

[Hero Section]

- Headline: Transform Your Health with Personalized Plans
- CTA Button: Get Your Wellness Plan
- Background: Clean image (nutrition / movement / data)

[What We Offer]

- Icons or boxes with titles like:
 - Personalized Supplement Plan
 - Nutrition & Movement Blueprint
 - Personal Data Based Feedback + Monthly Adjustments
 - Detailed PDF Summary Download
 - "Download Sample PDF" Button

[Why It Works]

- Brief paragraph or 3 bullets

[What People Are Saying]

- Grid of 3–4 testimonials (use stock headshots + names)

[FAQs]

- Accordion or 3–5 questions

[Footer]

- Social icons
- Email capture form
- Link to 'Sample PDF'
- Link to 'About Page'

You can fill copy with nonsense. I will gladly write once the page is setup. I just need a clean framework that will appeal to customers when they land here.