

## **Word Count/Similarity Check**



```
<!DOCTYPE html>
```

```
<html lang="en">
```

```
<head>
```

```
  <meta charset="UTF-8">
```

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

```
  <title> Ardened Body & Mind Mini Site Specification</title>
```

```
  <link rel="stylesheet" href="styles.css">
```

```
</head>
```

```
<body>
```

```
<center>
```

```
  <header>
```

```
    <h1>Ardened Body & Mind Mini Site Specification</h1>
```

```
  </header>
```

```
  <section id="objective-goals">
```

```
    <h2><u>Objective/Goals:</u></h2>
```

```
    <p>The objective of the Ardened Body & Mind mini site is to promote physical activity while also engaging visitors in intellectual and mindful practices. The site aims to provide resources, activities, and information that encourage users to explore various forms of movement and incorporate them into their daily lives. Additionally, it seeks to build a sense of mindfulness and self-awareness, encouraging users to connect mind and body through movement.</p>
```

```
  </section>
```

```
  <section id="key-audience">
```

## <u>Key Audience(s):</u></h2>

<ol>

<p>Our fitness and mindfulness company caters to a diverse audience spanning all age groups, from busy professionals juggling hectic schedules to individuals seeking a supportive environment to kickstart their wellness journey. We understand the challenges of maintaining a healthy lifestyle amidst life's demands and aim to provide accessible solutions for those who may feel intimidated by traditional fitness classes or lack confidence in their abilities. Whether you're a young adult navigating the complexities of work-life balance or a seasoned individual seeking a holistic approach to well-being, our programs are designed to meet you where you are and empower you to thrive.</p>

<li>

### <h3>Emma, the Busy Professional:</h3>



<p>Emma is a 32-year-old marketing executive in Newcastle, with a hectic schedule. She struggles to find time for physical activity and often feels stressed and overwhelmed. Goals: Emma seeks convenient ways to incorporate movement into her busy lifestyle and desires activities that help her relax and unwind after long workdays.</p>

</li>

<li>

### <h3>Alex, the Fitness Enthusiast:</h3>



<p>Alex is a 25-year-old fitness trainer in Carlisle, who is passionate about staying active and healthy. He enjoys exploring new forms of exercise and is always looking for ways to challenge himself physically and mentally. Goals: Alex is interested in discovering innovative movement practices that enhance his fitness routine and improve his overall well-being.</p>

</li>

<li>

### <h3>Mischa, the CEO and single mother:</h3>



<p>Mischa is a 33-year-old CEO and single mother from London. She enjoys short bursts of exercise where she can fit it in, and similarly short-lived relaxation attempts. Goals: To have more free time to spend with her child, potentially online intensive video exercise classes, and relaxing meditations which can be done with her child as a bonding activity. </p>

</li>

</li>

<h3>Graham, the Retiree:</h3>



<p>Graham is a 61-year-old Retiree from Kent, he used to be head of a large tech team and misses getting to interact with a group. He occasionally goes on walks, but doesn't feel confident enough to join an in-person class just yet. Goals: To exercise socially and build his confidence in online classes so that he might one day join in with classes in person.</p>

</li>

<li>

<h3>Ajay, the Tech Startup Founder:</h3>



<p>Ajay is a 25-year-old from Edinburgh, who recently sold his tech startup. He wants to take some time off from working to focus on building muscle and strengthening his mind, but is also travelling the world a lot and enjoying his new wealth. Goals: to find an online resource that he can use while travelling, that can help guide him in strength building and mindfulness.</p>

</li>

</ol>

</section>

<section id="provisional-structure">

<h2><u>Provisional Site Structure:</u></h2>

<h3>Wireframe</h3>

<p>The image below shows how all of the pages can be reached from the main "About us" page. These links work back to the about us page, as well as to any of the other header pages. The wireframe also shows the links between these pages and the respective social media pages, which will open in a new tab by setting the target as blank. I will add a combination of picture links for the social media logos and hyperlinks whenever specific sites are mentioned.</p>



<ol>

<li><h3>Header</h3></li>

<p>a main site image/logo and multidirectional links to all of the pages, so that there is never a chance to be stuck on one page. </p>

<li><h3>Home Page/About us</h3></li>

<p>This page will feature a brief description of what Ardened Body & Mind offers, along with social media links towards the bottom of the page that open a seperate tab with the target="\_blank" attribute.</p>



<li><h3>Movement</h3></li>

<p>The Movement page will feature a variety of photos of physical activity, along with a text description of what is on offer.</p>



<li><h3>Mindfulness</h3></li>

<p>The Mindfulness page will feature a variety of photos of relaxation techniques, along with a text description of what is on offer.</p>



<li><h3>Motivation</h3></li>

<p>The motivation page will deliver a motivational quote to the site user when they press a button, and can feature as few or as many quotes as I decide to add. I need to learn how to stop cumulative repetition so that each quote is new, until they have seen them all.</p>



<li><h3>Community</h3></li>

<p>I want this to be a community forum page, but given the limitations of my knowledge in the integration of forums on a website I may have to settle for "imagined" external communities on social medias or perhaps just add a link to a non-existent forum.</p>



<li><h3>Opening Hours</h3></li>

<p>The opening hours page will be a simple table, featuring days of the week in one column, opening time in a second column, and closing time in the third and final column. This page, too, will feature social media links, as I think it is important that if someone were to need access out-of-hours, they had another method of contact. </p>



<li><h3>Contact</h3></li>

<p>The contact page will feature a form, whereby users will have the opportunity to input their name, email, subject and message - and all sections will be validated. The submission of a message will then bring up a "Thank you" message to the user.</p>





<li><h3>External Social Media Pages</h3></li>

<p>Without creating specific social media pages for Arden Body & Mind for each of the four chosen social medias (Facebook, X, Youtube, Instagram), I will not be able to link it directly to a real website, so I have decided i will link to the homepage of each social media, in lieu of a "real" page. I will take advantage of the target="\_blank" attribute so that following the link doesn't get rid of the Arden page, as the main goal of my website is to have all links and buttons working properly, or as properly as they can given the limitations of not having a real business social media etc. </p>



</ol>

</section>

<section id="competitor-analysis">

<h2><u>Competitor Analysis:</u></h2>

<ul>

<div>





<li><h3><u>Yoga International</u></h3></li>

<h4>Design:</h4>

<p>Initial thoughts are that they jump straight into pricing, and though they do offer a free trial of 7 days, it shouldn't be the first thing you see when arriving at their website.</p>

The "Sign In"/"Get Started" buttons on the top right are effective as they catch the eye and are easily visible.</p>

<h4>Pricing:</h4>

<p>Monthly: £14.99, Annually: £145</p>

<h4>Accessibility/Useability:</h4>

<p>Quite an extensive front page, meaning you have a long way to scroll all the way down to the bottom to see everything. Could benefit from some header navigation rather than footer navigation so that users can get to the part of the website they are interested in straight away.</p>

<h4>Reviews:</h4>

<p>3.8/5 on Trustpilot (3727 reviews) </p>

<h4>Features:</h4>

<p>Email capture</p>

<p>Sign in page</p>

<p>Custom workouts based on users available time</p>

<p>Guided meditations based on users available time</p>

<p>Free trial</p>

<p>Phone application (integration with Apple Health)</p>

<p>Blog article library</p>

<p>Various payment options</p>

<p>Social media links in the footer</p>

<p>Contact us page</p>

<h4>Website link:</h4>

<a href="https://yogainternational.com" target="\_blank">Yoga International</a>

</div>

<div>





<li><h3><u>Headspace</u></h3></li>

<h4>Design:</h4>

<p>Similarly designed landing page, straight to pricing which I think can be a bit offputting. They do, however, have a much more clear navigation bar in the header, giving options for plans etc. There is also a drop down menu in the header offering articles & resources, meditation, sleep, mindfulness and mental health which is a great touch as the user can be easily guided to whichever resource is most applicable to them. Simple logos and cartoonish design is friendly and very on-brand in terms of putting the user at ease.</p>

<h4>Pricing:</h4>

<p>Monthly: £9.99, Annually: £49.99</p>

<h4>Accessibility/Useability:</h4>

<p>Much more accessible than the Yoga International page, navigation in the header and even a drop down menu mean the user is never searching for too long to find where they need to be.

Very little to see without membership.

</p>

<h4>Reviews:</h4>

<p>1.6/5 on Trustpilot (572 reviews) ((their own website boasts 4.9 stars, but i cant seem to find where))</p>

<h4>Features:</h4>

<p>14 day Free Trial</p>

<p>Log in page</p>

<p>Help page</p>

<p>Phone application</p>

<p>Testimonials animation slides over page</p>

<p>Contact us link</p>

<h4>Website link:</h4>

<a href="https://headspace.com" target="\_blank">Headspace</a>

</div>

<div>



<li><h3><u>Daily Burn</u></h3></li>

<h4>Design:</h4>

<p>Upon entering the website, an email collection pop-up appears offering 30 days free. When you close it you see the main page, offering the same deal but with a exercise video compilation in the background. Further down there are reviews/testimonials from websites and magazines in a horizontal scroll. A brief description of their wide range of workouts/routines. Social media hyperlinked logos in the footer. Login link in the header. Simplistic logo, modern looking website. </p>

<h4>Pricing:</h4>

<p>Monthly: \$8.99-\$10.49, Annually: \$65.99 - \$89.99</p>

<h4>Accessibility/Useability:</h4>

<p>Without taking advantage of their free month deal, there is very little available to see on their website, except potential exercise classes and reviews. Intermittent pop up in bottom right corner every time a new member joins, stating that they have joined and where they are from. Email newsletter at the bottom of the page.

</p>

<h4>Reviews:</h4>

<p>1.7/5 on Trustpilot (1192 reviews)</p>

<h4>Features:</h4>

<p>30 day free trial</p>

<p>Log in page</p>

<p>Background video</p>

<p>Help page</p>

<p>Phone application</p>

<p>Company reviews horizontal scroll</p>

<p>Picture grid of potential workouts</p>







<p>Community page</p>

<p>Email newsletter</p>

<p>Social media hyperlinks</p>

<p>Contact us page</p>

<h4>Website link:</h4>

<a href="https://dailyburn.com" target="\_blank">Daily Burn</a>

</div>

<div>



<li><h3><u>Muddy Faces</u></h3></li>

<h4>Design:</h4>

<p>No pop-ups upon opening page, which makes a nice distinction from the others so far. Great navigation bar, showing guidance to whichever page the user wants to see. That same navigation bar is available on all pages so users can go back and forth with ease. Social media hyperlinked logos in the top left for ease of access to follow relevant socials. Sign up/log in on the top right of the header, along with basket which is linked to the "Shop" section. Email collection for newsletter at the bottom of the page, along with an opt-in for emails and sms messages. Contact address, phone number, email address. More aimed at getting kids outside/active, but as our demographic is wide it is still useful to explore their features.</p>

<h4>Pricing:</h4>

<p>Free - with a shop offering clothing and activities.</p>

<h4>Accessibility/Useability:</h4>

<p>Website is fully accessible as a free user, with excellent navigation header and horizontal sub-section navigation in "Shop" page. Also has a "Search" feature in the header, which guides user to what they are looking for.</p>

<h4>Reviews:</h4>

<p>4.7/5 on Trustpilot (60 reviews)</p>

<h4>Features:</h4>

<p>Fully free to use - making website extremely accessible</p>



<p>Log in page</p>

<p>"Search" feature</p>

<p>Help page</p>

<p>Shop</p>

<p>Great navigational header</p>

<p>Picture slideshow, with animated bumblebee (and animated butterfly in footer)</p>

<p>Regularly updated "News" page</p>

<p>Email newsletter</p>

<p>Social media hyperlinks in header</p>

<p>Contact details</p>

<h4>Website link:</h4>

<a href="https://muddyfaces.co.uk" target="\_blank">Muddy Faces</a>

</div>

<div>



<li><h3><u>Wellbeing Fitness</u></h3></li>

<h4>Design:</h4>

<p>Quite plain, nothing eyecatching - being asked "Are you over 45?" on the homepage is limiting to their demographic.

Good use of theme colours, matching logo etc. Click down navigation menu, with a website that is aiming at an older demographic you would expect navigation to be clearly presented.

</p>

<h4>Pricing:</h4>

<p>Monthly: £149 Bronze package - £379 Gold package </p>

<h4>Accessibility/Useability:</h4>



<p>Website is accessible, but given their demographic some of the navigation seems unnecessarily hidden. In the payment window the text is grey on grey, making actually purchasing a contract or service difficult if you aren't tech savvy or have vision impairment.</p>

#### <h4>Reviews:</h4>

<p>No Trustpilot reviews, only video testimonials from current/former users.</p>

#### <h4>Features:</h4>

<p>Navigation pull down menu</p>

<p>Vimeo embed </p>

<p>"Request a consultation" button, leading to contact form</p>

<p>Social media hyperlinked logos in footer</p>

<p>Email subscription in footer</p>

<p>Client video reviews</p>

<p>Online Booking</p>

<p>Qualifications page</p>

#### <h4>Website link:</h4>

<a href="https://wellbeingfitness.co.uk" target="\_blank">Wellbeing Fitness</a>

</div>

<div>



<li><h3><u>Health & Wellbeing</u></h3></li>

#### <h4>Design:</h4>

<p>Clean and simple, reads like a magazine. Aimed at a predominantly middle-aged, female demographic. Use of pink and white in keeping with the logo. Easily visible navigation, with both header navigation and a click down scroll menu. </p>

#### <h4>Pricing:</h4>

<p>Free - revenue from advertising? </p>



#### <h4>Accessibility/Useability:</h4>

<p>The navigation having both header and scroll box make it accessible on both desktop and mobile. Text is bright and readable. Search bar in the header also good for navigation.</p>

<p>"Travel" section leads to a "404, Whoops, the page you are looking for doesn't exist!", but on the plus side it then says "Why not try one of our stories below!" and offers other articles.</p>

#### <h4>Reviews:</h4>

<p>No Trustpilot reviews, and as far as i can see no testimonials on their website.</p>

#### <h4>Features:</h4>

<p>Navigation pull down menu</p>

<p>Header Navigation</p>

<p>Entirely free, just need an account.</p>

<p>Social media hyperlinked logos in footer</p>

<p>Email subscription in footer</p>

<p>Giveaways</p>

<p>Downloads section</p>

#### <h4>Website link:</h4>

<a href="https://healthwellbeing.com" target="\_blank">Health & Wellbeing</a>

</div>

</ul>

## <h2><u>Differentiation Strategy</u></h2>

<p>Ardened Body & Mind aims to differentiate itself by offering a unique blend of physical activity and mindfulness practices, catering to individuals seeking holistic well-being. By providing diverse movement options and comprehensive mindfulness resources, the site aims

to appeal to a wide demographic, from children to retirees interested in enhancing both their physical and mental health. Additionally, the community built through social media creates a sense of belonging and support, distinguishing Arden Body & Mind as not just a website but a supportive community for personal growth and exploration.



</section>

<section id="functional-specification">

<h2><u>Functional Specification:</u></h2>

<p>Certain features and functions from the competitor analysis have highlighted necessities and potential design and structure ideas to implement within our own site.</p>

<p>most notably: </p>

<ul>

<li>Responsive Design - no dead pages</li>

<li>CSS styling applied to make the style cohesive throughout the website</li>

<li>Simple JS script to create buttons</li>

<li>Accessible navigation - page links in header so they are always visible and can direct user to the page they are seeking</li>

<li>Simplistic & readable pages, to cater to a varied demographic</li>

<li>Neutral colour tones, nothing too bright or offensive</li>

<li>Interactive Elements</li>

<li>Free to use, at least at a base level</li>

<li>Social media links in header or footer</li>

<li>Comment/contact/feedback form</li>

<li>Use of pictures to accompany text and be eye-catching</li>

</ul>

<ol>

<h2><u>Functional Specification details per page:</u></h2>



<li><h3>Header</h3></li>



<p>The header will feature on all pages, and will contain the company logo</p>

<p>This header will contain a navigation bar which can take the user to any page on the website, from any page on the website.</p>

<p>The logo image will also be a navigation link back to the "About Us" page.</p>

<li><h3>Home Page/About us</h3></li>

<p>Navigation bar in the header</p>

<p>A text heading describing what can be found on the page - the same as the navigation bar.</p>

<p>Descriptive text - with a clearly legible font for better accessibility. (font-family:'Courier New', Courier, monospace;

font-weight:lighter;)</p>

<p>A supporting image - Centered, max width 50% of page, height auto to fit any size screen the user is viewing it on</p>

<p>Social media links at the bottom of the page - making use of target="\_blank" in order to navigate to a new tab, thus not losing the user to the social media page.</p>



<li><h3>Movement</h3></li>

<p>Navigation bar in the header</p>

<p>A text heading describing what can be found on the page - the same as the navigation bar.</p>

<p>Grid structured images, using a grid container, that fit to whatever size screen the page is viewed on. images will always have a 20px gap between them.</p>

<p>accompanying text to describe the images, in the same grid container format</p>

<p>Youtube link and accompanying logo at the bottom of the page - making use of target="\_blank" in order to navigate to a new tab, thus not losing the user to the social media page.</p>



<li><h3>Mindfulness</h3></li>

<p>Navigation bar in the header</p>

<p>A text heading describing what can be found on the page - the same as the navigation bar.</p>

<p>Grid structured images, using a grid container, that fit to whatever size screen the page is viewed on. images will always have a 20px gap between them.</p>

<p>accompanying text to describe the images, in the same grid container format</p>

<p>Youtube link and accompanying logo at the bottom of the page - making use of target="\_blank" in order to navigate to a new tab, thus not losing the user to the social media page.</p>



<li><h3>Motivation</h3></li>

<p>Navigation bar in the header</p>

<p>A text heading describing what can be found on the page - the same as the navigation bar.</p>

<p>Descriptive text - with a clearly legible font for better accessibility. (font-family:'Courier New', Courier, monospace;

font-weight:lighter;)</p>

<p>Simple JS script (function generate()) to generate a random quote from the set of quotes and authors (var quotes, var authors) listed in script.js. I will attempt to create a random quote, and if possible make it so it doesn't repeat.</p>

<p>"Generate quote" button, which fulfills the onclick generate function.</p>

<p>Social media links at the bottom of the page - making use of target="\_blank" in order to navigate to a new tab, thus not losing the user to the social media page.</p>



<li><h3>Community</h3></li>

<p>Navigation bar in the header</p>

<p>A text heading describing what can be found on the page - the same as the navigation bar.</p>

<p>Descriptive text - with a clearly legible font for better accessibility. (font-family:'Courier New', Courier, monospace;

font-weight:lighter;)</p>

<p>Centered image, with height and width set to adjust to page size.</p>

<p>Social media links at the bottom of the page - making use of target="\_blank" in order to navigate to a new tab, thus not losing the user to the social media page.</p>



<li><h3>Opening Hours</h3></li>

<p>Navigation bar in the header</p>

<p>A text heading describing what can be found on the page - the same as the navigation bar.</p>

<p>Table to display 3 vertical columns with bold titles; Day, Opening Time, Closing Time - width 100% and styled to fit the theme of the website.</p>

<p>Social media links at the bottom of the page - making use of target="\_blank" in order to navigate to a new tab, thus not losing the user to the social media page.</p>



<li><h3>Contact</h3></li>

<p>Navigation bar in the header</p>

<p>A text heading describing what can be found on the page - the same as the navigation bar.</p>

<p>Contact form; Name, Email, Subject, Message. - action of # as there is no URL to follow. Instead a script to bring up a thank you message as seen in "Contact Page 2" image.</p>

<p>Button - different colour from the other button on the "Motivation" page, to give a distinction between one that generates a quote on the same page, and one that would (given the existence of an external website or contact form) lead to an external URL.</p>

<p>Social media links at the bottom of the page - making use of target="\_blank" in order to navigate to a new tab, thus not losing the user to the social media page.</p>





<li><h3>External Social Media Pages</h3></li>

<p>The image below is to act as a proxy for the external social media websites.</p>







</ol>

</section>

<footer>

<p>&copy; 2024 Ardened Body & Mind. All rights reserved.</p>

</footer>

</center>

</body>

</html>

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

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

<title>Ardened Body & Mind</title>

<link rel="stylesheet" href="styles.css">

<body>

<header>





```
<nav>
```

```
<ul>
```

```
<li><a href="index.html">About Us</a></li>
```

```
<li><a href="movement.html">Movement</a></li>
```

```
<li><a href="mindfulness.html">Mindfulness</a></li>
```

```
<li><a href="motivation.html">Motivation</a></li>
```

```
<li><a href="forum.html">Community</a></li>
```

```
<li><a href="openinghours.html">Opening Hours</a></li>
```

```
<li><a href="contact.html">Contact Us</a></li>
```

```
</ul>
```

```
</nav>
```

```
</header>
```

```
<main>
```

```
<section id="about">
```

```
<h2><u>About Us</u></h2>
```

```
<p>Welcome to Ardened Body & Mind, your ultimate destination for holistic fitness and well-being. Our mission
```

```
is to empower individuals to achieve balance in their body and mind through a variety of practices.</p>
```

```
<p>At Ardened Body & Mind, we believe in the power of movement and mindfulness to transform lives. Our team
```

```
is dedicated to providing you with the tools, resources, and support you need to thrive.</p>
```

```

```

```
</section>
```



</main>

<div class="social-media">

<a href="https://facebook.com" target="\_blank"></a>

<a href="https://twitter.com" target="\_blank"></a>

<a href="https://instagram.com" target="\_blank"></a>

<a href="https://youtube.com" target="\_blank"></a>

</div>

<footer>

<p>&copy; 2024 Ardened Body & Mind. All rights reserved.</p>

</footer>

</body>

</html>

```
<!DOCTYPE html>
```

```
<html lang="en">
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  <link rel="stylesheet" href="styles.css">
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</head>
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```
<body>
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```
  <header>
```

```
    
```

```
    <nav>
```

```
      <ul>
```

```
        <li><a href="index.html">About Us</a></li>
```

```
        <li><a href="movement.html">Movement</a></li>
```

```
        <li><a href="mindfulness.html">Mindfulness</a></li>
```

```
        <li><a href="motivation.html">Motivation</a></li>
```

```
        <li><a href="forum.html">Community</a></li>
```

```
        <li><a href="openinghours.html">Opening Hours</a></li>
```

```
        <li><a href="contact.html">Contact Us</a></li>
```

```
      </ul>
```

```
    </nav>
```

```
  </header>
```

```
<main>
```

```
<section id="movement">
```

```
<h2><u>Movement</u></h2>
```

```
<p>At Ardened, one of the key concepts is Movement - below you can find some  
examples of the variety we offer in terms of physical activity and the good habits that surround  
it:</p>
```

```
<div class="grid-container">
```

```
<div class="grid-item">
```

```

```

```
<p>Weightlifting</p>
```

```
</div>
```

```
<div class="grid-item">
```

```

```

```
<p>Yoga</p>
```

```
</div>
```

```
<div class="grid-item">
```

```

```

```
<p>Dance</p>
```

```
</div>
```

```
<div class="grid-item">
```

```

```

```
<p>Martial Arts</p>
```

```
</div>
```



```
<div class="grid-item">
```

```
  
```

```
  <p>Battle Ropes</p>
```

```
</div>
```

```
<div class="grid-item">
```

```
  
```

```
  <p>Diet Planning</p>
```

```
</div>
```

```
</div>
```

```
  <p>Discover instructional videos and expert guides tailored to different skill levels on our  
<a href="https://youtube.com" target="_blank">YouTube</a> channel!</p>
```

```
  <div class="social-media">
```

```
    <a href="https://youtube.com" target="_blank"></a>
```

```
  </div>
```

```
</section>
```



</main>

<footer>

<p>&copy; 2024 Ardened Body & Mind. All rights reserved.</p>

</footer>

</body>

</html>

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

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

<title>Ardened Body & Mind</title>

<link rel="stylesheet" href="styles.css">

</head>

<body>

<header>



<nav>



```
<ul>
```

```
<li><a href="index.html">About Us</a></li>
```

```
<li><a href="movement.html">Movement</a></li>
```

```
<li><a href="mindfulness.html">Mindfulness</a></li>
```

```
<li><a href="motivation.html">Motivation</a></li>
```

```
<li><a href="forum.html">Community</a></li>
```

```
<li><a href="openinghours.html">Opening Hours</a></li>
```

```
<li><a href="contact.html">Contact Us</a></li>
```

```
</ul>
```

```
</nav>
```

```
</header>
```

```
<main>
```

```
<section id="mindfulness">
```

```
<h2><u>Mindfulness</u></h2>
```

```
<p>Another pillar of the Ardened lifestyle is Mindfulness. Take full advantage of what we offer and nurture your mind as well as your body:</p>
```

```
<div class="grid-container">
```

```
<div class="grid-item">
```

```

```

```
<p>Guided Meditations</p>
```

```
</div>
```

```
<div class="grid-item">
```

```

```





```
<p>Breathing Exercises</p>
</div>
<div class="grid-item">
  
  <p>Stress-Relief Techniques</p>
</div>
<div class="grid-item">
  
  <p>Massage Therapy</p>
</div>
</div>
<p>Delve into videos exploring the profound connection between mind and body on our
YouTube channel.</p>
<div class="social-media">
  <a href="https://youtube.com" target="_blank"></a>
</div>
</section>

</main>

<footer>

<p>&copy; 2024 Ardened Body & Mind. All rights reserved.</p>
```

</footer>

</body>

</html>



<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

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

<title>Ardened Body & Mind</title>

<link rel="stylesheet"  
href="https://cdn.jsdelivr.net/npm/bootstrap@5.3.2/dist/css/bootstrap.min.css"  
integrity="sha384-  
T3c6Coli6uLrA9TneNEoa7RxnatzjcDSCmG1MXxSR1GAsXEV/Dwwykc2MPK8M2HN"  
crossorigin="anonymous">

<link rel="stylesheet" href="styles.css">

<body>

<header>



<nav>

<ul>

<li><a href="index.html">About Us</a></li>

<li><a href="movement.html">Movement</a></li>



```
<li><a href="mindfulness.html">Mindfulness</a></li>
```

```
<li><a href="motivation.html">Motivation</a></li>
```

```
<li><a href="forum.html">Community</a></li>
```

```
<li><a href="openinghours.html">Opening Hours</a></li>
```

```
<li><a href="contact.html">Contact Us</a></li>
```

```
</ul>
```

```
</nav>
```

```
</header>
```

```
<main>
```

```
<section id="motivation">
```

```
<h2><u>Motivation</u></h2>
```

```
<p>Without Motivation, it can be hard to put your Movement and Mindfulness to good use. At Ardened we will give you tools to help motivate you, alongside our excellent trainers, who will work with you to create a positive and driven mindset. </p>
```

```
<p>In the meantime, click the button below for a positive affirmation to help you create a motivated mindset!</p>
```

```
<script src="script.js"></script>
```

```
<div class="container">
```

```
<div class="quotes"></div>
```

```
<h2 id="quote">"Quote"</h2>
```

```
<h3 id="author"> - Author </h3>
```

```
</div>
```

```
<div class="container">
```

`<button onclick="generate()" type="button" class="btn btn-light">Generate  
Quote</button>`



`</div>`

`</section>`

`</main>`

`<div class="social-media">`

`<a href="https://facebook.com" target="_blank"></a>`

`<a href="https://twitter.com" target="_blank"></a>`

`<a href="https://instagram.com" target="_blank"></a>`

`<a href="https://youtube.com" target="_blank"></a>`

`</div>`

`<footer>`

`<p>&copy; 2024 Ardened Body & Mind. All rights reserved.</p>`

`</footer>`

</body>

</html>



<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

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

<title>Ardened Body & Mind</title>

<link rel="stylesheet" href="styles.css">

</head>

<body>

<header>



<nav>

<ul>

<li><a href="index.html">About Us</a></li>

<li><a href="movement.html">Movement</a></li>

<li><a href="mindfulness.html">Mindfulness</a></li>

<li><a href="motivation.html">Motivation</a></li>

<li><a href="forum.html">Community</a></li>

<li><a href="openinghours.html">Opening Hours</a></li>



<li><a href="contact.html">Contact Us</a></li>

</ul>

</nav>

</header>

<main>

<section id="forum">

<h2><u>Community</u></h2>

<p>Join our vibrant community and connect with like-minded individuals:</p>

<ul>

<li>Share Experiences</li>

<li>Exchange Tips</li>

<li>Overcome Challenges</li>

<li>Participate in discussions and receive support from fellow members.</li>

</ul>



</section>

</main>

<p>Join our online communities and see for yourself!</p>



```
<div class="social-media">

    <a href="https://facebook.com" target="_blank"></a>

    <a href="https://twitter.com" target="_blank"></a>

    <a href="https://instagram.com" target="_blank"></a>

    <a href="https://youtube.com" target="_blank"></a>

</div>
```

```
<footer>
```

```
    <p>&copy; 2024 Ardened Body & Mind. All rights reserved.</p>
```

```
</footer>
```

```
</body>
```

```
</html>
```

```
<!DOCTYPE html>
```

```
<html lang="en">
```

```
<head>
```

```
    <meta charset="UTF-8">
```

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

```
    <title>Ardened Body & Mind</title>
```

```
<link rel="stylesheet" href="styles.css">
```



```
<body>
```

```
<header>
```

```

```

```
<nav>
```

```
<ul>
```

```
<li><a href="index.html">About Us</a></li>
```

```
<li><a href="movement.html">Movement</a></li>
```

```
<li><a href="mindfulness.html">Mindfulness</a></li>
```

```
<li><a href="motivation.html">Motivation</a></li>
```

```
<li><a href="forum.html">Community</a></li>
```

```
<li><a href="openinghours.html">Opening Hours</a></li>
```

```
<li><a href="contact.html">Contact Us</a></li>
```

```
</ul>
```

```
</nav>
```

```
</header>
```

```
<h2><u>Opening Hours</u></h2>
```

```
<table>
```

```
<thead>
```

```
<tr>
```





```
<th>Day</th>

<th>Opening Time</th>

<th>Closing Time</th>

</tr>

</thead>

<tbody>

<tr>

<td>Monday</td>

<td>9:00 am</td>

<td>5:00 pm</td>

</tr>

<tr>

<td>Tuesday</td>

<td>6:00 am</td>

<td>6:00 pm</td>

</tr>

<tr>

<td>Wednesday</td>

<td>6:00 am</td>

<td>6:00 pm</td>

</tr>

<tr>

<td>Thursday</td>

<td>6:00 am</td>

<td>6:00 pm</td>

</tr>

<tr>
```



```
<td>Friday</td>

<td>6:00 am</td>

<td>6:00 pm</td>

</tr>

<tr>

<td>Saturday</td>

<td>7:00 am</td>

<td>7:00 pm</td>

</tr>

<tr>

<td>Sunday</td>

<td colspan="2">Closed</td>

</tr>

</tbody>

</table>
```

```
<div class="social-media">
```

```
<a href="https://facebook.com" target="_blank"></a>
```

```
<a href="https://twitter.com" target="_blank"></a>
```

```
<a href="https://instagram.com" target="_blank"></a>
```

```
<a href="https://youtube.com" target="_blank"></a>
```

```
</div>
```



<footer>

<p>&copy; 2024 Ardened Body & Mind. All rights reserved.</p>

</footer>

</body>

</html>

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

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

<title>Ardened Body & Mind</title>

<link rel="stylesheet" href="styles.css">

</head>

<body>

<header>



<nav>

<ul>

<li><a href="index.html">About Us</a></li>

<li><a href="movement.html">Movement</a></li>

<li><a href="mindfulness.html">Mindfulness</a></li>

<li><a href="motivation.html">Motivation</a></li>

<li><a href="forum.html">Community</a></li>

<li><a href="openinghours.html">Opening Hours</a></li>

<li><a href="contact.html">Contact Us</a></li>

</ul>

</nav>

</header>

<main>

<section id="contact">

<h2><u>Contact Us</u></h2>

<p>We're here to assist you on your wellness journey. Reach out to us for inquiries, feedback, or partnership opportunities.</p>

<form id="contact-form" action="#" method="post">

<div class="form-group">

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

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

</div>

<div class="form-group">

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

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





```
</div>

<div class="form-group">

  <label for="subject">Subject:</label>

  <input type="text" id="subject" name="subject" required>

</div>

<div class="form-group">

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

  <textarea id="message" name="message" rows="5" required></textarea>

</div>

<button type="submit" id="submit-btn">Submit</button>

</form>

<script>

  document.getElementById('contact-form').addEventListener('submit', function(event) {

    event.preventDefault();

    var message = document.createElement('p');

    message.textContent = "Thanks for contacting us, we aim to get back to you within 24
hours.";

    document.getElementById('contact').innerHTML = "";

    document.getElementById('contact').appendChild(message);

  });

</script>

<p>Connect with us on social media for additional inspiration and updates:</p>

<div class="social-media">

  <a href="https://facebook.com" target="_blank"></a>

  <a href="https://twitter.com" target="_blank"></a>
```

```
<a href="https://instagram.com" target="_blank"></a>
```

```
<a href="https://youtube.com" target="_blank"></a>
```



```
</div>
```

```
</section>
```

```
</main>
```

```
<footer>
```

```
<p>&copy; 2024 Ardened Body & Mind. All rights reserved.</p>
```

```
</footer>
```

```
</body>
```

```
</html>
```

```
body, h1, h2, h3, h4, h5, h6, p, ul, ol, li, input, textarea, button {
    font-family: 'Courier New', Courier, monospace;
    font-weight: lighter;
}
```

```
img:not(.ignore) {
    max-width: 50%;
    height: auto;
}
```



```
body{  
    text-align: center;  
    margin: 0;  
    padding: 0;  
    color: #000000;  
}
```

```
header {  
    background-color: #333;  
    padding: 10px;  
    text-align: center;  
    color: #fff;  
  
}
```

```
header h1 {  
    font-size: 30px;  
    margin: 0;  
}
```

```
header h2 {  
    font-size: 18px;  
    margin-top: 5px;  
}
```

```
nav ul {
```



```
list-style: none;

padding: 10px;

margin: 0;

display: flex;

justify-content: center;

}

@media screen and (max-width: 730px) {

  nav ul {

    display: inline;

  }

}

nav ul li {

  margin: auto;

}

nav ul li a {

  text-decoration: none;

  color: #fff;

  font-weight: lighter;

  padding: 2px;

  background-color: #666;

  transition: background-color 0.3s ease;
```



```
    box-shadow: 0 4px 6px rgba(249, 113, 113, 0.1);  
}
```



```
table {  
    width: 100%;  
    border-collapse: collapse;  
}
```

```
th, td {  
    border: 1px solid #ddd;  
    padding: 8px;  
    text-align: center;  
}
```

```
th {  
    background-color: #f2f2f2;  
}
```

```
h1 {  
    margin: 0;  
    color: #000000;  
}
```

```
section {  
    padding: 20px;  
}
```



```
h2 {  
    color: #333;  
}
```

```
h3 {  
    color: #666;  
}
```

```
ol, ul {  
    margin: 0;  
    padding: 0;  
    list-style: none;  
}
```

```
li {  
    margin-bottom: 10px;  
}
```

```
footer {  
    background-color: #333;  
    color: #fff;  
    text-align: center;  
    padding: 10px;  
}
```

```
footer p {  
    margin: 0;
```

```
}
```

```
#movement .grid-container {  
    display: grid;  
    grid-template-columns: repeat(auto-fit, minmax(200px, 1fr));  
    gap: 20px;  
}
```

```
#movement .grid-item {  
    text-align: center;  
}
```

```
#movement .grid-item img {  
    max-width: 100%;  
    height: auto;  
    border-radius: 10px;  
}
```

```
#movement .grid-item p {  
    margin: 5px 0;  
}
```

```
#mindfulness .grid-container {  
    display: grid;  
    grid-template-columns: repeat(auto-fit, minmax(200px, 1fr));  
    gap: 20px;  
}
```



```
#mindfulness .grid-item {  
    text-align: center;  
}
```

```
#mindfulness .grid-item img {  
    max-width: 100%;  
    height: auto;  
    border-radius: 10px;  
}
```

```
#mindfulness .grid-item p {  
    margin: 5px 0;  
}
```

```
#movement .grid-item p {  
    margin: 5px 0;  
}
```

```
.social-media {  
    display: flex;  
    justify-content: center;  
    align-items: center;  
}
```

```
.social-media a {  
    margin: 0 10px;
```



```
}
```

```
.social-media img{
```

```
    width: 40px;
```

```
    height: auto;
```

```
}
```

```
#contact{
```

```
    padding: 10px;
```

```
    background-color: #f9f9f9;
```

```
    border-radius: 30px;
```

```
    box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
```

```
}
```

```
.form-group{
```

```
    margin-bottom: 30px;
```

```
}
```

```
label{
```

```
    display: block;
```

```
    font-weight: bold;
```

```
    margin-bottom: 5px;
```

```
}
```

```
input[type="text"],
```

```
input[type="email"],
```

```
textarea{
```



```
width: 75%;  
padding: 10px;  
border: 1px solid #ccc;  
border-radius: 5px;  
font-size: 16px;  
}  
  
textarea {  
    resize: vertical;  
}  
  
button[type="submit"] {  
    background-color: #000000;  
    color: #fff;  
    border: none;  
    padding: 10px 20px;  
    border-radius: 5px;  
    cursor: pointer;  
    font-size: 16px;  
    transition: background-color 0.3s ease;  
}  
  
button[type="submit"]:hover {  
    background-color: #6e6e6e;  
}
```



```
function generate(){  
  
    //add quotes ? how to stop consecutive repetition?  
  
    var quotes = {  
  
        "- Beyoncé" : ""Your self-worth is determined by you. You dont have to depend on someone  
telling you who you are."" ,  
  
        "- Walt Whitman" : ""Keep your face always toward the sunshine, and shadows will fall  
behind you."" ,  
  
        "- Rosa Parks" : ""To bring about change, you must not be afraid to take the first step. We will  
fail when we fail to try."" ,  
  
        "- Walt Disney" : ""All our dreams can come true, if we have the courage to pursue them."" ,  
  
        "- Madam C.J. Walker" : ""Dont sit down and wait for the opportunities to come. Get up and  
make them."" ,  
  
        "- Billie Jean King" : ""Champions keep playing until they get it right."" ,  
  
        "- C.S. Lewis" : ""You are never too old to set another goal or to dream a new dream."" ,  
  
        "- Aristotle" : ""It is during our darkest moments that we must focus to see the light."" ,  
  
        "- Theodore Roosevelt" : ""Believe you can and youre halfway there."" ,  
  
    }  
  
}
```

```
var authors = Object.keys(quotes);
```

```
console.log(authors);
```

```
var author = authors[Math.floor(Math.random() *authors.length)];
```

```
var quote = quotes[author];
```

```
document.getElementById("quote").innerHTML =quote;
```

```
document.getElementById("author").innerHTML =author;
}
```



```
<!DOCTYPE html>
```

```
<html lang="en">
```

```
<head>
```

```
  <meta charset="UTF-8">
```

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

```
  <title> Ardened Body & Mind Testing</title>
```

```
  <link rel="stylesheet" href="styles.css">
```

```
</head>
```

```
<body>
```

```
<center>
```

```
  <header>
```

```
    <h1><u>Ardened Body & Mind Testing</u></h1>
```

```
  </header>
```

```
<section id="Web-testing">
```

```
  <h2><u>Text</u></h2>
```

```
  <p>Correct spelling & Readability</p>
```

```
  <p>By running all of my text through Grammarly's spell checker, I noticed a few minor errors  
in my text.</p>
```

```
  
```

```
  <p>The first was an un-hyphenated version of well-being</p>
```





<p>The second was a lower-case t in YouTube</p>

<p>I corrected the errors then checked my overall score</p>



<p>While I am happy with a text score of 95, meaning there are no spelling or punctuation errors, the readability score is 53 in the Flesch reading ease test, so my aim is to reduce the average word length and try to raise that score to around 60, as that would mean a larger demographic will be able to engage with the website.</p>



<p>I was able to increase the score to 57, but felt any further reduction in sentence length or word length could be detrimental to the websites overall feel, especially given the fact that many of the page names (Movement, Mindfulness, Motivation etc.) are longer words, and are often repeated. </p>

<p>Finally i checked the correctness of the ALT text on images, and found no errors.</p>

## <h2><u>Hyperlinks</u></h2>

<p>I checked each link and made sure it reached the correct destination</p>

<p>All hyperlinks are displaying and working correctly</p>



<p>All open the page in a separate tab to keep the user on the website.</p>

## <h2><u>Graphics</u></h2>

<p>All graphics load and display correctly</p>

<p>no graphics are missing, or incorrectly named</p>

<p>where text and graphics are both present, a grid container has been used to assure text wraps appropriately when the window is resized.</p>

<p>I tested the page display speed, and other metrics, using Chrome's "Lighthouse" feature, and the results for Desktop are below:</p>



<p>The speed index was 0.3s</p>



<p>When tested on mobile, a similar score was achieved, but with a slightly slower speed index, shown below.</p>





<p>As you can see, a score of 2.4 seconds still ranks the sites Speed Index in the green colour code, meaning "Good". If I had more time, I would go through each image and optimise it more, but given the time constraints I feel that score is acceptable.</p>

## <h2><u>Forms</u></h2>

<p>Forms are positioned properly, or at least how I invisioned them to be.</p>



<p>The fields are the correct size, with the "Message" section slightly larger, as there will likely be more information there than in the previous text boxes.</p>

<p>The text boxes expand to fit the width of the page</p>

<p>They accept correct data, as shown below:</p>



<p>They do not accept incorrect data, as shown below:</p>



<p>They require all fields to be completed, as shown below:</p>



</section>

<section id="Browser-Desktop-Mobile">

## <h2><u>Desktop & Mobile testing</u></h2>

### <h3><u>Mobile Testing</u></h3>

<p>To test for mobile screens, I used Chrome's "Inspect" tool, to take advantage of the emulator it provides.</p>

<p>Straight away I noticed an error within the header, specifically the navigation.</p>



<p>After quite a long time wondering why adding the @media query wasn't working, I realised i had the display set to flex in my nav ul.</p>

<p>By creating an alternate display (inline), I was able to create a vertical list of the navigation list, whenever the display size width fell below 600px</p>



<p>This resulted in a much better UI for mobile</p>



<h3><u>Desktop Testing</u></h3>

<p>When testing the desktop display, again I used Chrome's "Inspect" tool.</p>

<p>I found no initial problems when checking pages, but then as i started to adjust the screen size I ran into an issue.</p>



<p>I had a similar problem to the one I had encountered on Mobile, only this time, the problem happened within a very specific width window.</p>

<p>The navigation text boxes were overlapping</p>

<p>After some testing I was able to recreate the problem, and ascertain the exact pixel width that the error occurred.</p>



<p>By adjusting the max-width within the @media query to 730px (giving some extra leeway) i was able to solve the problem and turn the navigation list into a vertical list, which will be more user friendly for anyone using the website on a second browser window or where it may be a smaller screen.</p>



<h2><u>Browser Testing</u></h2>

<h3><u>Chrome</u></h3>

<p>Initial browser testing was on Chrome, as that was the browser I had been working on throughout.</p>

<p>Throughout testing I never encountered any issues with Chrome</p>

<h3><u>Safari</u></h3>

<p>As this was my first time opening Safari in a long time, I anticipated it would take a while to load</p>



<p>Upon loading, I checked each page, filled out forms and checked the table and JS Quote script and all were working perfectly. </p>

<p>Initial load time was a few seconds, about what I expected given Safari hasn't been opened in years.</p>

<p>When I relaunched it, the page launched as quickly as I would expect in Chrome.</p>

<h3><u>Opera GX</u></h3>

<p>Again with Opera GX, I hadn't opened it in a while, so expected a slow load time; but the page was up immediately.</p>

<p>I checked all of the pages, forms and tables, then stretched the screen to full size.</p>



<p>There were no issues at full size so I made the screen much smaller</p>



<p>Again when in a smaller screen there were no issues, and the media query was working perfectly.</p>

<h3><u>Firefox</u></h3>

<p>With Firefox, I had to download it as I didn't have a version on my laptop. The site loaded instantly and was fully responsive on all pages.</p>

<p>I then stretched the screen to full size.</p>



<p>There were no issues at full size so I made the screen much smaller</p>



<p>Again when in a smaller screen there were no issues, and the media query was working perfectly.</p>

<h3><u>Microsoft Edge</u></h3>

<p>With Microsoft Edge, I had to download it as I didn't have a version on my laptop. The site loaded instantly and was fully responsive on all pages.</p>

<p>I then stretched the screen to full size.</p>



<p>There were no issues at full size so I made the screen much smaller</p>



<p>Again when in a smaller screen there were no issues, and the media query was working perfectly.</p>

<p>Overall I am extremely happy with how well the Desktop, Mobile and Web Browser testing has gone, and the site seems to be running well.</p>

</section>

<section id="HTML-validate">

<h2><u>HTML Validator</u></h2>

<h3><u>index.html (Homepage)</u></h3>

<h4>Before:</h4>

<p>index.html brought up 2 errors in the HTML Validator, both were Stray end tags</p>



<p>The image below shows the errors in my code</p>



<p>I removed the 2 stray Section tags</p>

<h4>After:</h4>



<h3><u>movement.html</u></h3>

<h4>Before:</h4>

<p>movement.html brought up 5 errors in the HTML Validator; Open elements, Unclosed Element, Nesting rule violations</p>



<p>The images below show the errors in my code</p>

<p>Open Elements</p>



<p>Unclosed Elements</p>



<p>Unclosed Elements</p>



<p>I fixed the youtube URL, closed the Main section and removed an unnecessary Div closing</p>

<h4>After:</h4>



<h3><u>mindfulness.html</u></h3>

<h4>Before:</h4>



<p>mindfulness.html presented no errors on the HTML validator.</p>

<h3><u>motivation.html</u></h3>

<h4>Before:</h4>

<p>motivation.html brought up 4 errors in the HTML Validator; Empty heading, not mappable to XML due to consecutive hyphens in a comment, and 2 stray end tags.</p>



<p>The images below show the errors in my code</p>

<p>Empty heading</p>



<p>Hyphen error</p>



<p>Stray end tag</p>



<p>I added the heading "Quotes", removed the comment with hyphens, and removed the stray section tags</p>

<h4>After:</h4>



<h3><u>forum.html</u></h3>

<h4>Before:</h4>



<p>forum.html presented no errors on the HTML validator.</p>

<h3><u>openinghours.html</u></h3>

<h4>Before:</h4>

<p>openinghours.html brought up 3 errors in the HTML Validator; all were stray end tags.</p>



<p>The images below show the errors in my code</p>

<p>Stray end tag 1</p>



<p>Stray end tag 2</p>



<p>Stray end tag 3</p>



<p>I removed all of the stray end tags</p>

<h4>After:</h4>



<h3><u>contact.html</u></h3>

<h4>Before:</h4>



<p>contact.html presented no errors on the HTML validator.</p>

</section>

<section id="CSS-validate">

<h2><u>CSS Validator</u></h2>

<h4>Before:</h4>

<p>styles.css brought up 1 error in the CSS Validator; a Parse error</p>



<p>The image below shows the error in my code</p>



<p>I removed the parse error and reran the CSS Validator</p>

<h4>After:</h4>



</section>

<section id="WAVE-tool">

<h2><u>Wave Web Accessibility Tool</u></h2>

<h3><u>index.html (Homepage)</u></h3>



<p>The Wave tool brought up 0 errors, 0 contrast errors and 4 alerts </p>



<p>The alerts were: Having text in the logo, having too little information in the alternative text for the image, having no first level heading (for language choice etc.), and for having underlined text.</p>



<p>I didn't consider any of these alerts to be particularly alarming. If I had more time and expertise I would incorporate the first level heading so the website could be read in more languages.</p>

<h3><u>movement.html</u></h3>



<p>The Wave tool brought up 0 errors, 0 contrast errors and 10 alerts </p>

<p>The alerts were identical to the previous page for the most part, other than the fact there were more alternative text errors due to there being more pictures.</p>

<p>The only other alert not previously seen was one for a "redundant" url link - however this is because I have both a hyperlink to the website within text and a hyperlinked logo, and I feel it best to give the user the option, especially given that the demographic I designed it for may not be as technologically adept.</p>



<h3><u>mindfulness.html</u></h3>



<p>The wave tool brought up 0 errors, 0 contrast errors and 7 alerts</p>

<p>The alerts were identical to previous pages, and consisted mainly of alternative image text alerts.</p>

<h3><u>motivation.html</u></h3>



<p>The wave tool brought up 0 errors, 0 contrast errors and 3 alerts</p>

<p>The alerts were identical to previous pages with which I decided no changes were necessary.</p>

<h3><u>forum.html</u></h3>



<p>The wave tool brought up 0 errors, 0 contrast errors and 4 alerts</p>

<p>The alerts were identical to previous pages with which I decided no changes were necessary.</p>

<h3><u>openinghours.html</u></h3>



<p>The wave tool brought up 0 errors, 0 contrast errors and 3 alerts</p>

<p>The alerts were identical to previous pages with which I decided no changes were necessary.</p>

<h3><u>contact.html</u></h3>



<p>The wave tool brought up 0 errors, 1 contrast error and 3 alerts</p>

<p>The alerts were identical to previous pages with which I decided no changes were necessary.</p>

<p>The contrast alert confused me at first as all of the pages have the same CSS styling, but when I checked where the error had occurred, it was on the form submit button. </p>

<p>Originally when I added this button I chose the colour because I thought it stood out. But i might have to rethink it.</p>



<p>I decided that as I am using this Wave tool predominantly for general accessibility, I will see what the WebAIM: Contrast Checker says, as I will be looking more specifically at overall contrast issues using that tool.</p>

</section>

<section id="WebAIM-contrast-checker">

<h2><u>WebAIM: Contrast Checker</u></h2>

<p>Upon opening the WebAIM Contrast checker website, I noticed that they actually recommend using WAVE to check contrast across a whole site.</p>



<p>Given this fact, I think it is only appropriate that I change the colour of the button on my form, as that was the only contrast issue throughout the whole site.</p>

<h4>Before:</h4>



<p>I changed the colour of the button to black, or grey when hovered over</p>



<p>This changed the score in both instances to a pass, and visially I think it is more in line with the theme colours of the site.</p>

<p>The button as it appears:</p>



<p>The button as it appears when hovered over:</p>



</section>

<section id="Conclusion">

<h2><u>Conclusion</u></h2>

<p>Overall I am happy with the testing on the website</p>

<p>The text is correctly spelled & readable</p>

<p>The hyperlinks are all fully functional</p>

<p>The graphics load, display and are named correctly</p>

<p>The forms are positioned, displayed and perform correctly</p>

<p>Desktop displays correctly</p>

<p>Mobile phones and smaller devices display correctly</p>

<p>The site runs well on all of the browsers I have tested</p>

<p>All HTML has been validated and corrected</p>

<p>All CSS has been validated and corrected</p>

<p>Wave tool has shown no errors, and any significant alerts have been fixed</p>

<p>Contrast checker now shows no issues, as the one contrast error has been fixed</p>



</section>

<footer>

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</footer>

</center>

</body>

</html>