index	Header and NavBar				
Home	Exercise	Diet	Socialisation	About Us	
s greeter (goodday, good					1
How you can support us					
Exercise > Socialisation > Diet >			links to links to links to		
Diet			Use Jquery on forms to run c	alculations	2
nutrition			on user selections		
protein neede	ed		add CSS styles during user se	lection	
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exercise			Use Jquery on forms to run c	alculations	
	-		on user selections add CSS styles during user se		
Do's and Don'	't's list		add Coo styles dulling user se	icction	
interactive gu	ide				
socialisation	with pics				4
Do's and don'	t				
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Push for S.Media follow's	;				
Footer					