

ASSIGNMENT: PAGE DESIGNING

1. HEADER SECTION

myfitstart
Strength & Nutrition

Home About Services Gallery Contact Us

2. HEADLINE & SUBHEADLINE

TRANSFORM YOUR LIFE IN JUST 21 DAYS!

Download Your Free Meal Plan To Start Your Weight Loss Journey Today!

3. BENEFITS OF DOWNLOADING

- Easy-to-follow daily meal plans
- Healthy, quick, and tasty recipes
- Nutrition tips to boost results
- Motivation and accountability strategies

4. EBOOK IMAGE & FORM

Download Your Free 21-Day Meal Plan Now!

Name *

First Last

Email *

Phone Number *

[Get My Free eBook](#)

5. TESTIMONIALS

TESTIMONIALS

The 21-Day Meal Plan made weight loss so simple! The recipes were quick, tasty, and family-friendly. I never felt deprived and finally broke through my plateau.



Sarah M.

Lost 12 Lbs In 3 Weeks

As someone with a hectic work schedule, I loved how easy this plan was to follow. Prepping meals took less than 20 minutes, and I had more energy throughout the day.



James T.

Busy Professional

I was nervous about starting, but the plan guided me step by step. Within 3 weeks I felt lighter, healthier, and more motivated than ever before!



Priya K.

Beginner In Fitness

6. ABOUT THE COACH



Meet Your Coach – Ananya Sharma

Hi, I'm Ananya Sharma, a certified fitness & nutrition coach with over 7 years of experience helping people achieve sustainable weight loss and better health. I believe fitness should be practical, enjoyable, and a natural part of everyday life. My approach combines simple, home-friendly meal plans with balanced fitness routines to create lasting results. Over the years, I've guided hundreds of clients to build healthier habits through consistency, motivation, and accountability—without extreme diets or unrealistic restrictions.

7. FAQ SECTION

– Is this plan beginner-friendly?
Absolutely! Whether you're just starting out or trying something new, we make it super easy to follow step by step.
+ Suitable for dietary restrictions?
+ Will my email be spammed?
+ How long will it take to see results?
+ Can I cancel anytime?

8. CTA

Ready to Start Your Journey?

[Click Here](#)

9. FOOTER SECTION

[Home](#) [About](#) [Services](#) [Gallery](#) [Contact Us](#)

10. DESKTOP VIEW



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