1. Blog code(blog.html)

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8" />

<title>Blog</title>

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

<link href="https://fonts.googleapis.com/css2?family=Poppins:wght@400;600&display=swap" rel="stylesheet" />

<style>

:root {

--primary: #0d1b2a;

--secondary: #1b263b;

--accent: #ff7f50;

--text: #e0e1dd;

}

\* {

box-sizing: border-box;

margin: 0;

padding: 0;

}

body {

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

background: linear-gradient(135deg, var(--primary), var(--secondary));

color: var(--text);

min-height: 100vh;

padding: 40px 20px;

display: flex;

flex-direction: column;

align-items: center;

}

h1 {

font-size: 2.5rem;

color: var(--accent);

margin-bottom: 30px;

text-align: center;

animation: fadeIn 1s ease-out;

}

.card {

background: rgba(27, 38, 59, 0.95);

padding: 30px;

border-radius: 20px;

box-shadow: 0 10px 40px rgba(0, 0, 0, 0.5);

max-width: 700px;

width: 100%;

animation: slideIn 0.8s ease-out;

backdrop-filter: blur(8px);

}

.form-group {

margin-bottom: 20px;

opacity: 0;

animation: fadeInUp 0.6s ease-out forwards;

}

.form-group:nth-child(1) { animation-delay: 0.1s; }

.form-group:nth-child(2) { animation-delay: 0.2s; }

.form-group:nth-child(3) { animation-delay: 0.3s; }

label {

display: block;

font-weight: 600;

margin-bottom: 8px;

color: var(--accent);

}

input[type="text"],

textarea {

width: 100%;

padding: 14px;

background: #1b2a3a;

color: var(--text);

border: 1px solid #2c3e50;

border-radius: 12px;

font-size: 15px;

transition: all 0.3s ease;

}

input[type="text"]:focus,

textarea:focus {

border-color: var(--accent);

box-shadow: 0 0 8px var(--accent);

outline: none;

}

input[type="file"] {

margin-top: 8px;

color: var(--text);

}

#image-preview {

margin-top: 10px;

max-width: 100%;

max-height: 250px;

border-radius: 12px;

display: none;

border: 2px solid var(--accent);

}

button {

background-color: var(--accent);

color: var(--primary);

padding: 14px 28px;

border: none;

border-radius: 12px;

font-size: 16px;

cursor: pointer;

font-weight: bold;

transition: all 0.3s ease;

box-shadow: 0 0 10px var(--accent), 0 0 20px var(--accent);

}

button:hover {

background-color: #ffa07a;

transform: scale(1.05);

box-shadow: 0 0 15px #ffa07a, 0 0 30px var(--accent);

}

.preview-section {

margin-top: 40px;

padding: 30px;

background-color: rgba(27, 38, 59, 0.9);

border-radius: 20px;

box-shadow: 0 4px 20px rgba(0, 0, 0, 0.4);

width: 100%;

max-width: 700px;

opacity: 0;

transform: translateY(20px);

transition: all 0.6s ease;

color: var(--text);

}

.preview-section.show {

opacity: 1;

transform: translateY(0);

}

.preview-section h2 {

margin-top: 0;

color: var(--accent);

}

.preview-section img {

margin-top: 15px;

max-width: 100%;

border-radius: 12px;

border: 2px solid var(--accent);

}

@keyframes fadeIn {

from { opacity: 0; transform: scale(0.9); }

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

}

@keyframes slideIn {

from { transform: translateY(30px); opacity: 0; }

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

}

@keyframes fadeInUp {

from { opacity: 0; transform: translateY(20px); }

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

}

</style>

</head>

<body>

<h1>✨ Share Your Fitness Journey</h1>

<div class="card">

<form id="blogForm">

<div class="form-group">

<label for="title">Blog Title</label>

<input type="text" id="title" placeholder="e.g., My Morning Routine" required />

</div>

<div class="form-group">

<label for="content">Content</label>

<textarea id="content" rows="6" placeholder="Write your workout, tips, or journey..." required></textarea>

</div>

<div class="form-group">

<label for="image">Upload Image</label>

<input type="file" id="image" accept="image/\*" />

<img id="image-preview" />

</div>

<button type="submit">Publish Blog</button>

</form>

</div>

<div class="preview-section" id="blogPreview">

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

<p id="preview-content"></p>

<img id="preview-image" />

</div>

<script>

const form = document.getElementById('blogForm');

const imageInput = document.getElementById('image');

const imagePreview = document.getElementById('image-preview');

const blogPreview = document.getElementById('blogPreview');

imageInput.addEventListener('change', () => {

const file = imageInput.files[0];

if (file) {

const reader = new FileReader();

reader.onload = e => {

imagePreview.src = e.target.result;

imagePreview.style.display = 'block';

};

reader.readAsDataURL(file);

}

});

form.addEventListener('submit', e => {

e.preventDefault();

const title = document.getElementById('title').value;

const content = document.getElementById('content').value;

const imageFile = imageInput.files[0];

document.getElementById('preview-title').innerText = title;

document.getElementById('preview-content').innerText = content;

if (imageFile) {

const reader = new FileReader();

reader.onload = e => {

document.getElementById('preview-image').src = e.target.result;

blogPreview.classList.add('show');

};

reader.readAsDataURL(imageFile);

} else {

document.getElementById('preview-image').src = '';

blogPreview.classList.add('show');

}

form.reset();

imagePreview.style.display = 'none';

});

</script>

</body>

</html>

1. BMI code (bmi.html)

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8" />

<title>BMI Calculator</title>

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

<link href="https://fonts.googleapis.com/css2?family=Poppins:wght@400;600&display=swap" rel="stylesheet" />

<style>

:root {

--primary: #0d1b2a;

--secondary: #1b263b;

--accent: #ff7f50;

--text: #e0e1dd;

}

\* {

box-sizing: border-box;

margin: 0;

padding: 0;

}

body {

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

background: linear-gradient(145deg, var(--primary), var(--secondary));

color: var(--text);

min-height: 100vh;

padding: 40px 20px;

display: flex;

flex-direction: column;

align-items: center;

animation: backgroundFade 10s ease infinite alternate;

}

h1 {

font-size: 2.8rem;

color: var(--accent);

margin-bottom: 30px;

text-align: center;

animation: titleGlow 2s ease-in-out infinite alternate;

}

.card {

background: rgba(27, 38, 59, 0.95);

padding: 35px;

border-radius: 20px;

box-shadow: 0 10px 40px rgba(0, 0, 0, 0.5);

max-width: 500px;

width: 100%;

animation: fadeInSlide 1.2s ease;

backdrop-filter: blur(8px);

}

.form-group {

position: relative;

margin-bottom: 28px;

animation: fadeInUp 1s ease forwards;

}

label {

position: absolute;

top: -10px;

left: 15px;

font-size: 0.85rem;

background: rgba(27, 38, 59, 0.95);

padding: 0 8px;

color: var(--accent);

transition: all 0.3s ease;

pointer-events: none;

}

input:focus + label,

input:not(:placeholder-shown) + label {

top: -12px;

font-size: 0.8rem;

color: #ffa07a;

}

input {

width: 100%;

padding: 14px 14px 14px 14px;

margin-top: 10px;

background: #1b2a3a;

color: var(--text);

border: 1px solid #2c3e50;

border-radius: 12px;

font-size: 15px;

transition: all 0.3s ease;

}

input:focus {

border-color: var(--accent);

box-shadow: 0 0 12px var(--accent);

outline: none;

}

button {

background-color: var(--accent);

color: var(--primary);

padding: 14px 28px;

border: none;

border-radius: 12px;

font-size: 16px;

cursor: pointer;

font-weight: bold;

width: 100%;

transition: all 0.3s ease;

box-shadow: 0 0 10px var(--accent), 0 0 20px var(--accent);

animation: pulseBtn 2s ease-in-out infinite alternate;

}

button:hover {

background-color: #ffa07a;

transform: scale(1.05);

box-shadow: 0 0 15px #ffa07a, 0 0 30px var(--accent);

}

.result {

margin-top: 35px;

background-color: rgba(27, 38, 59, 0.9);

padding: 20px;

border-radius: 18px;

font-size: 1.3rem;

text-align: center;

box-shadow: 0 5px 25px rgba(0, 0, 0, 0.5);

opacity: 0;

transform: scale(0.95);

transition: all 0.6s ease;

animation: pulseFade 2s ease-in-out infinite alternate;

}

.result.show {

opacity: 1;

transform: scale(1);

}

/\* Animations \*/

@keyframes fadeInSlide {

from { opacity: 0; transform: translateY(30px); }

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

}

@keyframes fadeInUp {

from { opacity: 0; transform: translateY(20px); }

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

}

@keyframes pulseBtn {

from { box-shadow: 0 0 10px var(--accent); }

to { box-shadow: 0 0 25px var(--accent); }

}

@keyframes titleGlow {

from { text-shadow: 0 0 10px var(--accent); }

to { text-shadow: 0 0 25px var(--accent); }

}

@keyframes pulseFade {

from { box-shadow: 0 0 10px #ff7f50; }

to { box-shadow: 0 0 20px #ffa07a; }

}

@keyframes backgroundFade {

from { background: linear-gradient(145deg, var(--primary), var(--secondary)); }

to { background: linear-gradient(145deg, var(--secondary), var(--primary)); }

}

</style>

</head>

<body>

<h1>💪 BMI Calculator</h1>

<div class="card">

<form id="bmiForm" autocomplete="off">

<div class="form-group">

<input type="number" id="age" placeholder=" " required />

<label for="age">Age</label>

</div>

<div class="form-group">

<input type="number" id="weight" placeholder=" " required />

<label for="weight">Weight (kg)</label>

</div>

<div class="form-group">

<input type="number" id="height" placeholder=" " required />

<label for="height">Height (cm)</label>

</div>

<button type="submit">Calculate BMI</button>

</form>

</div>

<div class="result" id="bmiResult"></div>

<script>

const form = document.getElementById('bmiForm');

const resultBox = document.getElementById('bmiResult');

form.addEventListener('submit', e => {

e.preventDefault();

const age = parseInt(document.getElementById('age').value);

const weight = parseFloat(document.getElementById('weight').value);

const height = parseFloat(document.getElementById('height').value);

if (!age || age <= 0) {

resultBox.innerHTML = 'Please enter a valid age.';

resultBox.classList.add('show');

return;

}

const heightInMeters = height / 100;

const bmi = weight / (heightInMeters \* heightInMeters);

const rounded = bmi.toFixed(2);

let category = '';

if (bmi < 18.5) category = 'Underweight';

else if (bmi < 24.9) category = 'Normal weight';

else if (bmi < 29.9) category = 'Overweight';

else category = 'Obese';

resultBox.innerHTML = `<strong>Your BMI is ${rounded}</strong><br>Category: ${category}<br>Age: ${age}`;

resultBox.classList.add('show');

});

</script>

</body>

</html>