



# ZEYAD YASER ABDALLAH

**Second Grade**

**IT Department ID : 202202019**

# Online personal training website

**DR / Hager**

The landing page on the tablet screen includes the following elements:

- Header:** Home, Transformation, About.
- Motivation:** You Only Fail When You Stop Trying, Ready To Change Your Physique, But Can't Work Out In The Gym? Join Us.
- Section:** How It Works
- Process Steps:**
  - Upload Your S.
  - Wait the duration needed to have Coach customize your entire program.
  - Receive your training program.
  - Send him any concerns or questions you might have regarding the plan.
  - Follow the diet.
  - Follow th.

# Overview

- ▶ Introduction
- ▶ Site technology
- ▶ Interfaces and pages
- ▶ Performance
- ▶ Project Timeline
- ▶ Users use
- ▶ Sources



[Home](#)[Transformation](#)[About Us](#)[log in](#)

# Introduction

I designed a website for an online personal trainer to facilitate access between the trainer and the trainee through a website where the trainee registers and enters some data, and the trainer creates a diet and training system and sends it to the trainee on his account on the site

. It is characterized by the trainer following up with the trainee and easy communication between them. We will explain in detail in the following

# Site technology

## HTML

I used HTML to build the site's structure from text content, links, and some images

## CSS

Uses of the CSS language to format the elements you created in HTML, adding backgrounds, effects, and some touches to the site, and making the site responsive to all screens and all devices.

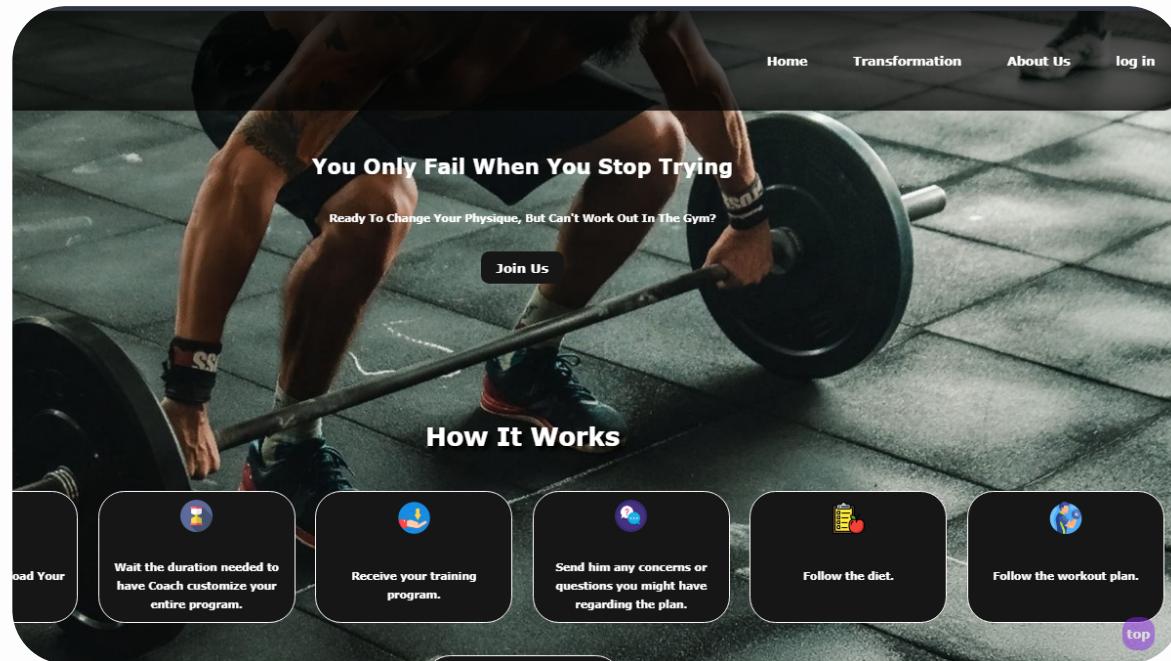
# HTML



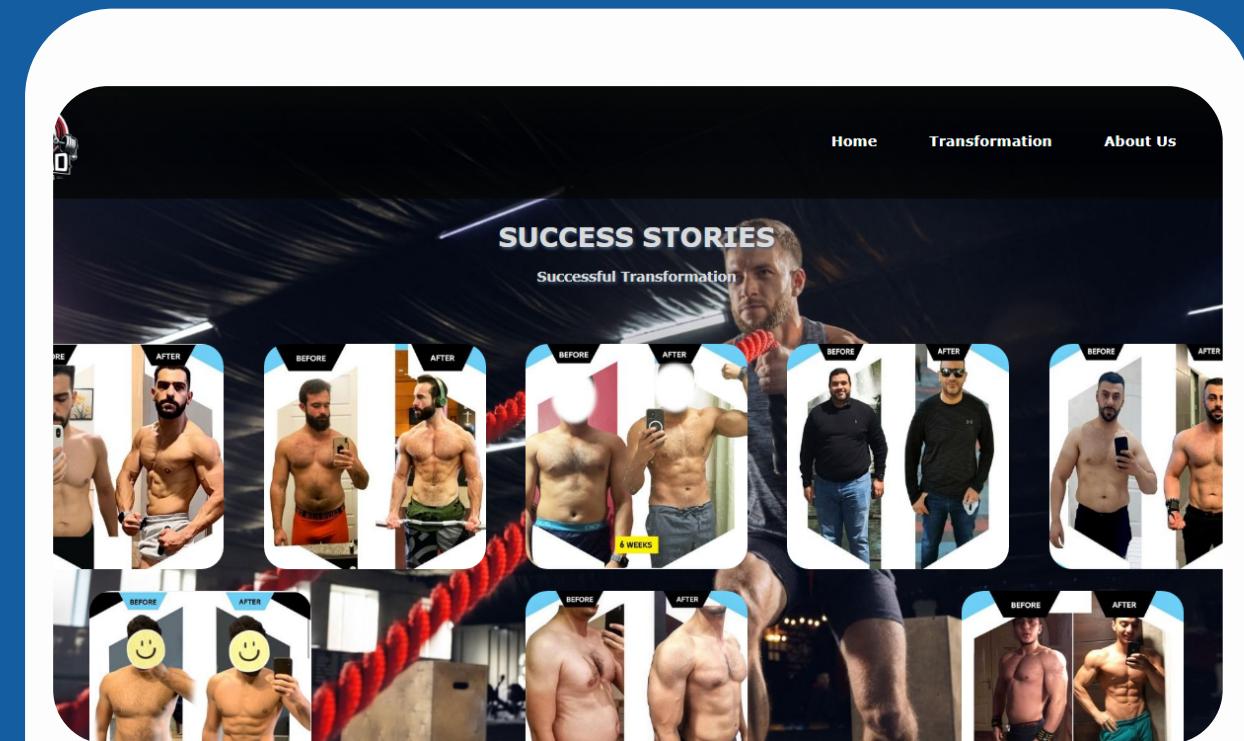
# CSS



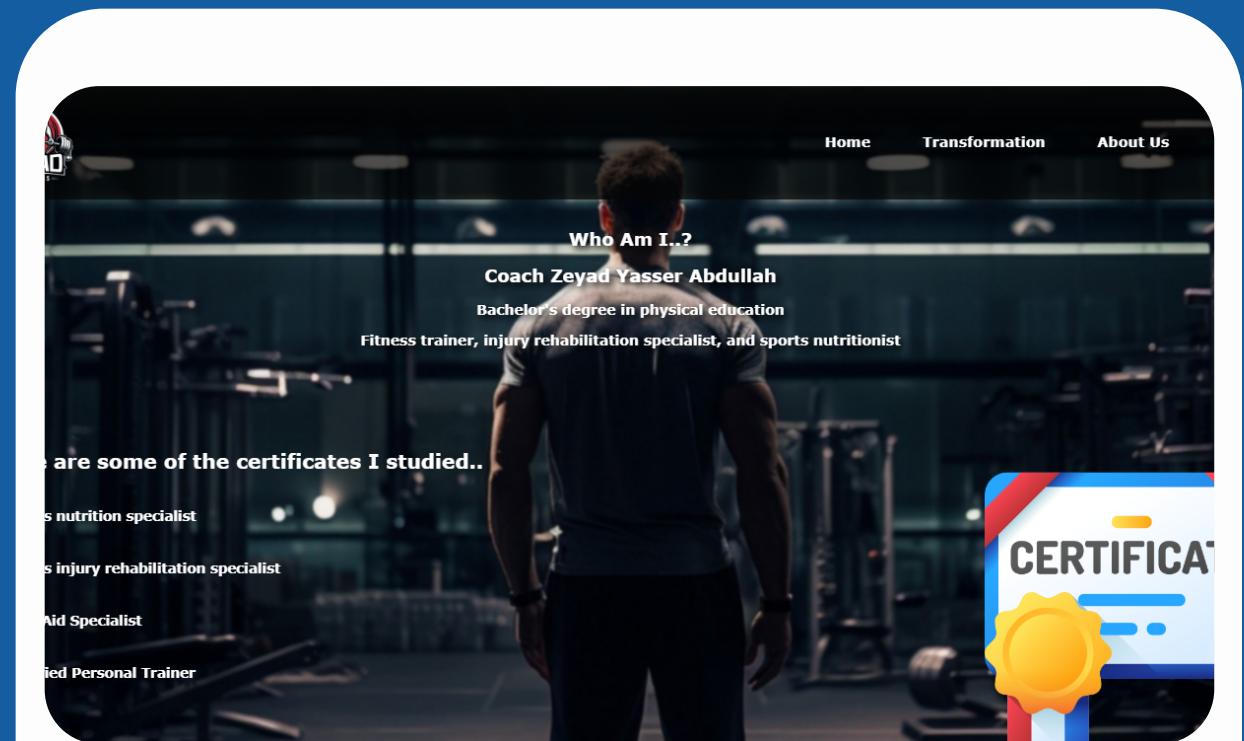
# Interfaces and pages



Home page

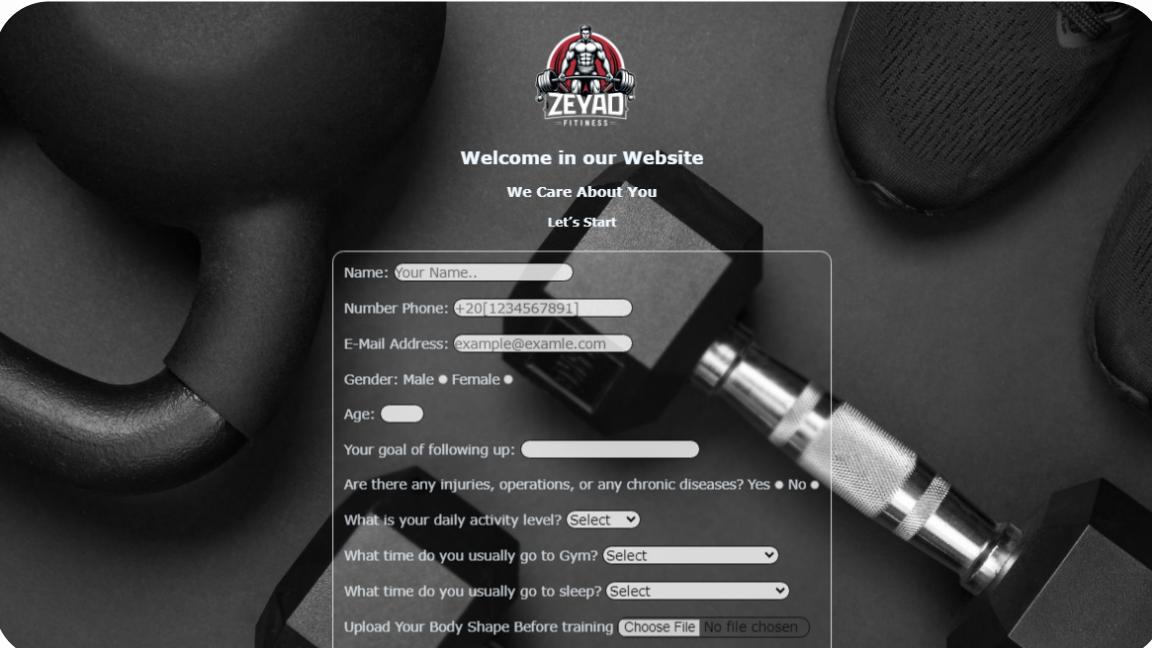


Transformation Page



About Us Page

# Interfaces and pages



The Log In Page features a dark background with a central form overlay. At the top left is the ZEYAO Fitness logo. Below it, the text "Welcome in our Website" is displayed. A heading "We Care About You" is followed by a "Let's Start" button. The form contains fields for Name, Number Phone, E-Mail Address, Gender (Male/Female), Age, Your goal of following up, and a question about injuries. It also includes dropdown menus for daily activity level, gym time, and sleep time, along with a file upload field for body shape photos.

**Welcome in our Website**

We Care About You

Let's Start

Name:  Your Name..

Number Phone:  +20|1234567891]

E-Mail Address:  example@example.com

Gender: Male  Female

Age:

Your goal of following up:

Are there any injuries, operations, or any chronic diseases? Yes  No

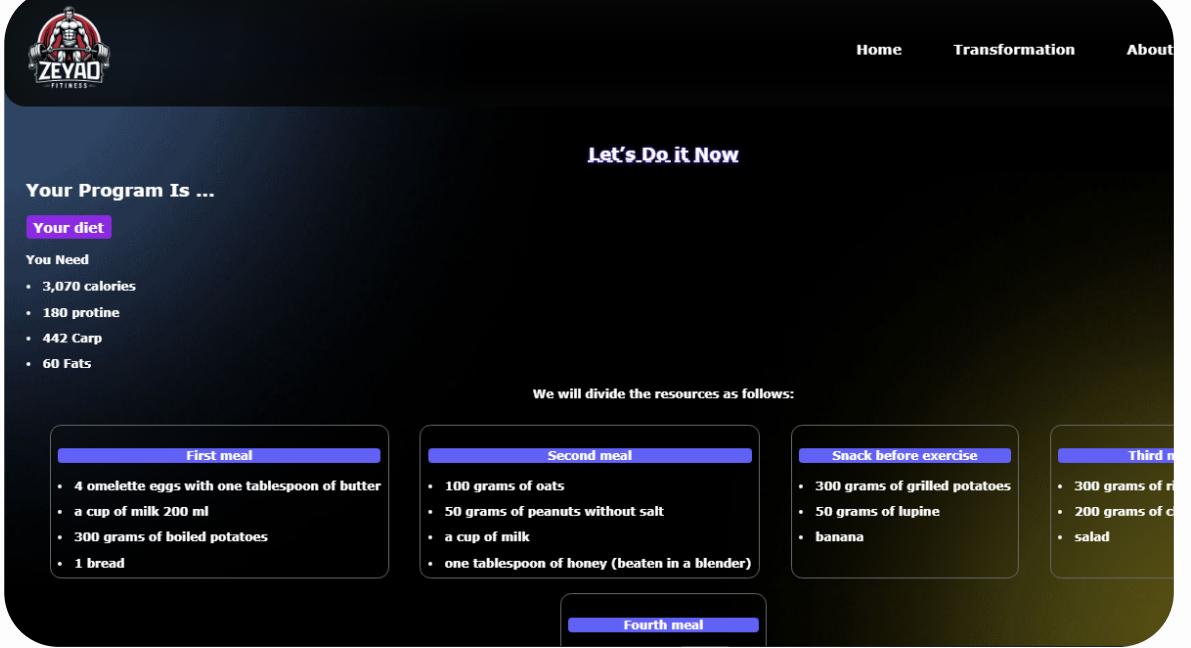
What is your daily activity level? Select

What time do you usually go to Gym? Select

What time do you usually go to sleep? Select

Upload Your Body Shape Before training  Choose File  No file chosen

Log In Page



The Training Page has a dark background with a navigation bar at the top featuring the ZEYAO logo and links for Home, Transformation, and About. The main content area starts with a "Let's Do it Now" section. Below it, a "Your Program Is ..." section displays a purple "Your diet" box containing a list of nutritional requirements: 3,070 calories, 180 protein, 442 Carbs, and 60 Fats. To the right, a heading "We will divide the resources as follows:" is followed by four meal boxes: First meal, Second meal, Snack before exercise, and Third meal. The First meal box lists: 4 omelette eggs with one tablespoon of butter, a cup of milk 200 ml, 300 grams of boiled potatoes, and 1 bread. The Second meal box lists: 100 grams of oats, 50 grams of peanuts without salt, a cup of milk, and one tablespoon of honey (beaten in a blender). The Snack before exercise box lists: 300 grams of grilled potatoes, 50 grams of lupine, a banana, and one tablespoon of honey (beaten in a blender). The Third meal box lists: 300 grams of rice, 200 grams of chicken, and a salad. A "Fourth meal" button is located at the bottom right of the meal boxes.

**Let's Do it Now**

**Your Program Is ...**

**Your diet**

You Need

- 3,070 calories
- 180 protein
- 442 Carp
- 60 Fats

We will divide the resources as follows:

**First meal**

- 4 omelette eggs with one tablespoon of butter
- a cup of milk 200 ml
- 300 grams of boiled potatoes
- 1 bread

**Second meal**

- 100 grams of oats
- 50 grams of peanuts without salt
- a cup of milk
- one tablespoon of honey (beaten in a blender)

**Snack before exercise**

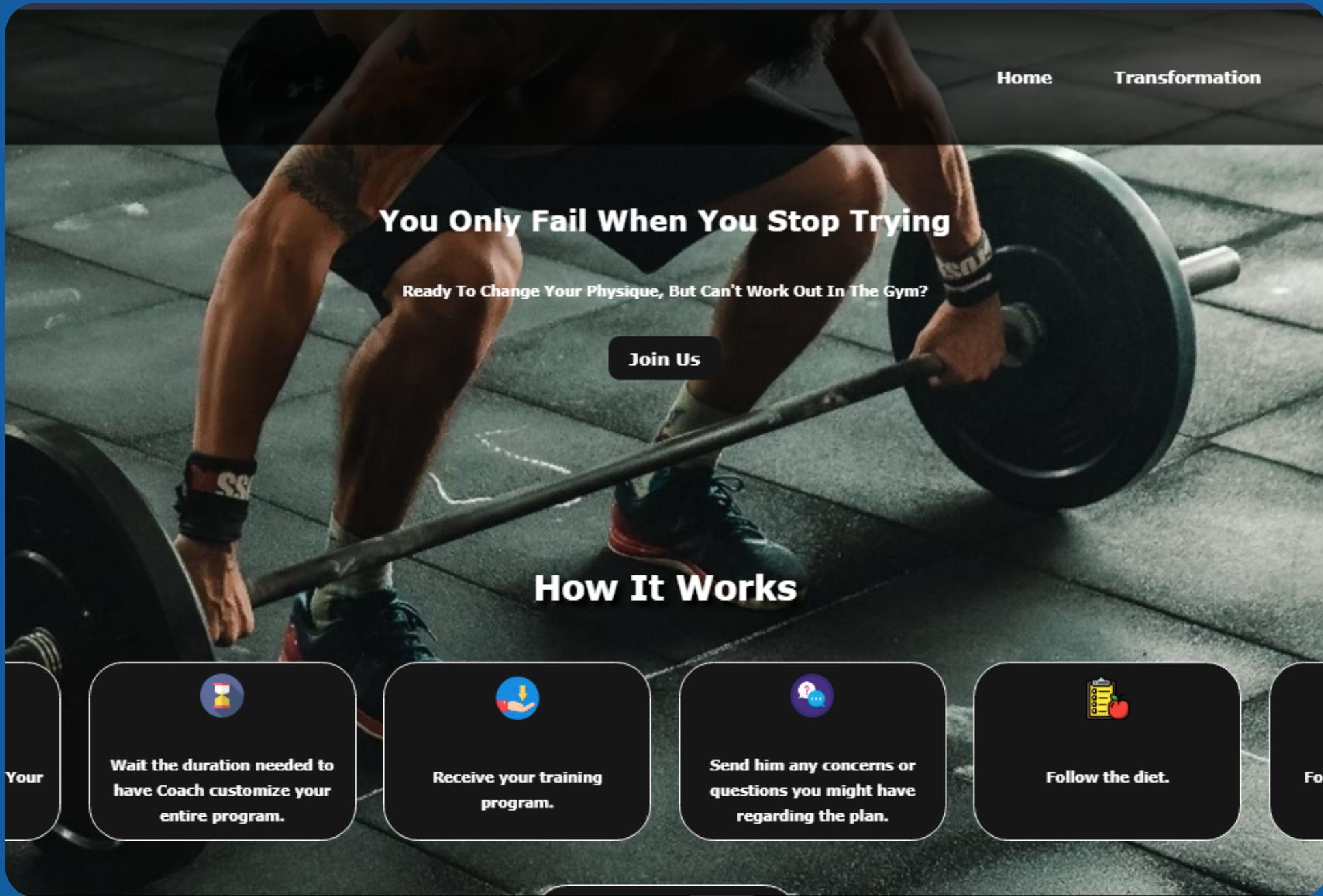
- 300 grams of grilled potatoes
- 50 grams of lupine
- banana
- one tablespoon of honey (beaten in a blender)

**Third meal**

- 300 grams of rice
- 200 grams of chicken
- salad

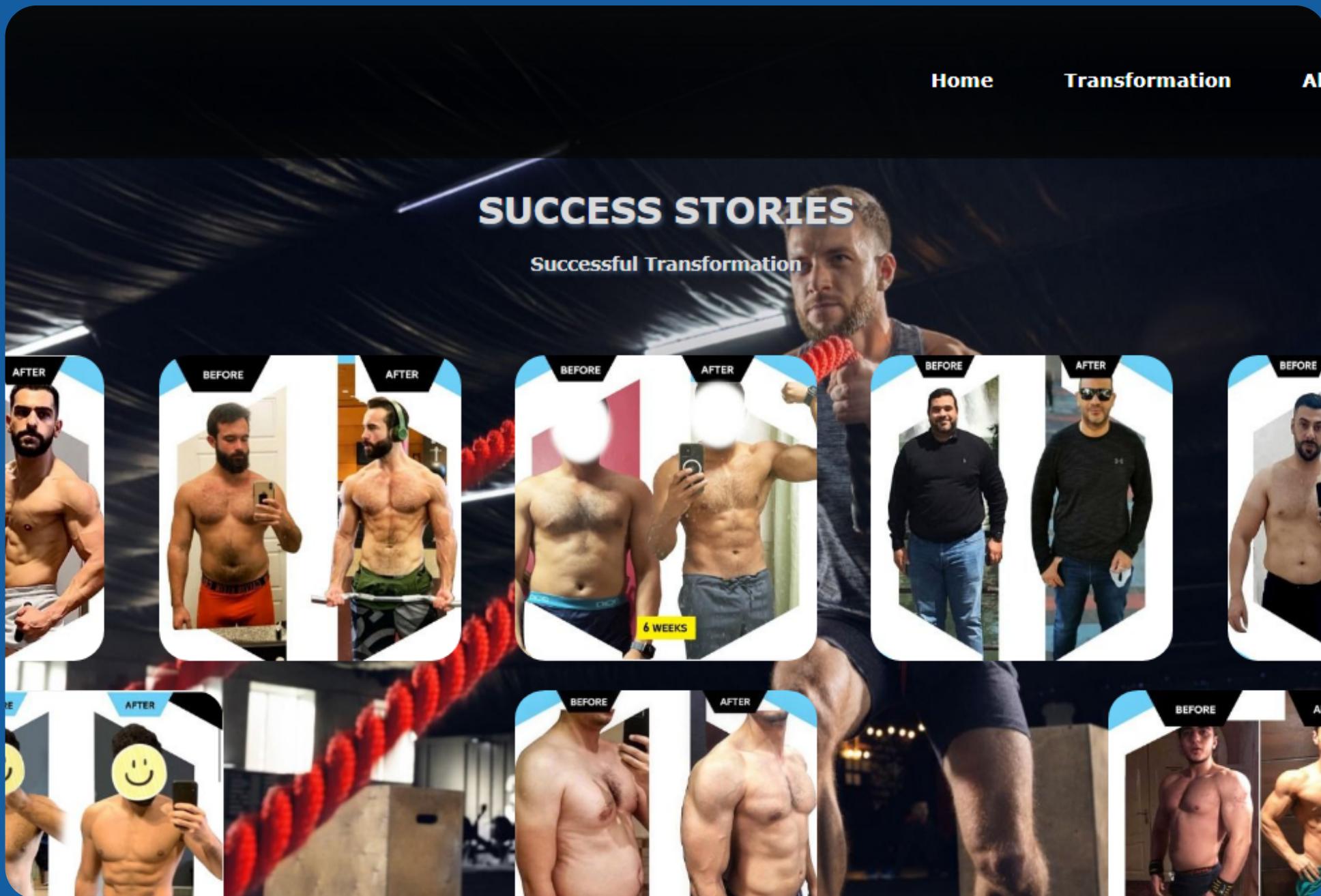
**Fourth meal**

Training Page



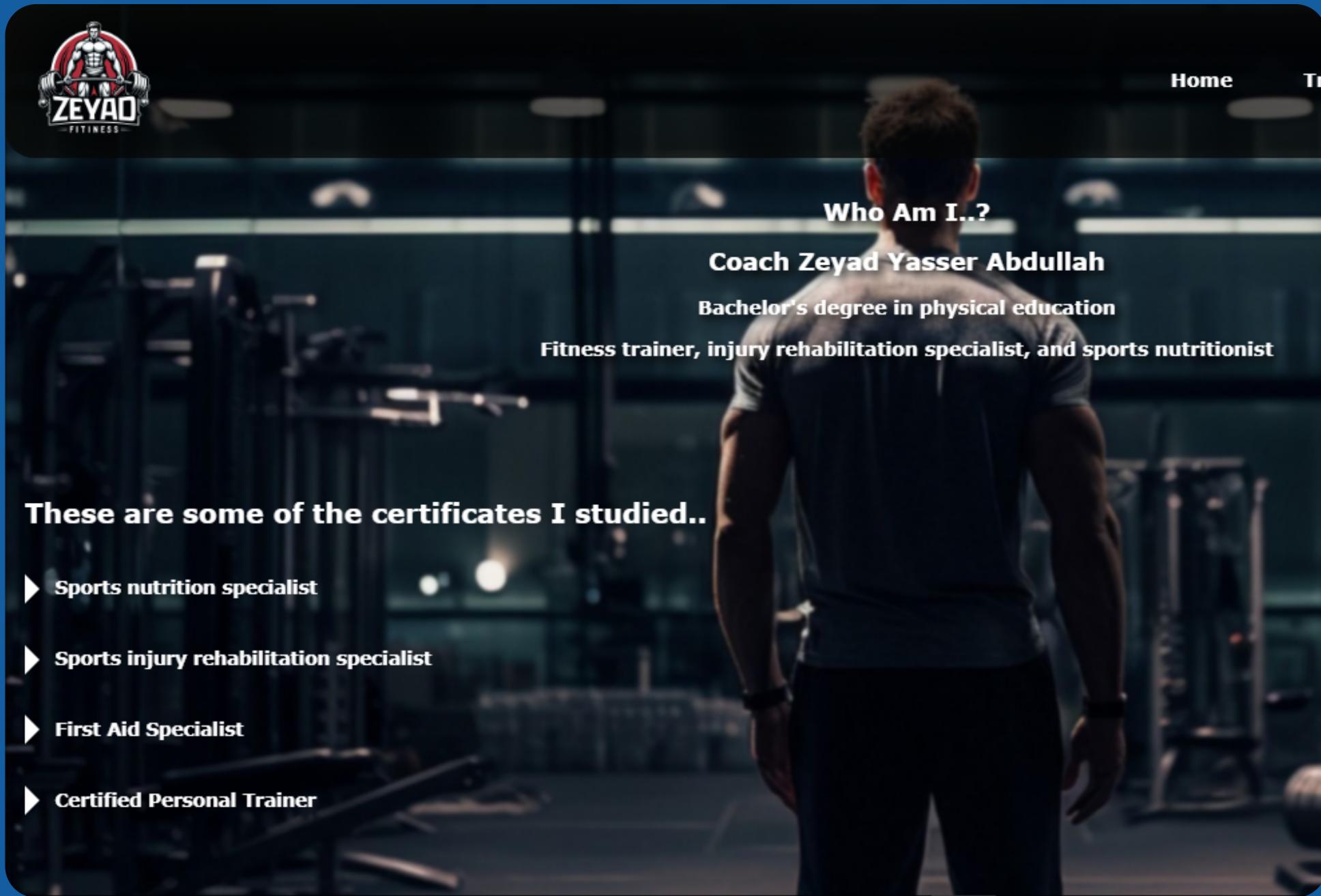
# Home page

**The home page contains a top bar to facilitate navigation between the site's pages, and it contains buttons to facilitate the user's access to log in, and it contains steps for the system's operation.**



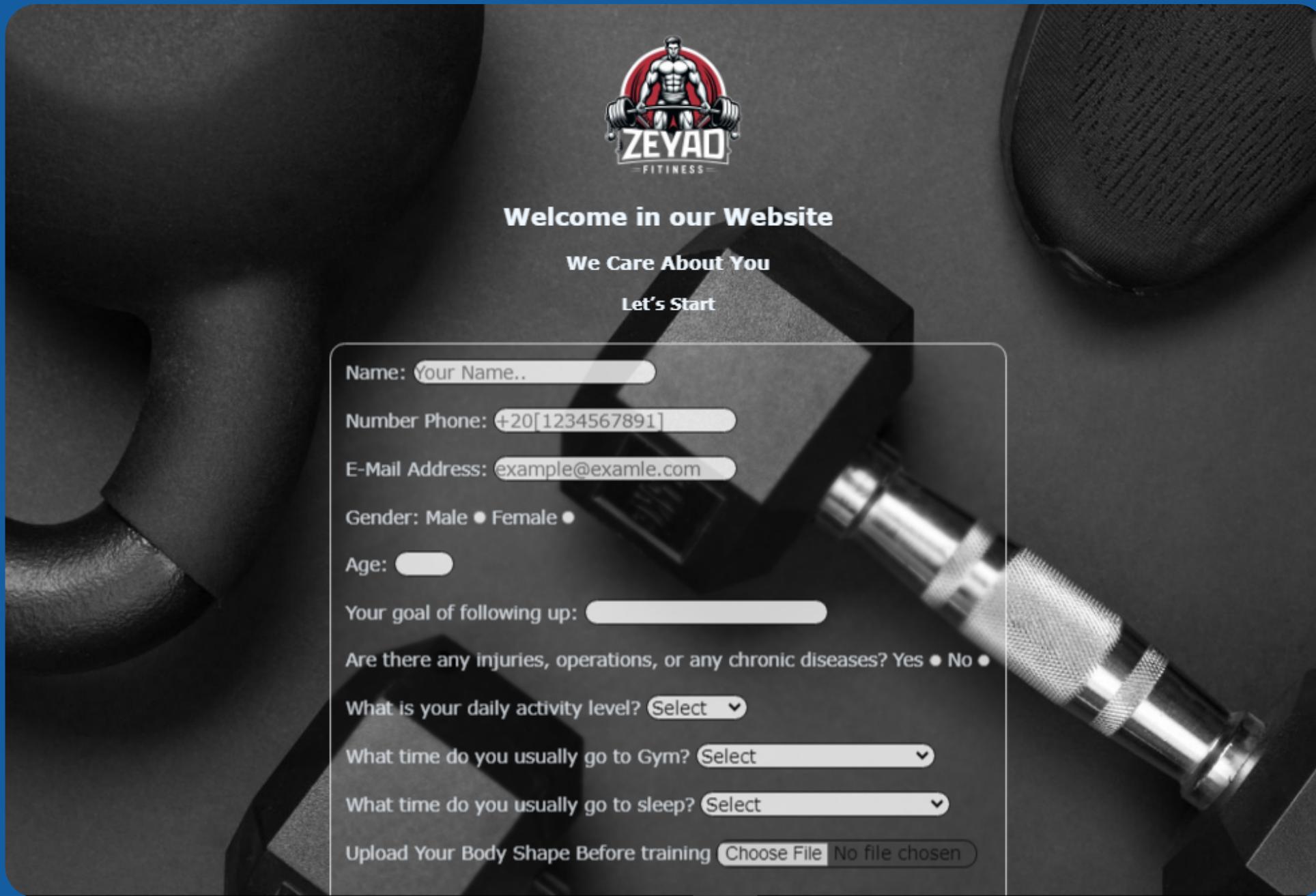
## Transformation page

**The Transformations page contains pictures of success stories that have been trained with the trainer on the site and contains a button at the bottom that directs you to the login page.**



# About Us page

**The About Us page is a page that contains an overview of the trainer, his specialty, certificates, experience, and his focus on training at certain points, and at the end of it it contains all the means of communication with the trainer.**



# Log In page

**The login page contains some fields that must be filled in with some information, such as name, phone number, email, and some daily activity and food data. After filling them out, you will move to training.**



Home Training

## Let's Do it Now

### Your Program Is ...

#### Your diet

##### You Need

- 3,070 calories
- 180 protein
- 442 Carbs
- 60 Fats

We will divide the resources as follows:

#### First meal

- 4 omelette eggs with one tablespoon of butter
- a cup of milk 200 ml
- 300 grams of boiled potatoes
- 1 bread

#### Second meal

- 100 grams of oats
- 50 grams of peanuts without salt
- a cup of milk
- one tablespoon of honey (beaten in a blender)

#### Snack before exercise

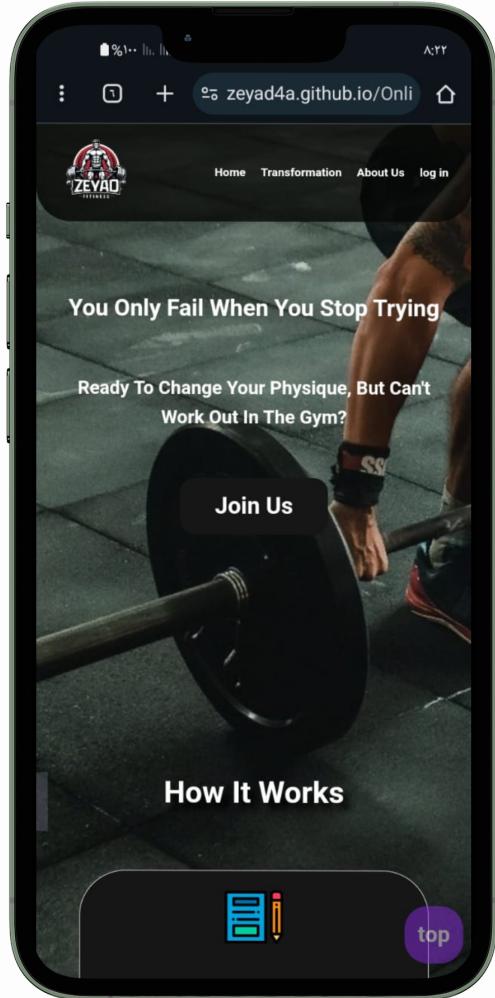
- 300 grams of grilled potato
- 50 grams of lupine
- banana

#### Fourth meal

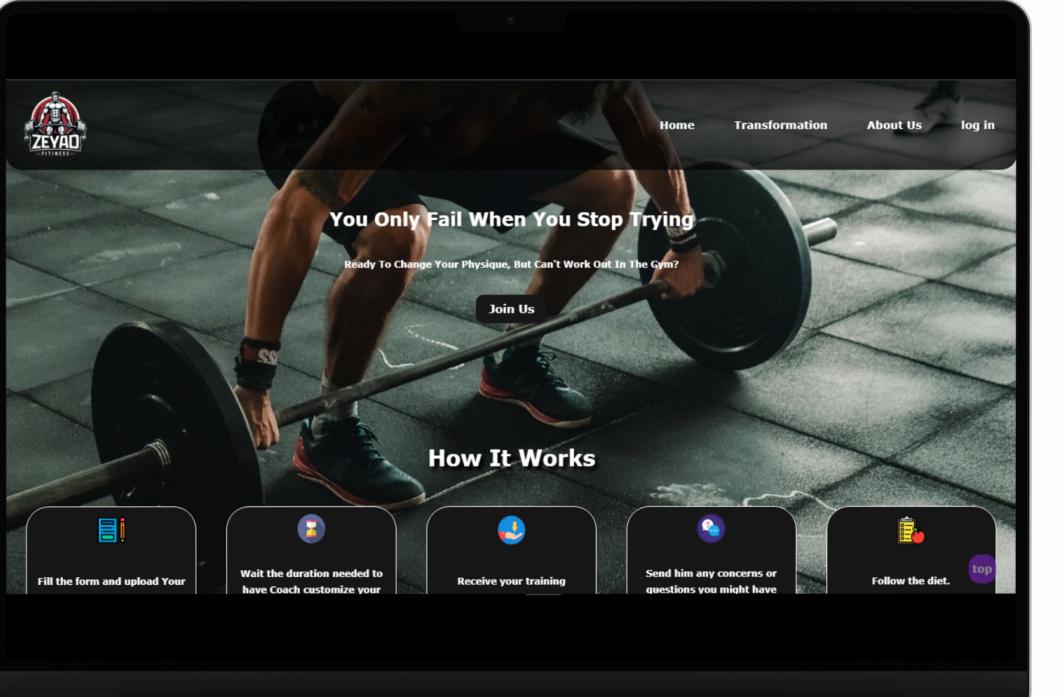
# Training page

After registering, you will be taken to the training page. The training page contains the diet, the training system, and some diet-related advice. At the end of it is a motivational sentence and a button that takes you to contact the trainer.

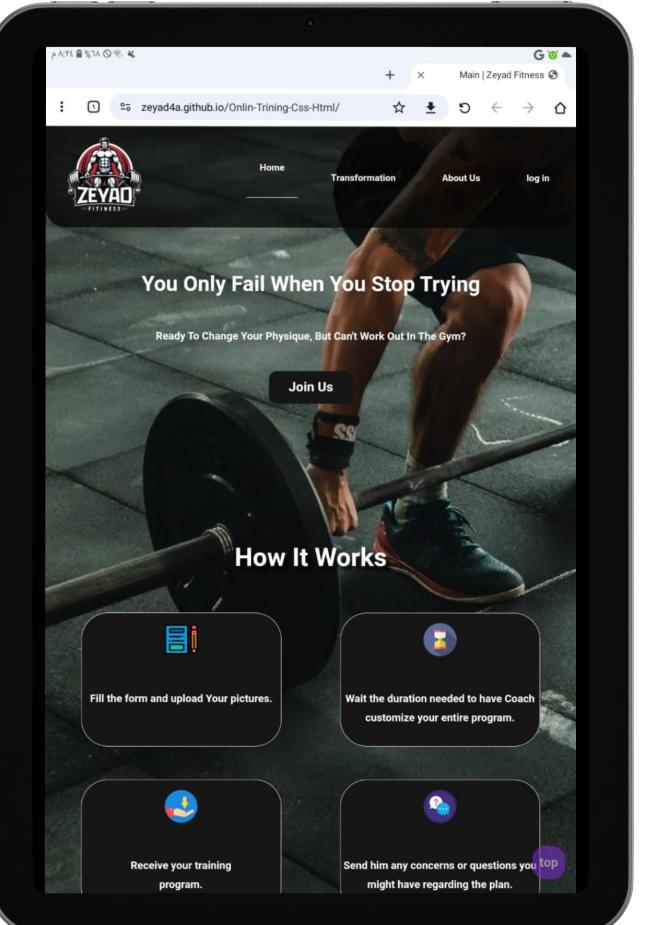
# Responsive design for all screens



Smartphones

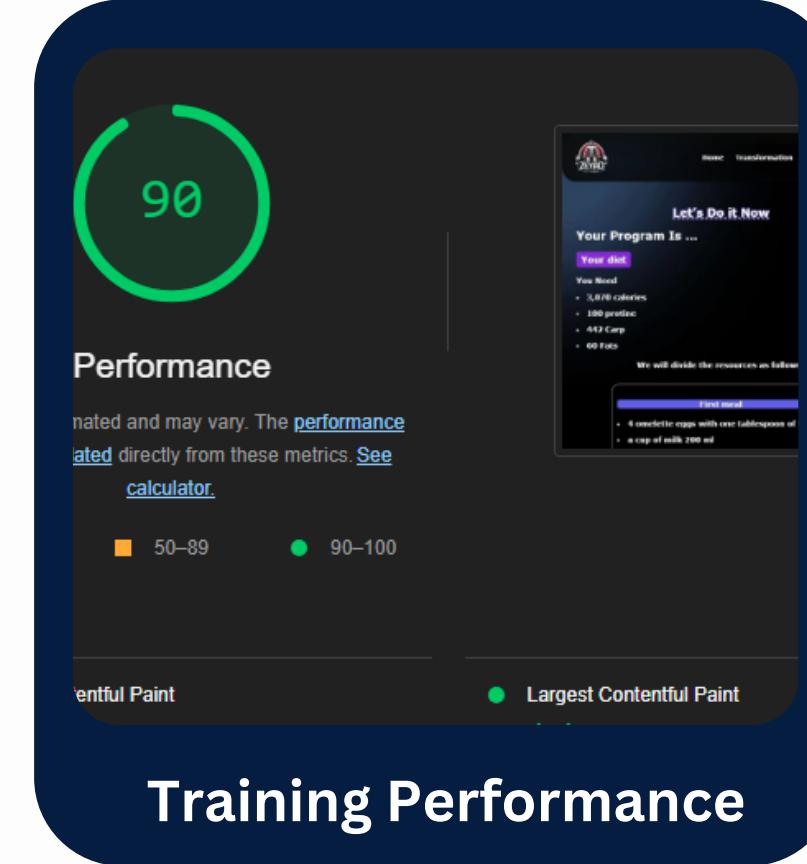
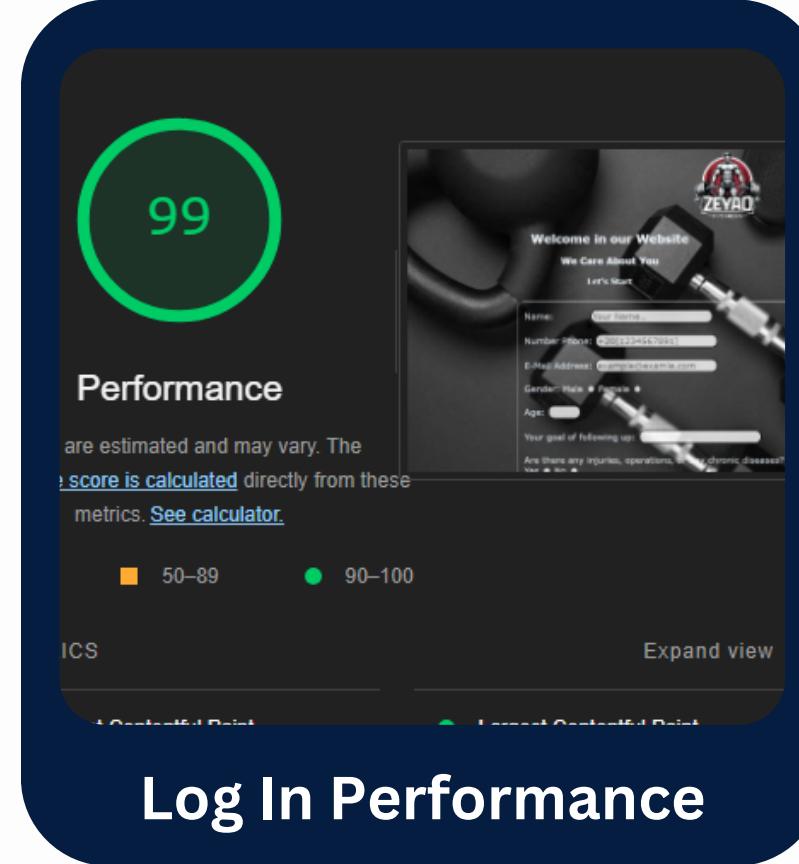
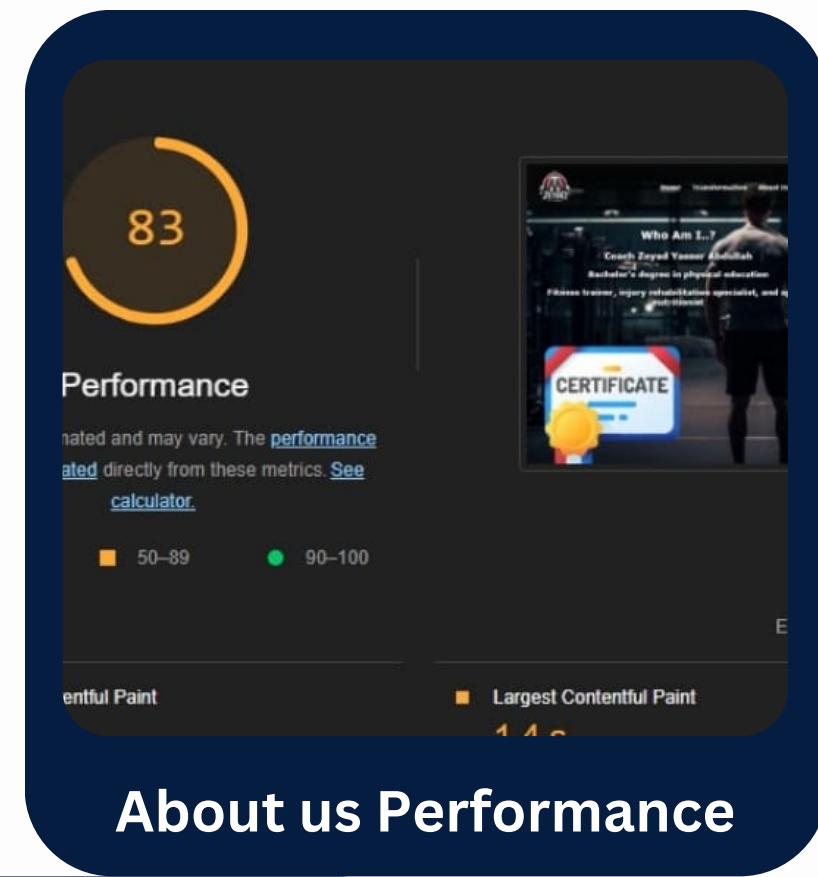
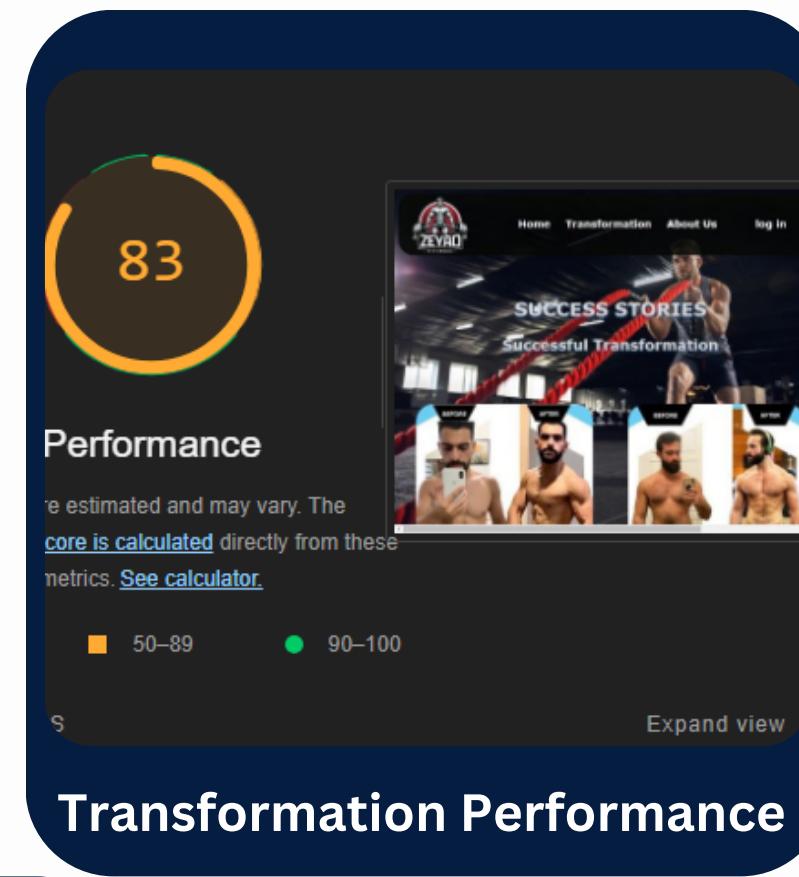
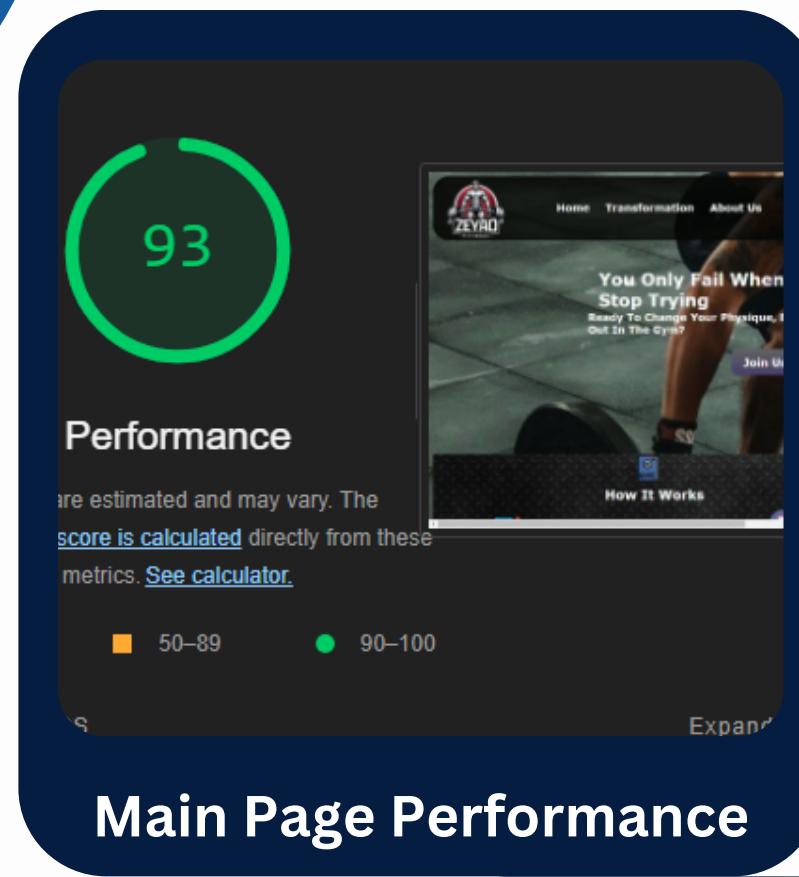


Computers  
and Laptop

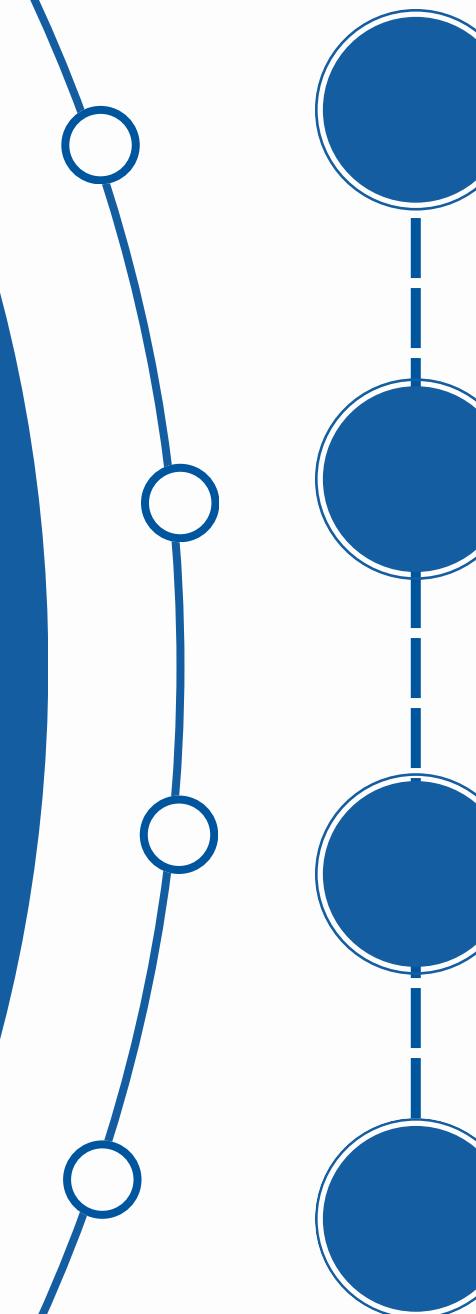


Tablets

# Performance



# Users use



**Log In And Fill The Form**

**Receive The Program**

**See Success Stories**

**Connect to Trainer**

# Project Timeline

01

Week 1

Study Html and apply it

02

Week 2

Study Css and apply it

03

Week 3

Preparing the site  
structure in HTML and  
implementing it

04

Week 4

Prepare the tools,  
backgrounds, and  
icons that will be used,  
and the design must  
be done using CSS

# Sources



flaticon

To obtain icons in  
good quality and in  
png format

[To Flaticon](#)



font awesome

To get distinctive  
shapes of fonts and  
icons

[To Font Awesome](#)



Freepik

To get multiple types of  
icons and distinctive  
backgrounds

[To Freepik](#)



Pintersit

To get distinctive  
and unique photos

[To Pinterest](#)



Wallpaper Flare

To get unique and  
distinctive wallpapers of  
good quality

[To wallpaper flare](#)



**THANK  
YOU**