

Project Proposal

Purpose:

In the past three years, people worldwide have often been isolated at home due to the pandemic, unable to go to gyms to exercise. During this time, groups of Youtubers have emerged on the internet to teach people how to use limited equipment, time, and space to exercise at home. However, for those who do not like to avoid going to the gym but are overwhelmed by various online resources, how to choose suitable fitness and training videos for themselves has become a problem, preventing them from building a daily exercise routine. To solve this problem, I would like to design a website that generates customized fitness plans for users. After answering some questions, the users will be recommended home fitness YouTube tutorials suitable for them. The ultimate goal of the website is to encourage people to develop their exercise habits even if they have limited time or conditions and use online resources to choose the right tutorials for themselves.

Audience:

My primary audience would be anybody wanting to exercise outside of gyms: they could be people who do not have time or access to gyms, are overwhelmed with online resources, and need help knowing where to start. They could also be people who just want to relax their bodies and take a mental break from busy work.

Technology Plan to Use:

For this project, I plan to use HTML, CSS, and Javascript.

Potential Challenges and Contingency Plan::

One of the potential challenges is finding a diverse selection of high-quality fitness YouTube tutorials to recommend to users. To solve this problem, I plan to research every tutorial I include on the website, from the history of YouTubers to the feedback on each video, to ensure that the videos are compelling and of high quality, produced by reputable YouTubers.

Additionally, the fitness tutorials and plans generated by the website should be safe and effective for various users, considering different fitness levels. Also, I plan to include questions about

users' fitness levels and history or possible medical conditions so that users are recommended and exercise under safe conditions.