



ZEYAD YASER

Online personal training website

DR / Hager

Overview

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- ▶ Site technology
- ▶ Interfaces and pages
- ▶ Performance
- ▶ Project Timeline
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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.

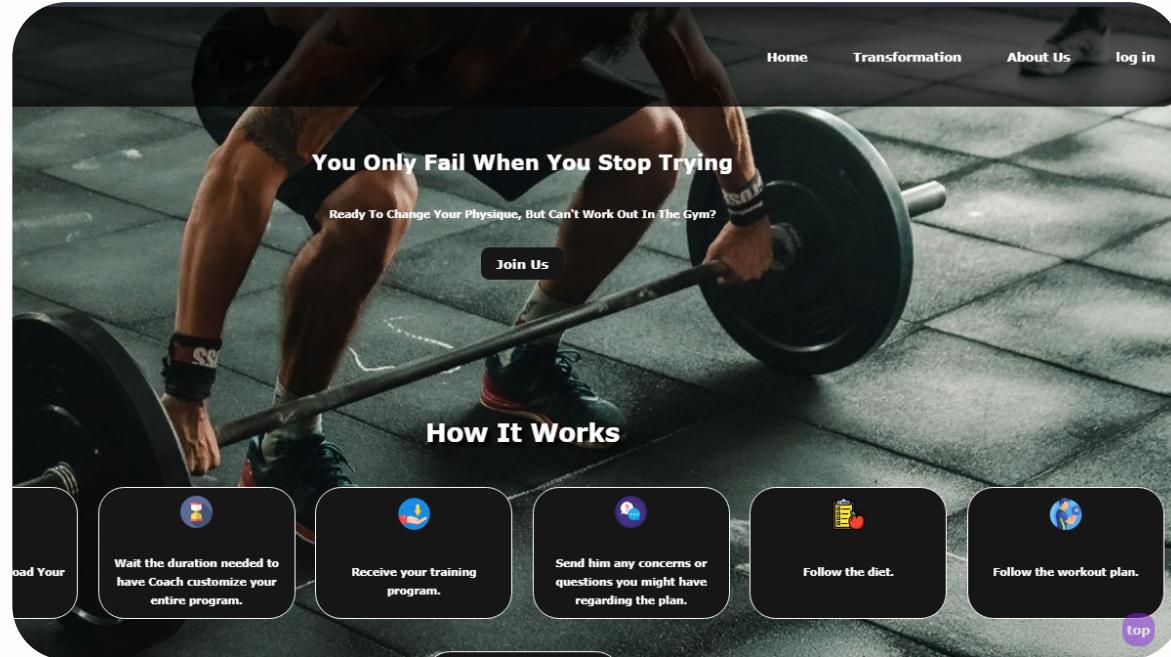
HTML



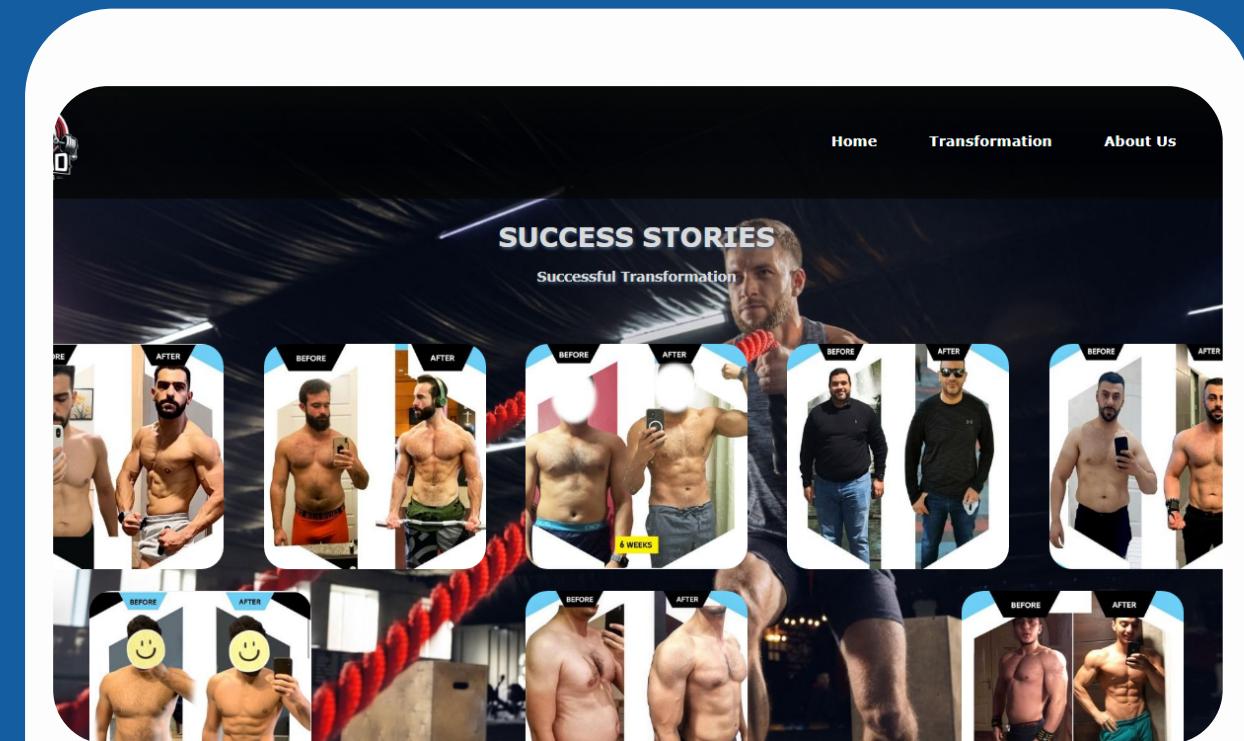
CSS



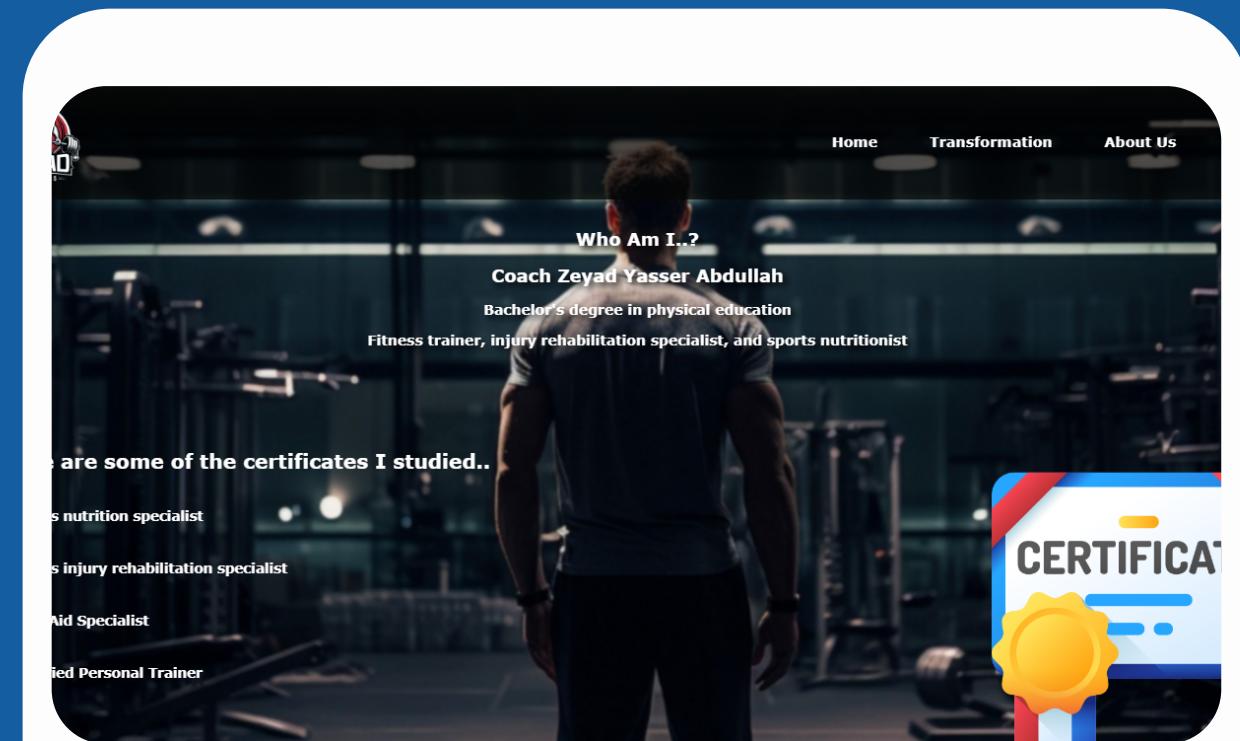
Interfaces and pages



Home page

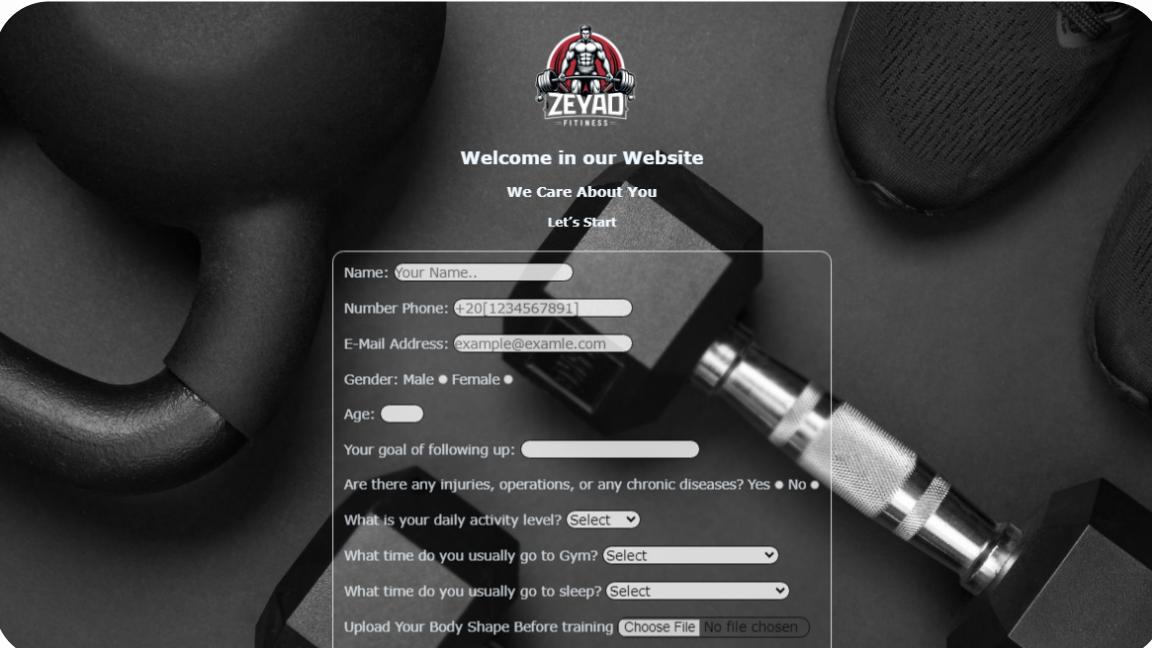


Transformation Page



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

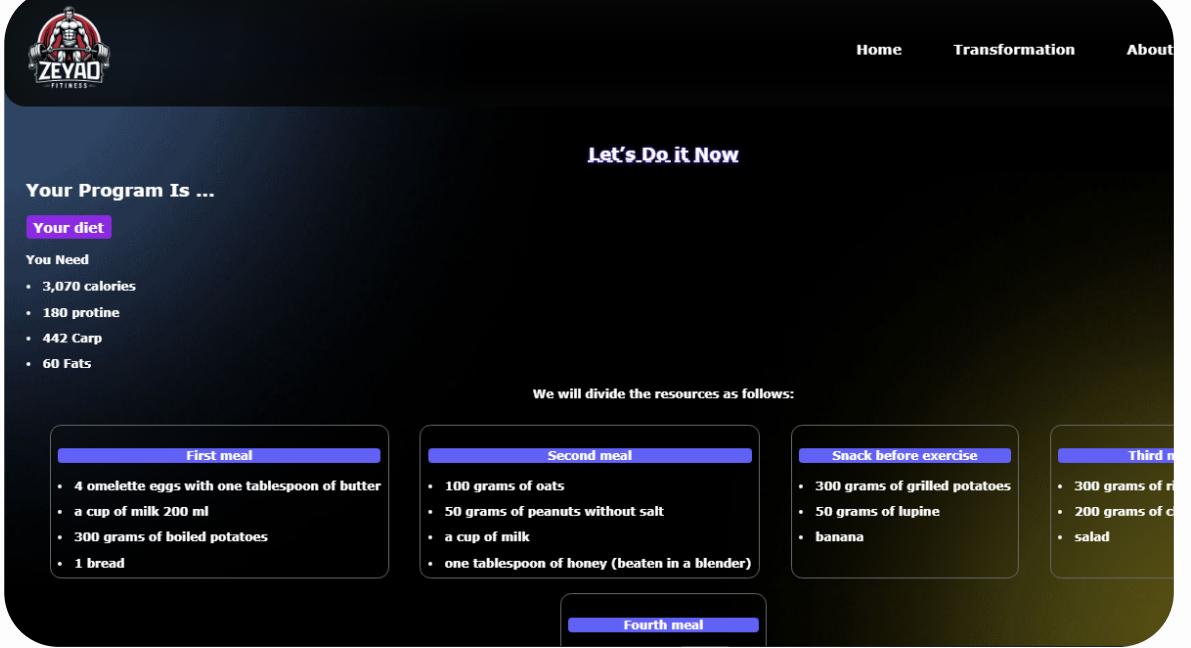
What is your daily activity level? Select

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" button and a "You Need" list with items like 3,070 calories, 180 protein, 442 Carbs, and 60 Fats. To the right, a "We will divide the resources as follows:" section shows meal plans for four meals. Each meal plan includes a list of ingredients. The fourth meal section is partially visible.

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

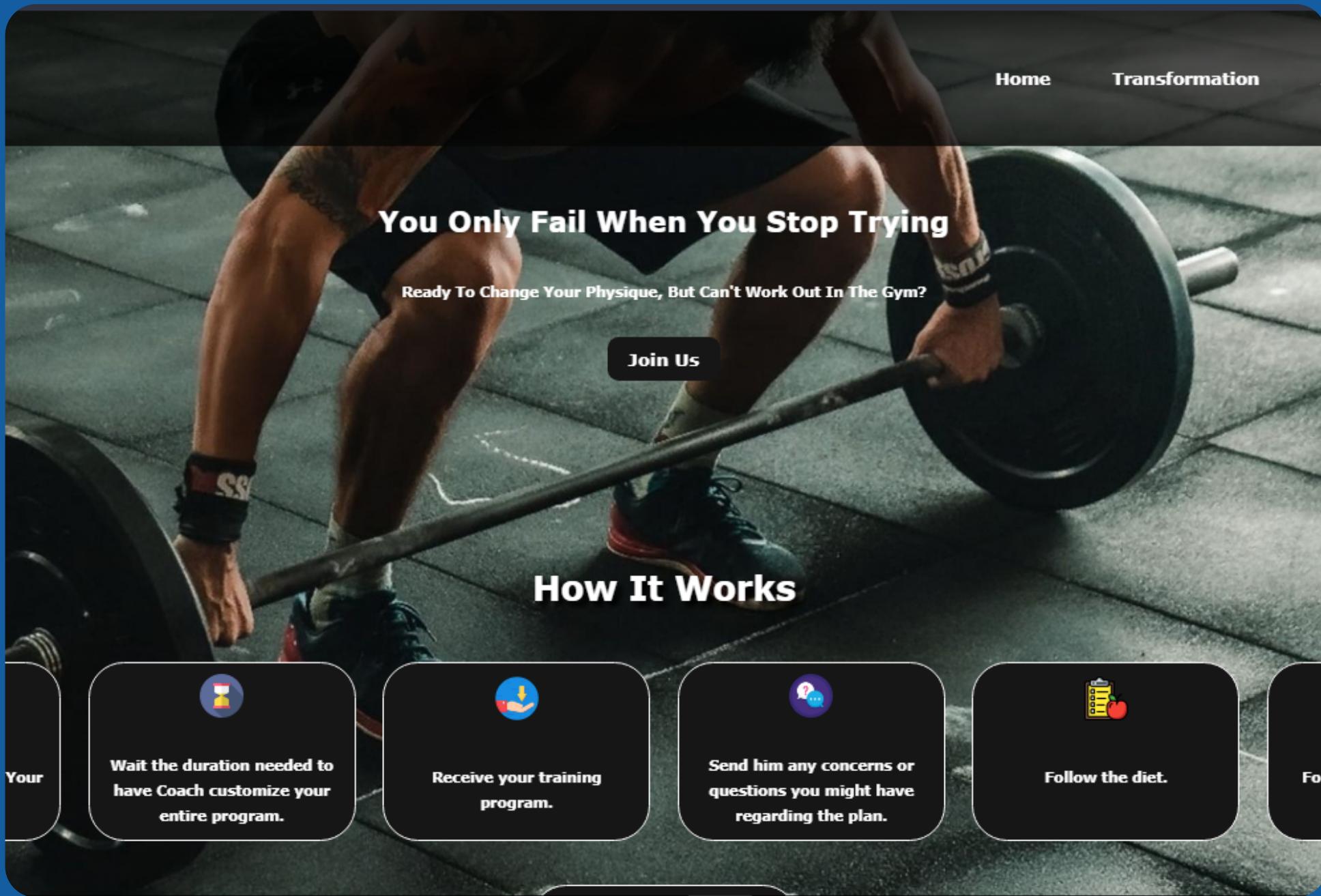
- 300 grams of grilled potatoes
- 50 grams of lupine
- banana

Third meal

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

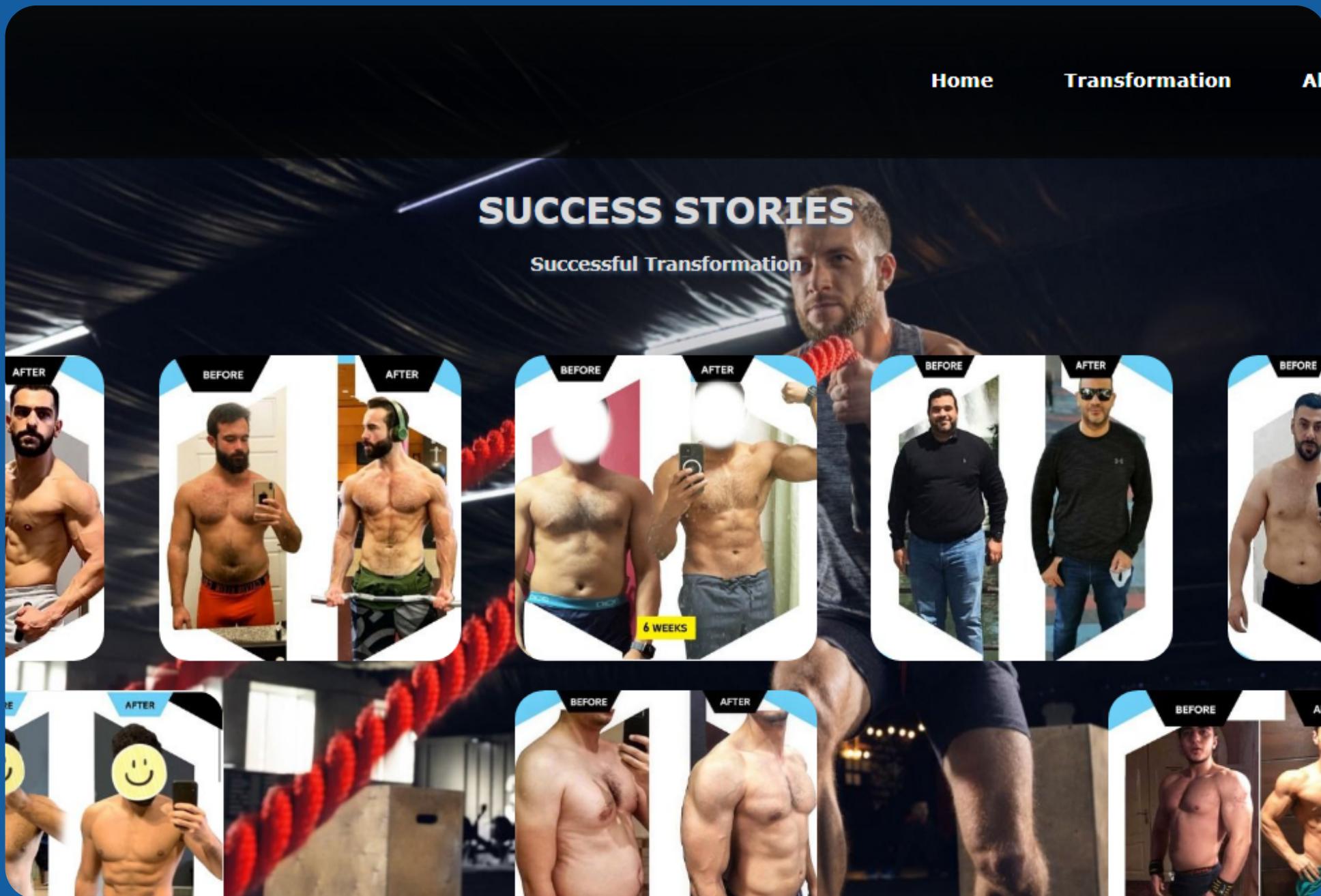
Fourth meal

Training Page



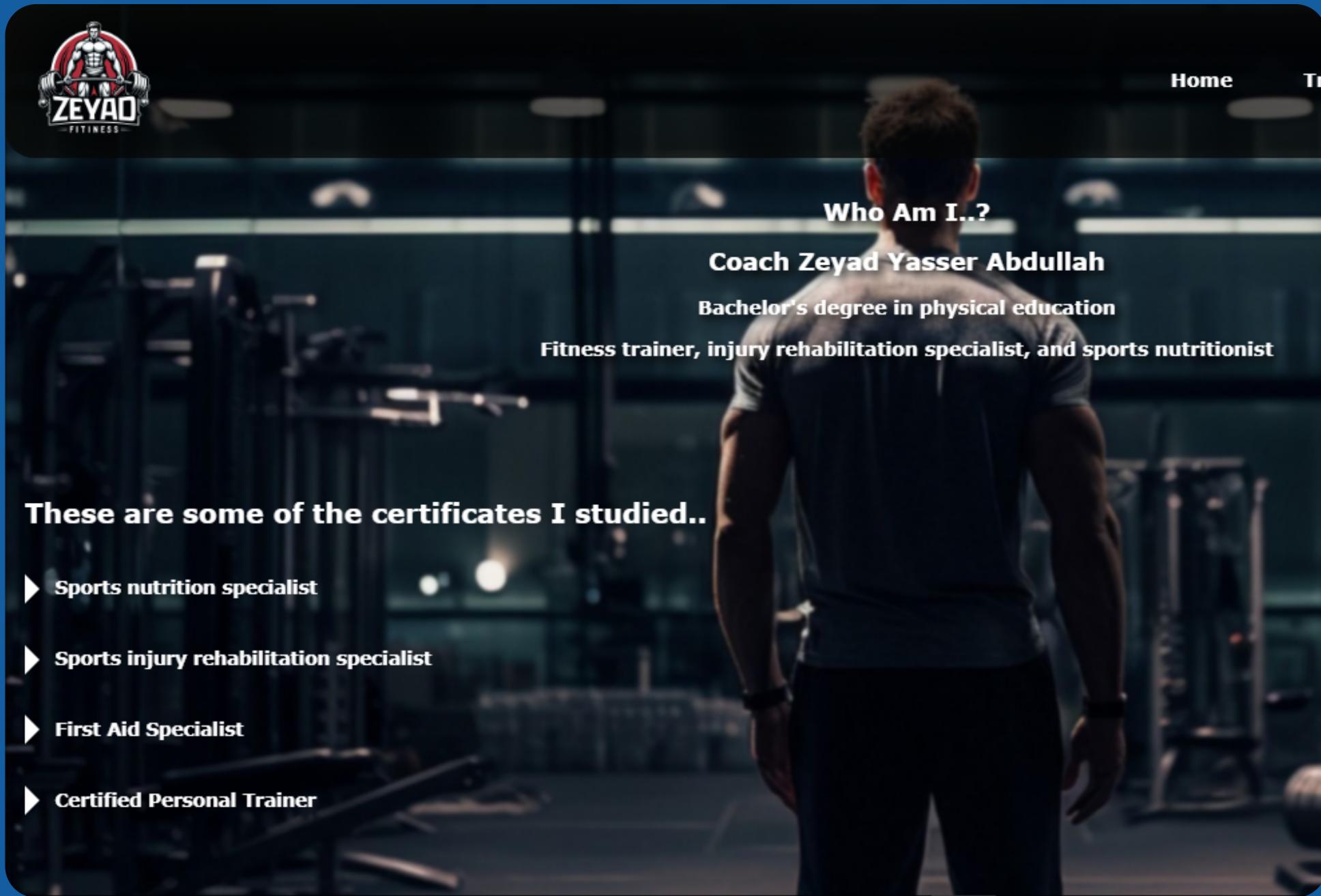
Home page

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.



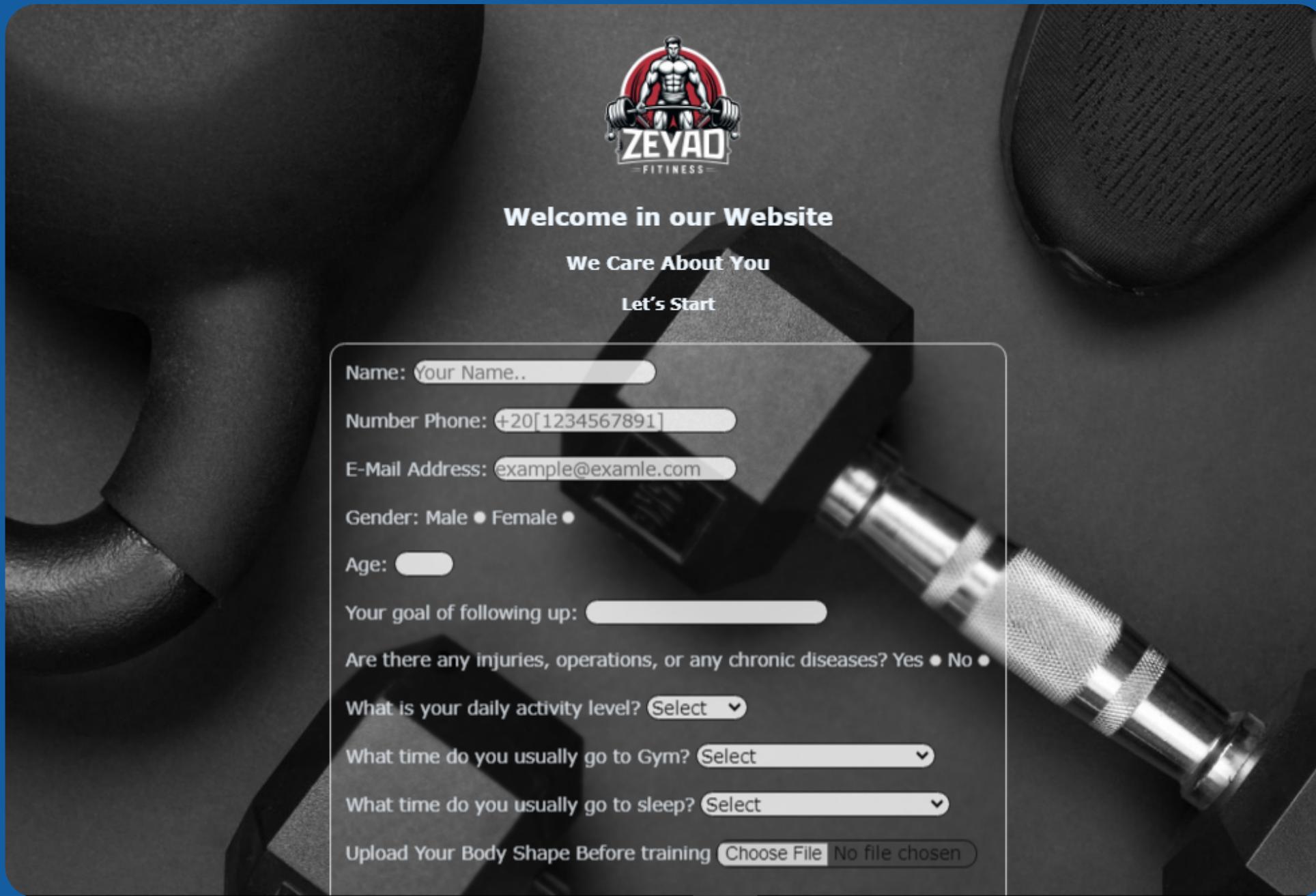
Transformation page

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

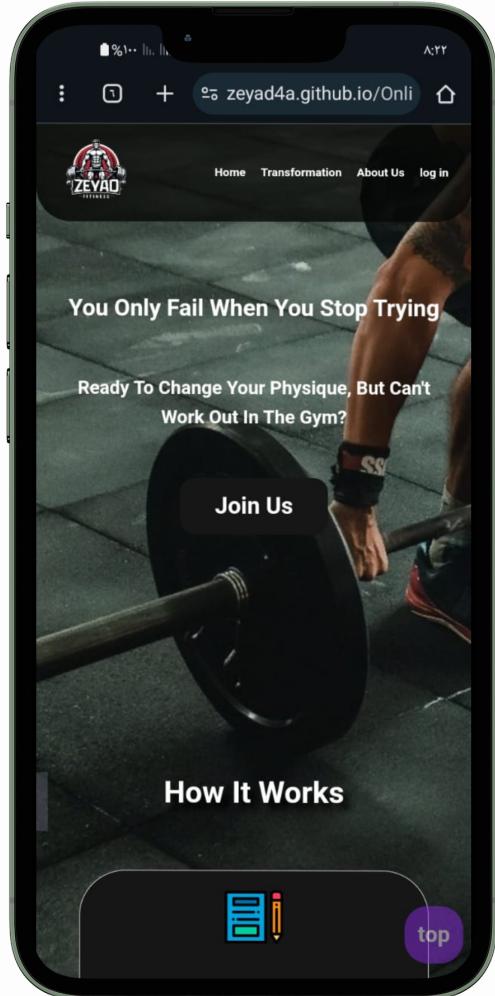
- 300 grams of grilled potato
- 50 grams of lupine
- banana

Fourth meal

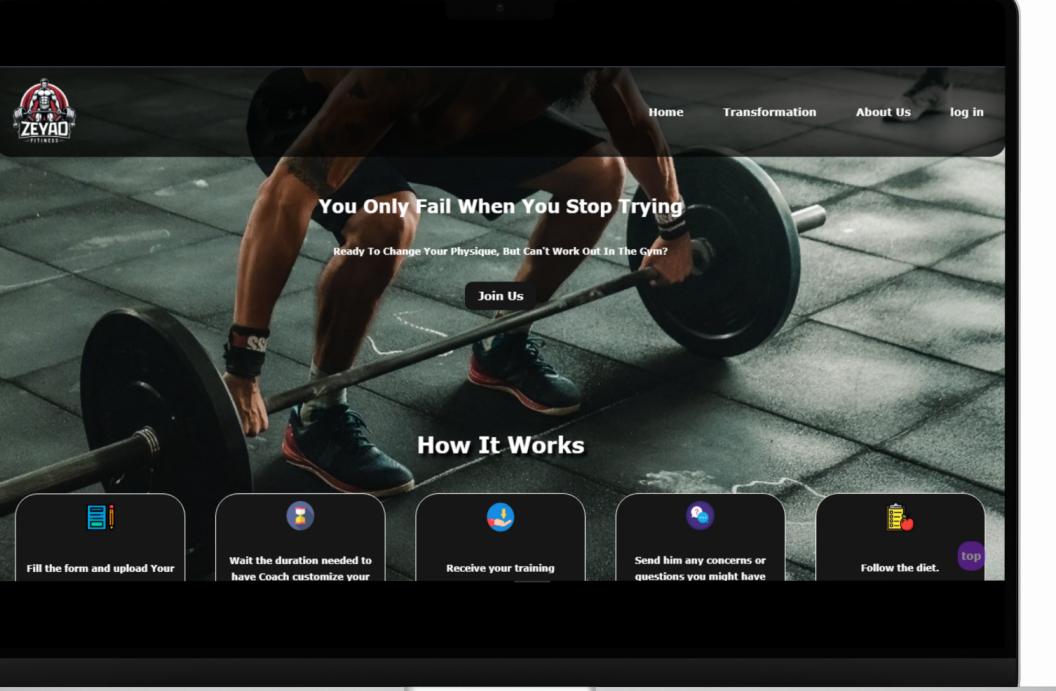
Training page

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.

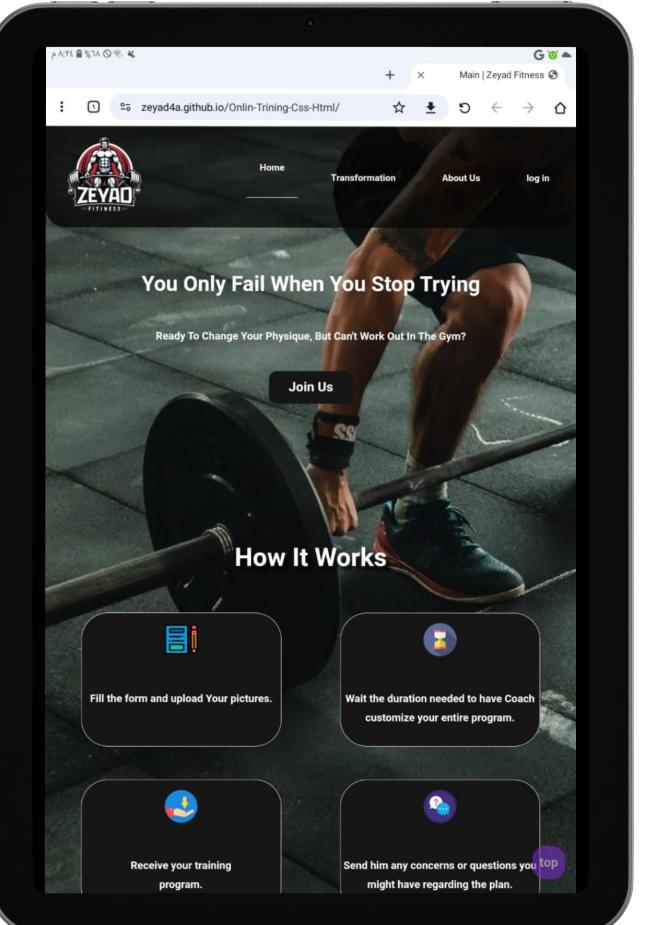
Responsive design for all screens



Smartphones

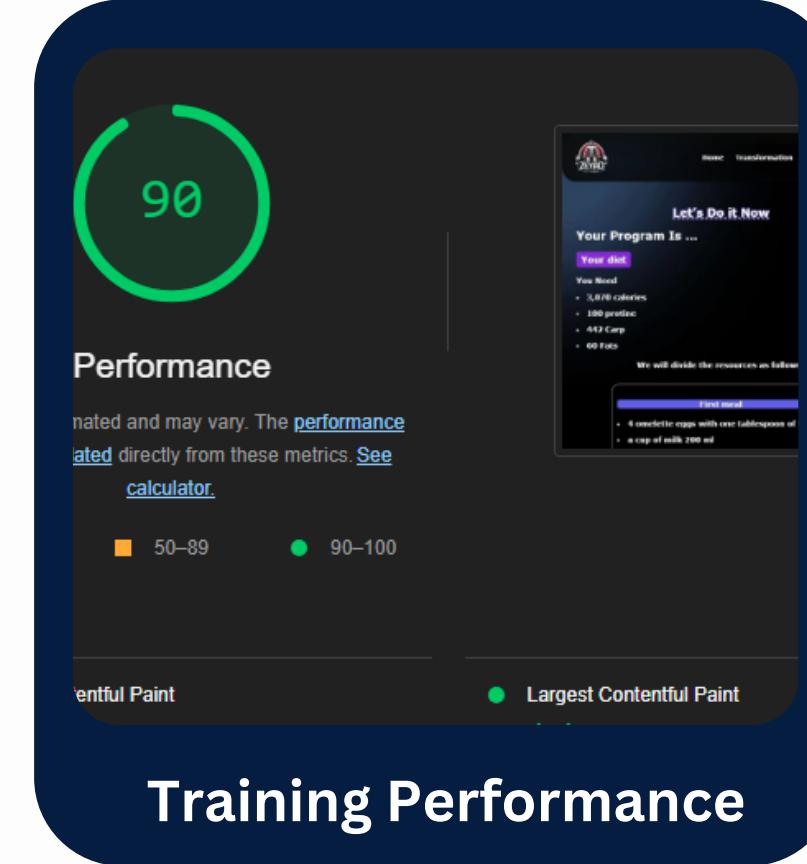
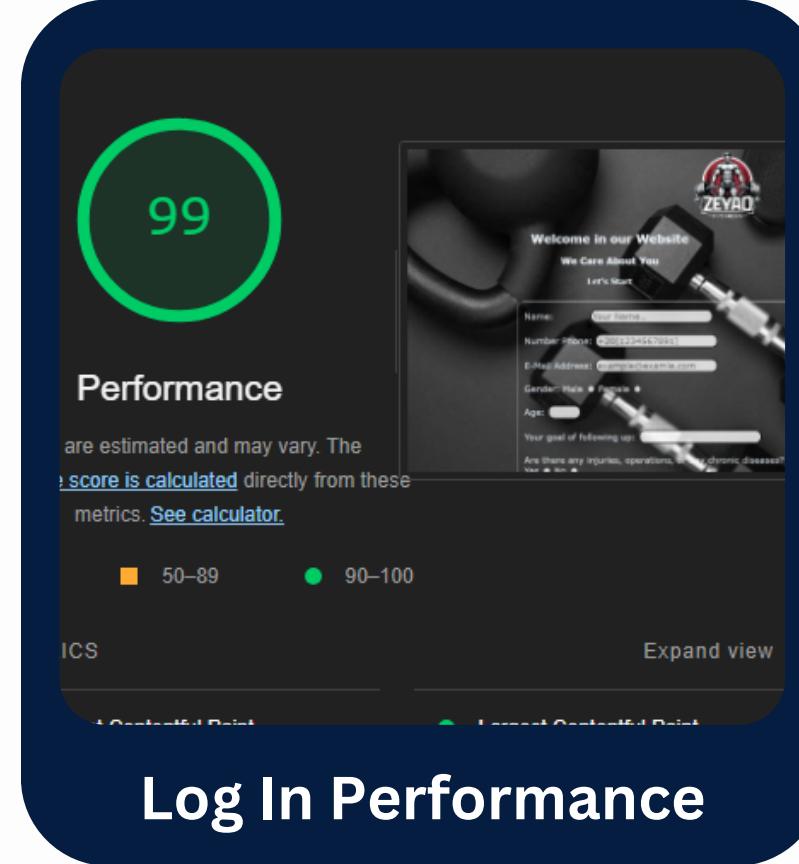
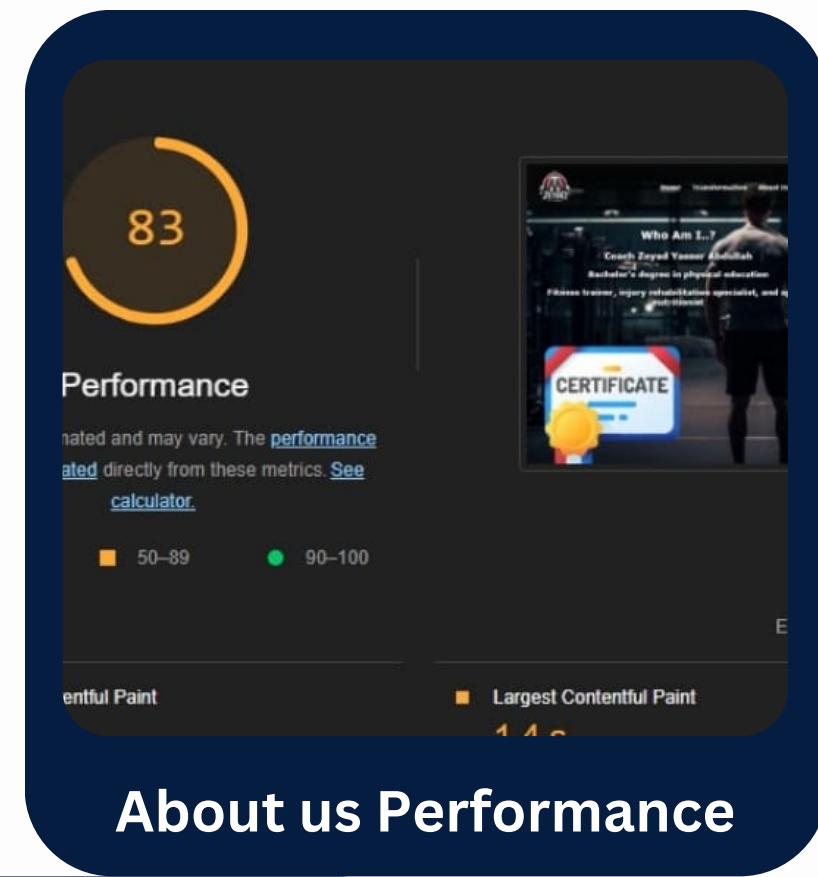
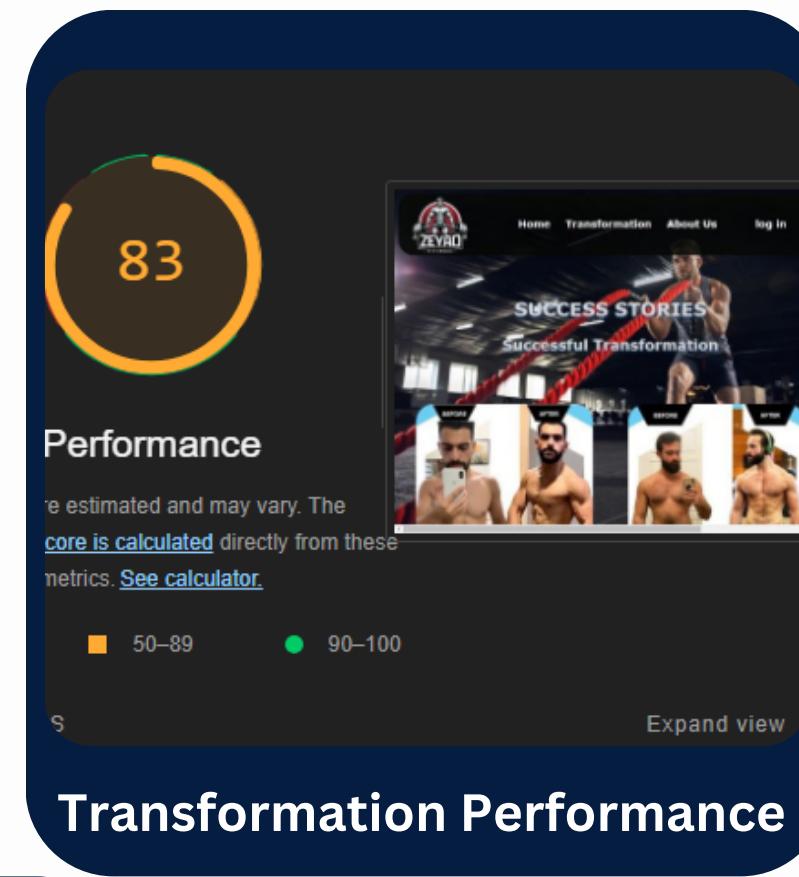
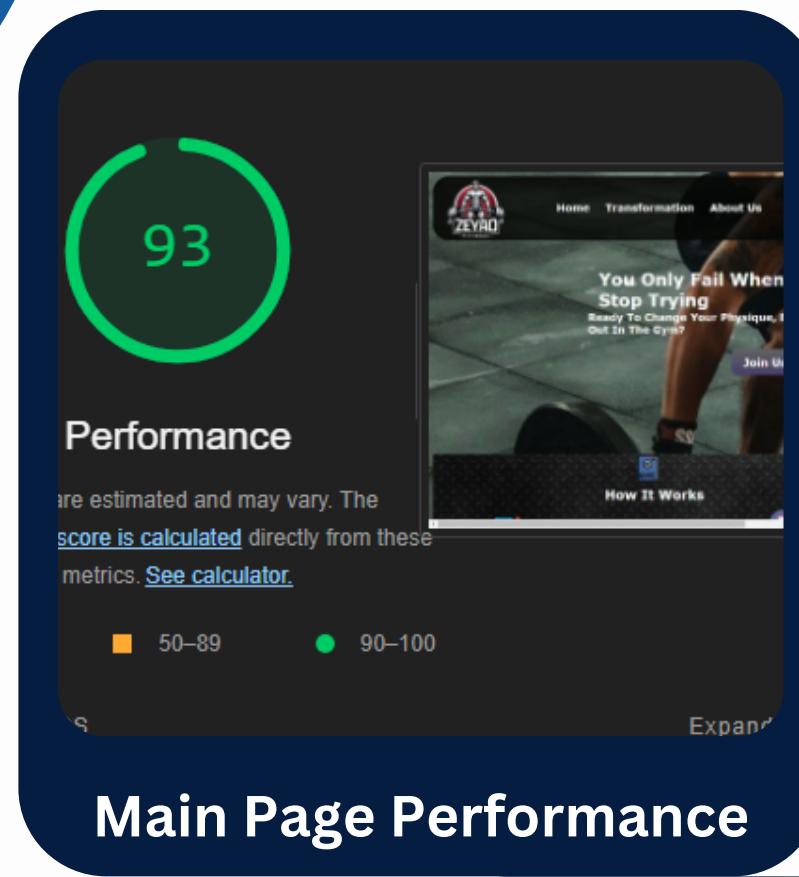


Computers
and Laptop

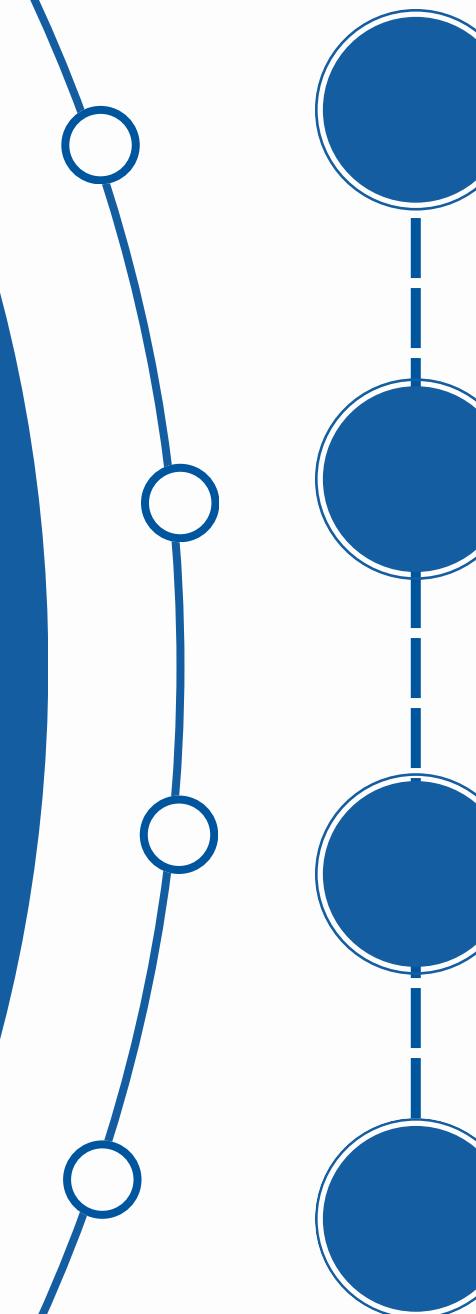


Tablets

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**