**IST 263 Project Milestone 1**

**Name**: Jaspreet Singh

**Description**: Submit a description below of the idea for your website project. This proposal should be 50-100 words.

Idea – Physical Fitness

**3 Pages:** Include some information about what will be on each of the three pages in your website.

1. What will be on the home page?
   1. The homepage of my website would be an introduction to physical fitness – specifically physical activity/weightlifting.
   2. I would start by having a brief description along with benefits for working out. Bullet points
   3. Inspirational video or image to help encourage people to start their own fitness journey.
2. What will be on the 2nd page?
   1. Will be a guide on nutrition that a person should follow to gain the most out of each weightlifting workout they do.
      1. Include images of healthy diet/videos
         1. Provide two different insights: Split layout using <div> element.
            1. Show what foods are good for weight gain and for weight loss.
         2. Descriptions on what foods are good/bad to eat
         3. Explain why nutrition is important
            1. Provide links to other websites for healthy recipes that are not complicated/easy to cook.

One/two links for weight gaining meals and weight loss meals.

* + - 1. Overall, nutrition section will provide insight for all individuals who are interested in their physical health and want to either gain or loss weight.

1. What will be on the 3rd page?
   1. Will be a full workout plan that users can view either pictures or videos on how to do each exercise and what part of the body the exercise is trying to work and develop.
      1. Overall, give a workout plan for a full body workout
         1. First time gym goers can use this to start their fitness journey.
            1. Have plenty of descriptions, photos, and even videos/links on each exercise so users can fully understand each weightlifting movement and how to perform it properly for the most beneficial results.

There will be two different workout plans

One for people gaining weight and the other for losing weight.