```html
<"div class="container>
<h1>Abdo Tarek Fit</h1>
<"form id="fitnessForm>
<label for="name">Your Name:</label>
<input type="text" id="name" required>

<label for="age">Your Age:</label>
<input type="number" id="age" required>

<label for="level">Fitness Level:</label>
<select id="level" required>
<option value="">-- Select --</option>
<option value="beginner">Beginner</option>
option value="intermediate">Intermediate</>
<option
<option value="advanced">Advanced</option>
<select/>
```

```html
<button type="submit">Get My Plan</button>
<form/>


div id="result" class="result" style="display:>
<";none
<h2>Your Personalized Fitness Plan</h2>
<p id="greeting"></p>
<p id="workout"></p>
<p id="nutrition"></p>
<p id="water"></p>
<div/>
<div/>
```