**IST 263 Project Milestone 4 – Wireframes**

**Name**:

**Description:**  
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.

**Research:**

Write down the urls of three websites you looked at to research layout for the type of site you are creating. For example, if I was creating an auction website, I might look at pages on <https://www.ebay.com/>.

|  |  |
| --- | --- |
| **url1** | **https://www.nutrition.gov/topics/exercise-and-fitness** |
| **url2** | **https://www.equinox.com/** |
| **url3** | **https://www.crunch.com/** |

**Wireframes:**

Use MockFlow or another diagraming software to create layouts for your pages. Consider the following:

1. Where is your navigation going to be located on every page.
2. Will you need a footer?
3. How can you make a layout that is visually interesting and helps communicate your site content?
4. Don’t forget you must have at least 2 distinctly different page layouts.

**Paste Your 3 Page Layouts Below**

**Home Page**

**A screenshot of a web page

Description automatically generated**

**Nutrition Page**

**A screenshot of a computer screen

Description automatically generated**

**Workout Page**

**A screenshot of a computer screen

Description automatically generated**