

Front-End UI/UX Mini Project

Project Title: Fitness Trainer Profile Page

Submitted By:

RAJ KUMAR – 2460426

NIVISH SARAN – 2460416

RAYHAN ZAHID JS- 2460428

College Mail id:

rajkumar@btech.christuniversity.in

nivish.saran@btech.christuniversity.in

rayhan.zahid@btech.christuniversity.in

Course: UI/UX Design Fundamentals

Instructor Name: Mr.DHIRAJ

Institution: Christ University Bangalore

Date of Submission: 13.08.2025

2. Abstract

This project involves the design and development of a personal Fitness Trainer Profile Page using HTML and CSS. The website highlights the trainer's introduction, available training packages, client testimonials, and a static weekly training schedule. It also includes call-to-action buttons to encourage bookings. The design focuses on a clean, motivational layout with bold colors, clear typography, and a simple structure for easy navigation. The site is static and responsive, ensuring accessibility across devices. The goal is to create an attractive online profile that helps the trainer engage with potential clients and promote their services effectively.

3. Objectives

- Create a professional landing page to showcase a fitness trainer's profile and services.
- Present training packages with clear details, pricing, and booking options.
- Display authentic client testimonials to build credibility.
- Include a static training schedule for easy reference.
- Apply clean, motivational design principles using only HTML and CSS.

4. Scope of the Project

The project focuses on building a static single-page website for a fitness trainer. It covers HTML structure, CSS styling, and responsive layout techniques using Flexbox. The scope includes an introduction section with the trainer's name and photo, a training packages section, client testimonials, and a timetable. The site is intended for informational and promotional purposes only, without backend features like dynamic booking or data storage.

5. Tools & Technologies Used

Tool/Technology	Purpose
HTML5	Structure and content layout
CSS3	Styling and layout management
VS Code	Code editor
Chrome	Browser testing and debugging

6. HTML Structure Overview

The Fitness Trainer Profile Page uses HTML5 semantic tags such as `<header>`, `<section>`, and `<footer>` for clarity, accessibility, and maintainability.

Sections include:

- Header / Introduction – Trainer’s image, name, tagline, and “Book Now” button.
- Training Packages – Three service plans (Basic, Pro, Premium) with features and prices.
- Testimonials – Realistic client reviews.
- Schedule – Weekly training timetable in a table format.
- Footer – Contact information.

7. CSS Styling Strategy

- Flexbox is used for the training packages layout.
- Consistent color palette (orange/white/grey) for motivation and readability.
- Button hover effects for interactivity.
- Table styling for the schedule section.
- Responsive design adjustments for smaller screens.

8. Key Features

Feature	Description
Introduction	Trainer profile image, name, and booking link
Training Packages	Three packages with pricing and features
Testimonials	Client reviews to build trust
Schedule	Static timetable for training sessions
Footer	Email and phone contact details

9. Challenges Faced & Solutions

Challenge	Solution
Aligning package cards neatly	Used Flexbox to manage spacing and alignment
Making the design responsive	Added flex-wrap and media queries
Maintaining readability on different devices	Applied appropriate font sizes and color contrast

10. Outcome

The final product is a clean, functional, and motivational fitness trainer profile website. It presents the trainer's identity, services, and schedule in a visually appealing and easy-to-read format. The project demonstrates practical skills in HTML5 structure, CSS layout techniques, and responsive web design.

11. Future Enhancements

- Add JavaScript for a working booking form.
- Integrate online payment options for packages.
- Include a photo gallery of training sessions.
- Add animated transitions for package cards and testimonials.

12. Sample Code (HTML & CSS)

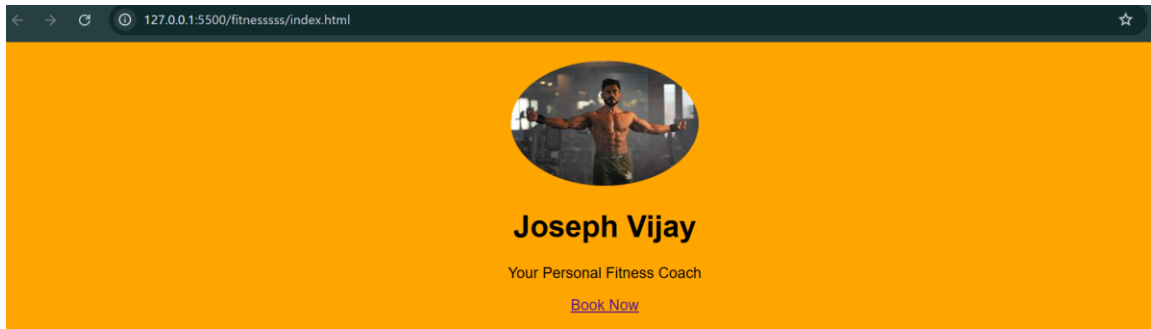
HTML (excerpt):

```
<header>
  
  <h1>Joseph Vijay</h1>
  <p>Your Personal Fitness Coach</p>
  <a href="#services">Book Now</a>
</header>
```

CSS (excerpt):

```
.packages {
  display: flex;
  gap: 20px;
  justify-content: center;
  flex-wrap: wrap;
}
.package-card {
  width: 280px;
  background: #f9f9f9;
  border-radius: 8px;
  padding: 18px;
}
```

13.Sample Output



Training Packages

Basic

₹2,499 / month

- 4 one-on-one sessions
- Beginner workout plan
- Email support

[Book Basic](#)

Pro Most Popular

₹4,499 / month

[Book Basic](#)

Pro Most Popular

₹4,499 / month

- 8 one-on-one sessions
- Customized workout + diet plan
- Weekly progress tracking

[Book Pro](#)

Premium

₹7,999 / month

- 12 one-on-one sessions
- Advanced training & nutrition
- 24/7 WhatsApp support

[Book Premium](#)

What Clients Say

1. "Alex is the best trainer I've ever had! He understands my limits but still pushes me to improve every week." – Sarah
2. "The workouts are challenging and fun." – John
3. "The personalized nutrition plan he made for me changed my eating habits forever." – Rohit P.

Training Schedule

Day	Time	Activity
Monday	7:00 AM - 8:00 AM	Cardio
Wednesday	6:00 PM - 7:00 PM	Strength Training
Friday	7:00 AM - 8:00 AM	Full Body Workout

Contact: alexfitness@gmail.com | Phone: +91-9876543210

14. Conclusion

The Fitness Trainer Profile Page successfully fulfills its objective of creating an engaging and structured profile for a fitness trainer using HTML and CSS. The project enhances skills in layout structuring, Flexbox, semantic HTML, and basic styling techniques while meeting UI/UX best practices.