**IST 263 Project Milestone 5 – Skeleton 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 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.

**URL of Project Home Page:**

[**https://jsingh31-lab.github.io/IST263/Project/project5/index.html**](https://jsingh31-lab.github.io/IST263/Project/project5/index.html)

[**https://validator.w3.org/nu/?doc=https%3A%2F%2Fjsingh31-lab.github.io%2FIST263%2FProject%2Fproject5%2Findex.html**](https://validator.w3.org/nu/?doc=https%3A%2F%2Fjsingh31-lab.github.io%2FIST263%2FProject%2Fproject5%2Findex.html)

[**https://jsingh31-lab.github.io/IST263/Project/project5/nutrition.html**](https://jsingh31-lab.github.io/IST263/Project/project5/nutrition.html)

[**https://validator.w3.org/nu/?doc=https%3A%2F%2Fjsingh31-lab.github.io%2FIST263%2FProject%2Fproject5%2Fnutrition.html**](https://validator.w3.org/nu/?doc=https%3A%2F%2Fjsingh31-lab.github.io%2FIST263%2FProject%2Fproject5%2Fnutrition.html)

[**https://jsingh31-lab.github.io/IST263/Project/project5/workout.html**](https://jsingh31-lab.github.io/IST263/Project/project5/workout.html)

[**https://validator.w3.org/nu/?doc=https%3A%2F%2Fjsingh31-lab.github.io%2FIST263%2FProject%2Fproject5%2Fworkout.html**](https://validator.w3.org/nu/?doc=https%3A%2F%2Fjsingh31-lab.github.io%2FIST263%2FProject%2Fproject5%2Fworkout.html)