Layout Idea #1

Website Logo/Icon   About   Getting Started   Nutrition   Exercise   Sleep

"Don't diet, change your life"

Get started Now

Sub-Nav.

"Block Quotes"

"More Quotes"

Twitter
Facebook
Google+

content
Header
Header

Getting Started | About | Nutrion | Exercise | Sleep ─── How Much / Mechanics → background

Basics Goals Determination Consistency

Types Routines Schedule

AboutMe contact

Real Food   cooking Planning Control   Eating at
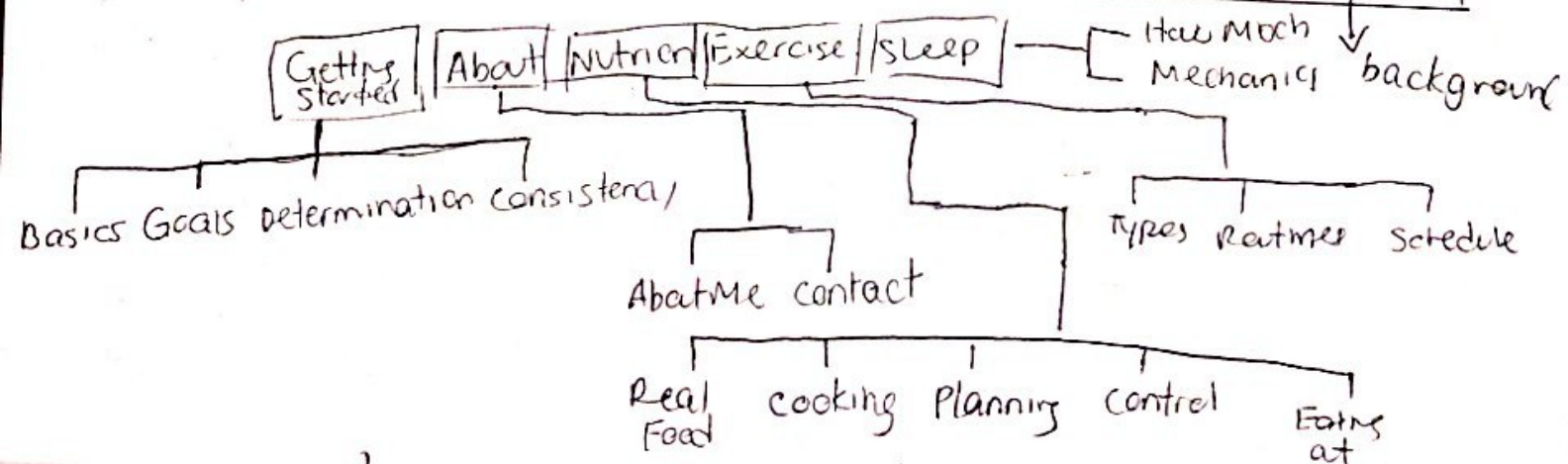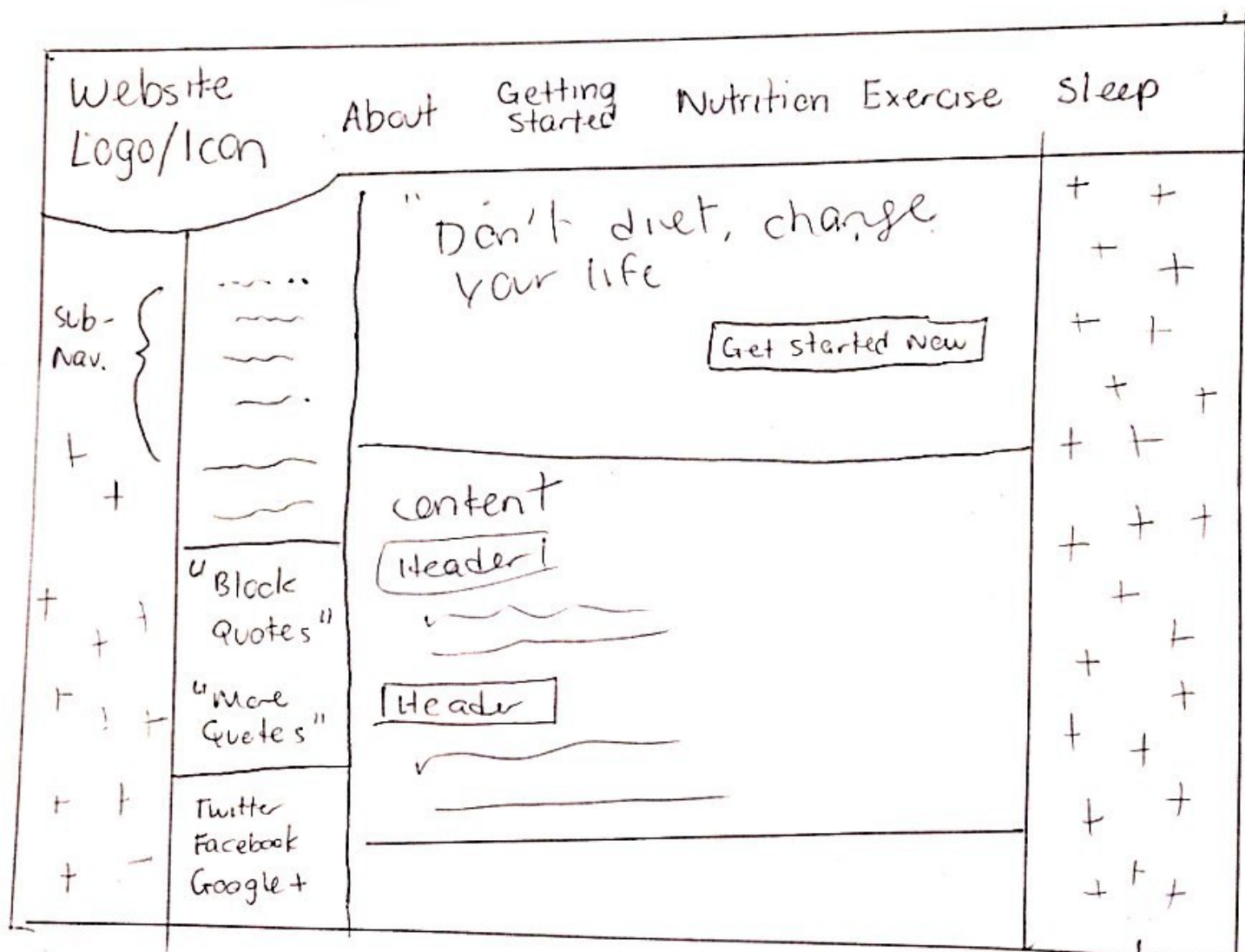
- The most important aspects are on the top of the page (navigation bar). It follows an "F" layout. Everything's laid out, no drop down menus in order to facilitate ease of use. I chose this because it is standard