```css
/* Mobile-first responsive design */
* { box-sizing: border-box; margin:0; padding:0; }
body {
    font-family: Arial, Helvetica, sans-serif;
    line-height: 1.6;
    background: #f4f4f4;
    color: #333;
}
header {
    background: #007bff;
    color: white;
    text-align: center;
    padding: 1rem;
}
h1, h2 { margin-bottom: 0.5rem; }
main {
    max-width: 1000px;
    margin: 1rem auto;
    padding: 1rem;
    background: white;
    box-shadow: 0 0 10px rgba(0,0,0,0.1);
}
nav {
    background: #0056b3;
    padding: 0.5rem;
}
.nav-menu {
    list-style: none;
    display: none;
    flex-direction: column;
    background: #0056b3;
    position: absolute;
    top: 100%;
    left: 0;
    width: 100%;
    padding: 1rem;
}
#menu-toggle:checked ~ .nav-menu { display: flex; }
.hamburger {
    display: block;
    font-size: 2rem;
    cursor: pointer;
    color: white;
    position: absolute;
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      top: 1rem;
      right: 1rem;
    }
    .nav-menu a {
      color: white;
      text-decoration: none;
      font-weight: bold;
      display: block;
      padding: 0.5rem;
      text-align: center;
    }
    .nav-menu a:hover { background: rgba(255,255,255,0.2); border-radius: 5px; }
    section { margin-bottom: 2rem; }
    .quiz, .plan-checklist {
      border: 1px solid #ccc;
      padding: 1rem;
      margin: 1rem 0;
      border-radius: 8px;
      background: #f9f9f9;
    }
    button {
      background: #007bff;
      color: white;
      border: none;
      padding: 0.75rem 1.5rem;
      cursor: pointer;
      border-radius: 5px;
    }
    footer {
      text-align: center;
      padding: 1rem;
      background: #007bff;
      color: white;
      margin-top: 2rem;
    }

    /* Larger screens */
    @media (min-width: 768px) {
      .hamburger { display: none; }
      .nav-menu {
        display: flex;
        flex-direction: row;
        flex-wrap: wrap;
        justify-content: center;
```

```css
    position: static;
    padding: 0;
    background: none;
  }
  .nav-menu li { margin: 0 1rem; }
  main { padding: 2rem; }
}
```