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<!DOCTYPE html>
<html lang="fr">
<head>
  <meta charset="utf-8"/>
  <meta name="viewport" content="width=device-width, initial-scale=1"/>
  <title>Calories YouTube — Fitness</title>

  <link rel="manifest" href="manifest.json">
  <meta name="theme-color" content="#111111">

  <style>
    :root{
      --bg:#0e0e10;
      --card:#161617;
      --muted:#bdbdbd;
      --accent:#ff3b30;
      --accent-2:#ff6b5a;
      --glass: rgba(255,255,255,0.03);
    }
    html, body{height:100%;margin:0;font-family:Inter,Arial,Helvetica,sans-
serif;background:linear-gradient(180deg,var(--bg),#070707);color:#fff;}
    .wrap{max-width:920px;margin:18px auto;padding:18px;}
    header{display:flex;align-items:center;gap:12px;}
    h1{margin:0;font-size:18px;}
    .card{background:var(--card);padding:14px;border-radius:12px;margin-
top:12px;box-shadow:0 6px 18px rgba(0,0,0,0.6);}
    label{display:block;font-size:13px;color:var(--muted);margin-bottom:6px;}
    input, select, button{width:100%;padding:10px;border-
radius:8px;border:0;background:var(--glass);color:#fff;font-size:15px;}
    .row{display:grid;grid-template-columns:1fr 1fr;gap:10px;}
    .actions{display:flex;gap:8px;margin-top:10px;}
    button.primary{background:linear-gradient(180deg,var(--accent),var(--
accent-2));color:#fff;font-weight:600;}
    #videos{margin-top:12px;}
    .vid{display:flex;justify-content:space-between;gap:12px;padding:10px;border-
radius:10px;background:rgba(255,255,255,0.02);align-items:center;margin-
bottom:8px;}
    .meta{font-size:13px;color:var(--muted);}
    .small{font-size:12px;color:var(--muted);}
    footer{margin-top:18px;color:var(--muted);font-size:13px;}
    @media(max-width:600px){.row{grid-template-columns:1fr;}}
  </style>
</head>
<body>
  <div class="wrap">
    <header>
      <h1>Calories — Mes vidéos YouTube</h1>

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<div class="small">Thème : sombre + accents rouges • Icône : flamme +
cœur</div>
</header>
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<div class="card">
  <label>Ton poids (kg)</label>
  <input id="poids" type="number" value="70" min="30" max="300">
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<div style="height:10px"></div>
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<label>Lien YouTube</label>
<input id="lien" placeholder="https://youtu.be/...">
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<div style="height:10px"></div>
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<div class="row">
  <div>
    <label>Durée réelle (minutes)</label>
    <input id="minutes" type="number" value="30" min="1">
  </div>
  <div>
    <label>Type d'entraînement (MET)</label>
    <select id="type">
      <option value="7">Cardio — MET 7</option>
      <option value="9.5">HIIT — MET 9.5</option>
      <option value="6">Danse — MET 6</option>
      <option value="5">Musculature — MET 5</option>
      <option value="4">Yoga / Stretch — MET 4</option>
    </select>
  </div>
</div>
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<div class="actions">
  <button class="primary" id="ajouterBtn">+ Ajouter la vidéo</button>
  <button id="viderBtn">🧹 Vider la liste</button>
</div>
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<div id="videos"></div>
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<div style="display:flex;justify-content:space-between;align-
items:center;margin-top:8px">
  <div class="meta">Total calories :</div>
  <div style="font-weight:700;font-size:18px" id="total">0 kcal</div>
</div>
</div>
```

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<footer>
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    <div class="small">Tu peux installer l'app depuis le menu du navigateur :  
    "Ajouter à l'écran d'accueil". Les données restent sur ton téléphone.</div>  
  </footer>  
</div>
```

```
  <script src="app.js"></script>  
</body>  
</html>
```