

I understand you're having trouble copying the code. Let me provide the complete HTML code without using a code block format, so you can easily copy it:

.gold-text {   
 color: #D4AF37;   
 }   
    
 .gold-border {   
 border-color: #D4AF37;   
 }   
    
 .gold-bg {   
 background-color: #D4AF37;   
 }   
    
 .btn-gold {   
 background-color: #D4AF37;   
 color: #111;   
 transition: all 0.3s ease;   
 }   
    
 .btn-gold:hover {   
 background-color: #111;   
 color: #D4AF37;   
 border: 1px solid #D4AF37;   
 }   
    
 .btn-outline-gold {   
 background-color: transparent;   
 color: #D4AF37;   
 border: 1px solid #D4AF37;   
 transition: all 0.3s ease;   
 }   
    
 .btn-outline-gold:hover {   
 background-color: #D4AF37;   
 color: #111;   
 }   
    
 .profile-img {   
 border: 3px solid #D4AF37;   
 }   
    
 .form-container {   
 display: none;   
 animation: fadeIn 0.5s ease-in-out;   
 }   
    
 @keyframes fadeIn {   
 from { opacity: 0; transform: translateY(-20px); }   
 to { opacity: 1; transform: translateY(0); }   
 }   
    
 input, select, textarea {   
 background-color: #222;   
 border: 1px solid #333;   
 color: #fff;   
 }   
    
 input:focus, select:focus, textarea:focus {   
 border-color: #D4AF37;   
 outline: none;   
 }   
    
 .logo-container {   
 width: 150px;   
 height: 150px;   
 margin: 0 auto;   
 position: relative;   
 }   
    
 .brand-title {   
 font-family: 'Montserrat', sans-serif;   
 font-weight: 900;   
 font-size: 2.5rem;   
 letter-spacing: 3px;   
 background: linear-gradient(to right, #D4AF37, #FFD700, #D4AF37);   
 -webkit-background-clip: text;   
 background-clip: text;   
 color: transparent;   
 text-transform: uppercase;   
 text-align: center;   
 margin-top: 1rem;   
 text-shadow: 0px 0px 10px rgba(212, 175, 55, 0.3);   
 }   
    
 .personal-training-title {   
 font-family: 'Montserrat', sans-serif;   
 font-weight: 700;   
 font-size: 1.2rem;   
 letter-spacing: 2px;   
 color: #D4AF37;   
 text-transform: uppercase;   
 text-align: center;   
 margin-top: 0.5rem;   
 }   
    
 .image-gallery {   
 display: grid;   
 grid-template-columns: 1fr 1fr;   
 gap: 1rem;   
 margin: 1.5rem 0;   
 }   
    
 .gallery-img {   
 border: 2px solid #D4AF37;   
 border-radius: 8px;   
 overflow: hidden;   
 aspect-ratio: 1/1;   
 }   
    
 .tagline {   
 font-style: italic;   
 font-weight: 500;   
 font-size: 1.2rem;   
 text-align: center;   
 margin: 1.5rem 0;   
 line-height: 1.6;   
 letter-spacing: 1px;   
 background: linear-gradient(to right, #fff, #D4AF37, #fff);   
 -webkit-background-clip: text;   
 background-clip: text;   
 color: transparent;   
 }   
</style>

<!-- Brand Name -->   
 <h1 class="brand-title mb-2">DAW FITNESS</h1>   
    
 <!-- Personal Training Title -->   
 <div class="personal-training-title mb-6">Personal Training</div>   
    
 <!-- Image Gallery -->   
 <div class="image-gallery">   
 <div class="gallery-img">   
 <!-- Replace with your actual profile image 1 -->   
 <svg class="w-full h-full text-gray-300" fill="currentColor" viewBox="0 0 24 24">   
 <path d="M12 14.25c4.142 0 7.5 3.358 7.5 7.5H4.5c0-4.142 3.358-7.5 7.5-7.5zm0-9c2.071 0 3.75 1.679 3.75 3.75S14.071 12.75 12 12.75 8.25 11.071 8.25 9 9.929 5.25 12 5.25z" />   
 </svg>   
 </div>   
 <div class="gallery-img">   
 <!-- Replace with your actual profile image 2 -->   
 <svg class="w-full h-full text-gray-300" fill="currentColor" viewBox="0 0 24 24">   
 <path d="M12 14.25c4.142 0 7.5 3.358 7.5 7.5H4.5c0-4.142 3.358-7.5 7.5-7.5zm0-9c2.071 0 3.75 1.679 3.75 3.75S14.071 12.75 12 12.75 8.25 11.071 8.25 9 9.929 5.25 12 5.25z" />   
 </svg>   
 </div>   
 </div>   
    
 <!-- Tagline -->   
 <p class="tagline">"Be the best version of you"</p>   
    
 <!-- Main Links -->   
 <div class="space-y-4 mb-8">   
 <button id="programBtn" class="w-full py-3 px-4 rounded-lg btn-gold font-semibold flex items-center justify-between">   
 <span>12-Week Program</span>   
 <svg xmlns="http://www.w3.org/2000/svg" class="h-5 w-5" viewBox="0 0 20 20" fill="currentColor">   
 <path fill-rule="evenodd" d="M12.293 5.293a1 1 0 011.414 0l4 4a1 1 0 010 1.414l-4 4a1 1 0 01-1.414-1.414L14.586 11H3a1 1 0 110-2h11.586l-2.293-2.293a1 1 0 010-1.414z" clip-rule="evenodd" />   
 </svg>   
 </button>   
    
 <button class="w-full py-3 px-4 rounded-lg btn-outline-gold font-semibold flex items-center justify-center">   
 <svg xmlns="http://www.w3.org/2000/svg" class="h-5 w-5 mr-2" fill="currentColor" viewBox="0 0 24 24">   
 <path d="M12 2.163c3.204 0 3.584.012 4.85.07 3.252.148 4.771 1.691 4.919 4.919.058 1.265.069 1.645.069 4.849 0 3.205-.012 3.584-.069 4.849-.149 3.225-1.664 4.771-4.919 4.919-1.266.058-1.644.07-4.85.07-3.204 0-3.584-.012-4.849-.07-3.26-.149-4.771-1.699-4.919-4.92-.058-1.265-.07-1.644-.07-4.849 0-3.204.013-3.583.07-4.849.149-3.227 1.664-4.771 4.919-4.919 1.266-.057 1.645-.069 4.849-.069zm0-2.163c-3.259 0-3.667.014-4.947.072-4.358.2-6.78 2.618-6.98 6.98-.059 1.281-.073 1.689-.073 4.948 0 3.259.014 3.668.072 4.948.2 4.358 2.618 6.78 6.98 6.98 1.281.058 1.689.072 4.948.072 3.259 0 3.668-.014 4.948-.072 4.354-.2 6.782-2.618 6.979-6.98.059-1.28.073-1.689.073-4.948 0-3.259-.014-3.667-.072-4.947-.196-4.354-2.617-6.78-6.979-6.98-1.281-.059-1.69-.073-4.949-.073zm0 5.838c-3.403 0-6.162 2.759-6.162 6.162s2.759 6.163 6.162 6.163 6.162-2.759 6.162-6.163c0-3.403-2.759-6.162-6.162-6.162zm0 10.162c-2.209 0-4-1.79-4-4 0-2.209 1.791-4 4-4s4 1.791 4 4c0 2.21-1.791 4-4 4zm6.406-11.845c-.796 0-1.441.645-1.441 1.44s.645 1.44 1.441 1.44c.795 0 1.439-.645 1.439-1.44s-.644-1.44-1.439-1.44z"/>   
 </svg>   
 Instagram   
 </button>   
 </div>   
    
 <!-- 12-Week Program Form -->   
 <div id="programForm" class="form-container bg-black bg-opacity-70 p-6 rounded-xl border gold-border">   
 <h2 class="text-2xl font-bold gold-text mb-6 text-center">12-Week Program Request</h2>   
    
 <form id="requestForm" class="space-y-6">   
 <!-- Personal Information -->   
 <div class="space-y-4">   
 <div>   
 <label class="block text-sm font-medium mb-1">Name</label>   
 <input type="text" class="w-full px-3 py-2 rounded-lg" required>   
 </div>   
    
 <div>   
 <label class="block text-sm font-medium mb-1">Age</label>   
 <input type="number" class="w-full px-3 py-2 rounded-lg" required>   
 </div>   
    
 <div>   
 <label class="block text-sm font-medium mb-1">Phone</label>   
 <input type="tel" class="w-full px-3 py-2 rounded-lg" required>   
 </div>   
    
 <div>   
 <label class="block text-sm font-medium mb-1">Email</label>   
 <input type="email" class="w-full px-3 py-2 rounded-lg" required>   
 </div>   
    
 <div>   
 <label class="block text-sm font-medium mb-1">Confirm Email</label>   
 <input type="email" class="w-full px-3 py-2 rounded-lg" required>   
 </div>   
    
 <div>   
 <label class="block text-sm font-medium mb-1">Preferred way of being contacted?</label>   
 <select class="w-full px-3 py-2 rounded-lg" required>   
 <option value="">Select an option</option>   
 <option value="email">Email</option>   
 <option value="phone">Phone</option>   
 <option value="whatsapp">WhatsApp</option>   
 </select>   
 </div>   
 </div>   
    
 <!-- Fitness Background -->   
 <div class="space-y-4">   
 <div>   
 <label class="block text-sm font-medium mb-1">Have you ever used an Online Coach before?</label>   
 <select class="w-full px-3 py-2 rounded-lg" required>   
 <option value="">Select an option</option>   
 <option value="yes">Yes</option>   
 <option value="no">No</option>   
 </select>   
 </div>   
    
 <div>   
 <label class="block text-sm font-medium mb-1">What is your overall goal?</label>   
 <select class="w-full px-3 py-2 rounded-lg" required>   
 <option value="">Select an option</option>   
 <option value="weight-loss">Weight Loss</option>   
 <option value="muscle-gain">Muscle Gain</option>   
 <option value="strength">Strength</option>   
 <option value="endurance">Endurance</option>   
 <option value="general-fitness">General Fitness</option>   
 <option value="other">Other</option>   
 </select>   
 </div>   
    
 <div>   
 <label class="block text-sm font-medium mb-1">Please explain why are you looking to achieve this overall goal?</label>   
 <textarea class="w-full px-3 py-2 rounded-lg" rows="3" required></textarea>   
 </div>   
    
 <div>   
 <label class="block text-sm font-medium mb-1">What is currently stopping you from achieving your goal? Is it nutrition, training or something else?</label>   
 <textarea class="w-full px-3 py-2 rounded-lg" rows="3" required></textarea>   
 </div>   
    
 <div>   
 <label class="block text-sm font-medium mb-1">Have you trained in a gym before? If so, how long for?</label>   
 <textarea class="w-full px-3 py-2 rounded-lg" rows="2" required></textarea>   
 </div>   
    
 <div>   
 <label class="block text-sm font-medium mb-1">If you have trained before, what sort of training do you enjoy doing? (e.g., lifting weights, cardio, HIIT training etc)</label>   
 <textarea class="w-full px-3 py-2 rounded-lg" rows="2" required></textarea>   
 </div>   
    
 <div>   
 <label class="block text-sm font-medium mb-1">How many days per week are you able to train?</label>   
 <select class="w-full px-3 py-2 rounded-lg" required>   
 <option value="">Select an option</option>   
 <option value="1-2">1-2 days</option>   
 <option value="3-4">3-4 days</option>   
 <option value="5-6">5-6 days</option>   
 <option value="7">7 days</option>   
 </select>   
 </div>   
 </div>   
    
 <!-- Nutrition -->   
 <div class="space-y-4">   
 <div>   
 <label class="block text-sm font-medium mb-1">How would you describe your current diet?</label>   
 <select class="w-full px-3 py-2 rounded-lg" required>   
 <option value="">Select an option</option>   
 <option value="balanced">Well balanced diet</option>   
 <option value="occasional">Balanced with occasional treats</option>   
 <option value="fast-food">Mainly fast food/takeaways</option>   
 </select>   
 </div>   
    
 <div>   
 <label class="block text-sm font-medium mb-1">Have you ever tracked your food or calorie intake before?</label>   
 <select class="w-full px-3 py-2 rounded-lg" required>   
 <option value="">Select an option</option>   
 <option value="yes">Yes</option>   
 <option value="no">No</option>   
 </select>   
 </div>   
    
 <div>   
 <label class="block text-sm font-medium mb-1">Have you ever used a food tracking app such as Myfitnesspal or similar apps before?</label>   
 <select class="w-full px-3 py-2 rounded-lg" required>   
 <option value="">Select an option</option>   
 <option value="yes">Yes</option>   
 <option value="no">No</option>   
 </select>   
 </div>   
 </div>   
    
 <!-- Lifestyle -->   
 <div class="space-y-4">   
 <div>   
 <label class="block text-sm font-medium mb-1">What is your current job role?</label>   
 <input type="text" class="w-full px-3 py-2 rounded-lg" required>   
 </div>   
    
 <div>   
 <label class="block text-sm font-medium mb-1">What are your usual working hours and days?</label>   
 <input type="text" class="w-full px-3 py-2 rounded-lg" required>   
 </div>   
    
 <div>   
 <label class="block text-sm font-medium mb-1">How active is your job?</label>   
 <select class="w-full px-3 py-2 rounded-lg" required>   
 <option value="">Select an option</option>   
 <option value="sedentary">Sedentary (mostly sitting)</option>   
 <option value="lightly-active">Lightly active (some walking)</option>   
 <option value="moderately-active">Moderately active</option>   
 <option value="very-active">Very active</option>   
 </select>   
 </div>   
    
 <div>   
 <label class="block text-sm font-medium mb-1">How many steps do you roughly do per day?</label>   
 <input type="number" class="w-full px-3 py-2 rounded-lg" required>   
 </div>   
    
 <div>   
 <label class="block text-sm font-medium mb-1">Do you participate in any sports or physical activities?</label>   
 <textarea class="w-full px-3 py-2 rounded-lg" rows="2" required></textarea>   
 </div>   
    
 <div>   
 <label class="block text-sm font-medium mb-1">Do you have any current injuries or health issues?</label>   
 <textarea class="w-full px-3 py-2 rounded-lg" rows="2" required></textarea>   
 </div>   
 </div>   
    
 <!-- Final Questions -->   
 <div class="space-y-4">   
 <div>   
 <label class="block text-sm font-medium mb-1">On a scale of 1-10, how motivated are you to reach your goal?</label>   
 <select class="w-full px-3 py-2 rounded-lg" required>   
 <option value="">Select an option</option>   
 <option value="1">1 (Not motivated)</option>   
 <option value="2">2</option>   
 <option value="3">3</option>   
 <option value="4">4</option>   
 <option value="5">5</option>   
 <option value="6">6</option>   
 <option value="7">7</option>   
 <option value="8">8</option>   
 <option value="9">9</option>   
 <option value="10">10 (Extremely motivated)</option>   
 </select>   
 </div>   
    
 <div>   
 <label class="block text-sm font-medium mb-1">How did you hear about my services?</label>   
 <select class="w-full px-3 py-2 rounded-lg" required>   
 <option value="">Select an option</option>   
 <option value="instagram">Instagram</option>   
 <option value="facebook">Facebook</option>   
 <option value="other-social">Other Social Media</option>   
 <option value="referral">Referral/Word of mouth</option>   
 <option value="other">Other</option>   
 </select>   
 </div>   
    
 <div>   
 <label class="block text-sm font-medium mb-1">Finally, do you have any questions that you would like to ask me?</label>   
 <textarea class="w-full px-3 py-2 rounded-lg" rows="3"></textarea>   
 </div>   
 </div>   
    
 <!-- Submit Button -->   
 <div class="pt-4">   
 <button type="submit" class="w-full py-3 px-4 rounded-lg btn-gold font-semibold text-lg">   
 Submit Request   
 </button>   
 </div>   
    
 <div class="pt-2">   
 <button type="button" id="cancelBtn" class="w-full py-2 px-4 rounded-lg btn-outline-gold font-medium">   
 Cancel   
 </button>   
 </div>   
 </form>   
 </div>   
    
 <!-- Success Message -->   
 <div id="successMessage" class="hidden text-center py-8">   
 <svg xmlns="http://www.w3.org/2000/svg" class="h-16 w-16 mx-auto text-green-500 mb-4" fill="none" viewBox="0 0 24 24" stroke="currentColor">   
 <path stroke-linecap="round" stroke-linejoin="round" stroke-width="2" d="M9 12l2 2 4-4m6 2a9 9 0 11-18 0 9 9 0 0118 0z" />   
 </svg>   
 <h3 class="text-2xl font-bold gold-text mb-2">Request Submitted!</h3>   
 <p class="text-gray-300 mb-6">Thank you for your interest. I'll be in touch with you soon.</p>   
 <button id="backBtn" class="py-2 px-6 rounded-lg btn-gold font-medium">   
 Back to Home   
 </button>   
 </div>   
    
 <!-- Footer -->   
 <div class="mt-8 text-center text-sm text-gray-500">   
 <p>© 2023 DAW FITNESS. All rights reserved.</p>   
 </div>   
</div>   
   
<script>   
 // Show/hide form functionality   
 const programBtn = document.getElementById('programBtn');   
 const programForm = document.getElementById('programForm');   
 const mainLinks = document.querySelector('.space-y-4.mb-8');   
 const cancelBtn = document.getElementById('cancelBtn');   
 const requestForm = document.getElementById('requestForm');   
 const successMessage = document.getElementById('successMessage');   
 const backBtn = document.getElementById('backBtn');   
    
 programBtn.addEventListener('click', () => {   
 mainLinks.style.display = 'none';   
 programForm.style.display = 'block';   
 });   
    
 cancelBtn.addEventListener('click', () => {   
 programForm.style.display = 'none';   
 mainLinks.style.display = 'block';   
 });   
    
 requestForm.addEventListener('submit', (e) => {   
 e.preventDefault();   
 programForm.style.display = 'none';   
 successMessage.style.display = 'block';   
 });   
    
 backBtn.addEventListener('click', () => {   
 successMessage.style.display = 'none';   
 mainLinks.style.display = 'block';   
 });   
</script>

To use this code:

1. Select all the text above (from to )
2. Copy it (Ctrl+C or right-click and select Copy)
3. Create a new text file on your computer
4. Paste the code into the file
5. Save the file with a .html extension (for example, "dawfitness.html")
6. Open the file with any web browser