**CODING**

**Sign up page :**

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>ZEN FITNESS SIGN UP PAGE</title>

<!-- FontAwesome for Icons -->

<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/6.4.2/css/all.min.css">

<style>

/\* General Styling \*/

\* {

margin: 0;

padding: 0;

box-sizing: border-box;

font-family: 'Poppins', sans-serif;

}

/\* Background Styling \*/

body {

display: flex;

justify-content: center;

align-items: center;

height: 100vh;

color: white;

margin: 0;

padding: 20px;

animation: fadeIn 1.5s ease-in-out;

}

/\* Background Video Styling \*/

#background-video {

position: fixed;

top: 0;

left: 0;

width: 100%;

height: 100%;

object-fit: cover;

z-index: -1;

}

@keyframes fadeIn {

from { opacity: 0; }

to { opacity: 1; }

}

/\* Form Container \*/

.main {

background: rgba(0, 0, 0, 0.7);

padding: 30px;

border-radius: 15px;

box-shadow: 0px 5px 15px rgba(0, 0, 0, 0.3);

width: 350px;

text-align: center;

animation: fadeIn 1.5s ease-in-out;

}

h2 {

color: #4CAF50;

margin-bottom: 20px;

font-size: 28px;

}

label {

display: block;

margin-top: 10px;

text-align: left;

font-size: 14px;

color: #ddd;

}

input, select {

width: 100%;

padding: 10px;

margin-top: 5px;

border: none;

border-radius: 5px;

outline: none;

background: rgba(255, 255, 255, 0.1);

color: white;

font-size: 16px;

}

input::placeholder {

color: #ccc;

}

select option {

color: black;

background: white;

}

/\* Password Container \*/

.password-container {

position: relative;

}

.eye-icon {

position: absolute;

right: 15px;

top: 50%;

transform: translateY(-50%);

cursor: pointer;

color: #bbb;

font-size: 18px;

}

.eye-icon:hover {

color: #4CAF50;

}

/\* Button Styling \*/

button {

width: 100%;

padding: 12px;

margin-top: 20px;

border: none;

border-radius: 10px;

background-color: #4CAF50;

color: white;

font-size: 18px;

font-weight: bold;

cursor: pointer;

transition: all 0.3s ease-in-out;

}

button:hover {

background-color: #45a049;

transform: scale(1.05);

}

/\* Fade In Animation \*/

@keyframes fadeIn {

from {

opacity: 0;

transform: translateY(-20px);

}

to {

opacity: 1;

transform: translateY(0);

}

}

@keyframes floatEffect {

from { transform: translateY(0px); }

to { transform: translateY(-5px); }

}

/\* Responsive Design \*/

@media (max-width: 768px) {

.main {

width: 80%;

}

}

</style>

</head>

<body>

<!-- Background Video -->

<video id="background-video" autoplay loop muted>

<source src="oooo.mp4" type="video/mp4">

Your browser does not support the video tag.

</video>

<div class="main">

<h2>SIGN UP</h2>

<form id="sign-up-form">

<label for="first">First Name:</label>

<input type="text" id="first" name="first" placeholder="John" required>

<label for="last">Last Name:</label>

<input type="text" id="last" name="last" placeholder="Doe" required>

<label for="email">Email:</label>

<input type="email" id="email" name="email" placeholder="john@example.com" required>

<label for="password">Password:</label>

<div class="password-container">

<input type="password" id="password" name="password" required>

<i class="eye-icon fas fa-eye" onclick="togglePassword('password', this)"></i>

</div>

<label for="repassword">Confirm Password:</label>

<div class="password-container">

<input type="password" id="repassword" name="repassword" required>

<i class="eye-icon fas fa-eye" onclick="togglePassword('repassword', this)"></i>

</div>

<label for="mobile">Contact:</label>

<input type="text" id="mobile" name="mobile" maxlength="10" placeholder="1234567890" required>

<label for="gender">Gender:</label>

<select id="gender" name="gender" required>

<option value="" disabled selected>Select</option>

<option value="male">Male</option>

<option value="female">Female</option>

<option value="other">Other</option>

</select>

<a href="DASHBOARD 2X2.html" class="btn"></a>

<button type="submit">LET'S START</button>

<p style="margin-top: 15px; color: #ddd;">

Already have an account?

<a href="alreadylogin.html">Login</a>

</p>

</form>

</div>

<script>

document.addEventListener("DOMContentLoaded", function () {

const form = document.getElementById("sign-up-form");

const password = document.getElementById("password");

const repassword = document.getElementById("repassword");

const email = document.getElementById("email");

const mobile = document.getElementById("mobile");

form.addEventListener("submit", function (event) {

event.preventDefault(); // Prevent default form submission

// Validate email format

if (!validateEmail(email.value)) {

alert("Please enter a valid email address!");

return;

}

// Validate mobile number (10-digit)

if (!/^\d{10}$/.test(mobile.value)) {

alert("Please enter a valid 10-digit mobile number!");

return;

}

// Validate password match

if (password.value !== repassword.value) {

alert("Passwords do not match!");

return;

}

alert("Registration Successful!");

// Redirect to Dashboard Page

window.location.href = "DASHBOARD 2X2.html";

});

function validateEmail(email) {

const emailPattern = /^[a-zA-Z0-9.\_%+-]+@[a-zA-Z0-9.-]+\.[a-zA-Z]{2,}$/;

return emailPattern.test(email);

}

});

</script>

</body>

</html>

**Login page :**

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>ZEN FITNESS LOGIN PAGE</title>

<!-- FontAwesome for Icons -->

<link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/6.4.2/css/all.min.css">

<style>

/\* General Styling \*/

\* {

margin: 0;

padding: 0;

box-sizing: border-box;

font-family: 'Poppins', sans-serif;

}

/\* Background Styling \*/

body {

display: flex;

justify-content: center;

align-items: center;

height: 100vh;

color: white;

margin: 0;

padding: 20px;

animation: fadeIn 1.5s ease-in-out;

}

/\* Background Video Styling \*/

#background-video {

position: fixed;

top: 0;

left: 0;

width: 100%;

height: 100%;

object-fit: cover;

z-index: -1;

}

@keyframes fadeIn {

from { opacity: 0; }

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/\* Form Container \*/

.main {

background: rgba(0, 0, 0, 0.7);

padding: 30px;

border-radius: 15px;

box-shadow: 0px 5px 15px rgba(0, 0, 0, 0.3);

width: 350px;

text-align: center;

animation: fadeIn 1.5s ease-in-out;

}

h2 {

color: #4CAF50;

margin-bottom: 20px;

font-size: 28px;

}

label {

display: block;

margin-top: 10px;

text-align: left;

font-size: 14px;

color: #ddd;

}

input, select {

width: 100%;

padding: 10px;

margin-top: 5px;

border: none;

border-radius: 5px;

outline: none;

background: rgba(255, 255, 255, 0.1);

color: white;

font-size: 16px;

}

input::placeholder {

color: #ccc;

}

select option {

color: black;

background: white;

}

/\* Button Styling \*/

button {

width: 100%;

padding: 12px;

margin-top: 20px;

border: none;

border-radius: 10px;

background-color: #4CAF50;

color: white;

font-size: 18px;

font-weight: bold;

cursor: pointer;

transition: all 0.3s ease-in-out;

}

button:hover {

background-color: #45a049;

transform: scale(1.05);

}

/\* Fade In Animation \*/

@keyframes fadeIn {

from {

opacity: 0;

transform: translateY(-20px);

}

to {

opacity: 1;

transform: translateY(0);

}

}

@keyframes floatEffect {

from { transform: translateY(0px); }

to { transform: translateY(-5px); }

}

/\* Responsive Design \*/

@media (max-width: 768px) {

.main {

width: 80%;

}

}

</style>

</head>

<body>

<!-- Background Video -->

<video id="background-video" autoplay loop muted>

<source src="oooo.mp4" type="video/mp4">

Your browser does not support the video tag.

</video>

<div class="main">

<h2>LOGIN</h2>

<form id="sign-up-form">

<label for="email">Email:</label>

<input type="email" id="email" name="email" required>

<label for="password">Password:</label>

<input type="password" id="password" name="password" required>

<button type="button" onclick="window.location.href='DASHBOARD 2X2.html'">LET'S START</button>

</form>

<p style="margin-top: 15px; color: #ddd;">

Don't have an account? <a href="LOGIN PAGE.html">Signup</a>

</p>

</div>

<script>

document.addEventListener("DOMContentLoaded", function () {

const form = document.getElementById("sign-up-form");

const password = document.getElementById("password");

const email = document.getElementById("email");

form.addEventListener("submit", function (event) {

event.preventDefault(); // Prevent default form submission

// Validate password match

if (password.value !== repassword.value) {

alert("Passwords do not match!");

return;

}

alert("Registration Successful!");

// Redirect to Login Page

window.location.href = "DASHBOARD 2X2.html";

});

});

</script>

</body>

</html>

**Dashboard :**

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>Fitness Dashboard</title>

<script src="https://cdn.jsdelivr.net/npm/chart.js"></script>

<link href="https://cdn.jsdelivr.net/npm/bootstrap@4.6.2/dist/css/bootstrap.min.css" rel="stylesheet">

<style>

@import url('https://fonts.googleapis.com/css2?family=Poppins:wght@300;400;600&display=swap');

body {

font-family: 'Poppins', sans-serif;

color: #ffffff;

display: flex;

justify-content: center;

align-items: center;

height: 100vh;

margin: 0;

flex-direction: column;

padding: 10px;

position: relative;

overflow: hidden;

}

/\* Background Video Styling \*/

#background-video {

position: fixed;

top: 0;

left: 0;

width: 100%;

height: 100%;

object-fit: cover;

z-index: -1;

}

.container {

text-align: center;

background: rgba(30, 30, 30, 0.8);

padding: 15px;

border-radius: 10px;

box-shadow: 0px 0px 10px #00ffcc;

margin: 10px 0;

border: 1.5px solid #00ffcc;

}

.dashboard-container {

display: grid;

grid-template-columns: repeat(2, 1fr);

grid-gap: 10px;

max-width: 750px;

width: 100%;

padding: 5px;

}

.tracker{

background: rgba(40, 40, 40, 0.85);

backdrop-filter: blur(8px);

padding: 15px;

border-radius: 8px;

box-shadow: 0 0 8px rgba(0, 255, 255, 0.5);

text-align:center;

width: 100%;

height: 270px;

display: flex;

flex-direction: column;

justify-content: space-between;

}

.tracker.calories-tracker {

height: 280px;

}

.graphs-container {

display: flex;

justify-content: space-between;

margin-top: 10px;

width: 100%;

}

.graph-container{

width: 48%;

background: rgba(30, 30, 30, 0.9);

padding: 30px;

border-radius: 8px;

box-shadow: 0 0 8px rgba(0, 255, 255, 0.5);

text-align: center;

}

input {

width: 100%;

padding: 12px;

margin: 4px 0;

border: none;

border-radius: 5px;

outline: none;

text-align: center;

background: #333;

color: #FFF;

font-size: 12px;

}

button {

background: #05d3f2;

border: none;

padding: 6px;

border-radius: 8px;

cursor: pointer;

transition: 0.3s;

color: #0a0a0a;

font-weight: bold;

font-size: 12px;

}

button:hover {

background: #32ed38;

}

canvas {

max-width: 100%;

height: 100px;

}

</style>

</head>

<body>

<!-- Background Video -->

<video id="background-video" autoplay loop muted>

<source src="run.mp4" type="video/mp4">

Your browser does not support the video tag.

</video>

<div class="main" style="text-align: center;">

<h2>DASHBOARD TRACKER</h2>

<div class="dashboard-container">

<div class="tracker">

<h4>Workout</h4>

<form>

<input type="text" id="exercise" placeholder="Exercise">

<input type="number" id="duration" placeholder="Duration (mins)">

<button type="button" onclick="addWorkout()">Track</button>

</form>

</div>

<div class="tracker">

<h4>Diet & Water</h4>

<form>

<input type="number" id="caloriesMeal" placeholder="Calories">

<input type="number" id="water" placeholder="Water (ml/l)">

<button type="button" onclick="addDiet()">Track</button>

</form>

</div>

<div class="tracker calories-tracker">

<h4>Calories</h4>

<form>

<input type="number" id="age" placeholder="Age">

<input type="number" id="height" placeholder="Height (cm)">

<input type="number" id="weight" placeholder="Weight (kg)">

<button type="button" onclick="calculateCalories()">Track</button>

</form>

<p>Calories: <span id="caloriesResult">--</span> kcal</p>

</div>

<div class="tracker">

<h4>Heartbeat</h4>

<button onclick="trackHeartbeat()">Track</button>

<p>Heart Rate: <span id="bpm">--</span> BPM</p>

</div>

</div>

<div class="graphs-container">

<div class="graph-container">

<h4>Workout Progress</h4>

<canvas id="workoutChart"></canvas>

</div>

<div class="graph-container">

<h4>Diet & Water Intake</h4>

<canvas id="dietChart"></canvas>

</div>

</div>

<script>

function trackHeartbeat() {

document.getElementById("bpm").innerText = Math.floor(Math.random() \* (120 - 60) + 60);

}

function calculateCalories() {

let age = document.getElementById("age").value;

let height = document.getElementById("height").value;

let weight = document.getElementById("weight").value;

if (age && height && weight) {

let calories = Math.round((10 \* weight) + (6.25 \* height) - (5 \* age) + 5);

document.getElementById("caloriesResult").innerText = calories;

}

}

function addDiet() {

let calMeal = document.getElementById("caloriesMeal").value;

let water = document.getElementById("water").value;

if (calMeal && water) {

updateChart("dietChart", [parseInt(water)], "Water Intake (ml/l)", "rgba(0, 255, 255, 0.5)");

}

}

function addWorkout() {

let duration = document.getElementById("duration").value;

if (duration) {

updateChart("workoutChart", [parseInt(duration)], "Workout Duration (mins)", "rgba(0, 255, 0, 0.5)");

}

}

function updateChart(id, data, label, color) {

new Chart(document.getElementById(id).getContext("2d"), {

type: "bar",

data: {

labels: Array.from({ length: data.length }, (\_, i) => i + 1),

datasets: [{ label: label, data: data, backgroundColor: color }]

},

options: { scales: { y: { beginAtZero: true } } }

});

}

</script>

</body><br>

<body>

<div class="content">

<button class="MOVE TO CALENDAR">

<a href="calendar todo.html" class="btn"> 📅 MOVE TO CALENDAR</a>

</div><br>

<div class="content">

<button class="MOVE TO TIMER & STOPWATCH">

<a href="combined.html" class="btn"> MOVE TO 🕑 TIMER & STOPWATCH</a>

</div>

<script src="https://cdn.jsdelivr.net/npm/chart.js"></script>

<script src="DOWNJS.js"></script>

</body>

</html>

**DOWNJS.JS :**

document.addEventListener("DOMContentLoaded", function() {

let workoutData = JSON.parse(localStorage.getItem("workoutData")) || {};

let dietData = JSON.parse(localStorage.getItem("dietData")) || {};

updateChart("workoutChart", workoutData);

updateDietChart(dietData);

});

let charts = {}; // Store chart instances globally

function updateChart(id, storedData) {

let ctx = document.getElementById(id).getContext("2d");

let labels = Object.keys(storedData); // Get dates

let data = labels.map(date => storedData[date].reduce((a, b) => a + b, 0)); // Sum values per day

// Generate different colors for each day's workout bar

let colors = id === "workoutChart"

? labels.map(() => `hsl(${Math.random() \* 360}, 70%, 60%)`)

: "rgba(0, 255, 255, 0.5)"; // Keep diet chart color unchanged

if (charts[id]) {

charts[id].destroy(); // Destroy previous chart instance before updating

}

charts[id] = new Chart(ctx, {

type: "bar",

data: {

labels: labels,

datasets: [{

label: id === "workoutChart" ? "Workout Duration (mins)" : "Water Intake (ml)",

data: data,

backgroundColor: colors // Apply unique colors only to workout bars

}]

},

options: {

scales: { y: { beginAtZero: true } }

}

});

}

function addWorkout() {

let duration = parseInt(document.getElementById("duration").value);

if (duration) {

let today = new Date().toISOString().split('T')[0];

let workoutData = JSON.parse(localStorage.getItem("workoutData")) || {};

if (!workoutData[today]) {

workoutData[today] = [];

}

workoutData[today].push(duration);

localStorage.setItem("workoutData", JSON.stringify(workoutData));

updateChart("workoutChart", workoutData); // ✅ Update graph instantly

}

}

function addDiet() {

let calories = parseInt(document.getElementById("caloriesMeal").value);

let water = parseInt(document.getElementById("water").value);

if (calories || water) {

let today = new Date().toISOString().split('T')[0];

let dietData = JSON.parse(localStorage.getItem("dietData")) || {};

if (!dietData[today]) {

dietData[today] = { calories: 0, water: 0 };

}

dietData[today].calories += calories || 0;

dietData[today].water += water || 0;

localStorage.setItem("dietData", JSON.stringify(dietData));

updateDietChart(dietData); // ✅ Update graph instantly

}

}

function updateDietChart(storedData) {

let ctx = document.getElementById("dietChart").getContext("2d");

let labels = Object.keys(storedData); // Get dates

let caloriesData = labels.map(date => storedData[date].calories);

let waterData = labels.map(date => storedData[date].water);

if (charts["dietChart"]) {

charts["dietChart"].destroy(); // Destroy previous chart instance

}

charts["dietChart"] = new Chart(ctx, {

type: "bar",

data: {

labels: labels, // ✅ Display Dates as labels

datasets: [

{

label: "Calories Intake (kcal)",

data: caloriesData,

backgroundColor: "rgba(255, 99, 132, 0.5)"

},

{

label: "Water Intake (ml)",

data: waterData,

backgroundColor: "rgba(0, 255, 255, 0.5)"

}

]

},

options: {

scales: {

x: { title: { display: true, text: "Date" } }, // ✅ Add x-axis title

y: { beginAtZero: true, title: { display: true, text: "Amount" } } // ✅ Add y-axis title

}

}

});

}

**Calender :**

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>Fitness Dashboard</title>

<script src="https://cdn.jsdelivr.net/npm/chart.js"></script>

<link href="https://cdn.jsdelivr.net/npm/bootstrap@4.6.2/dist/css/bootstrap.min.css" rel="stylesheet">

<style>

@import url('https://fonts.googleapis.com/css2?family=Poppins:wght@300;400;600&display=swap');

body {

font-family: 'Poppins', sans-serif;

color: #ffffff;

display: flex;

justify-content: center;

align-items: center;

height: 100vh;

margin: 0;

flex-direction: column;

padding: 10px;

position: relative;

overflow: hidden;

}

/\* Background Video Styling \*/

#background-video {

position: fixed;

top: 0;

left: 0;

width: 100%;

height: 100%;

object-fit: cover;

z-index: -1;

}

.container {

text-align: center;

background: rgba(30, 30, 30, 0.8);

padding: 15px;

border-radius: 10px;

box-shadow: 0px 0px 10px #00ffcc;

margin: 10px 0;

border: 1.5px solid #00ffcc;

}

.dashboard-container {

display: grid;

grid-template-columns: repeat(2, 1fr);

grid-gap: 10px;

max-width: 750px;

width: 100%;

padding: 5px;

}

.tracker{

background: rgba(40, 40, 40, 0.85);

backdrop-filter: blur(8px);

padding: 15px;

border-radius: 8px;

box-shadow: 0 0 8px rgba(0, 255, 255, 0.5);

text-align:center;

width: 100%;

height: 270px;

display: flex;

flex-direction: column;

justify-content: space-between;

}

.tracker.calories-tracker {

height: 280px;

}

.graphs-container {

display: flex;

justify-content: space-between;

margin-top: 10px;

width: 100%;

}

.graph-container{

width: 48%;

background: rgba(30, 30, 30, 0.9);

padding: 30px;

border-radius: 8px;

box-shadow: 0 0 8px rgba(0, 255, 255, 0.5);

text-align: center;

}

input {

width: 100%;

padding: 12px;

margin: 4px 0;

border: none;

border-radius: 5px;

outline: none;

text-align: center;

background: #333;

color: #FFF;

font-size: 12px;

}

button {

background: #05d3f2;

border: none;

padding: 6px;

border-radius: 8px;

cursor: pointer;

transition: 0.3s;

color: #0a0a0a;

font-weight: bold;

font-size: 12px;

}

button:hover {

background: #32ed38;

}

canvas {

max-width: 100%;

height: 100px;

}

</style>

</head>

<body>

<!-- Background Video -->

<video id="background-video" autoplay loop muted>

<source src="run.mp4" type="video/mp4">

Your browser does not support the video tag.

</video>

<div class="main" style="text-align: center;">

<h2>DASHBOARD TRACKER</h2>

<div class="dashboard-container">

<div class="tracker">

<h4>Workout</h4>

<form>

<input type="text" id="exercise" placeholder="Exercise">

<input type="number" id="duration" placeholder="Duration (mins)">

<button type="button" onclick="addWorkout()">Track</button>

</form>

</div>

<div class="tracker">

<h4>Diet & Water</h4>

<form>

<input type="number" id="caloriesMeal" placeholder="Calories">

<input type="number" id="water" placeholder="Water (ml/l)">

<button type="button" onclick="addDiet()">Track</button>

</form>

</div>

<div class="tracker calories-tracker">

<h4>Calories</h4>

<form>

<input type="number" id="age" placeholder="Age">

<input type="number" id="height" placeholder="Height (cm)">

<input type="number" id="weight" placeholder="Weight (kg)">

<button type="button" onclick="calculateCalories()">Track</button>

</form>

<p>Calories: <span id="caloriesResult">--</span> kcal</p>

</div>

<div class="tracker">

<h4>Heartbeat</h4>

<button onclick="trackHeartbeat()">Track</button>

<p>Heart Rate: <span id="bpm">--</span> BPM</p>

</div>

</div>

<div class="graphs-container">

<div class="graph-container">

<h4>Workout Progress</h4>

<canvas id="workoutChart"></canvas>

</div>

<div class="graph-container">

<h4>Diet & Water Intake</h4>

<canvas id="dietChart"></canvas>

</div>

</div>

<script>

function trackHeartbeat() {

document.getElementById("bpm").innerText = Math.floor(Math.random() \* (120 - 60) + 60);

}

function calculateCalories() {

let age = document.getElementById("age").value;

let height = document.getElementById("height").value;

let weight = document.getElementById("weight").value;

if (age && height && weight) {

let calories = Math.round((10 \* weight) + (6.25 \* height) - (5 \* age) + 5);

document.getElementById("caloriesResult").innerText = calories;

}

}

function addDiet() {

let calMeal = document.getElementById("caloriesMeal").value;

let water = document.getElementById("water").value;

if (calMeal && water) {

updateChart("dietChart", [parseInt(water)], "Water Intake (ml/l)", "rgba(0, 255, 255, 0.5)");

}

}

function addWorkout() {

let duration = document.getElementById("duration").value;

if (duration) {

updateChart("workoutChart", [parseInt(duration)], "Workout Duration (mins)", "rgba(0, 255, 0, 0.5)");

}

}

function updateChart(id, data, label, color) {

new Chart(document.getElementById(id).getContext("2d"), {

type: "bar",

data: {

labels: Array.from({ length: data.length }, (\_, i) => i + 1),

datasets: [{ label: label, data: data, backgroundColor: color }]

},

options: { scales: { y: { beginAtZero: true } } }

});

}

</script>

</body><br>

<body>

<div class="content">

<button class="MOVE TO CALENDAR">

<a href="calendar todo.html" class="btn"> 📅 MOVE TO CALENDAR</a>

</div><br>

<div class="content">

<button class="MOVE TO TIMER & STOPWATCH">

<a href="combined.html" class="btn"> MOVE TO 🕑 TIMER & STOPWATCH</a>

</div>

<script src="https://cdn.jsdelivr.net/npm/chart.js"></script>

<script src="DOWNJS.js"></script>

</body>

</html>

**Timer and Stop Watch :**

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>Clock & Workout</title>

<style>

@import url('https://fonts.googleapis.com/css2?family=Rajdhani:wght@400;700&display=swap');

body {

font-family: 'Rajdhani', sans-serif;

display: flex;

justify-content: space-between;

align-items: center;

height: 100vh;

color: white;

margin: 0;

padding: 20px;

animation: fadeIn 1.5s ease-in-out;

}

/\* Background Video Styling \*/

#background-video {

position: fixed;

top: 0;

left: 0;

width: 100%;

height: 100%;

object-fit: cover;

z-index: -1;

}

@keyframes fadeIn {

from { opacity: 0; }

to { opacity: 1; }

}

.left-container, .right-container {

width: 48%;

height: 90vh;

padding: 10px;

background: rgba(0, 0, 0, 0.3);

border-radius: 10px;

box-shadow: 0px 0px 10px cyan;

overflow: auto;

animation: slideIn 1.5s ease-out;

}

.left-container {

animation: glowEffect 3s infinite alternate;

animation: floatEffect 2s infinite alternate;

}

@keyframes slideIn {

from { transform: translateY(50px); opacity: 0; }

to { transform: translateY(0); opacity: 1; }

}

@keyframes floatEffect {

from { transform: translateY(0px); }

to { transform: translateY(-5px); }

}

@keyframes glowEffect {

from { box-shadow: 0px 0px 10px cyan; }

to { box-shadow: 0px 0px 30px cyan; }

}

.container {

text-align: center;

background: rgba(30, 30, 30, 0.7);

padding: 15px;

border-radius: 10px;

box-shadow: 0px 0px 10px #00ffcc;

margin: 40px 0;

border: 1.0px solid #00ffcc;

animation: popIn 1s ease-out;

}

@keyframes popIn {

from { transform: scale(0.8); opacity: 0; }

to { transform: scale(1); opacity: 1; }

}

.time-display {

font-size: 2.5em;

margin: 10px 0;

font-weight: bold;

color: #00ffcc;

}

button {

margin: 15px;

padding: 10px 15px;

border: none;

background: #00ffcc;

color: #121212;

cursor: pointer;

border-radius: 6px;

font-size: 0.9em;

font-weight: bold;

transition: transform 0.3s;

}

button:hover {

transform: scale(1.1);

}

.exercise-container {

display: grid;

grid-template-columns: repeat(4, 1fr);

gap: 20px;

justify-content: center;

}

.modal-content img {

width: 300px; /\* Adjust as needed \*/

height: 300px; /\* Adjust as needed \*/

object-fit: cover; /\* Ensures the image scales properly \*/

border-radius: 8px;

}

.exercise {

width: 90px;

cursor: pointer;

text-align: center;

padding: 10px;

background: rgba(30, 30, 30, 0.7);

border-radius: 8px;

border: 2px solid cyan;

box-shadow: 0 0 6px cyan;

transition: transform 0.3s, box-shadow 0.3s;

animation: floatEffect 2s infinite alternate;

}

@keyframes floatEffect {

from { transform: translateY(0px); }

to { transform: translateY(-5px); }

}

.exercise:hover {

transform: scale(1.1);

box-shadow: 0 0 35px cyan;

}

.exercise img {

width: 100%;

border-radius: 10px;

}

.modal {

display: none;

position: fixed;

top: 0;

left: 0;

width: 100%;

height: 100%;

background: rgba(0, 0, 0, 0.5); /\* Dark overlay \*/

justify-content: center;

align-items: center;

}

.modal-content {

position: relative;

text-align: center;

background: transparent;

border: none;

}

.modal-content img {

width: 100%;

max-width: 600px;

height: auto;

border-radius: 8px;

}

</style>

</head>

<body>

<!-- Background Video -->

<video id="background-video" autoplay loop muted>

<source src="mou.mp4" type="video/mp4">

Your browser does not support the video tag.

</video>

<div class="left-container">

<h1 style="text-align:center;">Time Breaker 🕑</h1>

<div class="container">

<h2>Clock</h2>

<div id="clock" class="time-display"></div>

</div>

<div class="container">

<h2>Timer</h2>

<div id="timer" class="time-display">00:00</div>

<button onclick="startTimer()">Start</button>

<button onclick="pauseTimer()">Pause</button>

<button onclick="resetTimer()">Reset</button>

</div>

<div class="container">

<h2>Stopwatch</h2>

<div id="stopwatch" class="time-display">00:00:00</div>

<button onclick="startStopwatch()">Start</button>

<button onclick="pauseStopwatch()">Pause</button>

<button onclick="resetStopwatch()">Reset</button>

</div>

</div>

<div class="right-container">

<h1 style="text-align:center;">Basic Warm-up Exercises</h1>

<div class="exercise-container">

<body>

<div class="exercise" onclick="openModal('Dumbbell Lateral Lunge', 'Works legs and glutes, improves balance.', '30 seconds each side', 'pexels-photo-999257.jpg')">

<img src="pexels-photo-999257.jpg" alt="Dumbbell Lateral Lunge">

<p>Dumbbell Lateral Lunge</p>

</div>

<div class="exercise" onclick="openModal('Seated Hamstring Stretch', 'Stretches the hamstrings and lower back.', '20-30 seconds each leg', 'pexels-photo-3771071.jpg')">

<img src="pexels-photo-3771071.jpg" alt="Seated Hamstring Stretch">

<p>Seated Hamstring Stretch</p>

</div>

<div class="exercise" onclick="openModal('Plank', 'Strengthens core and improves stability.', 'Hold for 30-60 seconds', 'images.jpg')">

<img src="images.jpg" alt="Plank">

<p>Plank</p>

</div>

<div class="exercise" onclick="openModal('Skipping', 'Improves coordination and cardiovascular endurance.', '1-2 minutes', 'Skipping-3-1200x900-1-1024x768.jpg')">

<img src="Skipping-3-1200x900-1-1024x768.jpg" alt="Skipping">

<p>Skipping</p>

</div>

<div class="exercise" onclick="openModal('Squat', 'Strengthens lower body muscles and improves flexibility.', '12-15 reps', 'pexels-photo-7187856.jpg')">

<img src="pexels-photo-7187856.jpg" alt="Squat">

<p>Squat</p>

</div>

<div class="exercise" onclick="openModal('Standing Quadriceps Stretch', 'Stretches the quadriceps and improves flexibility.', '20-30 seconds each leg', 'oi.jpg')">

<img src="oi.jpg" alt="Standing Quadriceps Stretch">

<p>Standing Quadriceps Stretch</p>

</div>

<div class="exercise" onclick="openModal('Meditation', 'Meditation is a practice that involves focusing your attention and awareness. It can help you to relax, reduce stress, and improve your concentration.', '5 to 45 minutes per day.', 'med.jpg')">

<img src="med.jpg" alt="Meditation">

<p>Meditation</p>

</div>

<div class="exercise" onclick="openModal('Tree Pose', 'Improves balance and stability', '30 seconds to 1 minutes per side depending on your skill level.', 'tree.jpg')">

<img src="tree.jpg" alt="Meditation">

<p>Tree pose</p>

</div>

<div class="exercise" onclick="openModal('Downward-facing Dog pose', 'Improves the blood flow through your body', '30 seconds to 1 minutes.', 'moun.jpg')">

<img src="moun.jpg" alt="Downward-facing Dog pose">

<p>Downward-facing Dog pose</p>

</div>

<div class="exercise" onclick="openModal('Standing Forward Bend', 'Relieves tension in the spine, hips and lower limbs', '30 seconds to 1 minutes depending on your skill level.', 'knee.jpg')">

<img src="knee.jpg" alt="Standing Forward Bend">

<p>Standing Forward Bend</p>

</div>

<div class="exercise" onclick="openModal('Cobra Pose', 'Tones the abdomen. May be beneficial for people with respiratory issues like asthma.', 'Hold the pose for 5-10 breaths with daily practice can be gradually increased.', 'sna.jpg')">

<img src="sna.jpg" alt="Cobra Pose">

<p>Cobra Pose</p>

</div>

<div class="exercise" onclick="openModal('Camel Pose', 'May help with menstrual discomfort. Strengthens back muscles.', 'Beginners, holding the pose for around 20-30 seconds is recommended, gradually increasing the duration as flexibility improves.', 'camel.jpg')">

<img src="camel.jpg" alt="Camel Pose">

<p>Camel Pose</p>

</div>

</div>

</div>

<div id="modal" class="modal" onclick="closeModal()">

<div class="modal-content">

<span class="close" onclick="closeModal()">&times;</span>

<h2 id="exercise-title"></h2>

<img id="exercise-img" src="" alt="Exercise">

<p id="exercise-definition"></p>

<p id="exercise-time"></p>

</div>

</div>

<script>

function openModal(title, imgSrc) {

document.getElementById("exercise-title").innerText = title;

document.getElementById("exercise-img").src = imgSrc;

document.getElementById("modal").style.display = "flex";

}

function closeModal() {

document.getElementById("modal").style.display = "none";

}

</script>

</body>

</div>

</div>

<script>

function updateClock() {

document.getElementById("clock").innerText = new Date().toLocaleTimeString();

}

setInterval(updateClock, 1000);

updateClock();

let timerInterval, timerTime = 0;

function startTimer() {

if (!timerInterval) {

timerInterval = setInterval(() => {

timerTime++;

document.getElementById("timer").innerText = new Date(timerTime \* 1000).toISOString().substr(14, 5);

}, 1000);

}

}

function pauseTimer() { clearInterval(timerInterval); timerInterval = null; }

function resetTimer() { pauseTimer(); timerTime = 0; document.getElementById("timer").innerText = "00:00"; }

// Stopwatch (Fast speed with step-by-step increments)

let stopwatchInterval;

let stopwatchTime = 0;

function startStopwatch() {

if (!stopwatchInterval) {

stopwatchInterval = setInterval(() => {

stopwatchTime++;

let date = new Date(stopwatchTime \* 1000);

document.getElementById("stopwatch").innerText = date.toISOString().substr(11, 8);

}, 200); // Updates every 200ms for a faster effect but step-by-step

}

}

function pauseStopwatch() { clearInterval(stopwatchInterval); stopwatchInterval = null; }

function resetStopwatch() { pauseStopwatch(); stopwatchTime = 0; document.getElementById("stopwatch").innerText = "00:00:00"; }

</script>

<!-- Link the external JavaScript file at the end of the body -->

<script src="comtral.js"></script>

<script>

function openModal(title, definition, time, imgSrc) {

document.getElementById("exercise-title").innerText = title;

document.getElementById("exercise-definition").innerText = definition;

document.getElementById("exercise-time").innerText = "Duration: " + time;

document.getElementById("exercise-img").src = imgSrc;

document.getElementById("modal").style.display = "flex";

}

function closeModal() {

document.getElementById("modal").style.display = "none";

}

// Prevent accidental closing when clicking inside the modal

document.getElementById("modal").addEventListener("click", function (event) {

if (event.target.classList.contains("modal")) {

closeModal();

}

});

</script>

</body>

</html>

**comtral.js :**

<script>

// Exercise descriptions

const definitions = {

"Dumbbell Lateral Lunge": "A lateral lunge with dumbbells strengthens your glutes, quads, and inner thighs.",

"Seated Hamstring Stretch": "A stretch that helps improve hamstring flexibility and reduces lower back strain.",

"Plank": "An isometric exercise that strengthens the core, shoulders, and back.",

"Skipping": "A cardiovascular workout that improves agility, endurance, and coordination.",

"Squat": "A lower-body exercise that targets the quads, hamstrings, and glutes.",

"Standing Quadriceps Stretch": "A stretch that improves flexibility in the front of the thigh and prevents knee injuries."

};

function openModal(title, imgSrc) {

document.getElementById("exercise-title").innerText = title;

document.getElementById("exercise-img").src = imgSrc;

document.getElementById("exercise-description").innerText = definitions[title] || "No description available.";

document.getElementById("modal").style.display = "flex";

}

function closeModal() {

document.getElementById("modal").style.display = "none"

}

</script>