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">

        <img src="D:\1MCA\FSD\LAB2\logo1.png" alt="Fitness Visual">

      </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">

        <img src="D:\1MCA\FSD\LAB2\logo2.png" alt="Tracking Progress">

      </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>

        <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">

        <img src="D:\1MCA\FSD\LAB2\logo3.png" alt="Fitness Goals">

      </div>

    </section>

    <!-- Section 2: Who Can Use It -->

    <section class="flex-section">

      <div class="image">

        <img src="D:\1MCA\FSD\LAB2\logo4.png" alt="All Users Welcome">

      </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>

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  </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>

      <div class="image">

        <img src="D:\1MCA\FSD\LAB2\logo2.png" alt="Fitness App Features">

      </div>

    </section>

    <!-- Location Feature -->

    <section class="flex-section">

      <div class="image">

        <img src="D:\1MCA\FSD\LAB2\logo1.png" alt="Location Feature">

      </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>

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  </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();

    });

    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













