

# **Project: Phase One**

## Innersoul Journeys Website Report

-

Cuneyt Aksoy - 001385752

Paul Keiser - 001003296

Dr. Kafi Rahman

Truman State University

CS315 - Internet Programming

Fall 2023

November 7, 2023

# **Outline**

- I. Introduction
- II. Project Purpose
- III. Implementation
  - 1. CSS
  - 2. Layout
  - 3. Forms
  - 4. Tables
  - 5. Menus
  - 6. Animation
  - 7. Transition
  - 8. Different images Based on Screen Size
  - 9. Different CSS Files Based on Screen Size
  - 10. Javascript & HTML Verification
  - 11. JSON Incorporation
  - 12. Submitting Values to Server
- IV. Contributions
- V. Accessing the Source Code

# I. Introduction

Our primary project objective revolved around the creation of "InnerSoul Journeys," a user-friendly self-help resource website designed to be a fun and accessible hub for those in need of emotional support and personal development guidance. In a world often marked by challenges, we envisioned "InnerSoul Journeys" as a digital oasis, welcoming users with open arms, where they can seek solace, find inspiration, and access valuable resources to aid them in their pursuit of self-improvement and emotional well-being.

# II. Project Purpose

Our website, "InnerSoul Journeys," is more than just a single-dimensional platform; it's a multifaceted toolkit for anyone striving for self-betterment. Visitors to our site can explore a wealth of content, from uplifting motivational insights and daily affirmations to informative articles on the benefits of meditation. Additionally, our platform offers direct links to various self-improvement resources and professional assistance, ensuring that individuals can easily access the help they need as they embark on their unique journeys towards personal growth.

The essence of "InnerSoul Journeys" lies in its simplicity and accessibility. We believe that such a website can be a valuable companion for individuals seeking to overcome life's hurdles and embark on their path to a brighter, more resilient future. Our commitment is to provide a warm and inviting online space where visitors can not only find solace during challenging times but also discover the inspiration and resources necessary to conquer obstacles and transform their lives positively.

# III. Implementation

## 1. CSS:

```
body {  
margin-top: 5em;  
background: linear-gradient(to right, rgb(255, 207, 215), #f7e9e9);  
}  
  
/* Define the styles for the menu */  
.menu {  
width: 250px;  
height: 100%;  
position: fixed;  
top: 0;  
left: -250px;  
background-color: #ffffcc1;  
transition: all 0.3s ease-in-out;  
}  
  
/* Show the menu bar when the checkbox is checked */  
#menu-toggle:checked~.menu {  
left: 0;  
}  
  
/* Hide the checkbox */  

```

This is the beginning of the CSS style file that is imported to all of our pages. We have four different CSS files in this project, so it is very extensively used.

## 2. Layout:

```
<section>
<nav>

<input type="checkbox" id="menu-toggle">
<label for="menu-toggle" class="menu-toggle-label">
<span></span>
<span></span>
<span></span>
</label>

<!-- Add the menu bar -->
<div class="menu">
<menu>
<li><a href="index.html">Home</a></li>
<br>
<li><a href="about.html">About</a></li>
<br>
<li><a href="affirmations.html">Affirmations</a></li>
<br>
<li><a href="resources.html">Resources</a></li>
<br>
<li><a href="source_code.html">Source Code</a></li>
<br>
<li><a href="journaling.html">Journaling</a></li>
<br>
<li><a href="meditation.html">Meditation</a></li>
<br>
<li><a href="inspiration.html">Inspiration</a></li>
<br>
<li><a href="seek_help.html">Seek Help</a></li>
<br>
<li><a href="contact.html">Contact</a></li>
<br>
</menu>
</div>
</nav>
</section>

<header>
<h1>InnerSoul Journeys</h1>
```

```
</header>
```

We used many different layout tags in this project. This snippet contains section, nav, div, menu, and header, among others.

### 3. Forms:

Phone Number:

Email:

Subject:

Message:

Enter your message here.

# MEDITATION

- Select type of meditation
- Mindfulness Meditation
  - Transcendental Meditation
  - Loving-Kindness Meditation (Metta)
    - Zazen
    - Yoga Nidra

These are the two forms that are present in this project. The first is a series of input text boxes that submit the data entered into them into a JSON when the submit button is pressed. The contents are checked for validity. The second form is just a series of radio buttons, when you click one, information about the desired topic is displayed.

## 4. Tables:

Resource	Description
Mindful.org	<i>Mindful.org offers articles, guided meditations, and resources to help you cultivate mindfulness and reduce stress in your life.</i>
Tiny Buddha	<i>Tiny Buddha provides articles and stories on personal growth, self-help, and mindfulness. It offers a supportive community for readers.</i>
Greater Good Magazine	<i>Greater Good Magazine, from UC Berkeley, explores the science of well-being and offers articles, videos, and podcasts on topics related to happiness and personal development.</i>
Headspace	<i>Headspace is a popular meditation and mindfulness app that also offers a blog with articles and resources on mental well-being.</i>
Psych Central	<i>Psych Central features a wide range of articles, quizzes, and resources on psychology, mental health, and self-improvement.</i>
The Chopra Center	<i>The Chopra Center, founded by Deepak Chopra, provides articles, videos, and online courses on spirituality, meditation, and holistic health.</i>
DailyOM	<i>DailyOM offers online courses, articles, and resources on personal development, spiritual growth, and self-help.</i>
Zen Habits	<i>Zen Habits is a blog by Leo Babauta, focusing on simplicity, mindfulness, and personal growth. It provides articles and resources to help you simplify your life.</i>
Lion's Roar	<i>Lion's Roar offers articles, videos, and podcasts on Buddhism, mindfulness, and meditation for those interested in Eastern spiritual practices.</i>
The School of Life	<i>The School of Life provides articles, videos, and online classes on emotional intelligence, self-awareness, and personal development.</i>

Page Name	Description
Home	<i>The main landing page of the website, providing an overview of the site's purpose and content.</i>
About	<i>A page providing more information about the website, its creators, and its mission.</i>
Affirmations	<i>A page containing a collection of positive affirmations and mantras to help users cultivate a positive mindset.</i>
Resources	<i>A page containing a variety of resources related to self-help, meditation, and personal growth, including articles, videos, and podcasts.</i>
Source Code	<i>A page containing the source code for the website, allowing users to learn more about how it was built and potentially contribute to its development.</i>
Journaling	<i>A page containing prompts and exercises to help users engage in reflective journaling and self-exploration.</i>
Meditation	<i>A page containing guided meditations and mindfulness exercises to help users reduce stress and cultivate inner peace.</i>
Inspiration	<i>A page containing inspiring quotes, stories, and images to help users stay motivated and focused on their personal growth journey.</i>
Seek Help	<i>A page containing information and resources for users who may be struggling with mental health issues or other challenges, including hotlines, support groups, and therapy resources.</i>
Contact	<i>A page containing contact information for the website's creators, allowing users to get in touch with questions, feedback, or collaboration opportunities.</i>

These are our two tables. The first one is on the main page and shows a brief synopsis of each page in the website. The second one is on the resource page and shows different websites that offer complementary information.

## 5. Menus

This is our menu that is present on all pages. It just links to all the various pages in our website. it was created using the menu and nav tags:



6. Animation:

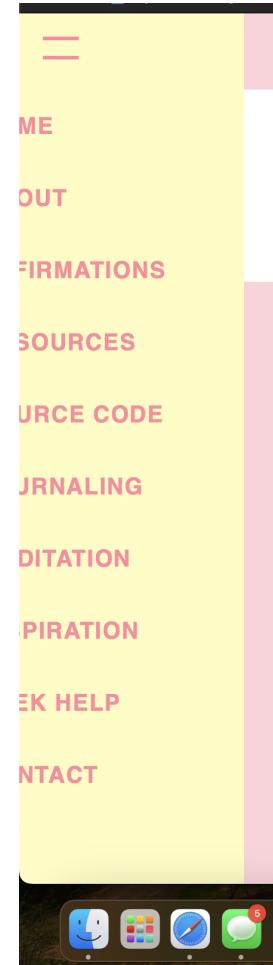
**Submit**

**Submit**

This is our animated button. When not hovering over it, it is blue. When you hover over it, it begins to wiggle and turns red.

**7. Transition:** We used transition for the menu, when it pops in and out when you click the button.

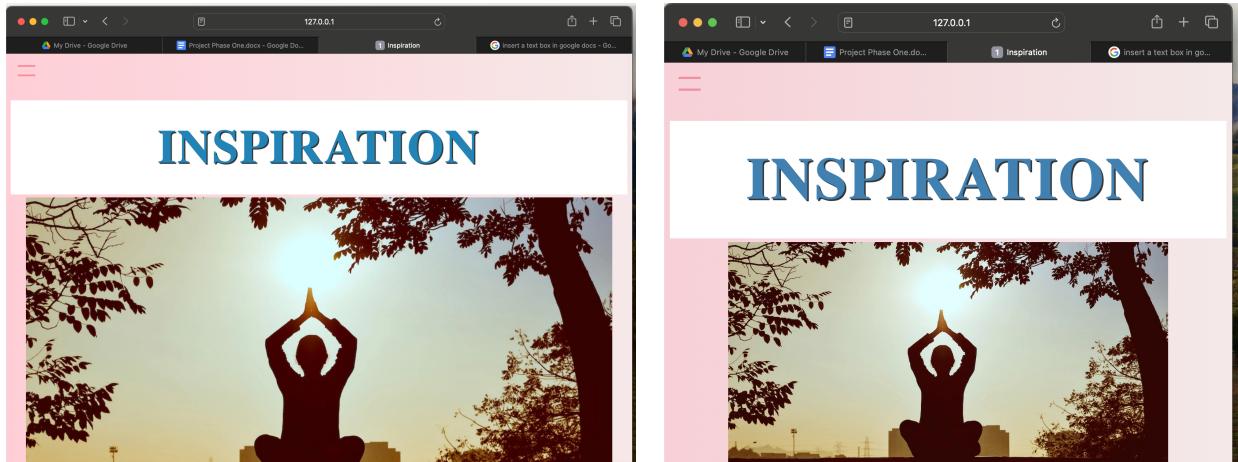
```
/* Define the styles for the menu */
.menu {
    width: 250px;
    height: 100%;
    position: fixed;
    top: 0;
    left: -250px;
    background-color: #ffffcc1;
    transition: all 0.3s ease-in-out;
}
```



**8. Different Images Based on Screen Size:** On our inspiration page, we have different versions of images that are used depending on size of the viewport.

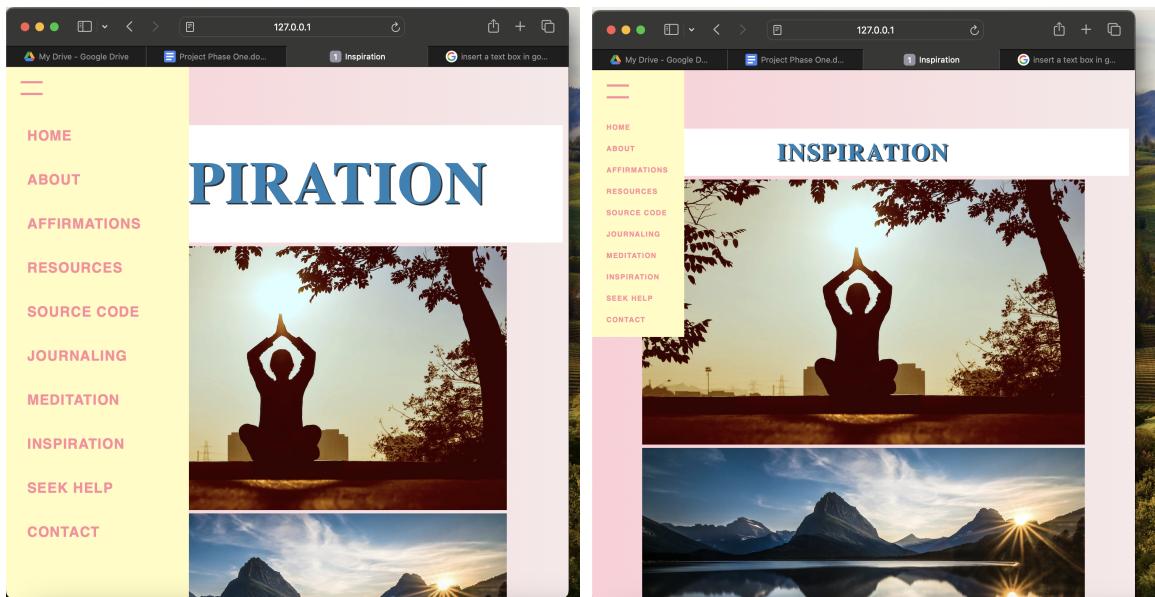
```
<center>
![Zen Landscape](../assets/images/zen-1200.jpg)
```

This causes the images to shrink when you decrease the size of the window.



**9. Different CSS Files Based on Screen Size:** On every page, certain elements will change if you shrink the screen too much. This is because, depending on screen size, different CSS files are used for certain elements. These changes affect the size of the main title on each page, and the menu bar.

```
<meta charset="UTF-8">
<meta name="viewport" content="width=device-width, initial-scale=1.0">
<link rel="stylesheet" type="text/css" href="../style.css">
<link rel="stylesheet" type="text/css" href="../styles-mobile.css" media="screen and (max-width: 767px)">
<link rel="stylesheet" type="text/css" href="../styles-desktop.css" media="screen and (min-width: 768px)">
<title>About Us</title>
```



## 10. Javascript & HTML Verification

When a user clicks the "Submit" button on the contact page form, the information they've entered goes through a thorough check using both HTML and JavaScript. This check is important to make sure that the information is okay before it's sent to the server in the backend. It involves several checks:

1. **Empty Fields:** We look to see if the "First Name" and "Last Name" fields are left blank. We want to ensure that users provide these names to avoid missing information.
2. **Valid Phone Numbers and Email Addresses:** The system also checks that the phone number and email address are in the right format. This helps us make sure the contact information is accurate.
3. **Completeness:** We check that all fields are filled in. If something is left empty, we let the user know they need to provide that information.

We decided to use this double-check approach because it's a standard practice in web development and adds an extra layer of security. Our research showed that it's a common and recommended method. By doing this, we aim to make our project more secure and align with industry norms, ensuring that user data is protected and processed correctly. This method ensures a smoother and more reliable user experience by reducing the chance of mistakes and improving data quality.

## HTML Verification

The process of HTML validation includes a straightforward application of the "required" attribute. This attribute is utilized as illustrated in the contact code page.

```
<label for="firstName">First Name:</label><br>
<input type="text" id="firstName" name="firstName" required><br>
```

In this instance, the above code displays the following when a required field is left empty:

A screenshot of a web browser window. At the top, there is a label 'First Name:' followed by an empty text input field with a blue border. Below the input field, a red box contains a yellow exclamation mark icon and the text 'Please fill out this field.'

And a different approach is used for phone numbers, using the pattern attribute:

```
<label for="phoneNumber">Phone Number:</label><br>
<input type="tel" id="phoneNumber" name="phoneNumber"
pattern="[0-9]{10}" required><br>
```

Which results in the following when a non-phone number is entered:

A screenshot of a web browser window. At the top, there is a label 'Phone Number:' followed by a text input field containing '123'. Below the input field, a red box contains a yellow exclamation mark icon and the text 'Please match the requested format.'

And so forth.

## Javascript Verification

As for the Javascript part of verification, we decided to use the exact same parameters of checking as the HTML verification, but embedding it in the `<script>` tag within the contact.html page, as follows:

```
let errorMessage = "";
if (data.firstName.trim() === "") {
    errorMessage += "First name is required.\n";
}
if (data.lastName.trim() === "") {
    errorMessage += "Last name is required.\n";
}
if (data.phoneNumber.trim() === "") {
    errorMessage += "Phone number is required.\n";
} else if (!/^[0-9]{10}$/.test(data.phoneNumber.trim())) {
    errorMessage += "Invalid phone number.\n";
}
```

And so on. If the user neglects to provide acceptable information, a popup message will appear.

## 11. JSON Incorporation

Following the submission of information from the user, the fields are then converted into a JSON format for further processing and storage purposes, which is achieved with the following snippet of code:

```
// Convert the data object to a JSON string
const jsonData = JSON.stringify(data);
```

After doing so, the user is then redirected to another page called “`submission.html`”, where the JSON format of whatever information was entered is displayed, as can be seen in the following screenshot:



The complete codes and implementation of converting the input into JSON and passing it on to the submission page can be found in the `contact.html` and `submission.html` files.

## 12. Submitting Values to Server

In accordance with the project's specifications, the JSON representation of the values obtained from the form is being simulated and sent to the server using JavaScript. This is achieved through the following code snippet:

```
// Send the form data to the server using fetch
fetch("/your-server-endpoint", {
    method: "POST",
    headers: {
        "Content-Type": "application/json"
    },
    body: JSON.stringify(formData)
})
.then(response => response.json())
.then(data => {
    // Handle the response from the server
    console.log("Server response:", data);
    // You can update the page or perform other actions
    based on the server response
})
```

```

        })
        .catch(error => {
            console.error("Error:", error);
        });
    );
}

```

Since we are not working with an actual server at this point, we decided to just go with a temporary placeholder with the name of “/your-server-endpoint”.

## IV. Contributions

<p><b>Cuneyt Aksoy</b></p> <ul style="list-style-type: none"> <li>● Was responsible of creating the GitHub repository</li> <li>● Implemented the affirmations sticky notes</li> <li>● Designed the theme for the website such as gradient coloring, animations, and more</li> <li>● Implemented backend user verification which was collected through the form and simulating form submission to the server</li> </ul>	<p><b>Paul Keiser:</b></p> <ul style="list-style-type: none"> <li>● Did the front end of the form</li> <li>● Added CSS files for different screen sizes</li> <li>● Added most of the content to resources, meditation, seek help, inspiration, about and journaling.</li> </ul>
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

## V. Accessing the Source Code

Finally, in order to access the source code and view the implementation, the full code can be accessed through the following link, which is a GitHub repository:

<https://github.com/Axxoy/CS315-Project>