**IST 263 Project Milestone 2 – Copy Document**

Note: In the “actual page text” section I am expecting you to write every bit of text that will appear on the page. If you write an outline or samples you should expect to receive a 0/10 on this assignment.

**Name**: Jaspreet Singh

**Description (From Milestone 1)**:  
This website offers workout plans and advice for individuals looking to gain or lose their weight. Each section is tailored to meet specific goals, helping users transform their bodies in a positive way that fosters confidence and well-being. You'll find complete workout routines, customized meal plans, and guidance on choosing the right method to achieve your fitness objectives. Additionally, images and videos will demonstrate proper form and technique, ensuring you get the most out of your physical activities.

**Home Page**

**Short Description**

The homepage will introduce the concept of physical fitness, with a primary focus on the benefits of weightlifting. It will guide users on how they can positively transform their bodies through the right workout plans, meal strategies, and motivation. The content will be kept minimal, featuring brief descriptions, bullet points highlighting fitness benefits, and possibly a motivational video or images to inspire users to begin their fitness journey. The goal is to create a welcoming, aesthetically pleasing layout that draws attention without overwhelming visitors with excessive information, unlike many other fitness websites.

**Actual Page Text**

Header 1: Welcome to Your Fitness Journey

Sub header/h2: Prepare for your ultimate transformation

Paragraph/description – At [Website Name], we offer free workout plans and expert advice for those looking to gain or lose their weight. Whether you’re just starting out or refining your current routine, we’re here to guide you every step of the way toward becoming a stronger, healthier, and more confident version of yourself.

Bullet points – why physical fitness and weightlifting matter: Build and maintain lean muscle, Improve overall strength and stamina, Boost mental health and reduce stress, Enhance self-confidence and body positivity, Prevent injury through better mobility and flexibility

QUOTE = YOUR JOURNEY STARTS HERE or THE BEST VERSION OF YOURSELF IS JUST WITHIN REACH.

At end of page – explore our workout plans, nutritional guides, and motivational resources to help kickstart your fitness journey today to unlock your full potential.

Motivational video/image – will search.

**Page 2**

**Title:**  Nutritional Guide for Weight Gain and Loss

**Short Description**

Proper nutrition is essential for maximizing your workout results, helping you build muscle and shed unwanted fat. Many individuals overlook the significance of diet when it comes to fitness. On this page, I will explain why nutrition matters and provide a dropdown option for users to explore various meal plans. Additionally, I’ll include links to easy-to-cook recipes tailored for gaining or losing weight.

**Actual Page Text**

Why nutrition matters – reasons/bullet points – supports muscle growth and recovery, aids in fat loss and weight management, enhances energy levels for workouts, improves overall health and well-being.

Nutrition tips/pointers for gaining weight – Focus on calorie-dense foods like nuts, avocados, and whole grains. Include protein-rich snacks between meals. Don’t skip meals; aim for five to six smaller meals throughout the day

Nutrition tips/pointers for losing weight – Prioritize whole foods, such as fruits, vegetables, and lean proteins. Avoid processed foods and sugary snacks. Stay hydrated; drink plenty of water throughout the day.

Dropdown box – weight gain and weight loss – for each option clicked – div boxes – create a 2-column box with one having food to eat and foods to avoid for each option.

Helpful links for weight gain/weight loss recipes

Ending statement – by understanding the importance of nutrition and making healthy choices, you can maximize the effectiveness of your workouts and achieve your goals. Explore the resources provided above to help you build a meal plan that’s right for you.

Another motivational video/image – show transformation picture of someone to provide more evidence of why proper nutrition helps.

**Page 3**

**Title:**  Full workout plans

**Short Description**

This page would feature comprehensive workout plans designed specifically for beginners. It includes step by step instructions, images, and links to videos that demonstrate proper form and technique.

**Actual Page Text**

Kickstart Your Transformation

Bullet points – why structured workouts matter - Build a solid foundation for future progress. Reduce the risk of injury by learning proper form. Create a consistent routine for better results. Gain confidence in your abilities.

Dropdown option – select different workout plans – gain and lose weight – div elements/boxes provide three/four day split each. Provide workouts for chest, back, shoulders, arms, legs, and abs. And within each exercise named – provide either image, description, or video link to help set up each workout and proper form for completing each exercise for the most optimal gains.

Closing statement – with this structured workout plan, you will be well equipped to start your fitness journey with confidence and little confusion.

REMEMBER – FOCUS ON FORM THAN USING THE HIGHEST WEIGHT FOR OPTIMAL RESULTS.

LISTEN TO YOUR BODY AS YOU PROGRESS – NOT EVERYDAY IS GOING TO BE THE SAME PERFORMANCE. YOU WILL HAVE UPS AND DOWNS BUT WHAT MATTERS IS DEDICATION AND PERSERVIERANCE TOWARDS YOUR GOALS AND ALL WILL WORK IN THE END.

PATIENCE IS KEY – NOTHING HAPPENS OVER NIGHT!

Motivational video/image