

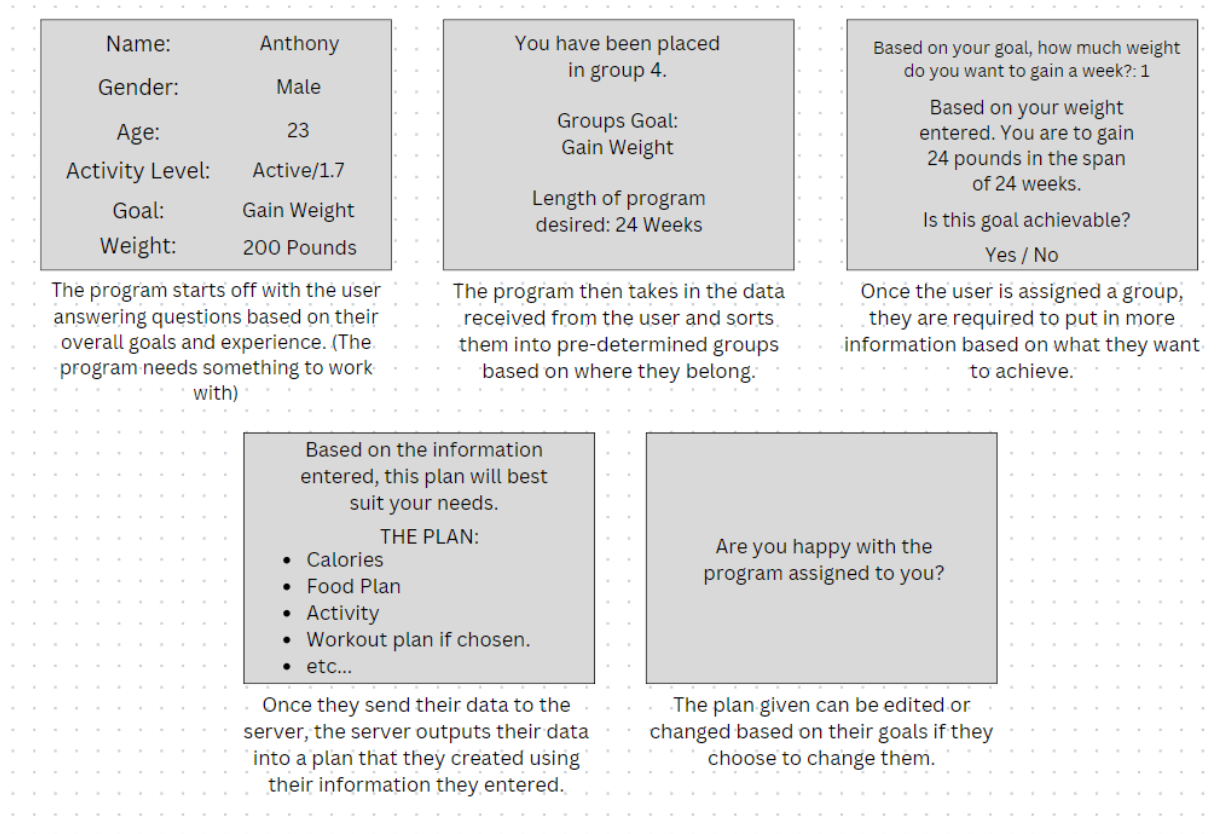
- What is your theme/topic/goal/issue to be tackled - why is it important to you?
- **My theme for this project will tackle those who are uncertain of how to get started with their fitness lifestyle. This project will guide those to a better understanding of what they want and how to accomplish their goals. A project like this is important to me because my entire life starting from the age of 13, has been committed to improving myself either emotionally, physically or mentally. I think it's important to help those who need help in finding themselves once again through guidance of my project.**
- What form will your project evolve into - who is your audience?
- **My audience for this project will be those who are truly committed to improving their overall health, and this project will do its best to convey whatever the user is trying to accomplish regarding their goals. Either it be short term, or long term.**
- Discuss how each of the two readings listed above have inspired/motivated your current choices with regards to the project.
- **The first article delves into the idea of giving "dirty data", where people intentionally provide incorrect or misleading information online. The article summarizes the general idea by discussing how British analysts have been hacking video feeds from Israeli drones and extracting abstract images from intercepted broadcasts and how these images were characterized by noise, lines, and color patterns. The first article motivated me to work on what I have been discussing because, as we all know when we go online to get our information, it can be false or misleading. The idea of misleading those online for reasons that can't be described hurts those who rely on the information for their own wellbeing. Thus, I thought, why not create a web page where the user sends in their data, specifies their requests, and the server will then return that data based on their responses and what they are looking for. All the data that will be sent back to the user is 100% factual, as I have over 9 years of experience. The second article highlights the role of human decisions and processes in data collection and its potential consequences. They give an example of hate crimes using statistics in the United States, where two different data sources produced vastly different results due to different methods of data collection. Data collection is not objective and relies on human choices. Data collection must involve those who collect the data and those who receive the data. This article motivated me to focus on what I want to create through the fact that data collection is only viable if there is someone on the receiving and giving side of it. Thus, creating a project which involves the user sending their data, and the server receiving this data, and projecting what it is the user wants to be given. Such as, what I am focusing on for this project.**
- What medium(s) do you intend to use and why?
- **At this moment in time, I am not sure what kind of medium will be used to better facilitate and promote my project.**
- What is your data: where will you get it; will it be collected - how and why?
- **My data will come from me personally. I've been in fitness for most of my life, so outside data won't be necessary. All the data input from the user will be received,**

and depending on what they are looking for, the output will show them their results. For example, a user wants to know how they can build a specific plan on how to get as fit as possible in a short amount of time. They enter their specifics in the fields required, then the data they entered will be collected, and a personalized plan will be given to them based on what they are looking for. They will be given data based on if they checked off specific boxes, and or typed in specific areas in which they are interested in. Whatever they decide to give the server, the server will then collect this data and present them the best plan they can receive according to what they want.

- At a very high level: what is the algorithm(s) that will be used and implemented to achieve your intentions?
- My plan is to use Node.js as the main structure for this project; for its real-time interactions between the user and the server. jQuery if I feel like it needs to be used. Web sockets; when the user sends information to the server, (will be stored in a JSON file) the server will then create a plan depending on the information received, then sending back the data to the user depending on what they are looking for in regard to their lifestyle. POST will be utilized. The user will POST their data to the server, and the server will take that data, then will send it back to the user depending on what they are looking for.

Title: Looking for a way out!

- My theme for this project will tackle those who are uncertain of how to get started with their fitness lifestyle. This project will guide those to a better understanding of what they want and how to accomplish their goals. The plan is to use Node.js as the main backbone for this project; for its real-time interactions between the user and the server. jQuery will be used if it's needed. Web sockets for when the user sends information to the server, (will be stored in a JSON file) the server will then create a plan depending on the information received, then sending this data back to the user depending on what they are looking for regarding their lifestyle. The user will POST their data to the server, and the server will take that data, then will send it back to the user depending on what they are looking for. The server will be given data based on what the user sent. The server will then collect this data and present them with the best plan they can receive according to what they want. The data sent back to the user is all dependent on what the user wants their specialized plan to be.



https://www.strongrfastr.com/workout_builder_generator

1) The first project is a website which is used to create your own workout plan according to your long-term goals. It builds a workout plan based on their clients' goals, preferences, schedule, and available equipment. The downside of this website is that it's only catered to those who have a specific goal in mind and who have experience going to the gym. This website has brought insight to my own project because it gives the users the necessary tools to succeed if their wish is to progress with weightlifting. It provides no additional expertise for how to achieve a healthy and sustainable lifestyle according to the user's goals, and perhaps build upon them. This is where my project will hopefully succeed.

<https://tdeecalculator.net/>

2) The second project is another website which calculates the user's average total daily energy expenditure based on what the user inputs. This website only functions if the user is sending data to the server. The server then receives this information and sends it to the user based on the information they sent. The information the user sees relies solely on what kind of information the user has sent. If the user sent wrong data to the server, then the server will show incorrect data to the user and misguide them. Thus, this website is very accurate if you provide it with accurate results. Since the website can provide false information

based on the user's inputs, this gave me the motivation to create a project that somewhat relates to this website, but it will be more in depth, and present highly accurate results.

<https://www.myfitnesspal.com/>

3) The third project is called MyFitnessPal. It's an app on the apple and google play stores. It's an app that helps the user to track their daily lifestyle changes. The user enters their data into the app, and the app then sends the data back to the user and illustrates to them how to keep up their lifestyle, and ways to change it if needed. The data you send is the amount of food you are eating daily calculated using calories. I've been using this app for a couple of years now, and I always found ways to make it better, more user friendly, easier to understand, and more functionality in general.