Mobile-responsive layout

Our Team Members

Syakir Muzaffar ID: 2025178227
Lead Developer focused on core application logic and data management to ensure a seamless user experience.

Muhammad Haziq Danish ID: 2025100891
UI/UX Designer who implemented the responsive design and intuitive interface for accessible exercise tracking.

Nur Inas ID: 2025395311
Content Strategist responsible for curating the exercise database and ensuring accurate physiotherapy guidelines.

Hadirah Batrisya ID: 2025159737
Research Coordinator who ensured accessibility standards and therapeutic best practices were met throughout the project.

Structure

1. Navbar
2. Page header (About This Project)
3. Project overview section
4. Key features section
5. Team members section

CSS

CSS is used for:
- Branding (logo size, fonts, colours)
- Consistent spacing, fonts, and alignment

Bootstrap

- Grid system (row, col-*)
- "Team Members" section (row-cols-1 row-cols-md-2 row-cols-lg-4)
- Cards (shadow-m, border-0)

TEST CASES

Field	Description
Test Case ID	TC01
Description	Change exercise based on the exercise purpose
Test Steps	Click the displayed label on the top of the homepage
Expected Result	Exercise displayed based on the exercise purpose
Actual Result	Exercise displayed based on the exercise purpose
Status	Success

Field	Description
Test Case ID	TC02
Description	Start exercise timer
Test Steps	Click the start button on exercise details page
Expected Result	Timer will start counting down based on the exercise
Actual Result	Timer start counting down based on the exercise
Status	Success

Field	Description
Test Case ID	TC03
Description	Add exercise to be done
Test Steps	Click add exercise button and choose which exercise
Expected Result	Chosen exercise displayed on exercise to-do board
Actual Result	Chosen exercise displayed on exercise to-do board
Status	Success

Field	Description
Test Case ID	TC04
Description	Print progress
Test Steps	Click the print progress button on the progress page
Expected Result	Details of the print window pop up to print the progress page
Actual Result	Details of the print window pop up to print the progress page
Status	Success

TEST CASES

Field	Description
Test Case ID	TC05
Description	Clear progress
Test Steps	Click the clear progress button on the progress page
Expected Result	All the progress will be remove from the board
Actual Result	All the progress be remove from the board
Status	Success

Field	Description
Test Case ID	TC06
Description	Reset timer
Test Steps	Click the reset timer on exercise details page
Expected Result	The timer will stop and start over the countdown
Actual Result	The timer stop and start over the countdown
Status	Success

Field	Description
Test Case ID	TC07
Description	Change web theme colour mode
Test Steps	Click on the top right button
Expected Result	The theme colour of the web will change each click
Actual Result	The theme colour of the web will change each click
Status	Success

CHALLENGES

Bootstrap's limitations that still required a lot of custom CSS

Ensuring consistent styling across devices

Making all the functionality work smoothly

CONCLUSION

We developed a fully responsive and interactive Fitness & Physiotherapy Exercise Planner designed to help users. Especially beginners, seniors, and those with mobility issues. We safely plan and track their fitness day routines by providing their to do list exercise of their choices

Major Things On What We Learned:
- How to separate structure (HTML), style (CSS), and logic (JavaScript) cleanly
- How to integrate Bootstrap while still writing meaningful custom styles

THANK
YOU

The best part? You don't need a gym—exercise can be done anywhere, including at home!

Q&A SESSION