

```
<!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>
```

```
<div class="small">Thème : sombre + accents rouges • Icône : flamme +  
cœur</div>  
</header>  
  
<div class="card">  
  <label>Ton poids (kg)</label>  
  <input id="poids" type="number" value="70" min="30" max="300">  
  
  <div style="height:10px"></div>  
  
  <label>Lien YouTube</label>  
  <input id="lien" placeholder="https://youtu.be/...">  
  
  <div style="height:10px"></div>  
  
<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">Muscularisation — MET 5</option>  
      <option value="4">Yoga / Stretch — MET 4</option>  
    </select>  
  </div>  
</div>  
  
<div class="actions">  
  <button class="primary" id="ajouterBtn">+ Ajouter la vidéo</button>  
  <button id="viderBtn">🧹 Vider la liste</button>  
</div>  
  
<div id="videos"></div>  
  
<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>  
  
<footer>
```

```
<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>
```