Aptech ™

COMPUTER EDUCATION

Unleash your potential

Fitness Tracker

Certificate of Completion

Project Documentation

GROUP MEMBERS:

Student1369018: Aneeqa Aslam

Student1368747: Bilal Siraj

Student1369019: Rakhshi

Student1370645: Muhammad Yasir

ACKNOWLEDGEMENT

First of all, I would like to thanks ALLAH the almighty, who gave us mind to think and heart to feel creativity & creation depends on thinking.Very special thanks to our teacher of APTECH for his expert advice and brilliant suggestion and always encourage us to do the best. Indeed class fellows are very important and we would like to thank all of them for their kind appreciation, encouragement and moral support.

We would also like to express my deepest gratitude to my parents whose well wishes enabled me to transform me dream into a reality.

I would also want to thank the University of XYZ for accepting my project in my desired field of expertise. I'd also like to thank my friends and parents for their support and encouragement as I worked on this assignment.

PREFACE

This project was given to us as a task at the end of project in which

We have to design a website of Healthy Routine

The objective of this project to design the website for Fitness Tracker

And provide the piece of information about this healthy routine and

Keep in touch with some Gym instructors.

Introduction:

Lifestyle choices can include physical activity, a healthy diet, stress reduction, sleep, quitting smoking and good oral hygiene. If your habits are already healthy, make sure to maintain them. If one or more of these areas need improvement, pay some extra attention to it. For a long-term, successful change, the journey towards a healthy lifestyle should be a positive experience. Notice all small improvements; every move in a positive direction is a step forward. Your habits have a direct impact on your well-being. For example, getting enough quality sleep will make you feel thoroughly rested, good oral hygiene will contribute to a healthy mouth, and so on.

Requirements & Specification:

The Web site is to be created based on the following requirements.

1) The Home Page should be created with proper sections, graphics and with a suitable logo

2) Link on the home page must be included such as Home, Package, Gallery, Contact information, Accounts,

3) The look and feel of the project must be made user friendly and uniformity in the colour combination must be maintained.

4) Healthy Routine such as:

- Daily Walking and Running
- Proper Sleep
- Exercise

5) Navigation of the project must be made smooth.

6) History

7) Gallery

8) FAQs

Screen Shots of Project:

REGISTER & LOGIN:

FitTrack

Email

youremail@gmail.com

Password

****

Login

New to FitTrack? Create one

Get Started:

History:

FitTrack ☰

History

01/26/23	🏋	**bench press** 6 pounds
01/24/23	🏃	**Cycling** 10 miles
01/21/23	🏋	**Free Weight** 25 pounds
01/18/23	🏃	**Running** 3 miles
	🏋	**Dumbbells** 15 pounds
01/16/23	🏃	**Swimming** 3 miles

∨ Show More

Activities:
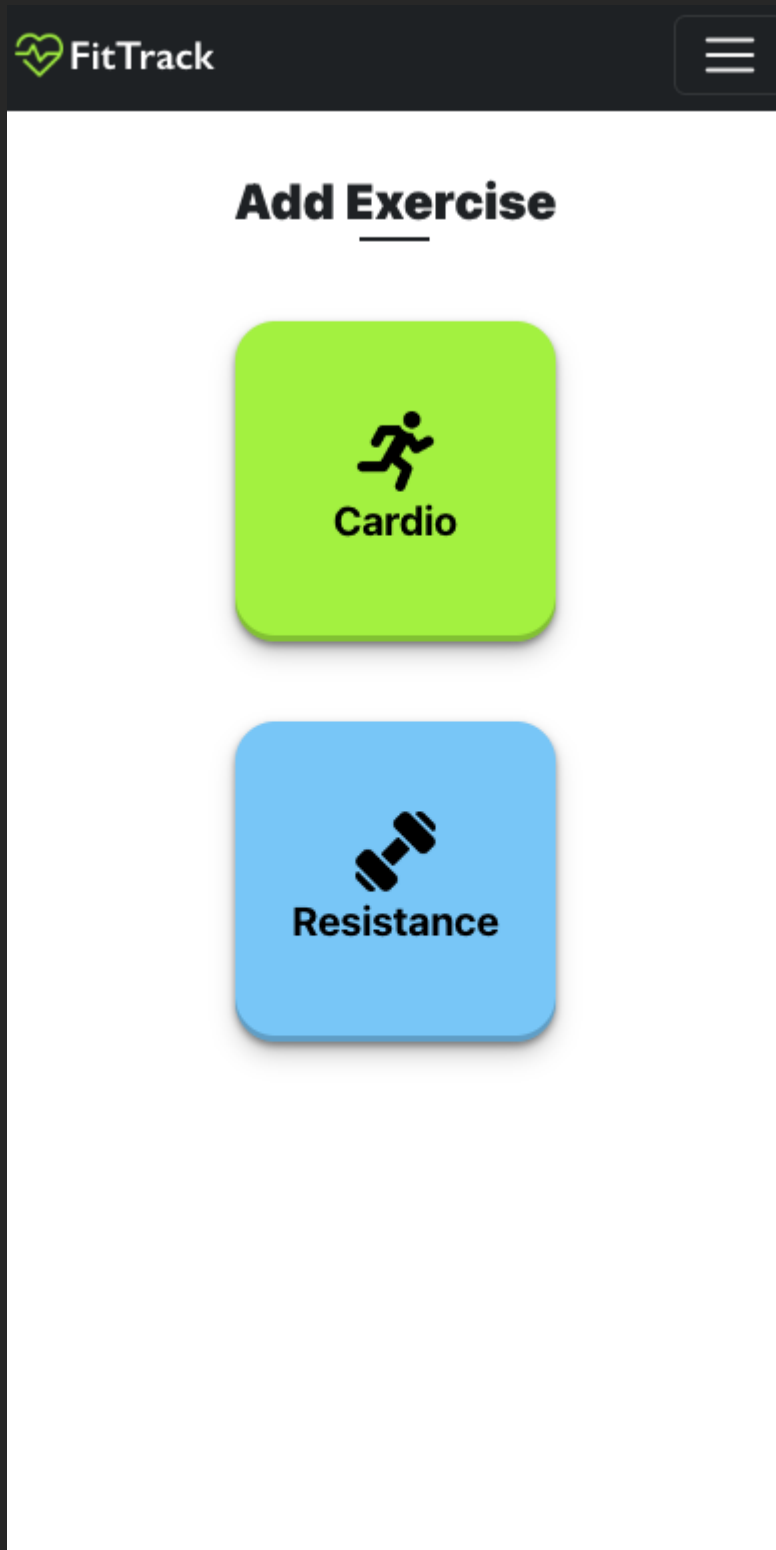
FitTrack

Add Exercise

Cardio

Resistance

Daily Schedule:
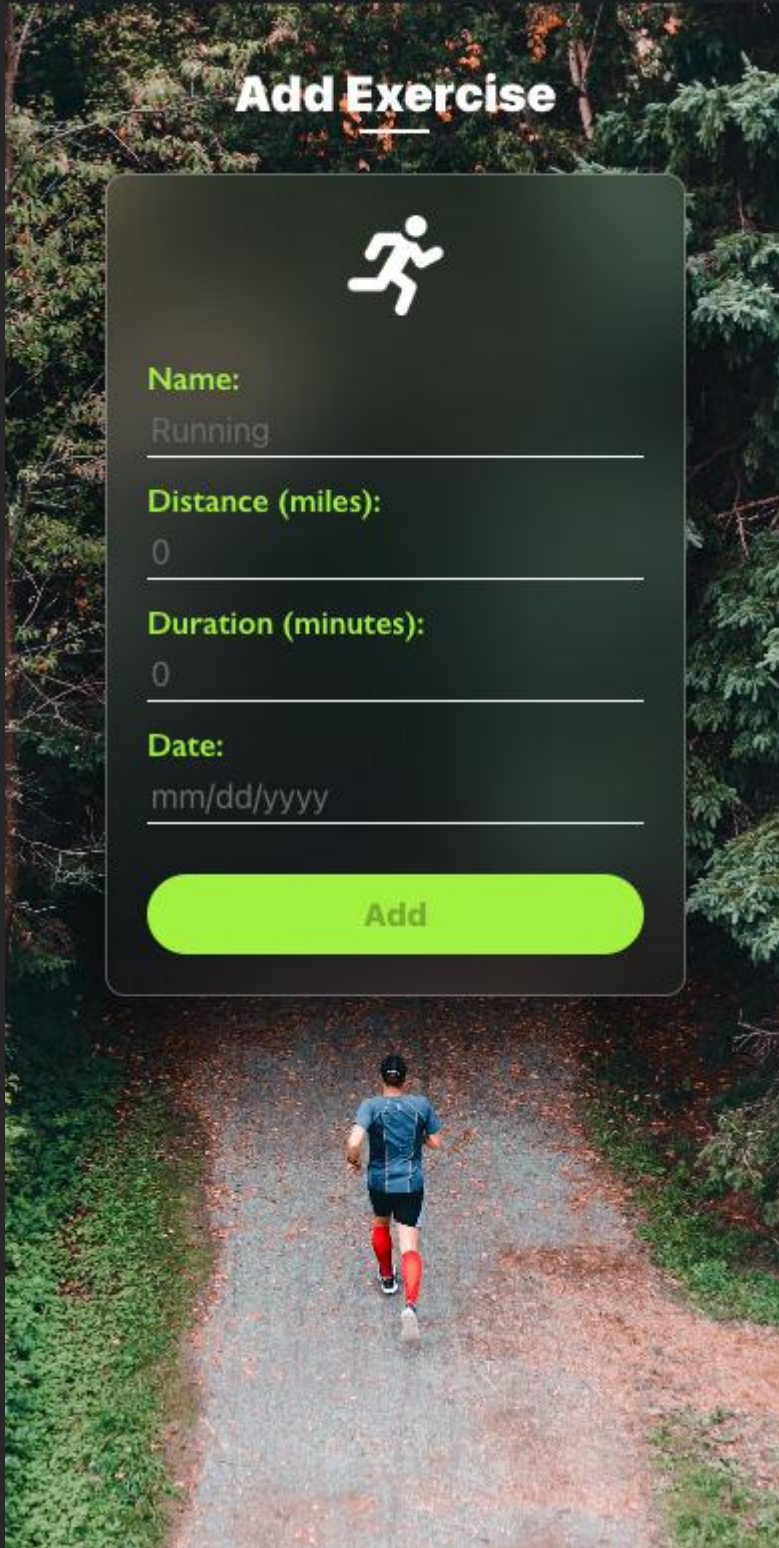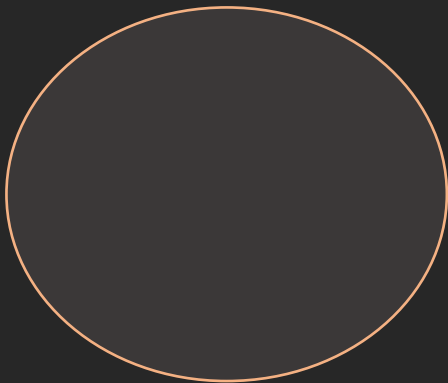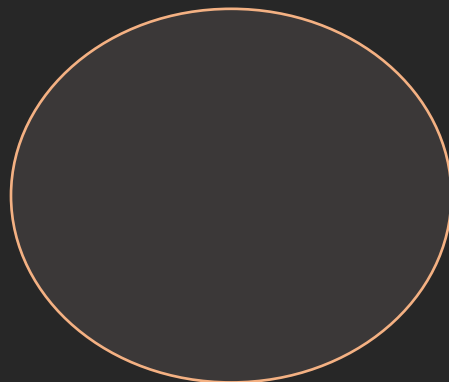
Teams Members:

Aneeqa Aslam

Muhammad Yasir

Muhammad Bilal

Rakhshi

Thank You!!!