Milestone 2

http://gfitness.website

1. Create a Meta Title tag for each page on the site.

A title tag is an HTML element that specifies the title of a web page. Title tags are displayed on search engine results pages (SERPs) as the clickable headline for a given result, and are important for usability, SEO, and social sharing. The title tag of a web page is meant to be an accurate and concise description of a page's content.

```
Edit file
/domains/gfitness.website/public_html/index.html
     1 <!DOCTYPE html>
     2 - <html>
     4 <title>Fitness</title>
     6 <link href="https://unpkg.com/tailwindcss@^2/dist/tailwind.min.css" rel="stylesheet">
        <!-- Global site tag (gtag.js) - Google Analytics --
     8 <script async src="https://www.googletagmanager.com/gtag/js?id=G-Y61YNGPYPQ"></script>
     9 - (script)
         window.dataLayer = window.dataLayer || [];
    10
          function gtag(){dataLayer.push(arguments);}
    12
         gtag('js', new Date());
    13
          gtag('config', 'G-Y61YNGPYPQ');
    14
    16
    17
        <meta name="google-site-verification" content="f9GJg8pMivIAfPGDOVmK31W9WxZWVZ-77J0p KA1cbw" />
    18
       <meta name="google-site-verification" content="qqWXEMY3wEcltkPg4FQWiQE_Y0tBL4SabzORXI774sY" />
    20
            <meta charset="UTF-8">
    21
            <meta name="description" content="Orders are customer requests to prepare and deliver food. All food on-demand</pre>
                businesses receive orders via an app, a website or phone. The orders could be for their own kitchen or another
                meal provider they have partnered with. ... Businesses can have different Food delivery models depending on
                various factors.">
                                                                                                       SAVE & CLOSE
                                                                                                                          SAVE
```

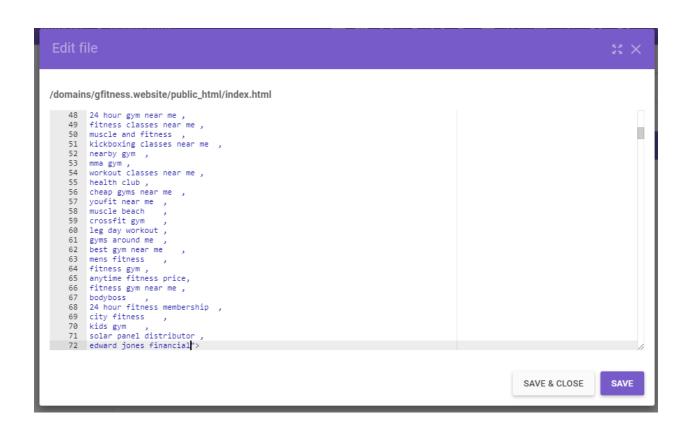
Edit file $tilde{f x}$ imes

/domains/gfitness.website/public_html/index.html

```
cmeta name= description content= orders are customer requests to prepare and deliver tood. All tood on-demand
businesses receive orders via an app, a website or phone. The orders could be for their own kitchen or another
meal provider they have partnered with. ... Businesses can have different Food delivery models depending on
                  various factors.">
            <meta name="keywords" content=" gym ,</pre>
23
24 gym near me ,
25 planet fitness near me ,
26
    fitness ,
    LA fitness near me ,
27
28 crossfit near me
29 24 hour fitness near me ,
30 fitness near me ,
31 anytime fitness near me ,
      home gym
32
      fitness center ,
34 planet fitness membership ,
35 fitness center near me ,
36 golds gym near me ,
37 powerhouse gym ,
38 anytime fitness cost
39 LA fitness membership ,
40 reddit fitness,
41 LA fitness guest pass ,
42 spin classes near me ,
43 gym workout,
```

SAVE & CLOSE

SAVE



```
Edit file
/domains/gfitness.website/public_html/index.html
     65 anytime fitness price,
          fitness gym near me ,
           bodyboss
                                                                                                                                                                           24 hour fitness membership ,
     68
           city fitness
           kids gym ,
solar panel distributor
     70
     71
          edward jones financial">
     73
74
     75
                <meta name="Maker" content="Gourav Raghuwanshi">
     76
                <meta name="FOOD2EAT" content="width=device-width, initial-scale=1.0">
     77
     78
     79
     80
                <!-- Google Tag Manager -->
                cscipt>(function(w,d,s,1,i){w[1]=w[1]||[];w[1].push({'gtm.start':
    new Date().getTime(),event:'gtm.js'});var f=d.getElementsByTagName(s)[0],
    j=d.createElement(s),dl=1!='dataLayer'?'&l='+1:'';j.async=true;j.src=
     81 -
     82
                https://www.googletagmanager.com/gtm.js?id='+1+d1; hparentNode.insertBefore(j,f);
})(window,document,'script','dataLayer','GTM-MJSPTNQ');</script>
<!-- End Google Tag Manager -->
     84
     85
     86
     88
                <!-- Global site tag (gtag.js) - Google Analytics -->
    89 <script async src="https://www.googletagmanager.com/gtag/js?id=G-FEJKYES890"></script>
                                                                                                                                          SAVE & CLOSE
                                                                                                                                                                   SAVE
```



```
Edit file
/domains/gfitness.website/public_html/index.html
   108
            ga('send', 'pageview');
            </script>
   109
            <!-- End Google Analytics -->
   110
   111
   112
   113
        </head>
   115
   116 - <body>
   117 * <header class="text-gray-600 body-font">
         <div class="container mx-auto flex flex-wrap p-5 flex-col md:flex-row items-center">
   119 -
            <nav class="flex lg:w-2/5 flex-wrap items-center text-base md:ml-auto">
             <a class="mr-5 hover:text-gray-900">Home</a>
<a class="mr-5 hover:text-gray-900">About</a>
<a class="mr-5 hover:text-gray-900">About</a>
   120
   121
   122
              <a class="mr-5 hover:text-gray-900">Services</a>
   123
             <a class="hover:text-gray-900">Contact</a>
   124
            </nav>
   125 +
            <a class="flex order-first lg:order-none lg:w-1/5 title-font font-medium items-center text-gray-900 lg:items
                -center lg:justify-center mb-4 md:mb-0">
            126 +
   127
   128
             </svg>
   129
             <span class="ml-3 text-x1">G-Fitness</span>
  130
            </a>
                                                                                                     SAVE & CLOSE
                                                                                                                        SAVE
```

Edit file /domains/afitness.website/public_html/index.html <path d="M5 12h14M12 517 7-7 7"></path> </svg> 136 </button> </div> 137 138 </div> 139 </header> 140 <hr>> 141 - <section class="text-gray-600 body-font"> <div class="container mx-auto flex px-5 py-24 md:flex-row flex-col items-center"> 143 -<div class="lg:flex-grow md:w-1/2 lg:pr-24 md:pr-16 flex flex-col md:items-start md:text-left mb-16 md:mb-0 items</pre> -center text-center"> <h1 class="title-font sm:text-4xl text-3xl mb-4 font-medium text-gray-900">Let Ready For GYM 144 -<br class="hidden lg:inline-block">No Pain No Game 145 146 </h1> Copper mug try-hard pitchfork pour-over freegan heirloom neutra air plant cold
-pressed tacos poke beard tote bag. Heirloom echo park mlkshk tote bag selvage hot chicken authentic tumeric 147 truffaut hexagon try-hard chambray. 148 -149 rounded text-lg">Detail</button> 150 <button class="m1-4 inline-flex text-gray-700 bg-gray-100 border-0 py-2 px-6 focus:outline-none hover:bg-gray</pre> -200 rounded text-lg">Enroll Now</button> </div> 151 152 153 + <div class="lg:max-w-lg lg:w-full md:w-1/2 w-5/6"> SAVE & CLOSE SAVE

```
/domains/gfitness.website/public_html/index.html
   160 - <section class="text-gray-600 body-font">
         161 +
  162 -
             <h1 class="sm:text-3x1 text-2x1 font-medium title-font mb-4 text-gray-900" Master Cleanse Reliac Heirloom</h1>
             Whatever cardigan tote bag tumblr hexagon brooklyn
   164
                asymmetrical gentrify, subway tile poke farm-to-table. Franzen you probably haven't heard of them man bun deep jianbing selfies heirloom prism food truck ugh squid celiac humblebrag.
   165
            </div>
  166 +
           <div class="flex flex-wrap -m-4 text-center">
             <div class="p-4 md:w-1/4 sm:w-1/2 w-full">
  167 ▼
               <div class="border-2 border-gray-200 px-4 py-6 rounded-lg">
                 <svg fill="none" stroke="currentColor" stroke-linecap="round" stroke-linejoin="round" stroke-width="2" class
="text-indigo-500 w-12 h-12 mb-3 inline-block" viewBox="0 0 24 24">
  169 +
   170
                   <path d="M8 1714 4 4-4m-4-5v9"></path>
                   <path d="M20.88 18.09A5 5 0 0018 9h-1.26A8 8 0 103 16.29"></path>
  172
                 </svg>
                 <h2 class="title-font font-medium text-3x1 text-gray-900">2.7K</h2>
   173
   174
                 Downloads
   175
               </div>
   176
             </div>
   177 -
             <div class="p-4 md:w-1/4 sm:w-1/2 w-full">
               178 +
  179 -
                     ="text-indigo-500 w-12 h-12 mb-3 inline-block" viewBox="0 0 24 24">
                                                                                                SAVE & CLOSE
                                                                                                                 SAVE
```

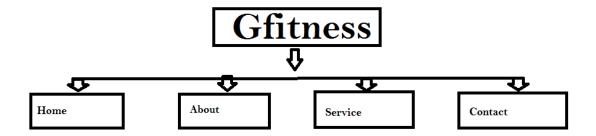
```
Edit file
/domains/gfitness.website/public_html/index.html
                <circle cx="9" cy="7" r="4"></circle>
  181
  182
                <path d="M23 21v-2a4 4 0 00-3-3.87m-4-12a4 4 0 010 7.75"></path>
  183
              </svg>
  184
              <h2 class="title-font font-medium text-3x1 text-gray-900">1.3K</h2>
              Users
  185
             </div>
  186
  187
           </div>
  188 -
           <div class="p-4 md:w-1/4 sm:w-1/2 w-full">
            189 +
  190 -
                  ="text-indigo-500 w-12 h-12 mb-3 inline-block" viewBox="0 0 24 24">
  191
                <path d="M3 18v-6a9 9 0 0118 0v6"></path>
                192
                   -2-2H3z"></path>
              </svg>
  193
  194
              <h2 class="title-font font-medium text-3xl text-gray-900">74</h2>
              Files
  195
  196
             </div>
  197
           </div>
  198 -
           <div class="p-4 md:w-1/4 sm:w-1/2 w-full">
             <div class="border-2 border-gray-200 px-4 py-6 rounded-lg">
  199 -
              <svg fill="none" stroke="currentColor" stroke-linecap="round" stroke-linejoin="round" stroke-width="2" class</pre>
  200 +
                  ="text-indigo-500 w-12 h-12 mb-3 inline-block" viewBox="0 0 24 24">
                <path d="M12 22s8-4 8-10V51-8-3-8 3v7c0 6 8 10 8 10z"></path>
  201
  202
                                                                                 SAVE & CLOSE
                                                                                                SAVE
```

2-Create a Meta Descriptions tag for each page on the site.

The meta description is an HTML attribute that provides a brief summary of a web page. Search engines such as Google often display the meta description in search results, which can influence click-through rates.

3-Make sure there is a logical structure for the site.

A **logical structure** is one where the document is divided into a number of sections. Each has their own headers, paragraphs, lists and images so that information flows logically from one section to the next. Get rid of all those tables, JavaScript menus, maps and layers.



4-Create H1, H2, H3 for each page.



```
Edit file
/domains/gfitness.website/public_html/index.html
            <div class="lg:max-w-lg lg:w-full md:w-1/2 w-5/6">
<img class="object-cover object-center rounded" alt="hero" src="static\jtm-0419.jpg">
   154
   155
            </div>
          </div>
   156
   157
        </section>
   158
   159
   160 * <section class="text-gray-600 body-font">
   161 -
          <div class="container px-5 py-24 mx-auto">
            <div class="flex flex-col text-center w-full mb-20">
   162 -
              <h1 class="sm:text-3x1 text-2x1 font-medium title-font mb-4 text-gray-900">Master Cleanse Reliac Heirloom</h1>
   163
              Whatever cardigan tote bag tumblr hexagon brooklyn asymmetrical gentrify, subway tile poke farm-to-table. Franzen you probably haven't heard of them man bun
   164
                  deep jianbing selfies heirloom prism food truck ugh squid celiac humblebrag.
   165
            </div>
   166 +
            <div class="flex flex-wrap -m-4 text-center">
              167 -
   168 -
   169 +
                  <svg fill="none" stroke="currentColor" stroke-linecap="round" stroke-linejoin="round" stroke-width="2" class</pre>
                       ="text-indigo-500 w-12 h-12 mb-3 inline-block" viewBox="0 0 24 24">
  170
                     <path d="M8 1714 4 4-4m-4-5v9"></path>
                    171
                  </svg>
   172
                  <h2 class="title-font font-medium text-3x1 text-gray-900">2.7K</h2>
class="leading-relaxed">Downloads
   173
  174
                                                                                                        SAVE & CLOSE
                                                                                                                            SAVE
```



```
/domains/gfitness.website/public_html/index.html
              ="text-indigo-500 w-12 h-12 mb-3 inline-block" viewBox="0 0 24 24">
             <path d="M17 21v-2a4 4 0 00-4-4H5a4 4 0 00-4 4v2"></path>
 181
             <circle cx="9" cy="7" r="4"></circle>
 182
             <path d="M23 21v-2a4 4 0 00-3-3.87m-4-12a4 4 0 010 7.75"></path>
 183
            </svg>
            <h2 class="title-font font-medium text-3xl text-gray-900">1.3K</h2>
 185
            Users
          </div>
 186
         </div>
 187
  188 +
         <div class="p-4 md:w-1/4 sm:w-1/2 w-full">
          189 +
 190 -
             <path d="M3 18v-6a9 9 0 0118 0v6"></path>
 192
             -2-2H3z"></path>
 193
           <h2 class="title-font font-medium text-3xl text-gray-900">74</h2>
 195
           Files
 196
          </div>
 197
         </div>
 198 +
         <div class="p-4 md:w-1/4 sm:w-1/2 w-full">
          199 -
 200 +
                                                                   SAVE & CLOSE
                                                                               SAVE
```

5-You are required to include images on each page of the site and to make sure they are tagged properly.

Home About Services Contact



Enroll Now →

Let Ready For GYM No Pain No Game

Copper mug try-hard pitchfork pour-over freegan heirloom neutra air plant cold-pressed tacos poke beard tote bag. Heirloom echo park mlkshk tote bag selvage hot chicken authentic tumeric truffaut hexagon try-hard chambray.

Detai

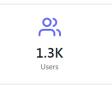
Enroll Now



Master Cleanse Reliac Heirloom

Whatever cardigan tote bag tumblr hexagon brooklyn asymmetrical gentrify, subway tile poke farm-to-table. Franzen you probably haven't heard of them man bun deep jianbing selfies heirloom prism food truck ugh squid celiac humblebrag.









Pricing

Whatever cardigan tote bag tumblr hexagon brooklyn asymmetrical.

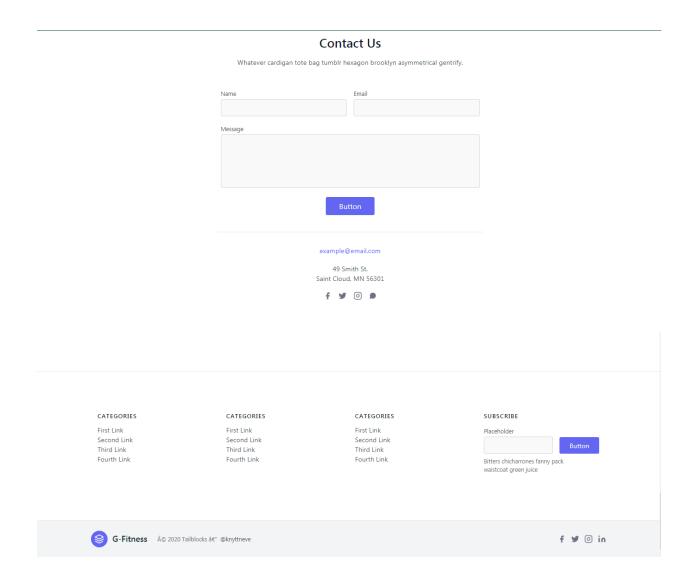






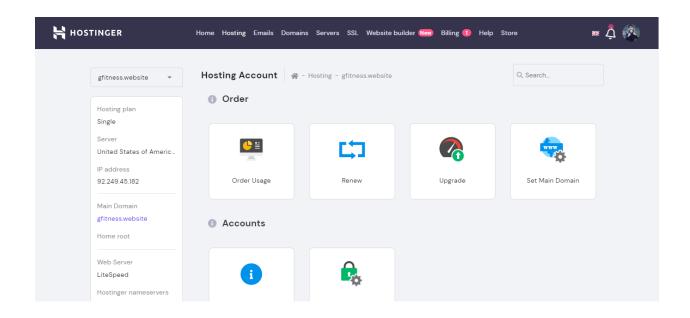






6-You are expected to have a shareable website.

It has a domain http://gfitness.website/ and hosting also so, it's a shareable website.



7-Create an FAQ on the site (Base it on market questions)

A frequently asked questions (FAQ) forum is often used in articles, websites, email lists, and online forums where common questions tend to recur, for example through posts or queries by new users related to common knowledge gaps. The purpose of an FAQ is generally to provide information on frequent questions or concerns; however, the format is a useful means of organizing information, and text consisting of questions and their answers may thus be called an FAQ regardless of whether the questions are actually frequently asked.

- Muscle weighs more than fat. True or False?
- Maintaining physical fitness requires major lifestyle changes. True or False?
- No pain, no gain' is a workout myth. True or False?
- ${\color{black} \nearrow}$ Weight loss should be the most important goal of fitness and exercise. True or False?
- You should warm up before exercising. True or False?
- The more you sweat during a workout, the more fat the body is burning. True or False?
- A desirable level of fitness can be achieved through as little as how many workouts per week?
- Older adults are least likely to benefit from physical activity. True or False?
- Active people need extra protein or protein supplements to build muscles. True or False?
- Even moderate exercise reduces the risk of heart disease, diabetes, hypertension, and obesity. True or False?
- ${m ilde{ extstyle 7}}$ Crunches and sit-ups are the best way to lose belly fat. True or False?