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1- From the perspective of users, highlight the characteristics from Web 2.0 to Web 4.0:

Web 2.0 is a social web that promotes interaction, sharing, and collaboration among its users. Semantic Web 3.0 focuses on semantics adding meaning to web content. Web 4.0 includes AI and anticipates a seamless integration of all peoples and organizations across the globe.

1. What are the key features of network empowerment in Web 2.0:

Web 2.0 was characterized by extensive user involvement through social networking, blogging, and forums and a well-integrated network of communication and information sharing.

1. What are the key features of Web 3.0 in relation to data/knowledge ownership and empowerment:

3.0 introduces Semantic web: a cluster of technologies that enable information to be joined and processed intelligently—for example, through machines that can automatically update private data resources.

1. What are the main features of Web 4.0 concerning the epistemic ownership and empowerment:

Web 4.0 uses AI and predictive technology to join data with action. It seeks to enhance personalization beyond anything available today. Akibugs shorten the bottleneck of resource activation and resource-requesting events

1. The Benefits Hence CAA:

It is through these frameworks that knowledge transfer and participation takes place thus aiding in teamwork, patterns, interpreting information and decisions making.

1. CAA Potential and Business plans of Today and Tomorrow:

These web creeds enable businesses to directly reach out to their customers , customize their reach and marketing and implement strategies that are backed up by data thereby improving competitiveness.

1. Learning how to incorporate new technologies in your job:

I intend to make use of AI, semantic data tools, and interactive sites to improve data analysis and decision making.

Simple Website Planning Report for Personal Fitness Tips encouraging site

1. Site’s Focus:

To offer basic fitness recommendations, physical exercises and tips to those who would like to engage in or improve their fitness level.

1. Aim of the Site:

To provide easy guidance for beginners along with fitness programs that help achieve a healthy lifestyle.

1. Intended Audience:

Those wishing to exercise for the very first time or looking for easier ways to workout and advice on healthy living.

1. Opportunities/Issues Addressed:

This site assists novices in seeking for fitness plans and health tips without being bombarded with a lot of information or resources.

1. Services Offered by the Website:

It has a very simple get started portion that makes it easy for newcomers to get information concerning fitness.

1. Easy to Use:

The homepage is clean and contains primary links to the core sections of the website so that the users do take too long to search.

1. How the Users Locate the Information:

There are also a key sections which are colored “Workouts” and “Healthy Eating” which are all located at the homepage so that the users can easily find what they want.

1. How Do You Deal With Feedback:

Users will receive confirmation of form submission through a email once they, for example, sign up for the newsletter.

1. How Do You Manage The Entry Of Forms:

General contact form entries and newsletter sign ups will be utilized to source fitness tips which health and fitness tips will be forwarded when tips are needed.

1. Follow-Up:

A welcome email with some basic fitness starters would be sent to new subscribers to if required further assisting such individuals.

1. Example of Related Sites That Can Be Used To Give Inspiration:

* Beginner Fitness Guide: A simple workout guides site designed for beginners.
* Simple Fitness Tips: Offers simple advice andTips on fitness for beginners,on a simple to use interface.

**The Html code :**

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>Fitness Tips</title>

</head>

<body>

<!-- Header -->

<header>

<h1>Fitness Tips</h1>

<nav>

<a href="#home">Home</a> |

<a href="#workouts">Workouts</a> |

<a href="#nutrition">Nutrition</a> |

<a href="#contact">Contact</a>

</nav>

</header>

<!-- Home Section -->

<section id="home">

<h2>Welcome to Fitness Tips</h2>

<p>Your ultimate guide to staying fit and healthy with simple, effective tips.</p>

</section>

<!-- Workouts Section -->

<section id="workouts">

<h2>Workout Tips</h2>

<ul>

<li><strong>Consistency:</strong> Stick to a regular workout schedule.</li>

<li><strong>Form:</strong> Use correct form to prevent injuries.</li>

<li><strong>Variety:</strong> Mix cardio, strength, and flexibility exercises.</li>

</ul>

</section>

<!-- Nutrition Section -->

<section id="nutrition">

<h2>Nutrition Tips</h2>

<p>Fuel your body with a balanced diet. Drink water, eat plenty of vegetables, and limit processed foods.</p>

</section>

<!-- Contact Section -->

<section id="contact">

<h2>Contact Us</h2>

<form>

<label for="name">Name:</label>

<input type="text" id="name" name="name"><br>

<label for="email">Email:</label>

<input type="email" id="email" name="email"><br>

<label for="message">Message:</label><br>

<textarea id="message" name="message" rows="4"></textarea><br>

<button type="submit">Send</button>

</form>

</section>

<!-- Footer -->

<footer>

<p>&copy; 2024 Fitness Tips. All rights reserved.</p>

</footer>

</body>

</html>

Planning Analysis Sheet:

a. Goal:

To provide a user-friendly tool for fitness tips and straightforward exercises.

For Each Step of the Page Process:

-Home

-About

-Workout

-Healthy

-Resources

-Contact

c. Descriptions on what the expected content of the Pages would be as follows :

-Home: Brief introduction with the ability to see the most important parts of the site, and some fitness tips.

-About: Short description about what the website intends to do, and its audience.

-Workouts: Illustrative examples of several simple workout schedules, and proper fitness etiquette.

* Healthy Eating: Easy dietary practices and recipes, as well as shopping lists for the requisite groceries.
* Fitness Motivation: Illustrative Images and brief descriptions of people who completed their dramatic transitions.
* Resources: Lists of other fitness applications, useful literature, and tools.
* Contact: Normal feedback form for questions or inquiries.

-Newsletter Signup: Help users get fitness information via email every month





