**Planning Analysis Sheet**

This website will be for adults who wish to begin powerlifting or who want to learn from women who’ve already trained, competed and know the process of becoming a powerlifter. It for women who are looking for better progress in their lifting performances and training. A safe and supportive space for ladies who can subscribe to emails our qualified coaches send out each week, focusing on certain lifts, training, diet and lifestyle- who can guide them to reach their full potential.

**Website goal:**

The goal for this website is to make it as interesting visually. I want the user to see the pictures of real women performing, which will motivate them when viewing the site. From the information on offer, I hope in turn this can make them a frequent user. colours will be a key feature in this website, I wanted a sleek and clean appearance making it user-friendly and to really focus on the information as to not get distracted by anything else. I wanted to focus on the picture displays in the main section of the webpage in order to make the user visualise themselves as the girls photo’d as this is highly possible. The facility pictures I wanted them to see the gym in which the training takes place so that they can also visualise themselves there, training, socialising and gaining knowledge.

**Sources:**

**Images:**

**Pexels.com**

**Google images**

**Irish powerlifting federation**

**Video:**

**Youtube.com/Stefi-Cohan-Motivation**

**Facts:**

Irish Powerlifting Federation