body {

font-family: Arial, sans-serif;

background-color: #f5f5f5;

color: #333;

margin: 0;

padding: 0;

}

.container {

max-width: 400px;

margin: auto;

padding: 20px;

background-color: #fff;

box-shadow: 0 4px 8px rgba(0, 0, 0, 0.1);

border-radius: 10px;

}

header {

display: flex;

align-items: center;

margin-bottom: 20px;

}

.back-button {

font-size: 24px;

cursor: pointer;

margin-right: 10px;

}

h1 {

font-size: 20px;

margin: 0;

}

.profile-header {

display: flex;

justify-content: space-between;

align-items: center;

margin-bottom: 20px;

}

.profile-picture {

font-size: 50px;

color: #003366;

}

.profile-info h2 {

font-size: 18px;

margin: 0 0 5px 0;

}

.profile-info p {

font-size: 14px;

color: #666;

}

.goal-section {

background-color: #003366;

color: white;

padding: 15px;

border-radius: 10px;

margin-bottom: 20px;

display: flex;

justify-content: space-between;

align-items: center;

}

.goal-info {

text-align: center;

}

.goal-info h3 {

margin: 0 0 10px 0;

font-size: 14px;

}

.gauge-container {

position: relative;

width: 80px;

height: 80px;

margin: auto;

}

.gauge {

width: 200%;

height: 200%;

border-radius: 50%;

background: conic-gradient(#ffcc00 0% 40%, #ddd 40% 100%);

clip-path: inset(0 0 50% 0);

}

.percentage-display {

position: absolute;

top: 50%;

left: 50%;

transform: translate(-50%, -50%);

font-size: 18px;

font-weight: bold;

color: #ffcc00;

}

.metrics {

display: flex;

flex-direction: column;

gap: 10px;

}

.metric {

background-color: #fff;

color: #333;

border-radius: 5px;

padding: 5px;

display: flex;

align-items: center;

gap: 5px;

}

.metric img {

height: 20px;

width: auto;

}

.contact-info .info-item {

display: flex;

align-items: center;

padding: 5px 0;

}

.contact-info .material-icons {

font-size: 20px;

color: #003366;

margin-right: 10px;

}

.contact-info span:nth-child(2) {

flex: 1;

font-weight: bold;

}

.contact-info span:nth-child(3) {

color: #333;

}

.medical-history {

margin-top: 20px;

padding: 15px;

background-color: #f0f0f0;

border-radius: 10px;

}

.medical-history .info-item {

display: flex;

align-items: center;

}

.medical-history .material-icons {

font-size: 20px;

color: #003366;

margin-right: 10px;

}

.medical-history span:nth-child(1) {

font-weight: bold;

margin-bottom: 5px;

}

.medical-history span:nth-child(2) {

color: #333;

margin-top: 5px;

}