**Gym Team Contact Page Documentation**

**Overview**

This project is a **responsive contact page** for Gym Team. It allows users to **reach out, subscribe to newsletters, and inquire about services** through a structured form. The project is designed using HTML, CSS, and JavaScript, and integrates with Formspree for form submissions.

**Features**

* **Responsive Design:** Adjusts to different screen sizes using CSS media queries.
* **Contact Form:** Includes fields for name, email, phone number, subject, and message.
* **Email Subscription:** Users can enter their email to subscribe.
* **JavaScript Form Interaction:** Provides feedback when submitting the form.
* **Formspree API Integration:** Handles form submissions externally.

**Technologies Used**

* **HTML** – Defines the page structure.
* **CSS** – Handles layout, styling, and responsiveness.
* **JavaScript** – Provides dynamic interaction.
* **Formspree API** – Manages form submissions.

**Project Structure**

project-folder/

│── index2.html # Main HTML file

│── style.css # CSS file for styling

│── script.js # JavaScript file for form handling

│── images/ # Contains background and other assets

**Code Explanation**

**1.HTML (index.html)**

This file defines the structure of the page:

* **Hero Section (.contact-hero)** – Displays the heading and an email input field.
* **Contact Form Section (.contact-form-section)** – Contains the form with fields for user details.
* **Footer (footer)** – Includes social links and informational sections.
* **Form Submission:** The form sends data to Formspree using:
* <form class="contact-form" action="https://formspree.io/f/mqapqkbq" method="post">

**2️.CSS (style.css)**

* **General Styles:** Sets up font, colors, and layout.
* **Hero Section Styles:**
* .contact-hero {
* background: url('images/twotrainers.jpg') no-repeat center center/cover;
* height: 80vh;
* display: flex;
* align-items: center;
* justify-content: center;
* }
* **Form Styling:** Adds rounded borders, spacing, and shadows.
* **Media Queries:** Ensure responsiveness for mobile and tablet views.

**3️. JavaScript (script.js)**

Handles form feedback interaction:

function getFeedback() {

let nameInput = document.getElementById("youremail").value;

if (nameInput.trim() === "") {

alert("Please enter your email.");

} else {

alert(`Your email "${nameInput}" has been submitted.`);

}

}

**Explanation:**

* Retrieves the email input value.
* Checks if it's empty and alerts the user.
* Displays confirmation when an email is submitted.

**Contributors**

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