1. medium device responsive is not mandatory.
2. **nav bar**—same to same (for mobile it will be **hamburger menu only nothing else** )
3. **banner**----left hand title font change as shown in the figma----**play icon need not shown**
4. **change your habits—different color mandatory**
5. **Run an Extra Mile Easily—shdow**
6. **Training and exercise----optional**
7. **challenge part----BMI calculator---**
8. meet our team as usaul
9. footer as usual