

ULTIMATE FITNESS

Instructions for Creating the Home Page (index.htm)

You will be designing a new web site for Ultimate Fitness and need to learn as much about the business as possible.

Read the **Background** Information about Ultimate Fitness provided on my web site:

http://www.waunakee.k12.wi.us/faculty/amickelson/ultimate_fitness.cfm

Study carefully the Navigation **Flowchart** to understand that the home page (index.htm) will have 7 links and that the Fitness Tips page will have 2 additional links to pages.

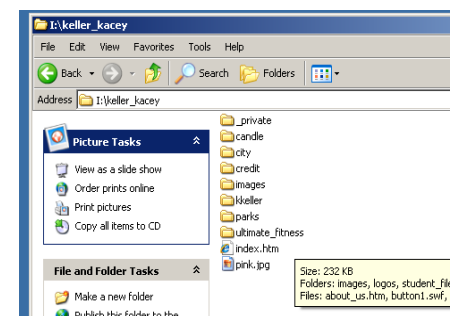
Note that the **Grade Form** explains the criteria which applies to EACH page and that percent earned will determine the final percent of points received as a total.

Find a template to work with either in the Dreamweaver Templates folder or browse free Dreamweaver templates and download them. It will be challenging to change the templates and it may take some assistance from me to help you once in a while. Do the best you can to read the code and “break” it down so you can make the changes you need. Use the **color chart** on the web site to stick with the correct colors for the logos OR create your own color theme and edit the logos in Fireworks or Photoshop.

You will need to create a folder named ultimate_fitness in your I:/ drive that you can get to through a link off your initial index page. That’s the same page that linked to your personal page.

Open the folder or folders to get the template information you need and copy the contents and paste it into your folder. Copy the template information including, css files, images, and the index.htm into the folder you created. Open the index and browse it to be sure you copied everything you need into the folder. DO NOT COPY THE ZIP FOLDER, it will not open in Dreamweaver.

Your folder structure should look like Kacey’s at the right. In your ultimate_fitness folder, you should also have an image folder. You should browse images in the folder on the I:/ drive called Ultimate Fitness Files. Pick and choose which ones you’d be most likely to use and copy and paste them into your image folder. DO NOT COPY THE ENTIRE FOLDER, it takes up space and space is money.



Print off the **Planning Form** and carefully draw your template on this page. Be sure to document where each button is going—complete with name. Look closely at the drawn examples in the handout to see how detailed it should be. Duplicate the logo you are using and be sure to give it the correct name. Label the colors you will use for each area in the template. Also be sure to tell me exactly which part of the template will be static (stays the same) and which part will change each time you SAVE AS a new page. You will earn completion points for this exercise and will only lose points if you do not label things accurately with detail.

When you have your home page designed (index.htm), print a copy of it from the browser on the color printer and attach it to your drawing. You may have to ask me for it. It will be nice to see how your index evolved from the original drawing. **NO—WE DO NOT CREATE AND THEN SKETCH.**

At this point in time, you may want to check your handouts to be sure you have the essential information listed on the home page. Use information from the Background document to enhance the home page along with the print out labeled **Choose and Plan Your Web Site Navigation Structure on Paper**. Your content area should have an introduction to Ultimate Fitness which will be created from the text below:

Navigation buttons are all saved in lower case (flash buttons) and each page is saved in lowercase.

Every title should be changed to

Ultimate Fitness: The Ultimate Health and Fitness Center

The title on the home page should have this text:

*Welcome to Ultimate Fitness:
The Ultimate Health and Fitness Center*

Text should include:

Since 1998, Ultimate Fitness has provided the amenities of a large health club chain, with the service and personality of a hometown gym. Please browse our site to find out about our top-rated facility.

Come check us out using our free one-week trial pass located on the "Membership Plans" page.

Ultimate Fitness is a proud member of The International Health, Racquet & Sport Club Association (IHRSA). IHRSA is a non-profit trade association representing health & fitness facilities, gyms, spas, sports clubs, and suppliers worldwide. The Mission of IHRSA is to grow, protect, and promote the industry, and to provide its members with benefits that will help them be more successful.

We have membership plans to meet any budget. For example, if working out and training on the weekend doesn't fit your schedule, Ultimate Fitness is proud to be one of the few fitness facilities offering weekday-only memberships.

In addition to our state-of-the-art weight training a facility room, Ultimate Fitness offers a variety of aerobic, cardio, and personal training classes. This page is updated monthly. As a member, you can always check the class schedule online by visiting our Web site.

Add the following promotion:

Our Class Schedule is Now Online!

Create and add 2 VIP Graphics with the following information on them:

VIP Pass

50% Off One-Month Membership!

Pay Only \$17.99 for your first month. Just mention this Web site coupon when you call or come in to Ultimate Fitness.

VIP Pass

Free One-Week Trial Pass!

Come in free for one week and try Ultimate Fitness. Just mention this Web site coupon when you call or visit Ultimate Fitness.

Once your template is complete, hand in the sketch and the print out. Move to the next folder for the next page to be completed.