

A detailed description of the different technologies used and how they work, why they are relevant etc...

- **The provided project used HTML, CSS and JavaScript, which generates a customized plan based on a user's group and allows them to track their progress over time. For the HTML side, it handled everything related to the markup of the web page. For the JavaScript side, we are fetching a custom plan, by making an asynchronous request to retrieve a custom plan from a JSON file based on the user's group. Then we dynamically generate a plan list based on the received data and allow users to edit the plan by clicking on individual days. Users can then input their progress data, which is then stored and displayed as a history list. The code calculates and displays the 7-day weight change average. Users can edit the plan just by clicking on them as well as being able to save their plan as a text file. To retrieve the plan, we used a fetch API to make asynchronous HTTP request, and thus it retrieves the custom plan data from a JSON file. URLSearchParams is an interface used for working with the query string of a URL. It extracts the "userGroup" parameter from the URL.**

Detailed description of the features implemented *as well as the features you wanted to implement*

- **Implemented: When it comes to user customization, users can answer a set of questions to customize their plan. The answers are processed on the server side to determine the user's group. The application fetches a custom plan based on the user's group using the Fetch API. The plan is then displayed on the web page. Users can click on individual days in the generated plan to edit the plan items interactively. Users can input their progress data, including the week and weight. The application stores this data and displays a history list. The application calculates and displays the 7-day weight change average based on the user's progress history.**
- **Needed: What I wanted to implement is a way for users to create accounts and authenticate users to save their plans permanently and access them across sessions. Incorporating charts or graphs to visually represent progress data over time, makes it easier for users to track their changes. Able to enhance the editing plan feature with a more of a modal or form for a better user experience.**

Detailed descriptions and analysis for how the *realized* project implements or not implements the *intended* idea and concept. Be descriptive and provide examples for your claims.

- **The completed project successfully turns the original idea of personalized planning and progress tracking into a working web application. It achieves the main goals, but there's potential for improvement in how users interact**

with it, how data is handled, and the addition of more visual tools. The strong points are its basic functions and adaptability to different devices. To make it even better, future work could concentrate on making the user experience smoother and adding more features for a well-rounded experience.

- Minimum **eight screen shots** of the finished project with annotations

Your Journey Starts Here!

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WANT TO GET STARTED?

[Get Started](#)

Contact Information

For any questions; anthony.calderone2000@yahoo.com

Questions to Answer!

What is your name?:

How old are you?:

Are you an active person?

☐

Yes

☐

No

Would you consider yourself to be fairly disciplined?

☐

Yes

☐

No

Enter your weight:

Do you currently do any form of exercise?

☐

Yes

☐

No

What is your fitness goal?

Submit

Questions to Answer!

What is your name?:

Anthony

How old are you?:

23

Are you an active person?

☒

Yes

☐

No

Would you consider yourself to be fairly disciplined?

☒

Yes

☐

No

Enter your weight:

200

Do you currently do any form of exercise?

☒

Yes

☐

No

What is your fitness goal?

Lose weight



Submit

Your Custom Plan based on your Goals!

CLICK on a DAY to EDIT based on what you desire.

Day 1: 30 minutes of circuit training

Day 2: Core strength exercises and yoga

Day 3: High-intensity interval training (HIIT)

Day 4: Rest day with light stretching

Day 5: Full-body strength training with resistance bands

Day 6: 20 minutes of cardio kickboxing

Day 7: Rest day

Track Your Progress:

1

Enter your weight

Update Progress

Progress History

7-Day Weight Change Average

Answer's saved!

Name: **Anthony**

Age: **23**

Active?: **Yes**

Disciplined?: **Yes**

Weight: **200**

Do you currently do any form of exercise?: **Yes**

You have been placed in group: **4**

Your fitness goal: **Lose weight**

[Find out what's next for me!](#)

localhost:3000 says

Edit Item 4:

Day 4: 20 Minutes of Walking

OK

Cancel

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Day 6: 20 minutes of cardio kickboxing

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Track Your Progress:

1

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Enter your weight

Update Progress

Progress History

7-Day Weight Change Average

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Day 7: Rest day

Track Your Progress: Update Progress

Progress History

Week 1: 200 lbs
Week 2: 198 lbs
Week 3: 197 lbs
Week 4: 194 lbs
Week 5: 193 lbs
Week 6: 192 lbs
Week 7: 192 lbs

7-Day Weight Change Average

Your 7-day weight change average: 195.14 lbs

- Inspirations
- **This project was inspired by my personal experiences in the realm of fitness. Given my active involvement in working out, I saw an opportunity to assist individuals who face challenges in starting their fitness journey. The goal is to support others in achieving their fitness and lifestyle objectives, making it easy for them to commence their journey or gain valuable tips from the project. The main inspiration came from software I have already used such as MyFitnessPal and other programs to help me in my journey.**

VIDEO:

https://youtu.be/exlf_uWWISk

LINK TO DOWNLOAD

<https://drive.google.com/file/d/1X9-T9pGWT1mXqY4xIWAT1XxkwYfbBnEI/view?usp=sharing>

