



NUTRITION ASSISTANT APPLICATION
IBM PROJECT REPORT
TEAM ID (PNT2022TMID46515)

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ABSTRACT

Due to the ignorance of healthy food habits, obesity rates are increasing at an alarming speed, and this is reflective of the risks to people's health. People need to control their daily calorie intake by eating healthier foods, which is the most basic method to avoid obesity. However, although food packaging comes with nutrition (and calorie) labels, it's still not very convenient for people to refer to App-based nutrient dashboard systems which can analyze real-time images of a meal and analyze it for nutritional content which can be very handy and improves the dietary habits, and therefore, helps in maintaining a healthy lifestyle.

This project aims at building a web App that automatically estimates food attributes such as ingredients and nutritional value by classifying the input image of food. Our method employs **Clarifai's AI-Driven Food Detection Model** for accurate food identification and Food API's to give the nutritional value of the identified food.

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INTRODUCTION

PROJECT OVERVIEW

- User interacts with the Web App to Load an image.
- The image is passed to the server application, which uses Clarifai's AI-Driven Food Detection Model Service to analyze the images and Nutrition API to provide nutritional information about the analyzed Image.
- Nutritional information of the analyzed image is returned to the app for display.

PURPOSE

Lose weight with a personal diet plan to build immunity & achieve health and fitness goals creates a diet chart and meal planner from your health data and BMI so you know exactly how to go about your diet and workout.

Eat healthy with your nutrition and calorie calculator! Log meals with a touch, check your macros, or simply take a photo of your lunch. Access the largest database of Indian foods including international cuisines & healthy recipes, from dal to dosa, with Indian serving sizes.

2. LITERATURE SURVEY

Existing problem

- The application was structured in two scenes that assign a logical division of the application. The first of these is Sample Scene which contains all the sections in the application, such a recording/logging, reports, recording daily consumption, etc., with which the user interacts. The augmented reality part AR option and offers all the functionalities to scan the barcode.
- The next page in the application that you are going to interact within the application is the one that contains the main menu. After the connection is successful, the user is shown this page where they can choose what they want to do next. There are six potential actions: recording consumed foods (Calories button), consulting the information section (Info Point button), scanning the food barcode (Food but-ton), consulting recipe recommendations (Recipes button), consulting reports on personal evolution (Reports button) and entry in the profile section.

RFFERENCES

Paper 1: Agricultural Production System Using IoT as Inclusive Technology

Publication year: December - January 2016

Author name: CHANDHINI. K. Bangalore, Karnataka.

Paper 2: An Approach Based on Fog Computing for Providing

Reliability in IoT Data Collection: A Case Study in a Colombbian Coffee Smart Farm

Publication year: 14 December 2020

Author name: Ana Isabel Montoya-Munoz

Paper 3: A Low-Cost Platform for Environmental Smart Farming Monitoring System Based on IoT

Published year: 24 May 2021

Author name: Ben Othman Soufiene, Faris A. Almalki

PROBLEM STATEMENT DEFINITION:

- A nutritional problem or deficiency refers to a condition when an individual's body experiences a shortage of essential nutrients or some specific nutrient. Such problems can give rise to several health issues such as anaemia.
- The human body needs nourishment in a balanced manner to carry out all its biological processes optimally. The micro and micronutrients which one needs are not synthesised naturally inside the human body. The nutritional problems in India mainly arise when there is a lack of essential nutrients within the human body.
- If you are worried about the common nutritional problems. Fret not. Keep reading to know all you need.

I am an obese person	I'm trying to lose weight	But I can't maintain proper diet	Because I do not know how to calculate calories	Which makes me feel hopeless
I am a malnourished person	I'm trying to get physically fit	But even though I eat a lot of food, I face health issues	Because I don't have knowledge about nutritious food	Which makes me feel worried
I am a sports person	I'm trying to maintain fitness	But I can't track my calorie intake	Because I can't find a perfect platform to calculate the nutritional value	Which makes me feel disturbed
I am a mother	I'm trying to give a healthy life to my kids	But I can't find a perfect nutritionist	Because I don't have time to find one	Which makes me feel frustrated

3.IDEATION & PROPOSED SOLUTION

EMPATHY MAP CANVAS:

THINK AND FEEL:

- Organic food is better quality.
- Wants to diversity her diet.
- Farmers should be paid fairly.
- About health and we being.

HEAR:

- Nutrition influencers online.
- Nutrition advice.
- Podcasts about health.
- UK farmers are not making enough money.

SAY AND DO:

- Buys from ethical companies.
- Shops at formers markets.
- Cooks at home 3 times per week.
- Always takes reusable bag to the supermarket.

SEE:

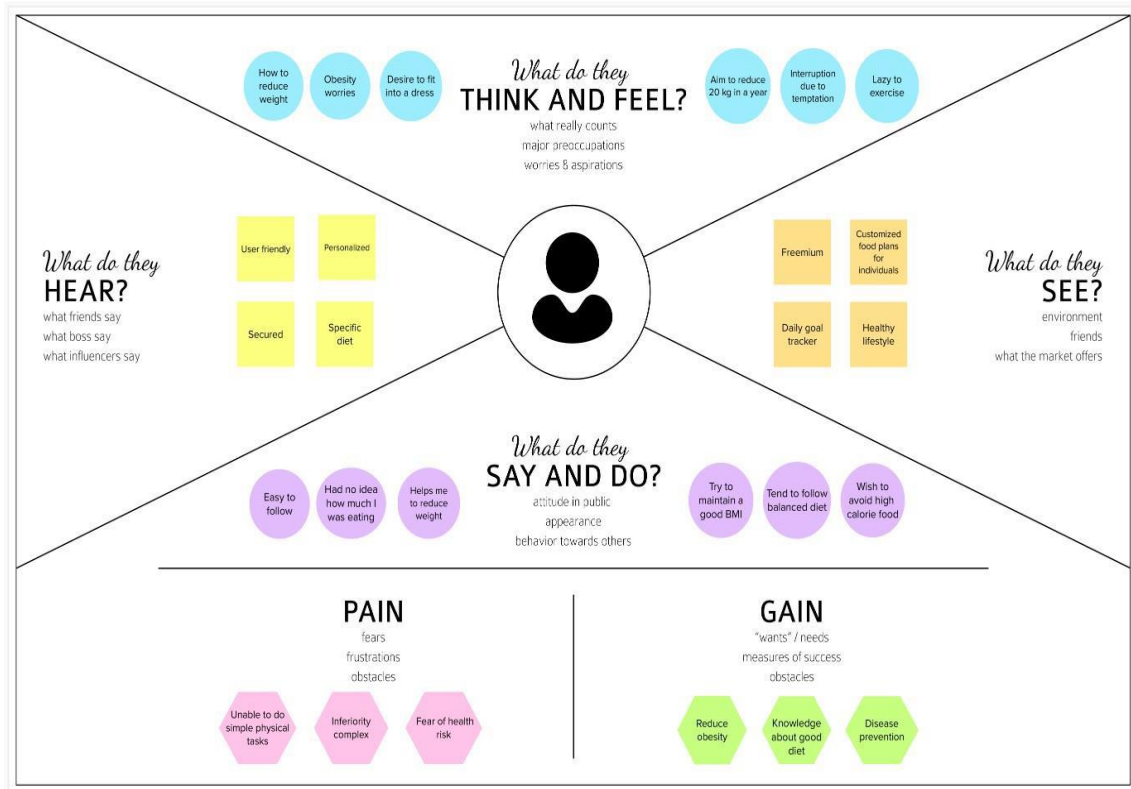
- Ad for farm drop on the tube.
- TV show about food waste.
- Documentary about animal in the food industry.
- Ad for 1000 boxes.

PAIN:

- Low level health issues .
- Organic is expensive.
- Has to wait for veg box to be delivered.
- Super markets import fruit and veg.

GAIN:

- Lives by values.
- Saving time.
- Has more energy.
- Eating more health consciously.



IDEATION & BRAINSTORMING:

IDEAS 1:

- Make a server to be active at anytime.
- Provide a image of food.
- Add extra features of settings that should be useful for a app user.

IDEAS 2:

- Provide a option to get extra details about a user about its health conditions.
- Provide a course for what are the food we should use and avoid.
- Make a worthful add to reach a customer.

IDEAS 3:

- Make available all kind of food for different users like some of users are heart patient, affected by any health issues.....
- Make track of user by adding his experience.

IDEAS 4:

- Take care of customers health to provide a proper nutrition foods.
- Webpage will be loaded fast.
- Make a search engine with sound and text with different languages.

GROUP IDEAS:

- To provide easy features on a home page.
- Makes the home page comfortable to app users.
- Contact with user and doctor.
- Avoid any issues occurred in data base.
- Add a calory tracker by thump impression.
- Make a notifications to be on at any time.
- Make chart of nutritious food.

PROPOSED SOLUTION:

S.No.	Parameter	Description
1.	Problem Statement (Problem to be solved)	<p>Problem:</p> <ul style="list-style-type: none"> ➤ Obesity rates are increasing at an alarming speed, and this is reflective of the risks to people's health. People need to control their daily calorie intake by eating healthier foods, which is the most basic method to avoid obesity. However, although food packaging comes with nutrition (and calorie) labels, it's still not very convenient for people to refer to App- based nutrient dashboard systems which can analyze real-time images of a meal and analyze it for nutritional content which can be very handy and improves the dietary habits, and therefore, helps in maintaining a healthy lifestyle. <p>Solution:</p> <ul style="list-style-type: none"> ➤ Choosing healthier foods (whole grains, fruits and vegetables, healthy fats and protein sources) and beverages. Limiting unhealthy foods (refined grains and sweets, potatoes, red meat, processed meat) and beverages (sugary drinks) Increasing physical activity. Limiting television time, screen time, and other "sit time"
2.	Idea / Solution description	<p>Idea:</p> <ul style="list-style-type: none"> ➤ Make available all kind of food for different users like some of user are heart patient, affected by any health issues.
3.	Novelty / Uniqueness	<p>Uniqueness:</p> <ul style="list-style-type: none"> ➤ Uncontrolled sugar consumption is one of the main causes of obesity and diabetes. Since today more people are interested in calculating amounts of sugar and fat they consume you need to create a diet and nutrition app with a sugar and fat tracker. This tracker may go in connection with automatically-

		generated recommendations that fit individual cases.
4.	Social Impact / Customer Satisfaction	Social impact: Kids who ate healthier diets showed more friendliness and social play than kids who didn't. If you are prone to social anxiety, limit caffeine, which can really fuel anxiety symptoms and alcohol, which can also interfere.
5.	Business Model (Revenue Model)	<ul style="list-style-type: none"> ➤ Nutrition assistant application ➤ Website
6.	Scalability of the Solution	<ul style="list-style-type: none"> ➤ Healthy nutrition contributes to preventing non-related diseases. ➤ Knowledge about the effects of the long term provision of health-aware recommendations in real-life situation is limited.

PROBLEM SOLUTION FIT:

Project tile: Nutrition assistant application

Project Design Phase – I – Problem Solution Fit

Team ID: PNT2022TMD46515

Define CS, fit into CL	1. CUSTOMER SEGMENT(S) CS <ul style="list-style-type: none">• Obese people• Malnourished person• Fitness fanatic	6. CUSTOMER LIMITATIONS <small>EG. BUDGET, DEVICES</small> CL <ul style="list-style-type: none">• Fixed Schedules and Fancy Gym Memberships• Insufficiency of Professional Training• Dietician consultation is costly	5. AVAILABLE SOLUTIONS <small>PROS & CONS</small> AS <p>Make use of online resources to collect nutritional information about individual ingredients</p> <ul style="list-style-type: none">• Pros: Eliminate excess calorie intake• Cons: Time consuming and inaccurate	Explore AS, differentiate
	2. PROBLEMS / PAINS <small>+ ITS FREQUENCY</small> PR <ul style="list-style-type: none">• Rate of increasing obesity• Malnutrition• Inferiority complex about appearance• Increasing health risks like diabetes, high/low blood pressure, cardiac arrest	9. PROBLEM ROOT / CAUSE RC <ul style="list-style-type: none">• Consumption of high calorie foods.• Poor quality of diet plan• Not maintaining correct BMI• Health risks are mainly caused due to insufficient knowledge about nutrition.	7. BEHAVIOR <small>+ ITS INTENSITY</small> BE <p>Directly related: Altering proportions of certain food groups by searching for low fat diet plans, low carbohydrate diet plans</p> <p>Indirectly related: Adequate water consumption, medical surgeries</p>	Focus on PR, tap into BE, understand RC
Identify strong TR & EM	3. TRIGGERS TO ACT TR <ul style="list-style-type: none">• Envious about healthy neighbours• Need for accurate results• Body shaming	10. YOUR SOLUTION SL <p>A web application that automatically estimates food attributes such as ingredients and nutritional value by classifying the input image of the meal provided, so that the user will know about the nutritional information of the meal which they consume.</p>	8. CHANNELS of BEHAVIOR CH <p>ONLINE</p> <p>The customer will search directly for the nutritional information</p>	Extract online & offline CH of BE
	4. EMOTIONS <small>BEFORE / AFTER</small> EM <p>No adequate knowledge about healthy foods > Gain knowledge about healthy diet</p>		<p>OFFLINE</p> <p>They tend to consult dietician, or nutritionist or can gain information from the community.</p>	

3. REQUIREMENT ANALYSIS

Functional Requirements:

Following are the functional requirements of the proposed solution.

FR No.	Functional Requirement (Epic)	Sub Requirement (Story / Sub-Task)
FR-1	User Registration	Registration through email and phone number
FR-2	User Confirmation	Confirmation via Email
FR-3	User Profile Completion	Get personal details like height, weight, etc.
FR-4	Gather meal image	Upload photo Take live photo of the meal
FR-5	Display calorie information	Integrate Clarifai API to get name of the food Integrate Nutrition API (rapid API) to collect calorie information

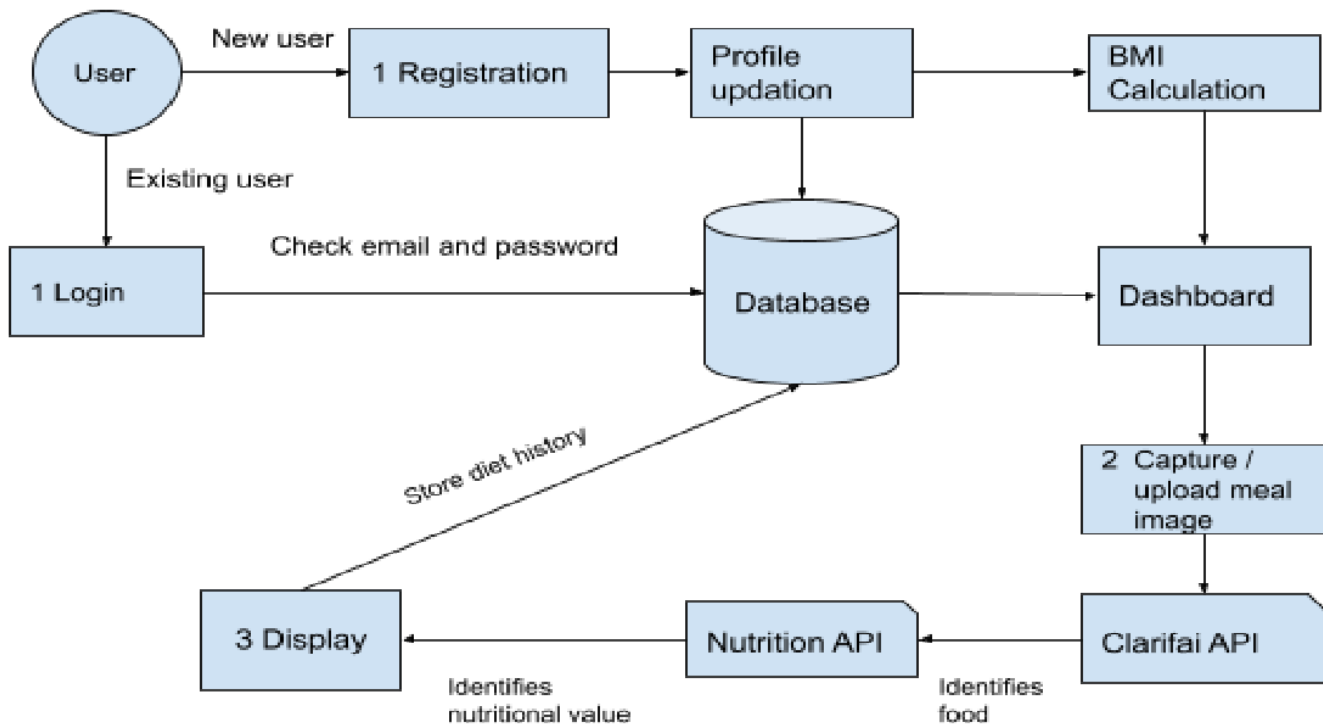
Non-functional Requirements:

Following are the non-functional requirements of the proposed solution.

FR No.	Non-Functional Requirement	Description
NFR-1	Usability	Provide user friendly UI Simple and intuitive design
NFR-2	Security	Comprehensive authorization and authentication scheme for each system actor
NFR-3	Reliability	The system must perform without failure in 95 percent of use cases
NFR-4	Performance	The landing page supporting several users must provide 5 second or less response time
NFR-5	Availability	Uninterrupted services must be available all time except the time of server updation.
NFR-6	Scalability	Provide horizontal or vertical scaling for higher workloads.

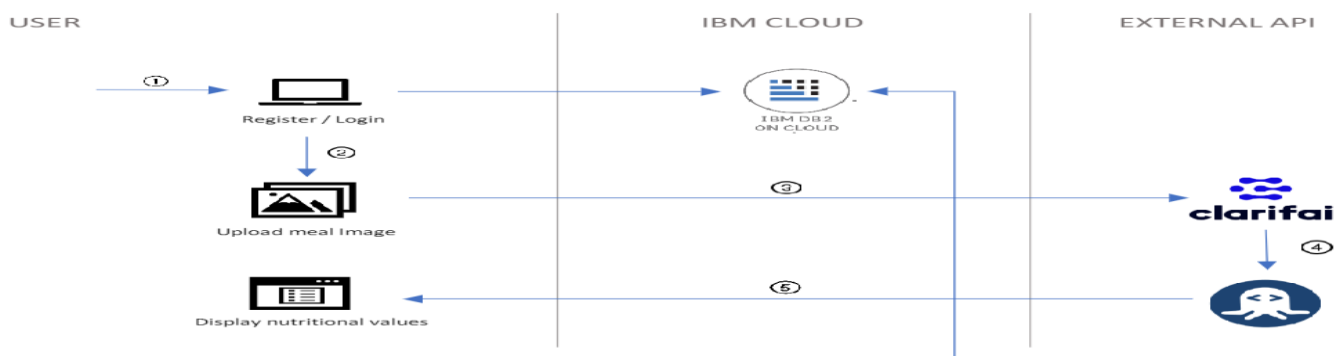
4. PROJECT DESIGN

DATA FLOW DIAGRAMS:



SOLUTION & TECHNICAL ARCHITECTURE:

Technical Architecture:



USER STORIES:

User Stories

Use the below template to list all the user stories for the product.

User Type	Functional Requirement (Epic)	User Story Number	User Story / Task	Acceptance criteria	Priority	Release
Customer	Registration	USN-1	As a user, I can register for the application by entering my name, age, gender, email, password, and confirming my password.	I can access my account / dashboard	High	Sprint-1
		USN-2	As a user, I will receive confirmation email once I have registered for the application	I can receive confirmation email & click confirm	High	Sprint-1
	Profile updation	USN-3	As a user, I have to enter my height , weight and daily activity details	I can update these information on dashboard	High	Sprint-1
	Login	USN-4	As a user, I can log into the application by entering email & password	I can access my account / dashboard	High	Sprint-1
	Dashboard	USN-5	As a user, I can upload or capture live image of the meal	I can get nutritional value of that particular meal	High	Sprint-2
		USN-6	As a user, I can track my daily calorie intake	I can access my account / dashboard	Medium	Sprint-2
Administrator	Maintain the applications	USN-7	Maintaining details for users	I can access database	High	Sprint-3

5.PROJECT PLANNING & SCHEDULING

project planning &scheduling

Sprint	Functional Requirement (Epic)	User Story Number	User Story / Task	Story Points	Priority	Team Members
Sprint-1	User login	USN-1	As a developer I have to collect the different type of data possible and other data supportingthe model user can register for the application by entering my email, password, and confirming my password. I will receive confirmation email once I have registered for the application I can register for the application through Gmail.	20	High	Hariveeran, Rakkesh

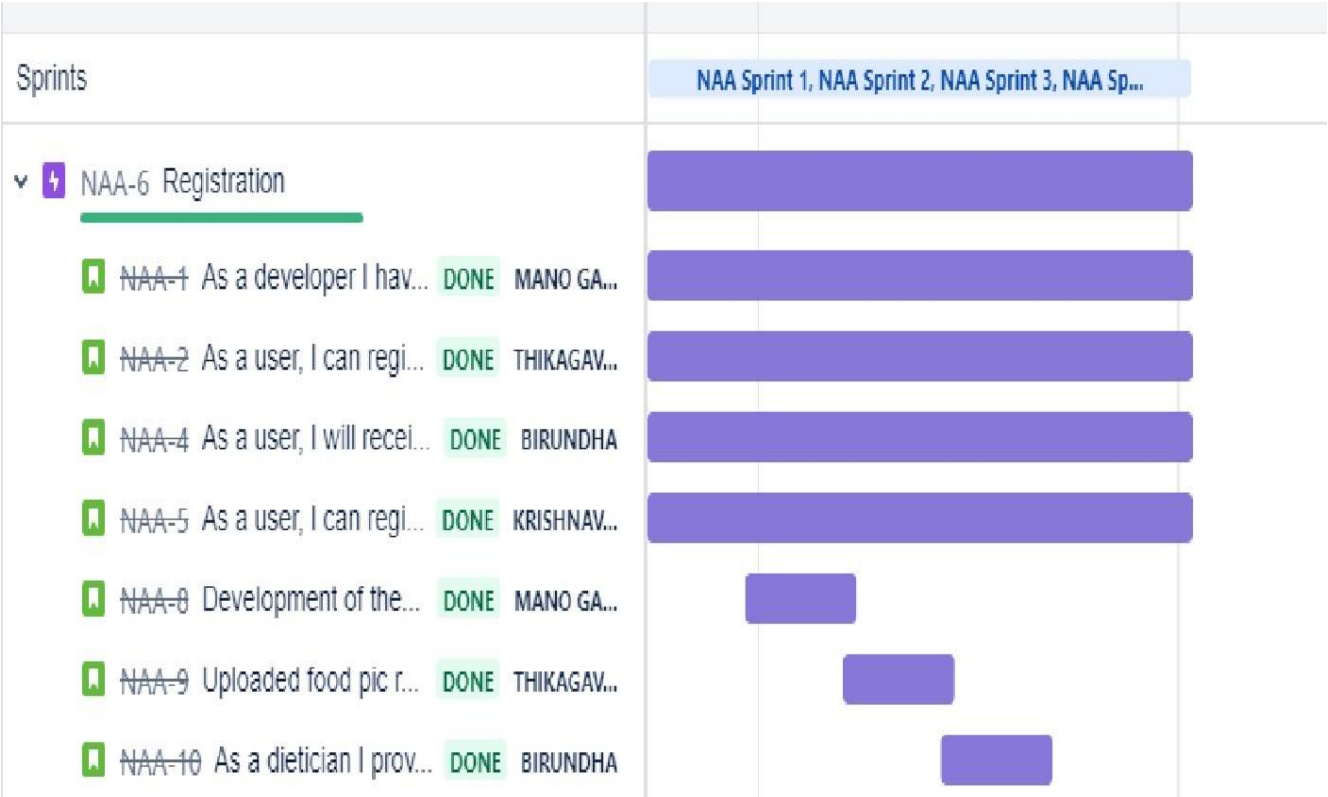
Sprint-2	Model building	USN-2	Development of the model with the prepared data As a user can view my calories by uploading the photo of the food that I want to eat.	20	High	Sriversen, Gnanavel
Sprint-3	User image analysis	USN-3	Uploaded food pic result will show in app page and its tell less and high nutrition detailsAs a user can track my calories intake and know about myfood in detail.	20	High	Hariveeran, Gnanavel
Sprint-4	Diet plan for free users	USN-4	As a dietician I provide a diet plan for the betterment of the user and As a user now I can make recommendations such as nutritionplans, diet plans etc..	20	High	Rakkesh, Sriversen

SPRINT DELEVERY SCHEDULE

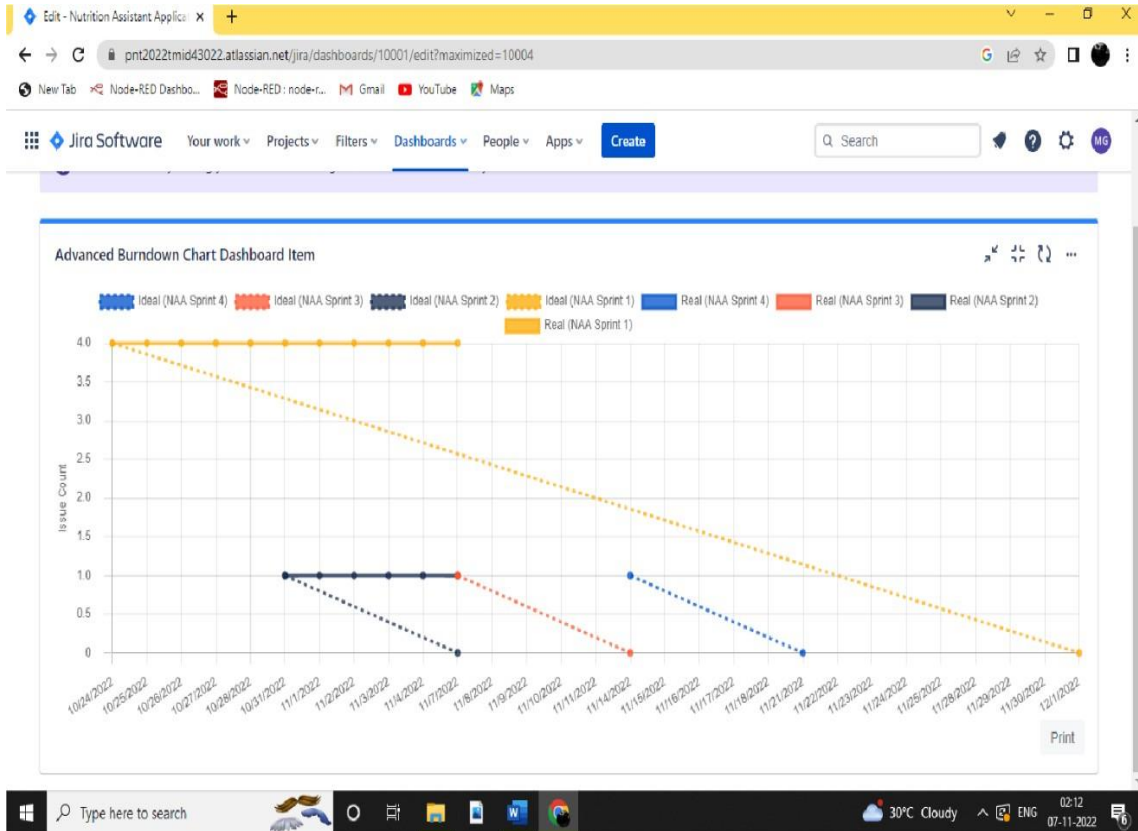
Sprint	Total Story Point	Duration	Sprint Start Date	Sprint End Date (Planned)	Story Points Completed (as on Planned End Date)	Sprint Release Date (Actual)
Sprint-1	20	6 Days	24 Oct 2022	29 Oct 2022	20	07\11\2022
Sprint-2	20	6 Days	31 Oct 2022	05 Nov 2022	20	10\11\2022
Sprint-3	20	6 Days	07 Nov 2022	12 Nov 2022	20	14\11\2022
Sprint-4	20	6 Days	14 Nov 2022	19 Nov 2022	20	18\11\2022

REPORTS FROM JIRA:

ROADMAP:



Graph:



6.Coding & Solutioning

Feature 1:

Registration & login page HTML :

```
<html
lang="en">
  <head>
    <meta charset="UTF-8">
    <meta http-equiv="X-UA-Compatible" content="IE=edge">
    <meta name="viewport" content="width=device-width, initial-
scale=1.0">
    <link rel="stylesheet" href="index.css">
    <!--<title>Login & Registration Form</title>-->

  </head>

  <body>
    <h1 style="color:white">Nutrition Assistent Application</h1>
    <div class="container">
      <div class="forms">
        <div class="form login">
          <span class="title">Login</span>

          <form action="#">
            <div class="input-field">
              <input type="text" placeholder="Enter your email"
required>
              <i class="uil uil-envelope icon"></i>
            </div>
            <div class="input-field">
              <input type="password" class="password"
placeholder="Enter your password" required>
```

```

        <i class="uil uil-lock icon"></i>
        <i class="uil uil-eye-slash showHidePw"></i>
    </div>

    <div class="checkbox-text">
        <div class="checkbox-content">
            <input type="checkbox" id="logCheck">
            <label for="logCheck" class="text">Remember
me</label>
        </div>

        <a href="#" class="text">Forgot password?</a>
    </div>

    <div class="input-field button">
        <input type="button" value="Login">
    </div>
</form>

<div class="login-signup">
    <span class="text">Not a member?
        <a href="#" class="text signup-link">Signup
Now</a>
    </span>
</div>
</div>
<script src="index.js"></script>
<!-- Registration Form -->

<div class="form signup">
    <span class="title">Registration</span>

    <form action="#">
        <div class="input-field">
            <input type="text" placeholder="Enter your name"
required>

```

```

        <i class="uil uil-user"></i>
    </div>
    <div class="input-field">
        <input type="text" placeholder="Enter your email"
required>
        <i class="uil uil-envelope icon"></i>
    </div>
    <div class="input-field">
        <input type="password" class="password"
placeholder="Create a password" required>
        <i class="uil uil-lock icon"></i>
    </div>
    <div class="input-field">
        <input type="password" class="password"
placeholder="Confirm a password" required>
        <i class="uil uil-lock icon"></i>
        <i class="uil uil-eye-slash showHidePw"></i>
    </div>

    <div class="checkbox-text">
        <div class="checkbox-content">
            <input type="checkbox" id="termCon">
            <label for="termCon" class="text">I accepted
all terms and conditions</label>
        </div>
    </div>

    <div class="input-field button">
        <input type="button" value="Signup">
    </div>
</form>

<div class="login-signup">
    <span class="text">Already a member?
    <a href="#" class="text login-link">Login
Now</a>

```

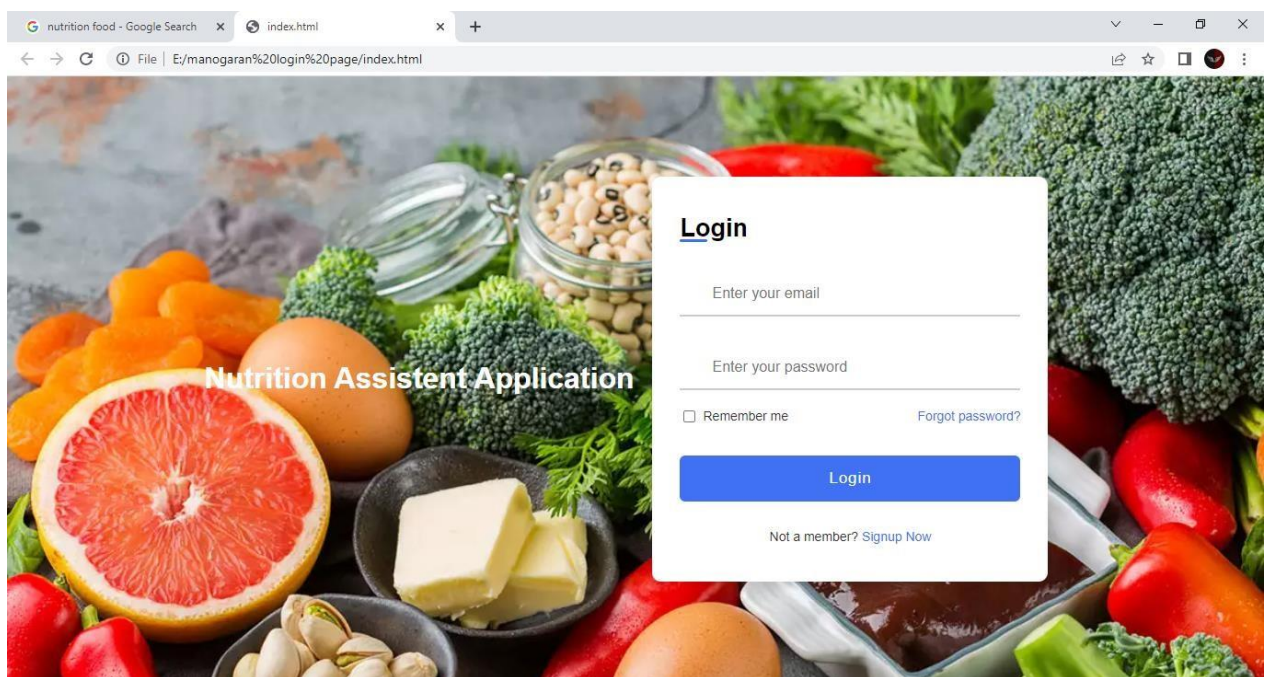
```

        </span>
      </div>
    </div>
  </div>
</div>

<!--<script src="index.js"></script>-->
</body>
</html>

```

Login page Solution:



Picture upload page HTML:

<!DOCTYPE
html>

```
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta http-equiv="X-UA-Compatible" content="IE=edge">
  <meta name="viewport" content="width=device-width, initial-
scale=1.0">
  <link rel="stylesheet"
href="https://use.fontawesome.com/releases/v5.15.3/css/all.css"
integrity="sha384-
SZXxX4whJ79/gErwcOYf+zWLeJdY/qpuqC4cAa9rOGUstPomtq
puNWT9wdPEn2fk" crossorigin="anonymous">
  <link rel="stylesheet" href="css/style.css">
  <title>Upload File</title>
</head>
<body>
  <div class="container">
    <input type="file" class="upload_hide" id="upload_costum"
multiple>
    <label for="upload_costum" class="upload_label">
      <div class="image">
        <img src="" alt="">
      </div>
      <i class="fas fa-cloud-upload-alt"></i>
      <p class="drag_text">Drag & Drop to Upload File</p>
      <button class="choose_file">Choose a File</button>
    </label>
    <button class="delete_file"> Delete File</button>
  </div>

  <script src="https://code.jquery.com/jquery-3.6.0.js"
integrity="sha256-
H+K7U5CnXl1h5ywQfKtSj8PCmoN9aaq30gDh27Xc0jk="
crossorigin="anonymous"></script>
<script>
```

```

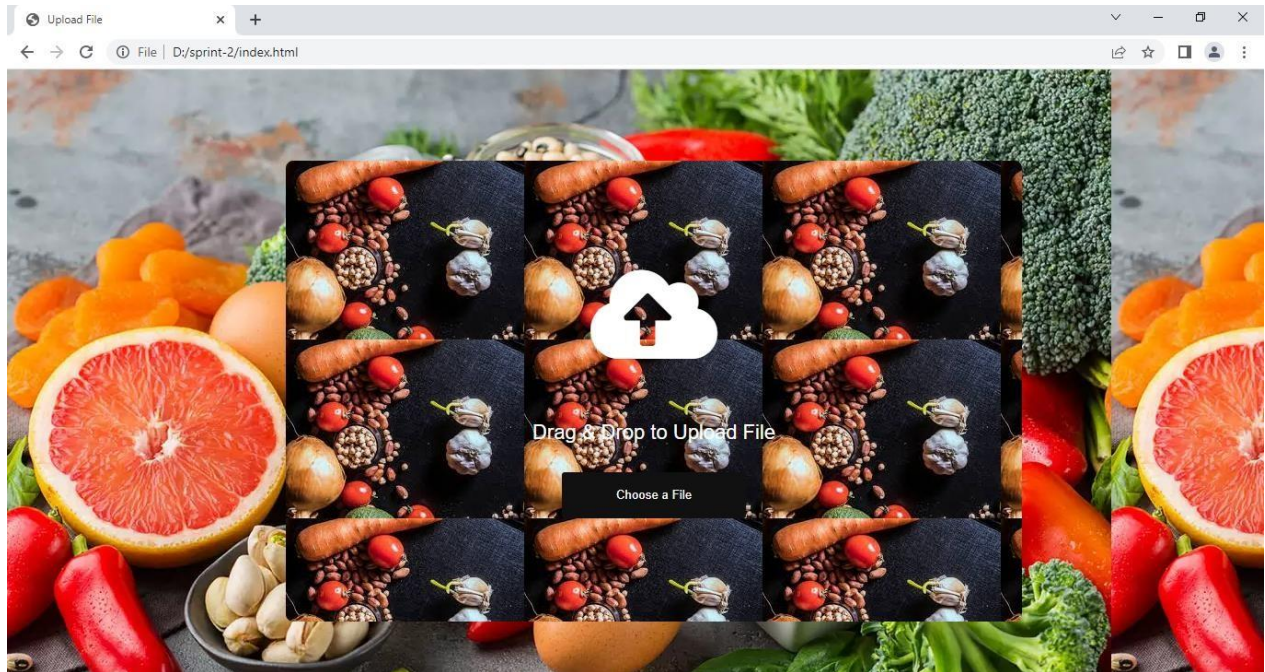
$('.delete_file').hide();
$('#upload_costum').change(function(event) {
    let tmppath = URL.createObjectURL(event.target.files[0])
    $('.image > img').fadeIn('fast').attr('src',tmppath)
    $('.delete_file').show();
    $('.choose_file').hide();

    $('.delete_file').click(function() {
        $('.image > img').fadeIn('fast').attr('src',"")
        $('.delete_file').hide();
    })
})
</script>

</body>
</html>

```

Picture upload page solution:



Details page HTML:

```
<div class="login-html">
  <link rel="stylesheet" href="css/intex.css">
  <script >java.js</script>
  <div class="legend">Age:
    <input id="Age" type="number">
  </div>

  <div class="legend">Weight:
    <input id="Weight" type="number">
  </div>

  <div span class="legend">Heigth: </span>
    <input id="Heigth" type="number">
  </div>

  <div span class="legend">Date of birth: </span>
    <input id="date of birth" type="date">
  </div>
```

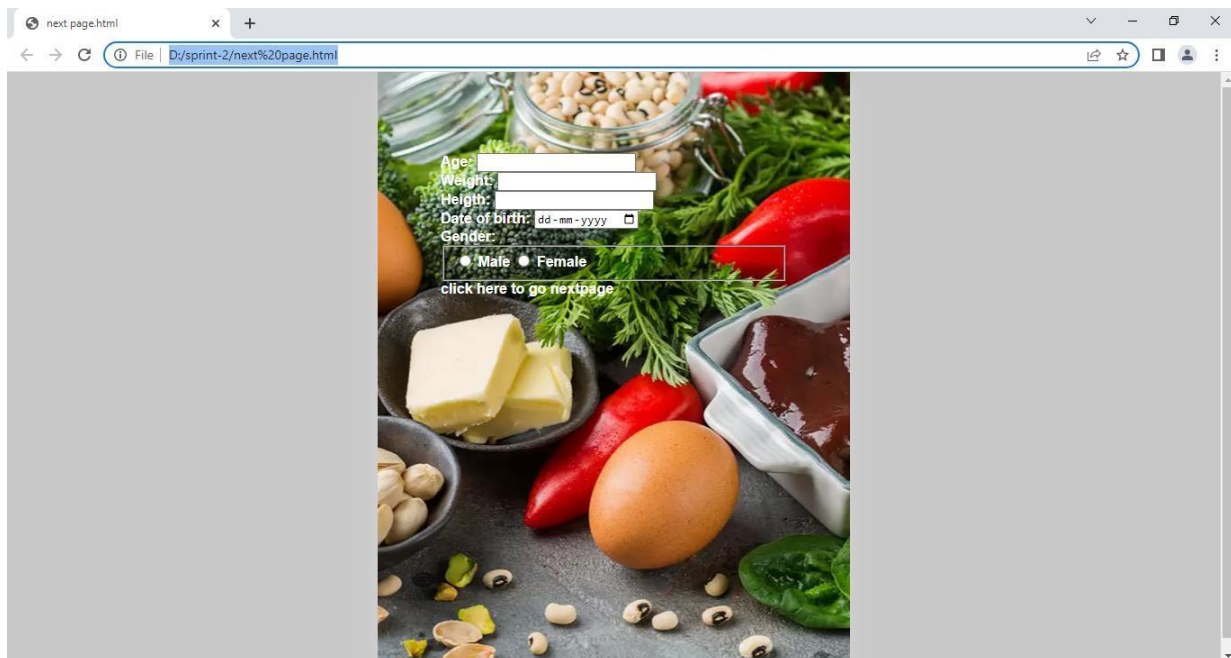
```

    <span class="legend">Gender: </span>
    <fieldset id="setD">
        <input id="setD_male" type="radio"
name="setD_gender">
            <label for="setD_male">Male</label>
        <input id="setD_female" type="radio"
name="setD_gender">
            <label for="setD_female">Female</label>

    </fieldset>
    <a href="index.html">click here to go nextpage</a>

```

Details page solution:



Registration & login page CSS:

```
*{  
    margin: 0;  
    padding: 0;  
    box-sizing: border-box;  
    font-family: 'Poppins', sans-serif;  
}  
  
body{  
    height: 100vh;  
    display: flex;  
    align-items: center;  
    justify-content: center;  
    background-image: url(https://static.toiimg.com/photo/74963413.cms);  
    background-size: cover;  
    background-attachment: fixed;  
}  
  
.container{  
    position: relative;  
    max-width: 430px;  
    width: 100%;  
    background: white;  
    border-radius: 10px;  
    box-shadow: 0 5px 10px rgba(0, 0, 0, 0.1);  
    overflow: hidden;  
    margin: 0 20px;  
}  
  
.container .forms{  
    display: flex;  
    align-items: center;  
    height: 440px;  
    width: 200%;
```

```
    transition: height 0.2s ease;
}
```

```
.container .form{
    width: 50%;
    padding: 30px;
    background-color: transparent;
    transition: margin-left 0.18s ease;
}
```

```
.container.active .login{
    margin-left: -50%;
    opacity: 0;
    transition: margin-left 0.18s ease, opacity 0.15s ease;
}
```

```
.container .signup{
    opacity: 0;
    transition: opacity 0.09s ease;
}
.container.active .signup{
    opacity: 1;
    transition: opacity 0.2s ease;
}
```

```
.container.active .forms{
    height: 600px;
}
.container .form .title{
    position: relative;
    font-size: 27px;
    font-weight: 600;
}
```

```
.form .title::before{
  content: "";
  position: absolute;
  left: 0;
  bottom: 0;
  height: 3px;
  width: 30px;
  background-color: #4070f4;
  border-radius: 25px;
}
```

```
.form .input-field{
  position: relative;
  height: 50px;
  width: 100%;
  margin-top: 30px;
}
```

```
.input-field input{
  position: absolute;
  height: 100%;
  width: 100%;
  padding: 0 35px;
  border: none;
  outline: none;
  font-size: 16px;
  border-bottom: 2px solid #ccc;
  border-top: 2px solid transparent;
  transition: all 0.2s ease;
}
```

```
.input-field input:is(:focus, :valid){
  border-bottom-color: #4070f4;
}
```

```
.input-field i{
  position: absolute;
  top: 50%;
  transform: translateY(-50%);
  color: #999;
  font-size: 23px;
  transition: all 0.2s ease;
}
```

```
.input-field input:is(:focus, :valid) ~ i{
  color: #4070f4;
}
```

```
.input-field i.icon{
  left: 0;
}
.input-field i.showHidePw{
  right: 0;
  cursor: pointer;
  padding: 10px;
}
```

```
.form .checkbox-text{
  display: flex;
  align-items: center;
  justify-content: space-between;
  margin-top: 20px;
}
```

```
.checkbox-text .checkbox-content{
  display: flex;
  align-items: center;
}
```

```
.checkbox-content input{
```



```
margin: 0 8px -2px 4px;  
accent-color: #4070f4;  
}
```

```
.form .text{  
  color: #333;  
  font-size: 14px;  
}
```

```
.form a.text{  
  color: #4070f4;  
  text-decoration: none;  
}  
.form a:hover{  
  text-decoration: underline;  
}
```

```
.form .button{  
  margin-top: 35px;  
}
```

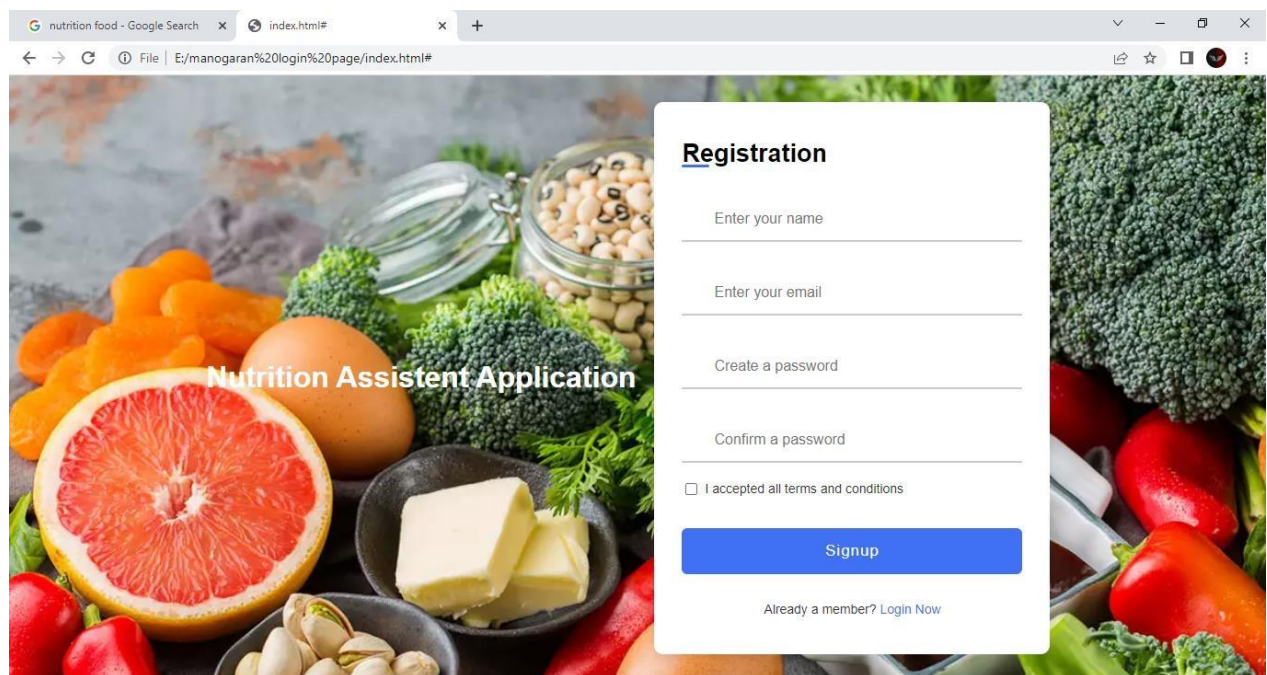
```
.form .button input{  
  border: none;  
  color: #fff;  
  font-size: 17px;  
  font-weight: 500;  
  letter-spacing: 1px;  
  border-radius: 6px;  
  background-color: #4070f4;  
  cursor: pointer;  
  transition: all 0.3s ease;  
}
```

```
.button input:hover{  
  background-color: #265df2;
```

```
}
```

```
.form .login-signup{  
  margin-top: 30px;  
  text-align: center;  
}
```

Registration page solution:



Picture upload page CSS:

```
*{  
  margin: 0;  
  padding: 0;  
  box-sizing: border-box;  
  font-family: 'Poppins', sans-serif;  
}
```

```
body{
```

```
height: 100vh;
display: flex;
align-items: center;
justify-content: center;
background-image: url(https://static.toiimg.com/photo/74963413.cms);
background-size: cover;
background-attachment: fixed;
}
```

```
.container{
  position: relative;
  max-width: 430px;
  width: 100%;
  background: white;
  border-radius: 10px;
  box-shadow: 0 5px 10px rgba(0, 0, 0, 0.1);
  overflow: hidden;
  margin: 0 20px;
}
```

```
.container .forms{
  display: flex;
  align-items: center;
  height: 440px;
  width: 200%;
  transition: height 0.2s ease;
}
```

```
.container .form{
  width: 50%;
  padding: 30px;
  background-color: transparent;
  transition: margin-left 0.18s ease;
}
```

```
.container.active .login{
  margin-left: -50%;
  opacity: 0;
  transition: margin-left 0.18s ease, opacity 0.15s ease;
}
```

```
.container .signup{
  opacity: 0;
  transition: opacity 0.09s ease;
}
.container.active .signup{
  opacity: 1;
  transition: opacity 0.2s ease;
}
```

```
.container.active .forms{
  height: 600px;
}
.container .form .title{
  position: relative;
  font-size: 27px;
  font-weight: 600;
}
```

```
.form .title::before{
  content: "";
  position: absolute;
  left: 0;
  bottom: 0;
  height: 3px;
  width: 30px;
  background-color: #4070f4;
  border-radius: 25px;
}
```

```
.form .input-field{  
  position: relative;  
  height: 50px;  
  width: 100%;  
  margin-top: 30px;  
}
```

```
.input-field input{  
  position: absolute;  
  height: 100%;  
  width: 100%;  
  padding: 0 35px;  
  border: none;  
  outline: none;  
  font-size: 16px;  
  border-bottom: 2px solid #ccc;  
  border-top: 2px solid transparent;  
  transition: all 0.2s ease;  
}
```

```
.input-field input:is(:focus, :valid){  
  border-bottom-color: #4070f4;  
}
```

```
.input-field i{  
  position: absolute;  
  top: 50%;  
  transform: translateY(-50%);  
  color: #999;  
  font-size: 23px;  
  transition: all 0.2s ease;  
}
```

```
.input-field input:is(:focus, :valid) ~ i{  
  color: #4070f4;  
}
```

```
.input-field i.icon{
  left: 0;
}
.input-field i.showHidePw{
  right: 0;
  cursor: pointer;
  padding: 10px;
}
```

```
.form .checkbox-text{
  display: flex;
  align-items: center;
  justify-content: space-between;
  margin-top: 20px;
}
```

```
.checkbox-text .checkbox-content{
  display: flex;
  align-items: center;
}
```

```
.checkbox-content input{
  margin: 0 8px -2px 4px;
  accent-color: #4070f4;
}
```

```
.form .text{
  color: #333;
  font-size: 14px;
}
```

```
.form a.text{
  color: #4070f4;
}
```

```

        text-decoration: none;
    }
    .form a:hover{
        text-decoration: underline;
    }

    .form .button{
        margin-top: 35px;
    }

    .form .button input{
        border: none;
        color: #fff;
        font-size: 17px;
        font-weight: 500;
        letter-spacing: 1px;
        border-radius: 6px;
        background-color: #4070f4;
        cursor: pointer;
        transition: all 0.3s ease;
    }

    .button input:hover{
        background-color: #265df2;
    }

    .form .login-signup{
        margin-top: 30px;
        text-align: center;
    }

```

Details page CSS:

```
* {
```

```
margin: 0;
padding: 0;
box-sizing: border-box;
}
```

```
body {
  font-family: sans-serif;
  background-image: url(https://static.toiimg.com/photo/74963413.cms);
}
```

```
.container {
  max-width: 1160px;
  margin: 0 auto;
}
```

```
.upload_hide {
  position: absolute;
  max-width: 840px;
  max-height: 540px;
  width: 100%;
  height: 100%;
  background-color: red;
  left: 50%;
  top: 50%;
  transform: translate(-50%, -50%);
  z-index: 5;
  opacity: 0;
}
```

```
.upload_label {
  position: absolute;
  max-width: 800px;
  max-height: 500px;
  width: 100%;
  height: 100%;
  margin: 20px !important;
```



```
background-image: url(https://encrypted-  
tbn0.gstatic.com/images?q=tbn:ANd9GcS9jfZEL757HMCpcGyebkYhIgy  
ukE48Stto-w&usqp=CAU);  
left: 50%;  
top: 50%;  
transform: translate(-50%, -50%);  
display: flex;  
justify-content: center;  
text-align: center;  
border-radius: 8px;  
flex-direction: column;  
}
```

```
.choose_file {  
width: 200px;  
height: 50px;  
border: none;  
background-color: #111111;  
color: #fff;  
border-radius: 3px;  
margin: 30px auto;  
pointer-events: none;  
}
```

```
.delete_file {  
width: 200px;  
height: 50px;  
border: none;  
background-color: #ffffff;  
color: #fff;  
border-radius: 3px;  
margin: 30px auto;  
cursor: pointer;  
z-index: 6;  
position: absolute;  
top: 62%;  
left: 51%;  
transform: translate(-50%, -50%);
```

```
    outline: none;  
}
```

```
.upload_label > i {  
    color: #ffffff;  
    font-size: 110px;  
    margin: 30px 0;  
}
```

```
.drag_text {  
    color: #ffffff;  
    font-size: 22px;  
    margin: 30px 0 0 0;  
}
```

```
.image > img {  
    padding: 40px;  
    width: 80%;  
    height: auto;  
    position: absolute;  
    left: 10%;  
    top: 0;  
}
```

Feature 2: Result

page HTML:

```
<!DOCTYPE
html>

<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta http-equiv="X-UA-Compatible" content="IE=edge">
  <meta name="viewport" content="width=device-width, initial-
scale=1.0">
  <link rel="stylesheet"
href="https://use.fontawesome.com/releases/v5.15.3/css/all.css"
integrity="sha384-
SZXxX4whJ79/gErwcOYf+zWLeJdY/qpuqC4cAa9rOGUstPomtq
puNWT9wdPEn2fk" crossorigin="anonymous">
  <link rel="stylesheet" href="css/style.css">
  <title>Upload File</title>
</head>
<body>
  <div class="container">
    <input type="file" class="upload_hide" id="upload_costum"
multiple>
    <label for="upload_costum" class="upload_label">
      <div class="image">
        <img src="" alt="">
      </div>
      <i class="fas fa-cloud-upload-alt"></i>
      <p class="drag_text">Drag & Drop to Upload File</p>
      <button class="choose_file">Choose a File</button>
    </label>
    <button class="delete_file"> Delete File</button>
  </div>

  <script src="https://code.jquery.com/jquery-3.6.0.js"
integrity="sha256-
```

```

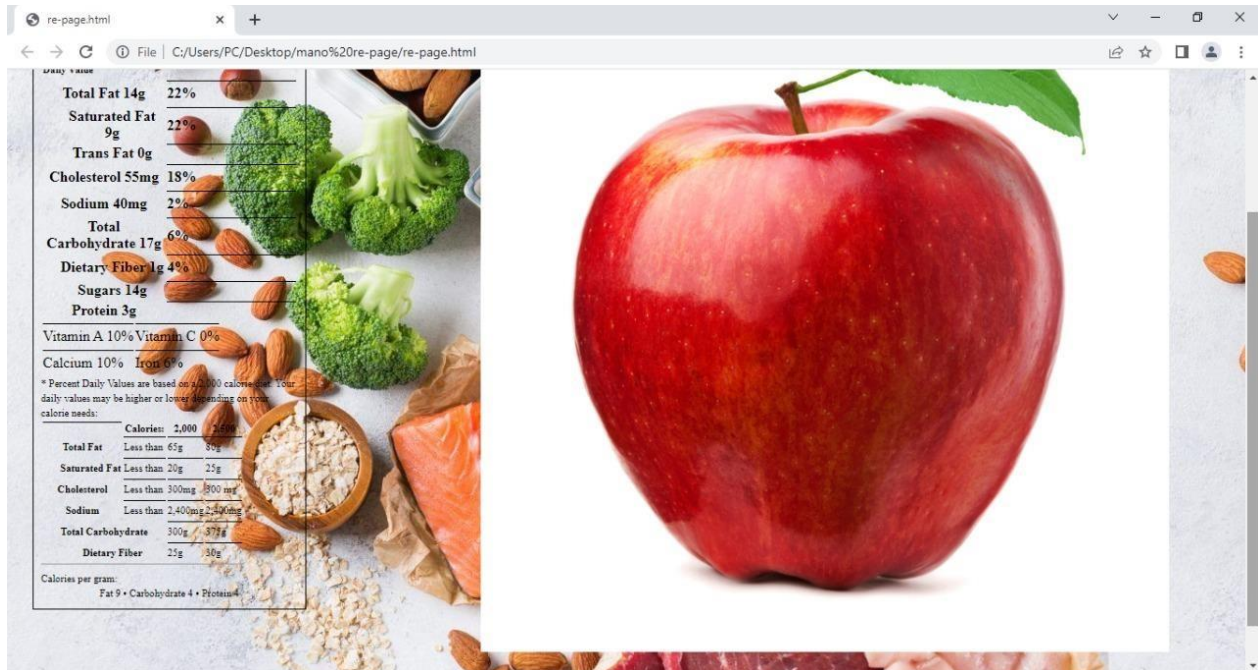
H+K7U5CnXl1h5ywQfKtSj8PCmoN9aaq30gDh27Xc0jk="
crossorigin="anonymous"></script>
<script>
    $('delete_file').hide();
    $('#upload_costum').change(function(event) {
        let tmppath = URL.createObjectURL(event.target.files[0])
        $('.image > img').fadeIn('fast').attr('src',tmppath)
        $('delete_file').show();
        $('choose_file').hide();

        $('delete_file').click(function() {
            $('.image > img').fadeIn('fast').attr('src','')
            $('delete_file').hide();

        })
    })
</script>
<a href="re-page.html">click here upload the image</a>
</body>
</html>

```

Result page solution:



Result page CSS:

```
.image
{
    width: 750px;
    float: right;
    margin: 75px;
}
body {
    font-size: small;
    line-height: 1.4;
    background-image: url(https://cdn1.sph.harvard.edu/wp-content/uploads/sites/30/2018/11/shutterstock_723278326-1200x882.jpg);
}
p {
    margin: 0;
}

.performance-facts {
    border: 1px solid black;
    margin: 20px;
```

```
float: left;
width: 280px;
padding: 0.5rem;
}
tables {
  border-collapse: collapse;
}
```

```
.performance-facts__title {
  font-weight: bold;
  font-size: 2rem;
  margin: 0 0 0.25rem 0;
}
.performance-facts__header {
  border-bottom: 10px solid black;
  padding: 0 0 0.25rem 0;
  margin: 0 0 0.5rem 0;
}
p {
  margin: 0;
}

.performance-facts__table {
  width: 100%;
}
```

```
td {
  border: 0;

  font-weight: normal;
  text-align: left;
  padding: 0.25rem 0;
  border-top: 1px solid black;
  white-space: nowrap;
}
```

```
.blank-cell {
  width: 1rem;
  border-top: 0;
```

```

    }

    .small-info {
      font-size: 0.7rem;
    }

    .performance-facts__table--small {
      border-bottom: 1px solid #999;
      margin: 0 0 0.5rem 0;
    }

    .performance-facts__table--grid {
      margin: 0 0 0.5rem 0;

      content: "•";
      font-weight: bold;
      margin: 0 0.25rem 0 0;
    }

    .text-center {
      text-align: center;
    }

    .thick-end {
      border-bottom: 10px solid black;
    }

    .thin-end {
      border-bottom: 1px solid black;
    }

```

Diet plan page HTML:

```

<div
class="container-
fluid">

    <div class="row" id="dca_app">
    <link rel="stylesheet" href="css/sprint-4.css">

```

```

<section class="col-12" id="dca_header_bar">
  <div class="row">
    <div class="col-4">
      <i class="fa fa-bars"></i>
    </div>
    <div class="col-8 text-right">
      
    </div>
  </div>
</section>

```

```

<section class="col-12" id="dca_date_bar">
  <div>
    <ul class="row">
      <li>
        <span class="day">Mon</span>
        <span class="date">17</span>
      </li>
      <li>
        <span class="day">Tue</span>
        <span class="date">18</span>
      </li>
      <li>
        <span class="day">Wed</span>
        <span class="date">19</span>
      </li>
      <li class="active">
        <span class="day">Thu</span>
        <span class="date">20</span>
      </li>
      <li>
        <span class="day">Fri</span>
        <span class="date">21</span>
      </li>
      <li>
        <span class="day">Sat</span>
        <span class="date">22</span>
      </li>
    </ul>
  </div>
</section>

```



```

        </li>
        <li>
            <span class="day">Sun</span>
            <span class="date">23</span>
        </li>
    </ul>
</div>
</section>

```

```

<section class="col-12" id="dca_plan_tab">
    <div class="row heading">
        <div class="col-8">
            <span>Plan</span>
        </div>
        <div class="col-4 text-right">
            <i class="fa fa-ellipsis-v"></i>
        </div>
    </div>
    <div class="row content c1">
        <div class="col-2">
            <i class="fas fa-tint"></i>
        </div>
        <div class="col-8">
            <span>Water</span>
            <span>7 cups per day</span>
        </div>
        <div class="col-2">
            <span class="circle"></span>
        </div>
    </div>
    <div class="row content c2">
        <div class="col-2">
            <i class="fa fa-apple-alt"></i>
        </div>
        <div class="col-8">
            <span>Fruits</span>
            <span>350 grams per day</span>
        </div>
        <div class="col-2">

```

```

        <span class="circle"></span>
    </div>
</div>
<div class="row content c3">
    <div class="col-2">
        <i class="fa fa-basketball-ball"></i>
    </div>
    <div class="col-8">
        <span>Activity</span>
        <span>30 minutes a day</span>
    </div>
    <div class="col-2">
        <span class="circle"></span>
    </div>
</div>
<div class="row content c4">
    <div class="col-2">
        <i class="fa fa-bed"></i>
    </div>
    <div class="col-8">
        <span>Sleep</span>
        <span>8 hours a day</span>
    </div>
    <div class="col-2">
        <span class="circle"></span>
    </div>
</div>
</section>

<section class="col-12" id="dca_activity_tab">
    <div class="row heading">
        <div class="col-8">
            <span>Activity</span>
        </div>
        <div class="col-4 text-right">
            <i class="fa fa-ellipsis-v"></i>
        </div>
    </div>

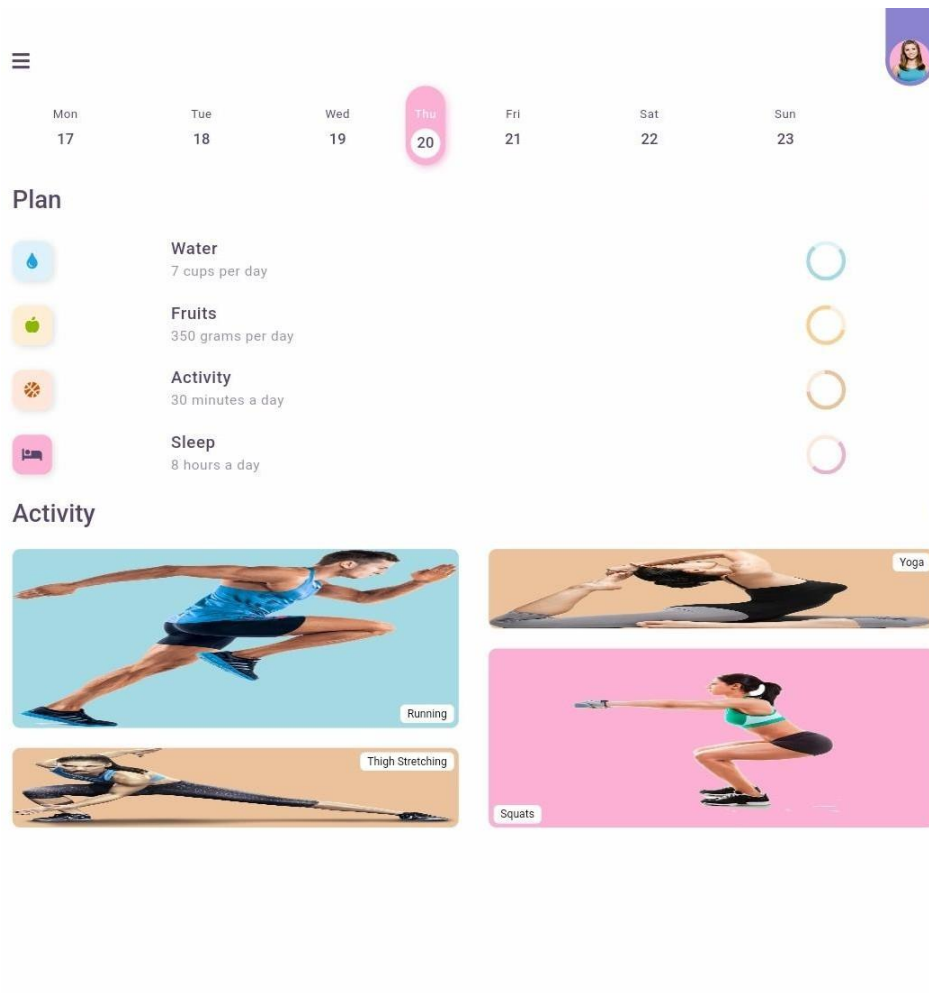
```

```

<div class="row">
  <div class="col-6">
    <div class="run activities">
      
      <span>Running</span>
    </div>
    <div class="stretch activities">
      
      <span>Thigh Stretching</span>
    </div>
  </div>
  <div class="col-6">
    <div class="yoga activities">
      
      <span>Yoga</span>
    </div>
    <div class="squat activities">
      
      <span>Squats</span>
    </div>
  </div>
</div>
</div>

```

Diet plan page solution:



Diet plan page CSS:

```
body{
    background: #fefefe;
    color: #55476b;
}

#dca_app{
    padding: 40px 10px 15px;
}
```

```
#dca_app > section:not(#dca_header_bar){  
    padding: 0px 15px 0;  
}
```

```
/* Start of DCA Header Bar */
```

```
#dca_header_bar img{  
    height: 50px;  
    width: 50px;  
    border-radius: 50%;  
    background: #fcb0d4;  
    border: 4px solid #8b83d0;  
}
```

```
#dca_header_bar:before{  
    position: absolute;  
    display: block;  
    content: " ";  
    height: 90px;  
    width: 50px;  
    background: #8b83d0;  
    right: 15px;  
    top: -40px;  
    border-bottom-left-radius: 25px;  
    border-bottom-right-radius: 25px;  
}
```

```
#dca_header_bar i{  
    line-height: 50px;  
    font-size: 20px;  
}
```

```
/* End of DCA Header Bar */
```

```
/* Start of DCA Date Bar */
```

```
#dca_date_bar ul{  
    padding: 0;  
}
```

```
#dca_date_bar ul li{  
    list-style: none;  
    float: left;  
    text-align: center;  
    width: calc(100%/7);  
    padding-top: 20px;  
}
```

```
#dca_date_bar ul li span{  
    display: block;  
}
```

```
#dca_date_bar ul li span.day{  
    font-size: 12px;  
    letter-spacing: 0.5px;  
    margin-bottom: 2px;  
}
```

```
#dca_date_bar ul li .date{  
    font-size: 15px;  
    font-weight: 500;  
    margin-top: 5px;  
}
```

```
#dca_date_bar .active{  
    background: #fcb0d4;  
    height: 80px;  
    width: 40px;
```

```
        border-radius: 20px;
        padding-top: 20px;
        box-shadow: 2px 2px 8px -1px rgba(225,128,192,0.6);
    }
```

```
#dca_date_bar .active .day{
    color: #fff;
}
```

```
#dca_date_bar .active .date{
    background: #fefefe;
    height: 30px;
    width: 30px;
    border-radius: 50%;
    line-height: 30px;
    text-align: center;
    margin-left: 5px;
}
```

```
/* End of DCA Date Bar */
```

```
/* Start of DCA Plan Tab */
```

```
#dca_plan_tab .heading{
    margin-bottom: 15px;
}
```

```
#dca_plan_tab .heading span{
    font-size: 25px;
    font-weight: 500;
}
```

```
#dca_plan_tab .heading i{
```

```
        font-size: 15px;
        line-height: 40px;
    }
```

```
#dca_plan_tab .content{
    margin-bottom: 15px;
    height: 50px;
}
```

```
#dca_plan_tab .content i{
    position: absolute;
    background: #dff1fb;
    height: 40px;
    width: 40px;
    border-radius: 10px;
    text-align: center;
    line-height: 40px;
    bottom: 5px;
}
```

```
#dca_plan_tab .c1 i{
    background: #dff1fb;
    color: #1ca3ec;
    box-shadow: 2px 2px 8px -1px rgba(0,0,0,0.15);
}
```

```
#dca_plan_tab .c2 i{
    background: #feed5;
    color: #8db600;
    box-shadow: 2px 2px 8px -1px rgba(0,0,0,0.15);
}
```

```
#dca_plan_tab .c3 i{
    background: #ffe7dc;
    /*background: #fbd3c0;*/
}
```



```
        color: #CF5300;
        box-shadow: 2px 2px 8px -1px rgba(0,0,0,0.15);
    }
```

```
#dca_plan_tab .c4 i{
    background: #fcb0d4;
    box-shadow: 2px 2px 8px -1px rgba(0,0,0,0.15);
}
```

```
#dca_plan_tab .content span{
    display: block;
}
```

```
#dca_plan_tab .content div.col-8 span:first-child{
    font-size: 17px;
    font-weight: 500;
    letter-spacing: 0.5px;
}
```

```
#dca_plan_tab .content div.col-8 span:last-child{
    font-size: 14px;
    font-weight: 400;
    color: rgba(85,71,107,0.6);
    letter-spacing: 0.5px;
}
```

```
#dca_plan_tab span.circle{
    position: absolute;
    height: 40px;
    width: 40px;
    border-radius: 50%;
    border: 5px solid #dff1fb;
    border-left-color: rgba(0,0,255,0.3);
    bottom: 5px;
}
```

```
#dca_plan_tab .c1 span.circle{
    border: 4px solid #a5d9e4;
    border-left-color: #dff1fb;
    transform: rotate(95deg);
}
```

```
#dca_plan_tab .c2 span.circle{
    border: 4px solid #f9d090;
    border-left-color: #feed5;
    transform: rotate(150deg);
}
```

```
#dca_plan_tab .c3 span.circle{
    border: 4px solid #ecc29c;
    border-left-color: #ffe7dc;
    transform: rotate(40deg);
}
```

```
#dca_plan_tab .c4 span.circle{
    border: 4px solid #edb1cd;
    border-left-color: #ffe9de;
    border-top-color: #ffe9de;
    transform: rotate(2deg);
}
```

```
/* End of DCA Plan Tab */
```

```
/* Start of DCA Activity Tab */
```

```
#dca_activity_tab .heading{
    margin-bottom: 15px;
}
```

```
#dca_activity_tab .heading span{
    font-size: 25px;
    font-weight: 500;
}
```

```
#dca_activity_tab .heading i{
    font-size: 15px;
    line-height: 40px;
}
```

```
#dca_activity_tab img{
    height: 150px;
    width: 100%;
    border-radius: 8px;
}
```

```
.activities span{
    position: absolute;
    font-size: 11px;
    background: white;
    padding: 1px 7px;
    border-radius: 5px;
    color: #000;
    z-index: 1;
}
```

```
.run img{
    background: #a5d9e4;
    height: 180px !important;
}
```

```
.run span{
    right: 20px;
}
```

```

        bottom: 105px;
    }

.yoga img{
    height: 80px !important;
    background: #ecc29c;
    border-radius: 8px !important;
}

.yoga span{
    right: 19px;
    top: 4px;
}

.stretch img{
    margin-top: 20px;
    height: 80px !important;
    background: #ecc29c;
    border-radius: 8px !important;
}

.stretch span{
    right: 20px;
    bottom: 57px;
}

.squat img{
    background: #fcb0d4;
    height: 180px !important;
    margin-top: 20px;
}

.squat span{
    left: 20px;

```

```

        bottom: 4px;
    }

```

6. TESTING:

TESTING CASES

Test cases	feature	Test scenario	Pre request	Execute	Working	Result
login	functional	Verify user details for opening home page	1. HTML 2. CSS 3. JS	Enter the user id, password for opening home page	Login should display in the screen	pass
Home page	Functional	Verify the user details for opening home page for the user can enter their URL link	Integrate with flask	The user can enter URL link in our home page in shows the login websites is fake or not	It shows the user websites is phishing website or not	pass

User Acceptance testing:

task	Severity 1	Severity 1	Severity 1	Severity 1	Sub total
Login	10	4	5	5	13
Home page	2	0	2	0	17
Modul building	5	3	2	1	4
Executed the modul	15	5	5	10	3
Flask (app.py)	0	0	0	0	3
Flask (IBM app.py)	0	0	1	1	1
Deploy the model	0	5	2	1	2
Total	32	17	17	18	84

Test case analysis:

Section	Total cases	Not tested	Fail	Pass
Login	10	0	0	10
Home page	40	0	0	40

7.Result:

Performance Metrics:

s.no	Project name	Scope/feature	Function Changes	Hardware changes	Software changes	Load/volume changes	Risk-score
1	LOGIN PAGE	New	Low	No changes	moderate	No changes	orange
2	IMAGE UPLOAD PAGE	New	High	No changes	no	low	green
3	RESULT PAGE	New	Moderate	No changes	no	low	green

S.no	Project over view	NFT Test approach	Approvals/sign off
1	Login page	Using Python and flask	
2	Image upload page	Using Python and flask	
3	User web application	Using Python and flask	

S.no	Project over view	NFT test approach	NFR-Met	Test outcome	Go / no - go decision	Identify defects	Approvals/signOff
1	Login page	Using python flask	No	Expectance met	Go	Identified/closed	
2	Image upload	Using python flask	Yes	Expectance partially met	No – go	Identified/rectified	
3	Result page	Using python flask	No	Expectance partially met	Go	Identified/rectified	

8. ADVANTAGES & DISADVANTAGES :

Advantages:

- A well-balanced diet provides all of the: energy you need to keep active throughout the day. nutrients you need for growth and repair, helping you to stay strong and healthy and help to prevent diet-related illness, such as some cancers.

Dis-Advantages:

- being overweight or obese
- tooth decay
- high blood pressure
- high cholesterol
- heart disease and stroke

- type-2 diabetes
- osteoporosis
- some cancers
- depression
- eating disorders.

CONCLUSION:

- Good nutrition promotes not only better physical health and reduced susceptibility to disease, but has also been demonstrated to contribute to cognitive development and academic success. Left to their own devices, children will not automatically select healthy foods.
- Most countries in the region implement school health and nutrition programmes, including school feeding, deworming, vitamin and mineral supplementation, etc. Innovative, creative and effective school nutrition education programmes exist in some countries in the region. However, these are often small-scale and implemented as pilot projects, focus on children with special needs and prioritize the transfer of knowledge over the promotion of active learning and the creation of appropriate attitudes, life skills and behaviour. Generally, nutrition education is not systematically integrated into school curricula in the region.

12. FUTURE SCOPE:

- The scope of this field is as follows: Graduates can work as a project assistant, project associate at an organization like PHFI, WHO, UNICEF, health organizations. Work as a chief nutritionist in NGO or private organizations. Work as a Regulatory affairs specialist.
- Nutrition is a good major for students who would like to become a part of the healthcare workforce after around four years of college and without necessarily providing direct patient care. An undergraduate degree in nutrition is also ideal for those who are planning on entering graduate or medical school.

13. APPENDIX:

Sample coding:

```
<html
lang="en">
    <head>
    <meta charset="UTF-8">
    <meta http-equiv="X-UA-Compatible" content="IE=edge">
    <meta name="viewport" content="width=device-width, initial-
scale=1.0">
    <link rel="stylesheet" href="index.css">
    <!--<title>Login & Registration Form</title>-->

    </head>

    <body>
    <h1 style="color:white">Nutrition Assistant Application</h1>
    <div class="container">
    <div class="forms">
    <div class="form login">
    <span class="title">Login</span>
```

```

<form action="#">
  <div class="input-field">
    <input type="text" placeholder="Enter your email"
required>
    <i class="uil uil-envelope icon"></i>
  </div>
  <div class="input-field">
    <input type="password" class="password"
placeholder="Enter your password" required>
    <i class="uil uil-lock icon"></i>
    <i class="uil uil-eye-slash showHidePw"></i>
  </div>

  <div class="checkbox-text">
    <div class="checkbox-content">
      <input type="checkbox" id="logCheck">
      <label for="logCheck" class="text">Remember
me</label>
    </div>

    <a href="#" class="text">Forgot password?</a>
  </div>

  <div class="input-field button">
    <input type="button" value="Login">
  </div>
</form>

<div class="login-signup">
  <span class="text">Not a member?
  <a href="#" class="text signup-link">Signup
Now</a>
  </span>
</div>
</div>

```

```

<script src="index.js"></script>
<!-- Registration Form -->

<div class="form signup">
  <span class="title">Registration</span>

  <form action="#">
    <div class="input-field">
      <input type="text" placeholder="Enter your name"
required>
      <i class="uil uil-user"></i>
    </div>
    <div class="input-field">
      <input type="text" placeholder="Enter your email"
required>
      <i class="uil uil-envelope icon"></i>
    </div>
    <div class="input-field">
      <input type="password" class="password"
placeholder="Create a password" required>
      <i class="uil uil-lock icon"></i>
    </div>
    <div class="input-field">
      <input type="password" class="password"
placeholder="Confirm a password" required>
      <i class="uil uil-lock icon"></i>
      <i class="uil uil-eye-slash showHidePw"></i>
    </div>

    <div class="checkbox-text">
      <div class="checkbox-content">
        <input type="checkbox" id="termCon">
        <label for="termCon" class="text">I accepted
all terms and conditions</label>
      </div>
    </div>
  </form>
</div>

```

```

        <div class="input-field button">
          <input type="button" value="Signup">
        </div>
      </form>

      <div class="login-signup">
        <span class="text">Already a member?
          <a href="#" class="text login-link">Login
Now</a>

      </span>
    </div>
  </div>
</div>
</div>
</div>

  <!--<script src="index.js"></script>-->
</body>
</html>

```

Github Link:

<https://github.com/IBM-EPBL/IBM-Project-31246-1660198091>