CODING

Sign up page :

```html
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>ZEN FITNESS SIGN UP PAGE</title>


  <!-- FontAwesome for Icons -->
  <link rel="stylesheet"
href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/6.4.2/css/all.min.css">


  <style>
    /* General Styling */
    * {
      margin: 0;
      padding: 0;
      box-sizing: border-box;
      font-family: 'Poppins', sans-serif;
    }


    /* Background Styling */
    body {
      display: flex;
      justify-content: center;
      align-items: center;
      height: 100vh;
```

```css
    color: white;

    margin: 0;

    padding: 20px;

    animation: fadeIn 1.5s ease-in-out;

}
/* Background Video Styling */

#background-video {

    position: fixed;

    top: 0;

    left: 0;

    width: 100%;

    height: 100%;

    object-fit: cover;

    z-index: -1;

}
@keyframes fadeIn {

    from { opacity: 0; }

    to { opacity: 1; }

}


/* Form Container */

.main {

    background: rgba(0, 0, 0, 0.7);

    padding: 30px;

    border-radius: 15px;

    box-shadow: 0px 5px 15px rgba(0, 0, 0, 0.3);

    width: 350px;

    text-align: center;
```

```css
    animation: fadeIn 1.5s ease-in-out;
}

h2 {
    color: #4CAF50;
    margin-bottom: 20px;
    font-size: 28px;
}

label {
    display: block;
    margin-top: 10px;
    text-align: left;
    font-size: 14px;
    color: #ddd;
}

input, select {
    width: 100%;
    padding: 10px;
    margin-top: 5px;
    border: none;
    border-radius: 5px;
    outline: none;
    background: rgba(255, 255, 255, 0.1);
    color: white;
    font-size: 16px;
}
```

```css
input::placeholder {
    color: #ccc;
}


select option {
    color: black;
    background: white;
}


/* Password Container */
.password-container {
    position: relative;
}


.eye-icon {
    position: absolute;
    right: 15px;
    top: 50%;
    transform: translateY(-50%);
    cursor: pointer;
    color: #bbb;
    font-size: 18px;
}


.eye-icon:hover {
    color: #4CAF50;
}
```

```css
/* Button Styling */
button {
    width: 100%;
    padding: 12px;
    margin-top: 20px;
    border: none;
    border-radius: 10px;
    background-color: #4CAF50;
    color: white;
    font-size: 18px;
    font-weight: bold;
    cursor: pointer;
    transition: all 0.3s ease-in-out;
}

button:hover {
    background-color: #45a049;
    transform: scale(1.05);
}

/* Fade In Animation */
@keyframes fadeIn {
    from {
        opacity: 0;
        transform: translateY(-20px);
    }
    to {
```

```
        opacity: 1;

        transform: translateY(0);

      }

    }

    @keyframes floatEffect {

      from { transform: translateY(0px); }

      to { transform: translateY(-5px); }

    }

    /* Responsive Design */

    @media (max-width: 768px) {

      .main {

        width: 80%;

      }

    }

  </style>

</head>

<body>

    <!-- Background Video -->

  <video id="background-video" autoplay loop muted>

    <source src="oooo.mp4" type="video/mp4">

    Your browser does not support the video tag.

  </video>

  <div class="main">

    <h2>SIGN UP</h2>

    <form id="sign-up-form">

      <label for="first">First Name:</label>

      <input type="text" id="first" name="first" placeholder="John" required>
```

```html
<label for="last">Last Name:</label>
<input type="text" id="last" name="last" placeholder="Doe" required>


<label for="email">Email:</label>
<input type="email" id="email" name="email" placeholder="john@example.com" required>


<label for="password">Password:</label>
<div class="password-container">
    <input type="password" id="password" name="password" required>
    <i class="eye-icon fas fa-eye" onclick="togglePassword('password', this)"></i>
</div>


<label for="repassword">Confirm Password:</label>
<div class="password-container">
    <input type="password" id="repassword" name="repassword" required>
    <i class="eye-icon fas fa-eye" onclick="togglePassword('repassword', this)"></i>
</div>


<label for="mobile">Contact:</label>
<input type="text" id="mobile" name="mobile" maxlength="10" placeholder="1234567890" required>


<label for="gender">Gender:</label>
<select id="gender" name="gender" required>
    <option value="" disabled selected>Select</option>
    <option value="male">Male</option>
```

```html
        <option value="female">Female</option>
        <option value="other">Other</option>
      </select>
        <a href="DASHBOARD 2X2.html" class="btn"></a>
      <button type="submit">LET'S START</button>
      <p style="margin-top: 15px; color: #ddd;">
  Already have an account?
  <a href="alreadylogin.html">Login</a>


</p>
</form>
  </div>


<script>
  document.addEventListener("DOMContentLoaded", function () {
    const form = document.getElementById("sign-up-form");
    const password = document.getElementById("password");
    const repassword = document.getElementById("repassword");
    const email = document.getElementById("email");
    const mobile = document.getElementById("mobile");

    form.addEventListener("submit", function (event) {
      event.preventDefault(); // Prevent default form submission

      // Validate email format
      if (!validateEmail(email.value)) {
        alert("Please enter a valid email address!");
        return;
```

```javascript
        }

        // Validate mobile number (10-digit)
        if (!/^\d{10}$/.test(mobile.value)) {
            alert("Please enter a valid 10-digit mobile number!");
            return;
        }

        // Validate password match
        if (password.value !== repassword.value) {
            alert("Passwords do not match!");
            return;
        }

        alert("Registration Successful!");

        // Redirect to Dashboard Page
        window.location.href = "DASHBOARD 2X2.html";
    });

    function validateEmail(email) {
        const emailPattern = /^[a-zA-Z0-9._%+-]+@[a-zA-Z0-9.-]+\.[a-zA-Z]{2,}$/;
        return emailPattern.test(email);
    }
  });
</script>

</body>
```

</html>

Login page :

```html
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>ZEN FITNESS LOGIN PAGE</title>

    <!-- FontAwesome for Icons -->
    <link rel="stylesheet"
href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/6.4.2/css/all.min.css">

    <style>
        /* General Styling */
        * {
            margin: 0;
            padding: 0;
```

```css
    box-sizing: border-box;

    font-family: 'Poppins', sans-serif;

}


/* Background Styling */

body {

    display: flex;

    justify-content: center;

    align-items: center;

    height: 100vh;

    color: white;

    margin: 0;

    padding: 20px;

    animation: fadeIn 1.5s ease-in-out;

}
/* Background Video Styling */

#background-video {

    position: fixed;

    top: 0;

    left: 0;

    width: 100%;

    height: 100%;

    object-fit: cover;

    z-index: -1;

}
@keyframes fadeIn {

    from { opacity: 0; }

    to { opacity: 1; }
```

```css
}
/* Form Container */
.main {
    background: rgba(0, 0, 0, 0.7);

    padding: 30px;

    border-radius: 15px;

    box-shadow: 0px 5px 15px rgba(0, 0, 0, 0.3);

    width: 350px;

    text-align: center;

    animation: fadeIn 1.5s ease-in-out;
}


h2 {
    color: #4CAF50;

    margin-bottom: 20px;

    font-size: 28px;
}


label {
    display: block;

    margin-top: 10px;

    text-align: left;

    font-size: 14px;

    color: #ddd;
}


input, select {
    width: 100%;
```

```css
    padding: 10px;

    margin-top: 5px;

    border: none;

    border-radius: 5px;

    outline: none;

    background: rgba(255, 255, 255, 0.1);

    color: white;

    font-size: 16px;

}


input::placeholder {

    color: #ccc;

}


select option {

    color: black;

    background: white;

}


/* Button Styling */
button {

    width: 100%;

    padding: 12px;

    margin-top: 20px;

    border: none;

    border-radius: 10px;

    background-color: #4CAF50;

    color: white;
```

```css
    font-size: 18px;

    font-weight: bold;

    cursor: pointer;

    transition: all 0.3s ease-in-out;

}


button:hover {

    background-color: #45a049;

    transform: scale(1.05);

}
/* Fade In Animation */
@keyframes fadeIn {

    from {

        opacity: 0;

        transform: translateY(-20px);

    }

    to {

        opacity: 1;

        transform: translateY(0);

    }

}
@keyframes floatEffect {

    from { transform: translateY(0px); }

    to { transform: translateY(-5px); }

}
/* Responsive Design */
@media (max-width: 768px) {

    .main {
```

```
                width: 80%;

            }

        }

    </style>

</head>

<body>

    <!-- Background Video -->

    <video id="background-video" autoplay loop muted>

        <source src="oooo.mp4" type="video/mp4">

        Your browser does not support the video tag.

    </video>

    <div class="main">

        <h2>LOGIN</h2>

        <form id="sign-up-form">

            <label for="email">Email:</label>

            <input type="email" id="email" name="email" required>


            <label for="password">Password:</label>

            <input type="password" id="password" name="password" required>


            <button type="button" onclick="window.location.href='DASHBOARD
2X2.html'">LET'S START</button>

        </form>

        <p style="margin-top: 15px; color: #ddd;">

            Don't have an account? <a href="LOGIN PAGE.html">Signup</a>

        </p>

    </div>


<script>
```

```
document.addEventListener("DOMContentLoaded", function () {
    const form = document.getElementById("sign-up-form");

    const password = document.getElementById("password");

    const email = document.getElementById("email");


    form.addEventListener("submit", function (event) {
        event.preventDefault(); // Prevent default form submission


        // Validate password match
        if (password.value !== repassword.value) {
            alert("Passwords do not match!");
            return;
        }


        alert("Registration Successful!");


        // Redirect to Login Page
        window.location.href = "DASHBOARD 2X2.html";
    });
});
</script>
</body>
</html>
```

Dashboard :

```html
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Fitness Dashboard</title>
    <script src="https://cdn.jsdelivr.net/npm/chart.js"></script>
    <link href="https://cdn.jsdelivr.net/npm/bootstrap@4.6.2/dist/css/bootstrap.min.css" rel="stylesheet">
```

```
<style>
    @import
url('https://fonts.googleapis.com/css2?family=Poppins:wght@300;400;600&display=
swap');


    body {
        font-family: 'Poppins', sans-serif;
        color: #ffffff;
        display: flex;
        justify-content: center;
        align-items: center;
        height: 100vh;
        margin: 0;
        flex-direction: column;
        padding: 10px;
        position: relative;
        overflow: hidden;
    }


    /* Background Video Styling */
    #background-video {
        position: fixed;
        top: 0;
        left: 0;
        width: 100%;
        height: 100%;
        object-fit: cover;
        z-index: -1;
    }
```

```css
.container {
    text-align: center;
    background: rgba(30, 30, 30, 0.8);
    padding: 15px;
    border-radius: 10px;
    box-shadow: 0px 0px 10px #00ffcc;
    margin: 10px 0;
    border: 1.5px solid #00ffcc;
}
.dashboard-container {
    display: grid;
    grid-template-columns: repeat(2, 1fr);
    grid-gap: 10px;
    max-width: 750px;
    width: 100%;
    padding: 5px;
}
.tracker{
    background: rgba(40, 40, 40, 0.85);
    backdrop-filter: blur(8px);
    padding: 15px;
    border-radius: 8px;
    box-shadow: 0 0 8px rgba(0, 255, 255, 0.5);
    text-align:center;
    width: 100%;
    height: 270px;
    display: flex;
```

```css
    flex-direction: column;

    justify-content: space-between;

}

.tracker.calories-tracker {

    height: 280px;

}

.graphs-container {

    display: flex;

    justify-content: space-between;

    margin-top: 10px;

    width: 100%;

}

.graph-container{

    width: 48%;

    background: rgba(30, 30, 30, 0.9);

    padding: 30px;

    border-radius: 8px;

    box-shadow: 0 0 8px rgba(0, 255, 255, 0.5);

    text-align: center;

}

input {

    width: 100%;

    padding: 12px;

    margin: 4px 0;

    border: none;

    border-radius: 5px;

    outline: none;

    text-align: center;
```

```css
      background: #333;

      color: #FFF;

      font-size: 12px;

    }

    button {

      background: #05d3f2;

      border: none;

      padding: 6px;

      border-radius: 8px;

      cursor: pointer;

      transition: 0.3s;

      color: #0a0a0a;

      font-weight: bold;

      font-size: 12px;

    }

    button:hover {

      background: #32ed38;

    }

    canvas {

      max-width: 100%;

      height: 100px;

    }
  </style>
</head>
<body>
    <!-- Background Video -->
  <video id="background-video" autoplay loop muted>
    <source src="run.mp4" type="video/mp4">
```

```
        Your browser does not support the video tag.
</video>
<div class="main" style="text-align: center;">
<h2>DASHBOARD TRACKER</h2>
<div class="dashboard-container">
    <div class="tracker">
        <h4>Workout</h4>
        <form>
            <input type="text" id="exercise" placeholder="Exercise">
            <input type="number" id="duration" placeholder="Duration (mins)">
            <button type="button" onclick="addWorkout()">Track</button>
        </form>
    </div>
    <div class="tracker">
        <h4>Diet & Water</h4>
        <form>
            <input type="number" id="caloriesMeal" placeholder="Calories">
            <input type="number" id="water" placeholder="Water (ml/l)">
            <button type="button" onclick="addDiet()">Track</button>
        </form>
    </div>
    <div class="tracker calories-tracker">
        <h4>Calories</h4>
        <form>
            <input type="number" id="age" placeholder="Age">
            <input type="number" id="height" placeholder="Height (cm)">
            <input type="number" id="weight" placeholder="Weight (kg)">
            <button type="button" onclick="calculateCalories()">Track</button>
```

```html
      </form>

      <p>Calories: <span id="caloriesResult">--</span> kcal</p>

    </div>

    <div class="tracker">

      <h4>Heartbeat</h4>

      <button onclick="trackHeartbeat()">Track</button>

      <p>Heart Rate: <span id="bpm">--</span> BPM</p>

    </div>

  </div>

  <div class="graphs-container">

    <div class="graph-container">

      <h4>Workout Progress</h4>

      <canvas id="workoutChart"></canvas>

    </div>

    <div class="graph-container">

      <h4>Diet & Water Intake</h4>

      <canvas id="dietChart"></canvas>

    </div>

  </div>

  <script>

  function trackHeartbeat() {

      document.getElementById("bpm").innerText = Math.floor(Math.random() *
(120 - 60) + 60);

    }

  function calculateCalories() {

      let age = document.getElementById("age").value;

      let height = document.getElementById("height").value;

      let weight = document.getElementById("weight").value;

      if (age && height && weight) {
```

```javascript
        let calories = Math.round((10 * weight) + (6.25 * height) - (5 * age) + 5);

        document.getElementById("caloriesResult").innerText = calories;

    }

}

function addDiet() {

    let calMeal = document.getElementById("caloriesMeal").value;

    let water = document.getElementById("water").value;

    if (calMeal && water) {

        updateChart("dietChart", [parseInt(water)], "Water Intake (ml/l)", "rgba(0,
255, 255, 0.5)");

    }

}

function addWorkout() {

    let duration = document.getElementById("duration").value;

    if (duration) {

        updateChart("workoutChart", [parseInt(duration)], "Workout Duration
(mins)", "rgba(0, 255, 0, 0.5)");

    }

}

function updateChart(id, data, label, color) {

    new Chart(document.getElementById(id).getContext("2d"), {

        type: "bar",

        data: {

            labels: Array.from({ length: data.length }, (_, i) => i + 1),

            datasets: [{ label: label, data: data, backgroundColor: color }]

        },

        options: { scales: { y: { beginAtZero: true } } }

    });

}
```

```
        </script>

</body><br>

<body>

  <div class="content">

        <button class="MOVE TO CALENDAR">

      <a href="calendar todo.html" class="btn"> 📅 MOVE TO CALENDAR</a>

  </div><br>

  <div class="content">

        <button class="MOVE TO TIMER & STOPWATCH">

        <a href="combined.html" class="btn"> MOVE TO 🕐 TIMER &
STOPWATCH</a>

    </div>

<script src="https://cdn.jsdelivr.net/npm/chart.js"></script>

<script src="DOWNJS.js"></script>

</body>

</html>
```

Calender :

```
        <!DOCTYPE html>

<html lang="en">

<head>
```

```html
<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>Fitness Dashboard</title>

<script src="https://cdn.jsdelivr.net/npm/chart.js"></script>

<link
href="https://cdn.jsdelivr.net/npm/bootstrap@4.6.2/dist/css/bootstrap.min.css"
rel="stylesheet">

<style>

    @import
url('https://fonts.googleapis.com/css2?family=Poppins:wght@300;400;600&display=
swap');


    body {

        font-family: 'Poppins', sans-serif;

        color: #ffffff;

        display: flex;

        justify-content: center;

        align-items: center;

        height: 100vh;

        margin: 0;

        flex-direction: column;

        padding: 10px;

        position: relative;

        overflow: hidden;

    }


    /* Background Video Styling */

    #background-video {

        position: fixed;
```

```css
    top: 0;

    left: 0;

    width: 100%;

    height: 100%;

    object-fit: cover;

    z-index: -1;

}


  .container {

    text-align: center;

    background: rgba(30, 30, 30, 0.8);

    padding: 15px;

    border-radius: 10px;

    box-shadow: 0px 0px 10px #00ffcc;

    margin: 10px 0;

    border: 1.5px solid #00ffcc;

}

.dashboard-container {

    display: grid;

    grid-template-columns: repeat(2, 1fr);

    grid-gap: 10px;

    max-width: 750px;

    width: 100%;

    padding: 5px;

}

.tracker{

    background: rgba(40, 40, 40, 0.85);

    backdrop-filter: blur(8px);
```

```css
    padding: 15px;

    border-radius: 8px;

    box-shadow: 0 0 8px rgba(0, 255, 255, 0.5);

    text-align:center;

    width: 100%;

    height: 270px;

    display: flex;

    flex-direction: column;

    justify-content: space-between;
}
.tracker.calories-tracker {

    height: 280px;
}
.graphs-container {

    display: flex;

    justify-content: space-between;

    margin-top: 10px;

    width: 100%;
}
.graph-container{

    width: 48%;

    background: rgba(30, 30, 30, 0.9);

    padding: 30px;

    border-radius: 8px;

    box-shadow: 0 0 8px rgba(0, 255, 255, 0.5);

    text-align: center;
}
input {
```

```css
    width: 100%;

    padding: 12px;

    margin: 4px 0;

    border: none;

    border-radius: 5px;

    outline: none;

    text-align: center;

    background: #333;

    color: #FFF;

    font-size: 12px;
}
button {

    background: #05d3f2;

    border: none;

    padding: 6px;

    border-radius: 8px;

    cursor: pointer;

    transition: 0.3s;

    color: #0a0a0a;

    font-weight: bold;

    font-size: 12px;
}
button:hover {

    background: #32ed38;
}
canvas {

    max-width: 100%;

    height: 100px;
```

```html
        }
    </style>
</head>
<body>
    <!-- Background Video -->
    <video id="background-video" autoplay loop muted>
        <source src="run.mp4" type="video/mp4">
        Your browser does not support the video tag.
    </video>
    <div class="main" style="text-align: center;">
    <h2>DASHBOARD TRACKER</h2>
    <div class="dashboard-container">
        <div class="tracker">
            <h4>Workout</h4>
            <form>
                <input type="text" id="exercise" placeholder="Exercise">
                <input type="number" id="duration" placeholder="Duration (mins)">
                <button type="button" onclick="addWorkout()">Track</button>
            </form>
        </div>
        <div class="tracker">
            <h4>Diet & Water</h4>
            <form>
                <input type="number" id="caloriesMeal" placeholder="Calories">
                <input type="number" id="water" placeholder="Water (ml/l)">
                <button type="button" onclick="addDiet()">Track</button>
            </form>
        </div>
```

```html
<div class="tracker calories-tracker">
    <h4>Calories</h4>
    <form>
        <input type="number" id="age" placeholder="Age">
        <input type="number" id="height" placeholder="Height (cm)">
        <input type="number" id="weight" placeholder="Weight (kg)">
        <button type="button" onclick="calculateCalories()">Track</button>
    </form>
    <p>Calories: <span id="caloriesResult">--</span> kcal</p>
</div>
<div class="tracker">
    <h4>Heartbeat</h4>
    <button onclick="trackHeartbeat()">Track</button>
    <p>Heart Rate: <span id="bpm">--</span> BPM</p>
</div>
</div>
<div class="graphs-container">
    <div class="graph-container">
        <h4>Workout Progress</h4>
        <canvas id="workoutChart"></canvas>
    </div>
    <div class="graph-container">
        <h4>Diet & Water Intake</h4>
        <canvas id="dietChart"></canvas>
    </div>
</div>
<script>
    function trackHeartbeat() {
```

```javascript
        document.getElementById("bpm").innerText = Math.floor(Math.random() *
(120 - 60) + 60);

    }
    function calculateCalories() {

        let age = document.getElementById("age").value;

        let height = document.getElementById("height").value;

        let weight = document.getElementById("weight").value;

        if (age && height && weight) {

            let calories = Math.round((10 * weight) + (6.25 * height) - (5 * age) + 5);

            document.getElementById("caloriesResult").innerText = calories;

        }

    }
    function addDiet() {

        let calMeal = document.getElementById("caloriesMeal").value;

        let water = document.getElementById("water").value;

        if (calMeal && water) {

            updateChart("dietChart", [parseInt(water)], "Water Intake (ml/l)", "rgba(0,
255, 255, 0.5)");

        }

    }
    function addWorkout() {

        let duration = document.getElementById("duration").value;

        if (duration) {

            updateChart("workoutChart", [parseInt(duration)], "Workout Duration
(mins)", "rgba(0, 255, 0, 0.5)");

        }

    }
    function updateChart(id, data, label, color) {

        new Chart(document.getElementById(id).getContext("2d"), {
```

```
            type: "bar",

            data: {

                labels: Array.from({ length: data.length }, (_, i) => i + 1),

                datasets: [{ label: label, data: data, backgroundColor: color }]

            },

            options: { scales: { y: { beginAtZero: true } } }

        });

    }

  </script>

</body><br>

<body>

  <div class="content">

      <button class="MOVE TO CALENDAR">

    <a href="calendar todo.html" class="btn"> 📅 MOVE TO CALENDAR</a>

  </div><br>

  <div class="content">

    <button class="MOVE TO TIMER & STOPWATCH">

    <a href="combined.html" class="btn"> MOVE TO 🕐 TIMER &
STOPWATCH</a>

  </div>

<script src="https://cdn.jsdelivr.net/npm/chart.js"></script>

<script src="DOWNJS.js"></script>

</body>

</html>
```

Timer and Stop Watch :

```html
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Clock & Workout</title>
    <style>
        @import url('https://fonts.googleapis.com/css2?family=Rajdhani:wght@400;700&display=swap');

        body {
            font-family: 'Rajdhani', sans-serif;
            display: flex;
            justify-content: space-between;
            align-items: center;
            height: 100vh;
            color: white;
            margin: 0;
            padding: 20px;
            animation: fadeIn 1.5s ease-in-out;
        }
        /* Background Video Styling */
```

```css
#background-video {
    position: fixed;
    top: 0;
    left: 0;
    width: 100%;
    height: 100%;
    object-fit: cover;
    z-index: -1;
}
@keyframes fadeIn {
    from { opacity: 0; }
    to { opacity: 1; }
}
.left-container, .right-container {
    width: 48%;
    height: 90vh;
    padding: 10px;
    background: rgba(0, 0, 0, 0.3);
    border-radius: 10px;
    box-shadow: 0px 0px 10px cyan;
    overflow: auto;
        animation: slideIn 1.5s ease-out;
}
.left-container {
    animation: glowEffect 3s infinite alternate;
    animation: floatEffect 2s infinite alternate;
}
@keyframes slideIn {
```

```css
      from { transform: translateY(50px); opacity: 0; }

      to { transform: translateY(0); opacity: 1; }

   }

   @keyframes floatEffect {

      from { transform: translateY(0px); }

      to { transform: translateY(-5px); }

   }

   @keyframes glowEffect {

      from { box-shadow: 0px 0px 10px cyan; }

      to { box-shadow: 0px 0px 30px cyan; }

   }

   .container {

      text-align: center;

      background: rgba(30, 30, 30, 0.7);

      padding: 15px;

      border-radius: 10px;

      box-shadow: 0px 0px 10px #00ffcc;

      margin: 40px 0;

      border: 1.0px solid #00ffcc;

         animation: popIn 1s ease-out;

   }

   @keyframes popIn {

      from { transform: scale(0.8); opacity: 0; }

      to { transform: scale(1); opacity: 1; }

   }

   .time-display {

      font-size: 2.5em;

      margin: 10px 0;
```

```css
        font-weight: bold;

        color: #00ffcc;

    }

button {

        margin: 15px;

        padding: 10px 15px;

        border: none;

        background: #00ffcc;

        color: #121212;

        cursor: pointer;

        border-radius: 6px;

        font-size: 0.9em;

        font-weight: bold;

        transition: transform 0.3s;

    }

button:hover {

        transform: scale(1.1);

    }

.exercise-container {

        display: grid;

        grid-template-columns: repeat(4, 1fr);

        gap: 20px;

        justify-content: center;

    }

    .modal-content img {

        width: 300px; /* Adjust as needed */

        height: 300px; /* Adjust as needed */

        object-fit: cover; /* Ensures the image scales properly */
```

```css
    border-radius: 8px;
}
.exercise {
    width: 90px;
    cursor: pointer;
    text-align: center;
    padding: 10px;
    background: rgba(30, 30, 30, 0.7);
    border-radius: 8px;
    border: 2px solid cyan;
    box-shadow: 0 0 6px cyan;
    transition: transform 0.3s, box-shadow 0.3s;
    animation: floatEffect 2s infinite alternate;
}
@keyframes floatEffect {
    from { transform: translateY(0px); }
    to { transform: translateY(-5px); }
}
.exercise:hover {
    transform: scale(1.1);
    box-shadow: 0 0 35px cyan;
}
.exercise img {
    width: 100%;
    border-radius: 10px;
}
    .modal {
            display: none;
```

```css
        position: fixed;

        top: 0;

        left: 0;

        width: 100%;

        height: 100%;

        background: rgba(0, 0, 0, 0.5); /* Dark overlay */

        justify-content: center;

        align-items: center;

    }


    .modal-content {

        position: relative;

        text-align: center;

        background: transparent;

        border: none;

    }


    .modal-content img {

        width: 100%;

        max-width: 600px;

        height: auto;

        border-radius: 8px;

    }
    </style>
</head>
<body>
    <!-- Background Video -->
    <video id="background-video" autoplay loop muted>
```

```html
    <source src="mou.mp4" type="video/mp4">
    Your browser does not support the video tag.
</video>
<div class="left-container">
    <h1 style="text-align:center;">Time Breaker 🕐</h1>
    <div class="container">
        <h2>Clock</h2>
        <div id="clock" class="time-display"></div>
    </div>
    <div class="container">
        <h2>Timer</h2>
        <div id="timer" class="time-display">00:00</div>
        <button onclick="startTimer()">Start</button>
        <button onclick="pauseTimer()">Pause</button>
        <button onclick="resetTimer()">Reset</button>
    </div>
    <div class="container">
        <h2>Stopwatch</h2>
        <div id="stopwatch" class="time-display">00:00:00</div>
        <button onclick="startStopwatch()">Start</button>
        <button onclick="pauseStopwatch()">Pause</button>
        <button onclick="resetStopwatch()">Reset</button>
    </div>
</div>
<div class="right-container">
    <h1 style="text-align:center;">Basic Warm-up Exercises</h1>
    <div class="exercise-container">
        <body>
```

```html
        <div class="exercise" onclick="openModal('Dumbbell Lateral Lunge', 'Works
legs and glutes, improves balance.', '30 seconds each side',
'pexels-photo-999257.jpg')">

            <img src="pexels-photo-999257.jpg" alt="Dumbbell Lateral Lunge">

            <p>Dumbbell Lateral Lunge</p>

        </div>

        <div class="exercise" onclick="openModal('Seated Hamstring Stretch',
'Stretches the hamstrings and lower back.', '20-30 seconds each leg',
'pexels-photo-3771071.jpg')">

            <img src="pexels-photo-3771071.jpg" alt="Seated Hamstring Stretch">

            <p>Seated Hamstring Stretch</p>

        </div>

        <div class="exercise" onclick="openModal('Plank', 'Strengthens core and
improves stability.', 'Hold for 30-60 seconds', 'images.jpg')">

            <img src="images.jpg" alt="Plank">

            <p>Plank</p>

        </div>

        <div class="exercise" onclick="openModal('Skipping', 'Improves coordination
and cardiovascular endurance.', '1-2 minutes',
'Skipping-3-1200x900-1-1024x768.jpg')">

            <img src="Skipping-3-1200x900-1-1024x768.jpg" alt="Skipping">

            <p>Skipping</p>

        </div>

        <div class="exercise" onclick="openModal('Squat', 'Strengthens lower body
muscles and improves flexibility.', '12-15 reps', 'pexels-photo-7187856.jpg')">

            <img src="pexels-photo-7187856.jpg" alt="Squat">

            <p>Squat</p>

        </div>

        <div class="exercise" onclick="openModal('Standing Quadriceps Stretch',
'Stretches the quadriceps and improves flexibility.', '20-30 seconds each leg',
'oi.jpg')">
```

```html
        <img src="oi.jpg" alt="Standing Quadriceps Stretch">

        <p>Standing Quadriceps Stretch</p>

    </div>

    <div class="exercise" onclick="openModal('Meditation', 'Meditation is a
practice that involves focusing your attention and awareness. It can help you to
relax, reduce stress, and improve your concentration.', '5 to 45 minutes per day.',
'med.jpg')">

        <img src="med.jpg" alt="Meditation">

        <p>Meditation</p>

    </div>

    <div class="exercise" onclick="openModal('Tree Pose', 'Improves balance
and stability', '30 seconds to 1 minutes per side depending on your skill level.',
'tree.jpg')">

        <img src="tree.jpg" alt="Meditation">

        <p>Tree pose</p>

    </div>

    <div class="exercise" onclick="openModal('Downward-facing Dog pose',
'Improves the blood flow through your body', '30 seconds to 1 minutes.',
'moun.jpg')">

        <img src="moun.jpg" alt="Downward-facing Dog pose">

        <p>Downward-facing Dog pose</p>

    </div>

    <div class="exercise" onclick="openModal('Standing Forward Bend',
'Relieves tension in the spine, hips and lower limbs', '30 seconds to 1 minutes
depending on your skill level.', 'knee.jpg')">

        <img src="knee.jpg" alt="Standing Forward Bend">

        <p>Standing Forward Bend</p>

    </div>

    <div class="exercise" onclick="openModal('Cobra Pose', 'Tones the
abdomen. May be beneficial for people with respiratory issues like asthma.', 'Hold
the pose for 5-10 breaths with daily practice can be gradually increased.', 'sna.jpg')">

        <img src="sna.jpg" alt="Cobra Pose">
```

```html
        <p>Cobra Pose</p>

      </div>

      <div class="exercise" onclick="openModal('Camel Pose', 'May help with
menstrual discomfort. Strengthens back muscles.', 'Beginners, holding the pose for
around 20-30 seconds is recommended, gradually increasing the duration as
flexibility improves.', 'camel.jpg')">

        <img src="camel.jpg" alt="Camel Pose">

        <p>Camel Pose</p>

      </div>

    </div>

  </div>


  <div id="modal" class="modal" onclick="closeModal()">

    <div class="modal-content">

      <span class="close" onclick="closeModal()">&times;</span>

      <h2 id="exercise-title"></h2>

      <img id="exercise-img" src="" alt="Exercise">

      <p id="exercise-definition"></p>

      <p id="exercise-time"></p>

    </div>

  </div>

  <script>

    function openModal(title, imgSrc) {

      document.getElementById("exercise-title").innerText = title;

      document.getElementById("exercise-img").src = imgSrc;

      document.getElementById("modal").style.display = "flex";

    }

    function closeModal() {

      document.getElementById("modal").style.display = "none";
```

```
        }
    </script>
</body>
        </div>
    </div>


    <script>
        function updateClock() {
            document.getElementById("clock").innerText = new
Date().toLocaleTimeString();
        }
        setInterval(updateClock, 1000);
        updateClock();


        let timerInterval, timerTime = 0;
        function startTimer() {
            if (!timerInterval) {
                timerInterval = setInterval(() => {
                    timerTime++;
                    document.getElementById("timer").innerText = new Date(timerTime *
1000).toISOString().substr(14, 5);
                }, 1000);
            }
        }
        function pauseTimer() { clearInterval(timerInterval); timerInterval = null; }
        function resetTimer() { pauseTimer(); timerTime = 0;
document.getElementById("timer").innerText = "00:00"; }
        // Stopwatch (Fast speed with step-by-step increments)
        let stopwatchInterval;
```

```javascript
        let stopwatchTime = 0;

        function startStopwatch() {

            if (!stopwatchInterval) {

                stopwatchInterval = setInterval(() => {

                    stopwatchTime++;

                    let date = new Date(stopwatchTime * 1000);

                    document.getElementById("stopwatch").innerText =
date.toISOString().substr(11, 8);

                }, 200); // Updates every 200ms for a faster effect but step-by-step

            }

        }


        function pauseStopwatch() { clearInterval(stopwatchInterval); stopwatchInterval
= null; }

        function resetStopwatch() { pauseStopwatch(); stopwatchTime = 0;
document.getElementById("stopwatch").innerText = "00:00:00"; }

    </script>
<!-- Link the external JavaScript file at the end of the body -->

<script src="comtral.js"></script>

<script>

    function openModal(title, definition, time, imgSrc) {

        document.getElementById("exercise-title").innerText = title;

        document.getElementById("exercise-definition").innerText = definition;

        document.getElementById("exercise-time").innerText = "Duration: " + time;

        document.getElementById("exercise-img").src = imgSrc;

        document.getElementById("modal").style.display = "flex";

    }


    function closeModal() {
```

```
            document.getElementById("modal").style.display = "none";

        }


        // Prevent accidental closing when clicking inside the modal

        document.getElementById("modal").addEventListener("click", function (event) {

            if (event.target.classList.contains("modal")) {

                closeModal();

            }

        });

    </script>

</body>

</html>
```