

*Assignment
Evaluation Task*

Subject Name

DAM - 0373

**Lenguajes de marcas y sistemas
de gestión de información**

By

Muhammad Awais Anjum

Submitted To



**Centro Oficial FP
Tecnología y Digitalización**

GitHub Link:

<https://github.com/Awais33421/FitFlow>

Desktop View

Home Page:

The screenshot shows the homepage of the FitFlow website. At the top, there is a dark header with the FitFlow logo, a navigation bar with links for Home, Nutrition, Workouts, and Community, and buttons for Login and Join Elite. Below the header, a banner states "Trusted by 100K+ Elite Athletes". The main feature is a large call-to-action button with the text "Transform Your Body & Mind with FitFlow". Below this, a subtext reads: "Experience the future of fitness with AI-powered personalized workouts, elite nutrition coaching, and a premium community." Two buttons are present: "Start Your Journey →" and "Explore Programs". To the right, there is a video thumbnail showing a gym interior with dumbbells and people working out. A progress overlay on the video says "Your Progress +450 Cal ↑ 23% from yesterday". At the bottom, there are three statistics: "500K+ Active Members", "98% Success Rate", and a "★ 4.9 Premium Rating".

FitFlow
PREMIUM

Home Nutrition Workouts Community Login Join Elite

Premium Programs

Elite Training Experiences

Curated by world-renowned coaches and powered by cutting-edge technology.

Most Popular

Elite Strength

Premium resistance training with AI-powered form analysis and progressive overload optimization.

Explore Program

New

HIIT Performance

High-intensity metabolic conditioning designed by world-class trainers for maximum results.

Explore Program

Premium

Mind & Body Flow

Luxury wellness combining yoga, meditation, and mobility for holistic transformation.

Explore Program

FitFlow
PREMIUM

Home Nutrition Workouts Community Login Join Elite

Join the Elite Community

Track every achievement, celebrate every milestone, and transform your life alongside thousands of dedicated athletes pursuing excellence.

500K+

Goals Crushed

98%

Success Rate

2M+

Workouts Completed

Start Your Transformation →

No credit card required • 14-day premium trial

© 2025 FitFlow. All rights reserved. Premium Fitness Experience

Contact Page



FitFlow
PREMIUM

Home Nutrition Contact Community

Login Join Elite

Get in Touch

Our elite support team is here to help you crush your goals.

 Email Support
support@fitflow.com

 Elite Hotline
[+1 \(888\) FIT-FLOW](tel:+1888FITFLOW)

 Headquarters
8500 Sunset Blvd, LA, CA

Follow Us



Send a Message

First Name Last Name

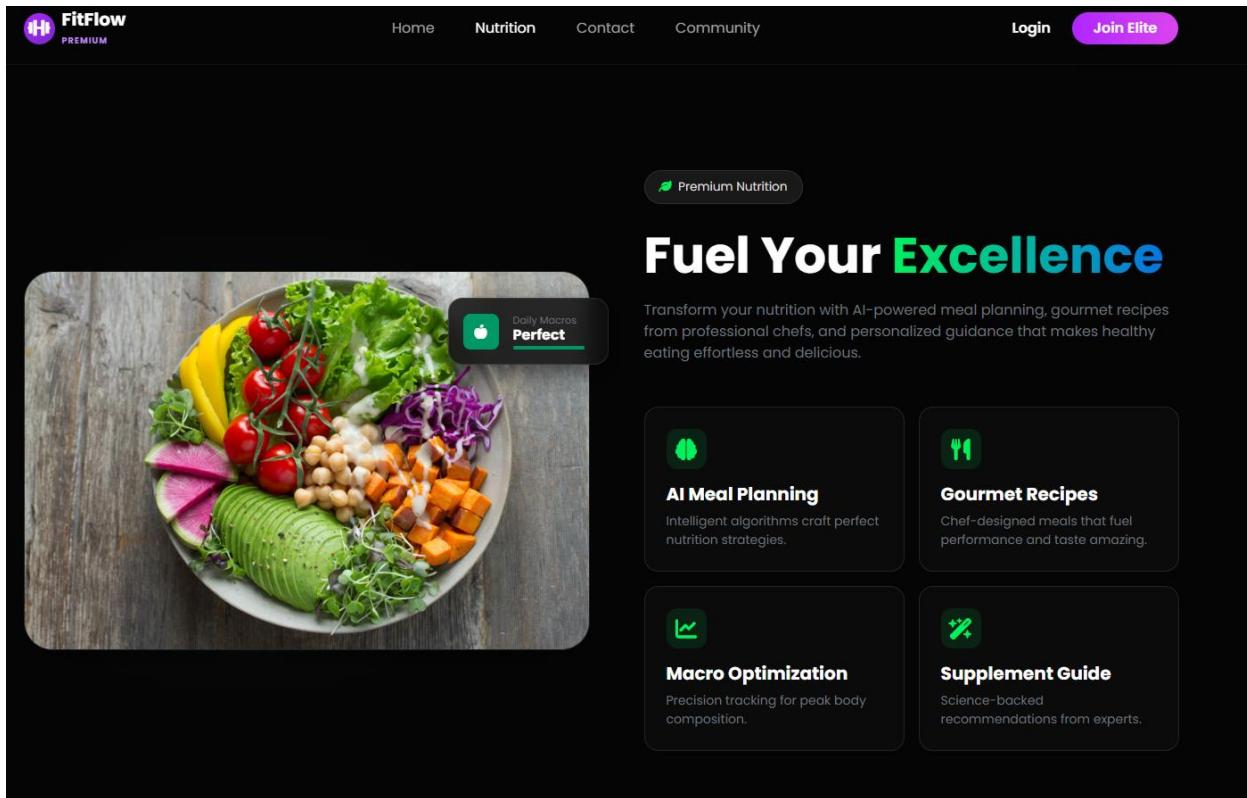
Email Address

Subject

Message

Send Message 

Nutrition



The image shows the FitFlow Premium Nutrition homepage. At the top, there is a navigation bar with links for Home, Nutrition, Contact, and Community, along with Login and Join Elite buttons. Below the navigation bar is a large image of a colorful salad in a bowl. A small badge in the top right corner of the salad image says "Daily Macros Perfect". To the right of the salad, there is a button labeled "Premium Nutrition". Below the salad image, the main headline reads "Fuel Your Excellence" in large, bold letters. A sub-headline below it says "Transform your nutrition with AI-powered meal planning, gourmet recipes from professional chefs, and personalized guidance that makes healthy eating effortless and delicious." To the right of the headline are four rounded rectangular boxes, each containing an icon and a title: "AI Meal Planning" (with a green brain icon), "Gourmet Recipes" (with a fork and knife icon), "Macro Optimization" (with a green line graph icon), and "Supplement Guide" (with a green supplement bottle icon). Each box also has a brief description below its title.

Tablet View

Home page

Dimensions: tablet ▾ 1280 × 850 60% ▾ No throttling ▾ 'Save-Data': default ▾

FitFlow
PREMIUM

Home Nutrition Contact Community Login Join Elite

Start Your Journey → Explore Programs

500K+ Active Members 98% Success Rate ★ 4.9 Premium Rating

Premium Programs

Elite Training Experiences

Curated by world-renowned coaches and powered by cutting-edge technology.

Location Privacy and security Lighthouse Recorder

Nutrition Page

Dimensions: tablet ▾ 1280 × 850 60% ▾ No throttling ▾ 'Save-Data': default ▾

FitFlow
PREMIUM

Home Nutrition Contact Community Login Join Elite

Premium Nutrition

Fuel Your Excellence

Daily Macros Perfect

Transform your nutrition with AI-powered meal planning, gourmet recipes from professional chefs, and personalized guidance that makes healthy eating effortless and delicious.

AI Meal Planning
Intelligent algorithms craft perfect nutrition strategies.

Gourmet Recipes
Chef-designed meals that fuel performance and taste amazing.

Macro Optimization
Precision tracking for peak body composition.

Supplement Guide
Science-backed recommendations from experts.

Contact Page

Dimensions: tablet ▾ 1280 × 850 60% ▾ "Save-Data": default ▾

The screenshot shows a dark-themed contact page for FitFlow. At the top, there's a navigation bar with links for Home, Nutrition, Contact, and Community, along with Login and Join Elite buttons. Below the navigation, a banner features the text "Our elite support team is here to help you crush your goals." To the left, there's a sidebar with three contact options: Email Support (support@fitflow.com), Elite Hotline (+1 (888) FIT-FLOW), and Headquarters (8500 Sunset Blvd, LA, CA). Below this is a "Follow Us" section with social media icons for Instagram, Twitter, and Facebook. On the right, there's a large "Send a Message" form. The form includes fields for First Name (John), Last Name (Doe), Email Address (john@example.com), Subject (General Inquiry), and a Message area (How can we help you?). A prominent pink "Send Message" button is at the bottom of the form.

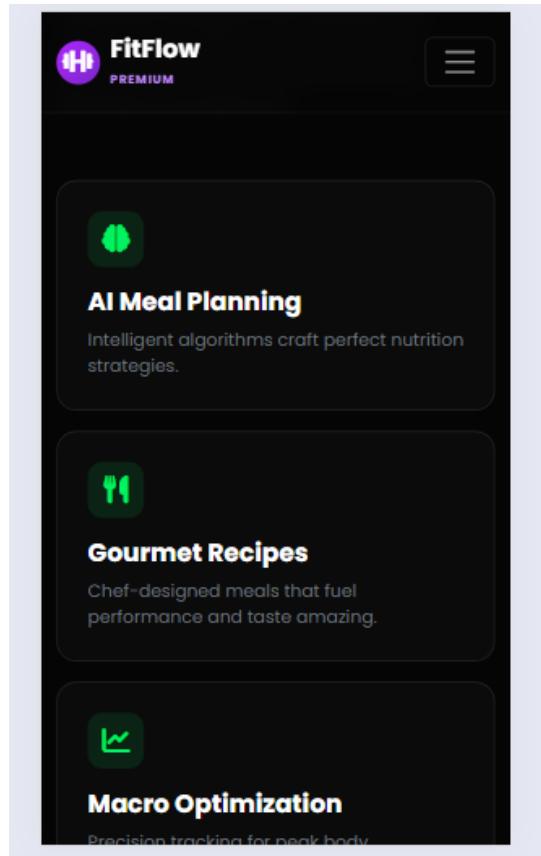
Móvil View

Home page

The image displays three mobile screenshots of the FitFlow app's home page, arranged horizontally. Each screenshot shows a different section of the app's interface.

- Screenshot 1:** Shows the main landing page with a dark background. It features the FitFlow logo at the top left, a purple header bar with the word "PREMIUM", and a large central text block: "Transform Your Body & Mind with FitFlow". Below this is a subtext: "Experience the future of fitness with AI-powered personalized workouts, elite nutrition coaching, and a premium community.". A purple button labeled "Start Your Journey →" is prominent. At the bottom, there are statistics: "500K+" Active Members, "98%" Success Rate, and a "Premium Rating" of "★ 4.9". A small image of a gym interior is visible at the bottom left, and a progress bar at the bottom right indicates "+450 Cal" burned.
- Screenshot 2:** Shows a section titled "Elite Training Experiences" with a subtext: "Curated by world-renowned coaches and powered by cutting-edge technology.". It features a video thumbnail showing a coach assisting a client during a workout. Below the video, a section titled "Elite Strength" is shown with a subtext: "Premium resistance training with AI-powered form analysis and progressive overload optimization.". A purple "Explore Program" button is present. At the bottom, there is a "New" video thumbnail showing a group exercise class.
- Screenshot 3:** Shows a navigation menu with a dark background. The FitFlow logo and "PREMIUM" header are at the top. The menu items are: Home, Nutrition, Contact, and Community. Below the menu are two buttons: "Login" and "Join Elite". A large section titled "Join the Elite Community" is shown with a subtext: "Track every achievement, celebrate every milestone, and transform your life alongside thousands of dedicated athletes pursuing excellence.". At the bottom, there is a purple icon of a trophy and the text "500K+ Goals Crushed".

Nutrition Page



Contact Page

