**Page 1: Home Page**

**Welcome to Our Fitness and Sports Website**

Welcome to our fitness and sports website! We are dedicated to helping you achieve your fitness goals and maintain a healthy lifestyle. Our website offers a range of options to explore:

* **Home:** Click "Home" to return to the home page at any time.
* **Sports:** Discover the world of sports and the numerous benefits of playing them. Engage in physical activity to improve your overall well-being.
* **Daily Diet:** Our "Daily Diet" section provides you with a 7-day meal plan that changes daily. Enjoy a variety of nutritious meals that support your fitness journey.
* **Exercises:** Calculate your ideal exercises based on your weight. Enter your weight, and we'll recommend exercises suitable for your fitness level.

# Page 2: Routine and About Us

## Daily Routine

* **Routine:** Access your personalized daily fitness routine. Stay on track with a structured plan to help you reach your fitness goals.

## About Us

* **About Us:** Learn more about our team and our commitment to promoting fitness and sports. Meet the individuals behind the website and understand our mission to help you lead a healthier life.

# Page 3: Contact Us

## Contact Us

* **Contact Us:** Have questions or feedback? Contact us to get in touch with our friendly team. We are here to assist you on your fitness and sports journey.