

10 Sources:

- 1) <https://joinelish.webflow.io/blog/fitness-website-that-motivates>

The reason I chose this source because it allows me to get a good understanding of what fundamentals I'll be needing in order to create the website. My initial thoughts of creating a website were to be straightforward, but it's not that easy. There are specific steps and areas you must understand to make a **Good** website. And this source helped me break down certain stuff that I need to identify to make sure the website reaches the right audience and meets the right engagement. It's a source that I'll be reflecting on when deciding what to add to my website.

- 2) <https://www.freecodecamp.org/news/how-to-build-a-website-from-scratch-start-to-finish-walkthrough/>

The reason I chose this source was to help guide me and give me basic knowledge on how to create the website. In this article, they use a weather app as an example, and they include pictures and examples of the type of coding they're using. This is useful to me because I don't have any background knowledge of how to create a website, and I don't know where to start, but this article will be my assistance when making it. It also includes helpful information, such as what type of coding I'll be doing and where I could start making my own website.

- 3) <https://www.ncaa.org/news/2022/5/24/media-center-mental-health-issues-remain-on-mins-of-student-athletes.aspx>

The reason I included this source is that I wanted to show that mental health is a serious common problem for athletes. Many athletes usually go through mental battles that no one knows about, and many athletes go through burnout, which causes them to lose motivation and start underperforming in other areas, such as in their education. The way this source will help me is by collecting information and helping me come up with quotes that'll help them in this scenario. It also helps me remind myself of what my topic is and what problem I'm trying to solve.

- 4) https://youtu.be/8w_kHIAkucA?si=XyS3jSYDo0vv5Y-h

The reason I chose this source is that it's an hour-long video with a step-by-step tutorial. The person speaking in the video explains everything thoroughly and has a background screen that shows me what she's actually doing and what she's typing. This allows me to move at my own pace and rewatch any moments that I might need to watch multiple times. What this will mainly help me with is actually doing the coding and where to make changes. It'll guide me with what I need to type into the system and explain the difference in every code. Specifically, the channel will also help me with other bumps on the road.

- 5) <https://www.youtube.com/watch?v=nm09cQSskn8>

This source is another video that gives more information on how to make a good website. This is beneficial for me because it allows me to think deeply about my purpose. It'll help me brainstorm the right thing I need for my website, and it helps me make sure I succeed in all the principles I need in order to make a good website. It will also help me map out the format of my website and what I'll be adding to ensure people become interested and engaged with it. I'll be using this source once I actually start coding.

- 6) <https://theperformancepursuitconsulting.com/blog/goal-setting-strategies>

The reason why I chose this website to be one of my sources is that this website focuses on the strategy of setting goals for athletes to succeed. It includes the different types of goals for athletes, such as outcome, performance, and process goals. This information will allow me to determine what goals will be set for each person who'll be using my website and which goal-setting will help them the most. My thought process right now is either asking questions that'll allow the website to assign you a goal or just giving them options of goals and having them pick.

- 7) <https://appliedsportpsych.org/resources/resources-for-athletes/principles-of-effective-goal-setting/>

For this source, the reason is similar to the previous one. Except I chose it because it explains how goal-setting helps people. And explains what principles you need to know in order to make goal-setting the most effective strategy you could use. The way this source will guide me with my project is that I'll be collecting as much information as I can from this article, and once I have a deep and good amount of information, I'll be using it to come up with ways to incorporate the techniques given from the source into my website. This source is mainly to come up with ideas.

- 8) <https://condorperformance.com/best-sport-psychology-quotes/>

The reason why I chose this source is that it provides a good amount of useful quotes. This'll be beneficial to me once I start the website and make the hourly quotes appear. The way I'll be incorporating this into my website is by initially formatting my website, and once I have completed that, I'll include a motivational/inspirational quote feature. This is where the source will be crucial because it'll allow me to include quotes that have been useful for athletes. And it'll allow me to input quotes more easily because I already have a bunch of quotes collected.

- 9) <https://pliability.com/stories/goal-setting-for-athletes#:~:text=Example%20of%20Athlete's%20Performance%20Goal,work%20towards%20their%20outcome%20goal.>

Initially, I didn't think much of this source, but after reading it deeply, I discovered the importance of a different way to connect with a goal-setting feature. For example, in this article, I learned that there are multiple ways to approach a goal-setting strategy for peak performance and success. The article spoke about short/mid/long-term goals as well as making your goals specific, measurable, attainable, realistic, and time-based. This will be useful for me when I'm creating the goals for each user, as it'll allow me to give each athlete user the specific goal they need to reach their goals and become the best version of themselves.

- 10) <https://pmc.ncbi.nlm.nih.gov/articles/PMC12358434/#sec16>

The reason why I chose this source is that this is the main problem that I'm trying to solve. Reading this article also explains how crucial motivation is to athletes. The article did an experiment to see how much impact motivation has. And later on discovered that athletes with motivation tend to succeed more and reach peak performance in the long run. Not only that, but they also remain more determined and focused. This is one source from which I gained my inspiration. But my main inspiration came from experiencing a lack of motivation. This source won't be as useful as the rest, but I included it because I'm using this article as a form of inspiration and motivation to complete my project and use it for a useful cause.