

Index.html

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8" />
  <meta name="viewport" content="width=device-width, initial-scale=1.0"/>
  <title>Fitness Tracker - Home</title>
  <link rel="stylesheet" href="styles.css">
</head>
<body>
  <header>
    <h1>Fitness Tracking System</h1>
    <nav>
      <a href="index.html">Home</a>
      <a href="about.html">About</a>
      <a href="features.html">Features</a>
      <a href="feedback.html">Feedback</a>
    </nav>
  </header>

  <main>
    <!-- Hero Section -->
    <section class="hero">
      <div class="hero-text">
        <h2>Your Health, Your Way</h2>
        <p>Welcome to the ultimate platform to monitor your physical activity, track goals, and stay motivated. Whether you're a beginner or a fitness pro, our tools are tailored for your success.</p>
        <a class="btn" href="about.html">Explore More</a>
      </div>
      <div class="hero-image">
        
      </div>
    </section>

    <!-- Benefits Section -->
    <section class="benefits flex-section">
      <div class="text">
        <h2>Why Use a Fitness Tracker?</h2>
        <ul>
          <li>☑ Track your steps, calories, and sleep patterns</li>
          <li>☑ Build consistency with daily goals</li>
          <li>☑ Monitor progress with maps and geolocation</li>
          <li>☑ Get motivational feedback from the community</li>
        </ul>
      </div>
      <div class="image">
        
      </div>
    </section>
  </main>
</body>
</html>
```

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    </div>
  </section>

  <section class="cta">
    <h2>Ready to Take Charge of Your Health?</h2>
    <p>Start tracking now and become a healthier version of yourself.</p>
    <a href="features.html" class="btn-cta">Get Started</a>
  </section>
</main>

<footer>
  &copy; 2025 Akashdeep Dey
</footer>
</body>
</html>

```

About.html

```

<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8" />
  <meta name="viewport" content="width=device-width, initial-scale=1.0"/>
  <title>Fitness Tracker - About</title>
  <link rel="stylesheet" href="styles.css">
</head>
<body>
  <header>
    <h1>About Our System</h1>
    <nav>
      <a href="index.html">Home</a>
      <a href="about.html">About</a>
      <a href="features.html">Features</a>
      <a href="feedback.html">Feedback</a>
    </nav>
  </header>

  <main>
    <!-- Section 1: Purpose -->
    <section class="flex-section">
      <div class="text">
        <h2>Purpose</h2>

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    <p>Our fitness tracking system helps users log workouts, track real-time progress, and stay motivated throughout their fitness journey. It offers personalized dashboards, historical charts, and progress analytics to build sustainable habits.</p>
    <p>By giving users control over their goals, the system acts as both a coach and a cheerleader – helping you take that extra step every day.</p>
  </div>
  <div class="image">
    
  </div>
</section>

<!-- Section 2: Who Can Use It -->
<section class="flex-section">
  <div class="image">
    
  </div>
  <div class="text">
    <h2>Who Can Use It?</h2>
    <p>Whether you're a beginner taking your first steps toward a healthy lifestyle, a seasoned athlete refining performance, or just a casual fitness enthusiast – this system is for you.</p>
    <p>Designed to be intuitive and adaptable, it's accessible on mobile and desktop and works across fitness domains like walking, running, weight training, and yoga.</p>
  </div>
</section>

<!-- CTA Section -->
<section class="cta">
  <h2>Start Strong. Stay Strong.</h2>
  <p>Join a community committed to consistency, strength, and better living.</p>
  <a href="features.html" class="btn-cta">Explore Features</a>
</section>
</main>

<footer>
  &copy; 2025 Fitness Training
</footer>
</body>
</html>

```

Features.html

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8" />
  <meta name="viewport" content="width=device-width, initial-scale=1.0"/>
  <title>Fitness Tracker - Features</title>
  <link rel="stylesheet" href="styles.css">
  <style>
    #map {
      height: 300px;
      width: 100%;
      border-radius: 10px;
      margin-top: 1em;
      box-shadow: 0 2px 6px rgba(0,0,0,0.2);
    }
  </style>
  <link rel="stylesheet" href="https://unpkg.com/leaflet/dist/leaflet.css" />
</head>
<body>
  <header>
    <h1>Features</h1>
    <nav>
      <a href="index.html">Home</a>
      <a href="about.html">About</a>
      <a href="features.html">Features</a>
      <a href="feedback.html">Feedback</a>
    </nav>
  </header>

  <main>
    <!-- Feature Overview -->
    <section class="flex-section">
      <div class="text">
        <h2>Top Features for Fitness Success</h2>
        <ul>
          <li><strong>Step & Calorie Tracker:</strong> Count your daily steps and estimate calorie burn based on movement and heart rate.</li>
          <li><strong>Hydration & Sleep Logs:</strong> Track water intake and monitor sleep cycles to promote recovery and hydration goals.</li>
          <li><strong>Progress Charts:</strong> Visual graphs to track weight changes, workout duration, and weekly improvements.</li>
          <li><strong>Activity Reminders:</strong> Get custom alerts to move, hydrate, or stretch throughout your day.</li>
          <li><strong>Goal Setting & Achievements:</strong> Define your fitness goals and unlock badges when you hit milestones.</li>
        </ul>
      </div>
    </section>
  </main>
</body>
</html>
```

```

    <div class="image">
      
    </div>
  </section>

  <!-- Location Feature -->
  <section class="flex-section">
    <div class="image">
      
    </div>
    <div class="text">
      <h2>Geolocation Integration</h2>
      <p>With built-in Geolocation, our tracker can log your runs, hikes,
and outdoor workouts automatically. This enables distance mapping, terrain
analysis, and personalized workout routes.</p>
      <button onclick="getLocation()" class="btn-cta">Get My
Location</button>
      <div id="location" style="margin-top: 1em;">Location info will appear
here.</div>
      <div id="map"></div>
    </div>
  </section>

  <!-- CTA -->
  <section class="cta">
    <h2>Experience All Features Today!</h2>
    <p>Ready to take control of your fitness? Explore the system,
personalize your dashboard, and start strong.</p>
    <a href="feedback.html" class="btn-cta">Share Your Experience</a>
  </section>
</main>

<footer>
  &copy; 2025 Fitness Training
</footer>

<!-- Scripts -->
<script src="https://unpkg.com/leaflet/dist/leaflet.js"></script>
<script>
  let map;

  function getLocation() {
    const loc = document.getElementById('location');
    if (navigator.geolocation) {
      navigator.geolocation.getCurrentPosition(pos => {
        const lat = pos.coords.latitude;
        const lon = pos.coords.longitude;

```

```

        loc.innerHTML = `Latitude: ${lat.toFixed(4)}<br>Longitude:
        ${lon.toFixed(4)}`;

        if (!map) {
            map = L.map('map').setView([lat, lon], 13);
            L.tileLayer('https://{s}.tile.openstreetmap.org/{z}/{x}/{y}.png',
{
                maxZoom: 19,
                attribution: '&copy; OpenStreetMap contributors'
            }).addTo(map);
            L.marker([lat, lon]).addTo(map)
                .bindPopup("You are here!").openPopup();
        } else {
            map.setView([lat, lon], 13);
            L.marker([lat, lon]).addTo(map)
                .bindPopup("You are here!").openPopup();
        }

    }, () => {
        loc.innerHTML = "Unable to get your location.";
    });
} else {
    loc.innerHTML = "Geolocation not supported.";
}
}
</script>
</body>
</html>

```

Feedback.html

```

<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8" />
    <meta name="viewport" content="width=device-width, initial-scale=1.0"/>
    <title>Fitness Tracker - Feedback</title>
    <link rel="stylesheet" href="styles.css">
</head>
<body>
    <header>
        <h1>Feedback</h1>
        <nav>
            <a href="index.html">Home</a>
            <a href="about.html">About</a>

```

```
    <a href="features.html">Features</a>
    <a href="feedback.html">Feedback</a>
  </nav>
</header>

<main>
  <h2>Share Your Thoughts</h2>
  <form id="feedbackForm">
    <input type="text" id="name" placeholder="Your Name" required />
    <textarea id="comment" placeholder="Your Comment" required></textarea>
    <button type="submit">Submit</button>
  </form>
  <div id="feedbackDisplay">
    <h3>Previous Feedback:</h3>
    <ul id="feedbackList"></ul>
  </div>
</main>

<footer>
  &copy; 2025 Fitness Training
</footer>

<script>
  const form = document.getElementById('feedbackForm');
  const list = document.getElementById('feedbackList');

  function loadFeedback() {
    const feedback = JSON.parse(localStorage.getItem("feedback")) || [];
    list.innerHTML = "";
    feedback.forEach(entry => {
      const li = document.createElement("li");
      li.textContent = `${entry.name}: ${entry.comment}`;
      list.appendChild(li);
    });
  }

  form.addEventListener("submit", e => {
    e.preventDefault();
    const name = document.getElementById('name').value.trim();
    const comment = document.getElementById('comment').value.trim();
    if (!name || !comment) return;

    const feedback = JSON.parse(localStorage.getItem("feedback")) || [];
    feedback.push({ name, comment });
    localStorage.setItem("feedback", JSON.stringify(feedback));
    form.reset();
    loadFeedback();
  });
</script>
```

```
    window.onload = loadFeedback;
</script>
</body>
</html>
```

Styles.css

```
/* Base Styles */
body {
  font-family: 'Segoe UI', 'Helvetica Neue', sans-serif;
  margin: 0;
  padding: 0;
  background: #fdf6f2;
  color: #1a1a1a;
  line-height: 1.6;
}

/* Header */
header {
  background-color: #ff5722;
  color: white;
  padding: 1em;
  display: flex;
  flex-wrap: wrap;
  justify-content: space-between;
  align-items: center;
  box-shadow: 0 2px 8px rgba(0, 0, 0, 0.1);
}

nav a {
  color: white;
  text-decoration: none;
  margin: 0 12px;
  font-weight: bold;
}

nav a:hover {
  text-decoration: underline;
}

/* Main Layout */
main {
  padding: 2em;
}
```



```
/* Hero Section */
.hero {
  display: flex;
  flex-wrap: wrap;
  align-items: center;
  background: linear-gradient(90deg, #ff5722, #ff7043);
  color: white;
  border-radius: 12px;
  padding: 2em;
  margin-bottom: 2em;
}

.hero-text {
  flex: 1 1 50%;
  padding-right: 2em;
}

.hero-image {
  flex: 1 1 100%;
  text-align: center;
}

.hero img {
  width: 100%;
  max-width: 350px;
  border-radius: 12px;
  box-shadow: 0 4px 12px rgba(0, 0, 0, 0.2);
  transition: transform 0.3s ease;
}

.hero img:hover {
  transform: scale(1.05);
}

/* Flex Section */
.flex-section {
  display: flex;
  flex-wrap: wrap;
  gap: 20px;
  background: #ffffff;
  border-radius: 10px;
  padding: 1.5em;
  margin-bottom: 2em;
  box-shadow: 0 2px 8px rgba(0, 0, 0, 0.1);
}

.flex-section .text, .flex-section .image {
```

```
    flex: 1 1 45%;
}

.flex-section img {
    width: 100%;
    border-radius: 10px;
    transition: transform 0.3s ease, box-shadow 0.3s ease;
}

.flex-section img:hover {
    transform: scale(1.03);
    box-shadow: 0 4px 12px rgba(0, 0, 0, 0.15);
}

/* Buttons */
.btn, .btn-cta {
    display: inline-block;
    margin-top: 1em;
    padding: 0.75em 1.5em;
    border: none;
    border-radius: 6px;
    font-weight: bold;
    text-decoration: none;
    cursor: pointer;
    transition: background 0.3s, transform 0.2s;
}

.btn {
    background: white;
    color: #ff5722;
    border: 2px solid #ff5722;
}

.btn:hover {
    background: #fff1e6;
    transform: translateY(-2px);
}

.btn-cta {
    background: #ff5722;
    color: white;
}

.btn-cta:hover {
    background: #e64a19;
    transform: translateY(-2px);
}
```

```
/* Call to Action */
.cta {
  text-align: center;
  background: #ffffff;
  padding: 2em;
  border-radius: 12px;
  box-shadow: 0 0 12px rgba(0, 0, 0, 0.08);
  margin-top: 3em;
}

/* Footer */
footer {
  background-color: #000000;
  color: white;
  text-align: center;
  padding: 1.2em;
  font-size: 0.9em;
  margin-top: 3em;
}

/* Forms */
form input, form textarea, form button {
  width: 100%;
  margin: 10px 0;
  padding: 10px;
  font-size: 1em;
  border-radius: 6px;
  border: 1px solid #ccc;
}

form button {
  background: #ff5722;
  color: white;
  border: none;
}

form button:hover {
  background: #e64a19;
}

/* Location & Feedback */
#locationOutput, #feedbackDisplay {
  background-color: #fff1e6;
  padding: 1em;
  margin-top: 1em;
  border-left: 5px solid #ff5722;
  border-radius: 6px;
}
```

```

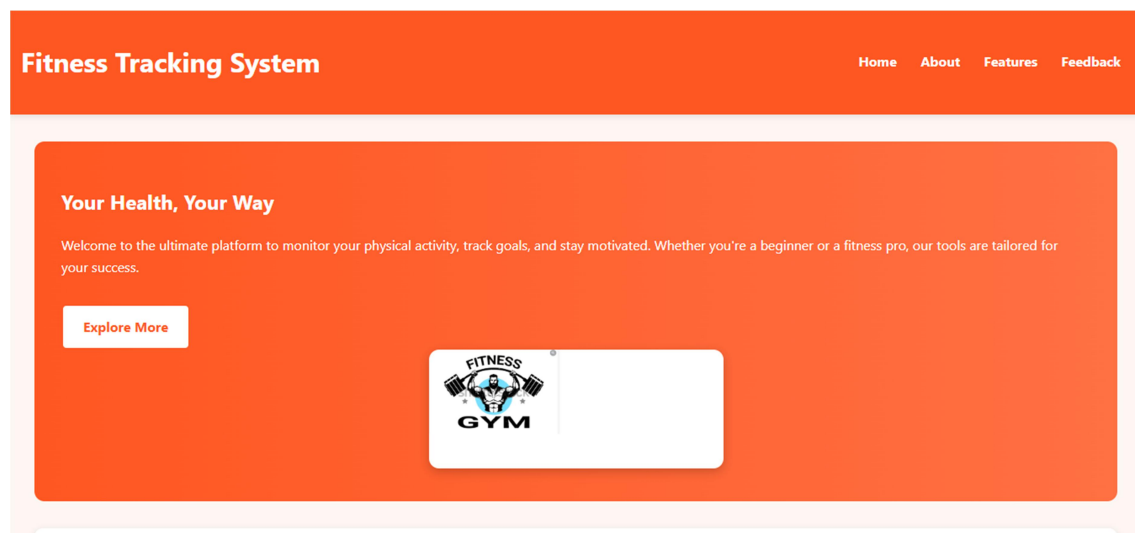
/* Responsive */
@media (max-width: 768px) {
  .flex-section, .hero {
    flex-direction: column;
    text-align: center;
  }

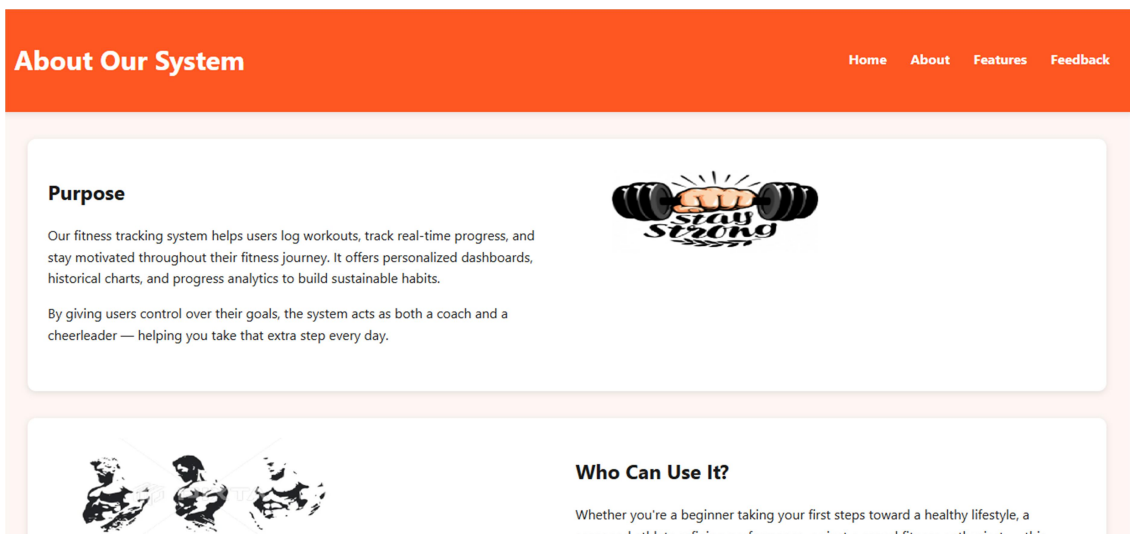
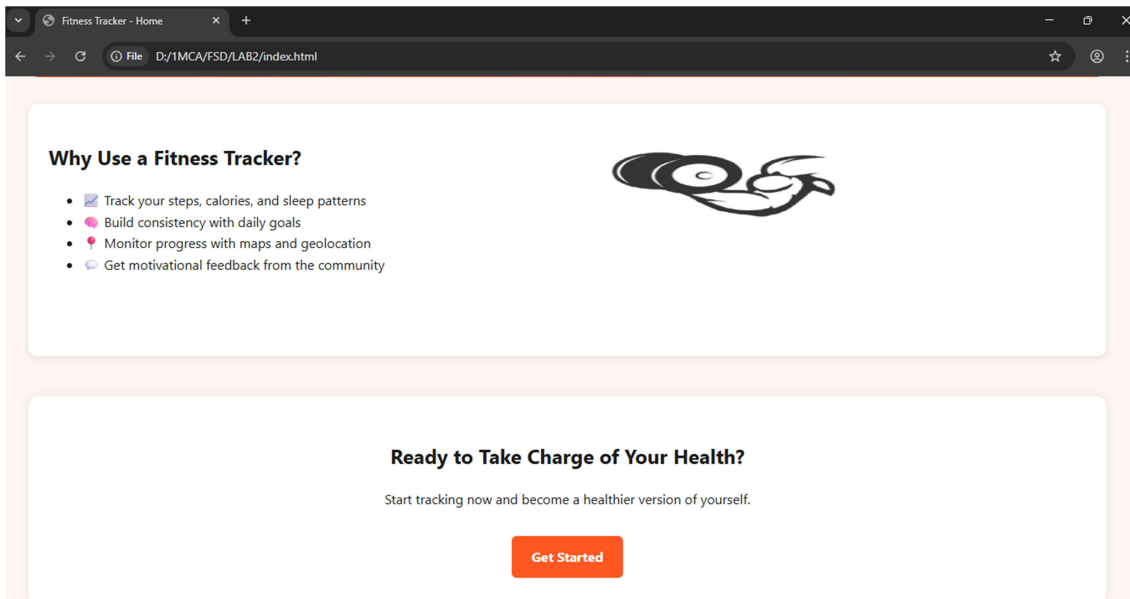
  .hero-text, .hero-image,
  .flex-section .text, .flex-section .image {
    flex: 1 1 100%;
  }

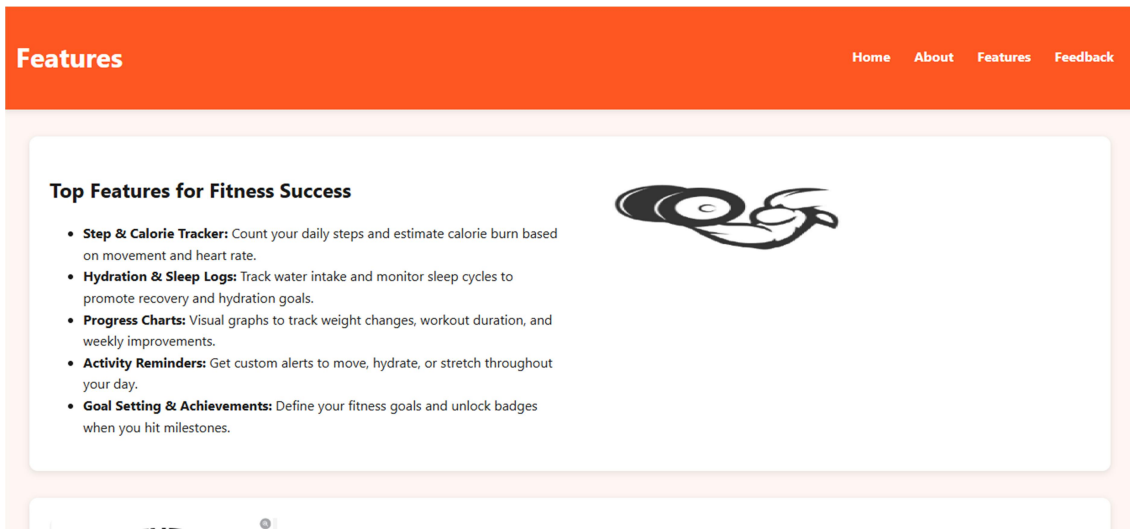
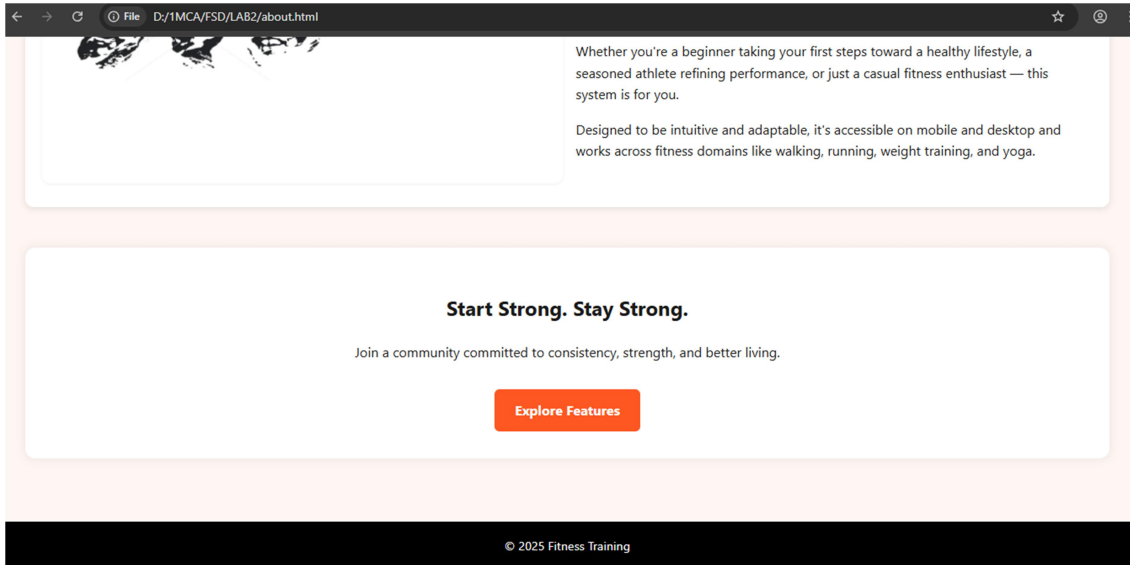
  nav {
    width: 100%;
    margin-top: 1em;
    text-align: center;
  }
}

```

Output screenshots









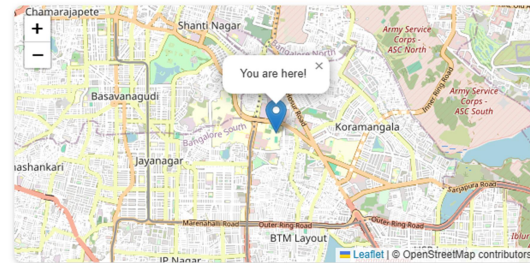
Geolocation Integration

With built-in Geolocation, our tracker can log your runs, hikes, and outdoor workouts automatically. This enables distance mapping, terrain analysis, and personalized workout routes.

[Get My Location](#)

Latitude: 12.9343

Longitude: 77.6057



← → ↻ 📄 File D:/IMCA/FSD/LAB2/feedback.html ☆ 🔍 ⋮

Feedback

Home About Features Feedback

Share Your Thoughts

Your Name

Your Comment

Submit

Previous Feedback:

- AKASH: HI
- AD: BYE