**IST 263 Project Milestone 7 – Completed Site**

**Name**: Jaspreet Singh

**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 lists of foods to choose from based on your goals, and guidance on choosing the right method to achieve your fitness objectives.

**Paste the urls of the three pages you want me to grade below along with their validation links:**

|  |  |
| --- | --- |
| **Page 1:** | **https://jsingh31-lab.github.io/IST263/Project/project7/index.html** |
| **Page 1 Validation:** |  |
| **Page 2:** | **https://jsingh31-lab.github.io/IST263/Project/project7/nutrition.html** |
| **Page 2 Validation:** |  |
| **Page 3:** | **https://jsingh31-lab.github.io/IST263/Project/project7/workout.html** |
| **Page 3 Validation:** |  |

**Learn Something New:**

Something new that I learned from doing this project was some JavaScript and drop-down menus. I used this primarily on my nutrition guide and workout plans pages. For the nutritional guide, I put a drop-down menu that allowed me to let users click what their goal was for their weight which was either gain or lose, and whatever they clicked, they received an organized list of food items they could eat to help towards their goals. Also, I did something similar for my workout plans page, where I put a 5-day workout plan for people trying to gain weight and people trying to lose weight to compensate for many individual goals.

The process of creating the JavaScript and drop-down menus was tedious, to say the least. I spent a few hours in one day just trying to play around with the menu and JavaScript troubleshooting a lot, and eventually, I got one of the drop-down menus to work with JavaScript. With the help of AI, I was able to complete my task successfully with minimal errors.

**Self-Assessment:**Examine the list below. Does your website meet all the requirements listed? If not, explain where you had trouble. You’ll get more points if you point out the errors and discuss them than if I find them and you haven’t detailed them below.

I had trouble with #14, specifically on my nutrition page's responsiveness. So, I had a dropdown in the menu for my nutrition page with a header and a little description above. But whenever I go into the full screen, it changes and makes two things: the header and description do not stack on top of each other but instead next to each other on the same line, which is not what I want. I tried to play around with it to see if I could fix it, but I couldn't get it to work correctly. I attempted to let AI see if there was an error and I also used the W3 school’s webpage to see if I was missing code but nothing seemed to work so I left that alone as it is.

**Requirements List:**

**HTML**

1. Correct HTML syntax and the tags chosen are appropriate.
2. Site validates with no errors.
3. Headers and semantic tags used correctly.
4. All links work. Images have alt tags.
5. If applicable: form fields are the correct type for the data.

**Images and Layout**

1. Layout matches wireframe or is complex layout.
2. Images used in accordance with intellectual property rules.
3. Images are sized down to less than 150k to create best image quality in software like Photoshop. No giant images being sized with CSS or HTML.
4. Tables used for data display (not layout).

**CSS**

1. Correct CSS syntax. All CSS is embedded or linked.
2. Page contains adequate white space around all content.
3. Semantic container tags used properly.
4. Flexbox used for layout.
5. Website displays properly on a mobile device.

**Accessibility**

1. Site passes WAVE checker with no errors or color contrast issues.
2. Lab accessibility checklist followed including skip to content link. Appropriate changes to your site.

**The End!**