## **Sprint -1**

Date	5 NOVEMBER 2022
Team ID	PNT2022TMID48368
Project Name	Project – Nutrition Assistant Application
Maximum Marks	20 Marks

Registration page, login page, User page, BMI calculator, calorie calculator, water consumption calculator, connected to sqlite database

```
from flask import Flask,
render_template,request,flash,redirect,url_for,session
import sqlite3
app = Flask(__name__)
app.secret_key="123"
con=sqlite3.connect("database.db")
con.execute("create table if not exists customer(pid integer primary key,name
text,address text,contact integer,mail text)")
con.close()
@app.route('/index')
def index():
    return render_template('index.html')
    return redirect(url_for("index"))
@app.route('/bas')
def bas():
    return render_template('bas.html')
@app.route('/water')
def water():
    return render_template('water.html')
@app.route('/chat')
def chat():
    return render_template('chat.html')
@app.route('/calorie')
def calorie():
    return render_template('calorie.html')
```

```
@app.route("/")
def discover():
    return render template('discover.html')
@app.route("/bmi")
def bmi():
    return render_template('bmi.html')
@app.route('/login',methods=["GET","POST"])
def login():
    if request.method=='POST':
        name=request.form['name']
        password=request.form['password']
        con=sqlite3.connect("database.db")
        con.row factory=sqlite3.Row
        cur=con.cursor()
        cur.execute("select * from customer where name=? and
mail=?",(name,password))
        data=cur.fetchone()
        if data:
            session["name"]=data["name"]
            session["mail"]=data["mail"]
            return redirect("customer")
        else:
            flash("Username and Password Mismatch", "danger")
    return redirect(url_for("index"))
@app.route('/customer',methods=["GET","POST"])
def customer():
    return render_template("customer.html")
@app.route('/register',methods=['GET','POST'])
def register():
    if request.method=='POST':
        try:
            name=request.form['name']
            address=request.form['address']
            contact=request.form['contact']
            mail=request.form['mail']
            con=sqlite3.connect("database.db")
            cur=con.cursor()
            cur.execute("insert into
customer(name,address,contact,mail)values(?,?,?)",(name,address,contact,mail
))
            con.commit()
            flash("Record Added Successfully", "success")
        except:
```

```
flash("Error in Insert Operation","danger")
    finally:
        return redirect(url_for("index"))
        con.close()

    return render_template('register.html')

@app.route('/logout')
def logout():
    session.clear()
    return redirect(url_for("index"))

if __name__ == '__main__':
    app.run()
```

```
<!doctype html>
<html lang="en">
   <head>
       <!--Required meta tags-->
       <meta charset="utf-8">
       <meta name="viewport" content="width=device-width,initial-scale=1">
        <!--Bootstrap CSS-->
k
href="https://cdn.jsdelivr.net/npm/bootstrap@5.2.1/dist/css/bootstrap.min.css"
rel="stylesheet" integrity="sha384-
iYQeCzEYFbKjA/T2uDLTpkwGzCiq6soy8tYaI1GyVh/UjpbCx/TYkiZhlZB6+fzT"
crossorigin="anonymous">
<script
src="https://cdn.jsdelivr.net/npm/bootstrap@5.2.1/dist/js/bootstrap.bundle.min
.js" integrity="sha384-
u10knCvxWvY5kfmNBILK2hRnQC3Pr17a+RTT6rIHI7NnikvbZlHgTP00mMi466C8"
crossorigin="anonymous"></script>
<link rel="stylesheet" href="static/css/style.css">
{% block head %} {% endblock %}
</head>
<body>
             <a class="nav-link" href="register">Signup for free</a>
             <div class="container mt-5">
        {% block body %} {% endblock %}
    </div>
</body>
</html>
```

```
<!doctype html>
<html lang="en">
   <head>
       <!--Required meta tags-->
       <meta charset="utf-8">
       <meta name="viewport" content="width=device-width,initial-scale=1">
       <!--Bootstrap CSS-->
link
href="https://cdn.jsdelivr.net/npm/bootstrap@5.2.1/dist/css/bootstrap.min.css"
rel="stylesheet" integrity="sha384-
iYQeCzEYFbKjA/T2uDLTpkwGzCiq6soy8tYaI1GyVh/UjpbCx/TYkiZhlZB6+fzT"
crossorigin="anonymous">
<script
src="https://cdn.jsdelivr.net/npm/bootstrap@5.2.1/dist/js/bootstrap.bundle.min
.js" integrity="sha384-
u10knCvxWvY5kfmNBILK2hRnQC3Pr17a+RTT6rIHI7NnikvbZlHgTP00mMi466C8"
crossorigin="anonymous"></script>
<link rel="stylesheet" href="static/css/style.css">
{% block head %} {% endblock %}
</head>
<body>
   <nav class="navbar navbar-expand-lg bg-light">
       <div class="container-fluid">
         <a class="navbar-brand" href="chat">chat</a>
         <button class="navbar-toggler" type="button" data-bs-</pre>
toggle="collapse" data-bs-target="#navbarSupportedContent" aria-
controls="navbarSupportedContent" aria-expanded="false" aria-label="Toggle
navigation">
           <span class="navbar-toggler-icon"></span>
         <div class="collapse navbar-collapse" id="navbarSupportedContent">
           <a class="nav-link" href="customer">User Page</a>
             <a class="nav-link" href="water">Water Consumption
Calculator</a>
             <form class="d-flex" role="search">
             <input class="form-control me-2" type="search"</pre>
placeholder="Search" aria-label="Search">
             <button class="btn btn-outline-success"</pre>
type="submit">Search</button>
```

```
</form>
          </div>
        </div>
    <div class="container mt-5">
        {% block body %} {% endblock %}
    </div>
    <script>
        window.watsonAssistantChatOptions = {
          integrationID: "6be1338d-28b4-4cc9-a7f1-5325bf4f1a7a", // The ID of
this integration.
          region: "jp-tok", // The region your integration is hosted in.
          serviceInstanceID: "28364df6-a229-4fbf-92ef-69db79ae1f26", // The ID
of your service instance.
          onLoad: function(instance) { instance.render(); }
        };
        setTimeout(function(){
          const t=document.createElement('script');
          t.src="https://web-
chat.global.assistant.watson.appdomain.cloud/versions/" +
(window.watsonAssistantChatOptions.clientVersion | 'latest') +
"/WatsonAssistantChatEntry.js";
          document.head.appendChild(t);
        });
     </script>
</body>
</html>
```

```
body {
   margin: 0;
    height: 100vh;
    padding: 0;
    border: 0;
    background: linear-gradient(to top right, #E8F5C8, #9FA5D5);
.form {
    background-color: #fff;
    height: 240px;
    width: 450px;
    border-radius: 20px;
    margin: 20px auto 20px auto;
    display: block;
    border: solid 1px #289df6;
    box-shadow: 0 0 40px 0 #ddd;
.form:hover {
    box-shadow: 0 0 60px 0 #ccc;
    transition: 0.4s;
    transform: scale(1.02);
.row-one {
    padding: 20px;
.row-two {
    padding: 20px;
.text-input {
    width: 60px;
    height: 30px;
    border-radius: 10px;
    background-color: #dbeffe;
    border: none;
    outline: none;
    padding: 5px 10px;
    cursor: pointer;
.text-input:last-child {
    margin-bottom: 35px;
.text-input:hover {
    background-color: #cbe7fd;
#submit {
    border: none;
    border-radius: 10px;
```

```
height: 40px;
    width: 140px;
    background-color: #289df6;
    color: #fff;
    margin: auto;
    display: block;
    outline: none;
    cursor: pointer;
#submit:hover {
    background-color: #0a8ef2;
.text {
    display: inline-block;
    margin: 5px 20px 5px 8px;
.row-one {
    padding: 30px 20px 15px 20px;
.row-two {
    padding: 15px 20px 30px 20px;
.container {
    display: inline-block;
    position: relative;
    padding-left: 30px;
    cursor: pointer;
    user-select: none;
.container input {
    position: absolute;
    opacity: 0;
.checkmark {
    position: absolute;
    top: 0;
    left: 0;
    height: 25px;
    width: 25px;
    background-color: #dbeffe;
    border-radius: 50%;
.container:hover input ~ .checkmark {
    background-color: #cbe7fd;
.container input:checked ~ .checkmark {
    background-color: #289df6;
```

```
h1 {
    font-size: 30px;
    font-weight: 300;
    text-align: center;
    color: #289df6;
    padding-top: 15px;
    display: block;
h2 {
    font-size: 22px;
    font-weight: 300;
    text-align: center;
h3 {
    font-size: 24px;
    font-weight: 300;
    text-align: center;
    padding: 15px;
h3 b {
    font-size: 32px;
    font-weight: 300;
    color: #289df6;
.checkmark:after {
    content: "";
    position: absolute;
    display: none;
.container input:checked ~ .checkmark:after {
    display: block;
.container .checkmark:after {
    left: 9px;
    top: 5px;
    width: 5px;
    height: 10px;
    border: solid white;
    border-width: 0 2px 2px 0;
    transform: rotate(45deg);
 body
          background-image:url({{url_for('static',filename='OIP.jpeg')}})
  </style>
{% block body %}
  <h3><b>B</b>ody <b>M</b>ass <b>I</b>ndex Calculator</h3>
```

```
<form class="form" id="form" onsubmit="return validateForm()">
<div class="row-one">
 <input type="text" class="text-input" id="age" autocomplete="off"</pre>
required/>Age
 <label class="container">
 <input type="radio" name="radio" id="f">Female
   <span class="checkmark"></span>
 </label>
 <label class="container">
 <input type="radio" name="radio" id="m">Male
   <span class="checkmark"></span>
 </label>
 </div>
<div class="row-two">
<input type="text" class="text-input" id="height" autocomplete="off"</pre>
required>Height (cm)
<input type="text" class="text-input" id="weight" autocomplete="off"</pre>
required>Weight (kg)
<button type="button" id="submit">Submit</button>
<script>
var age = document.getElementById("age");
var height = document.getElementById("height");
var weight = document.getElementById("weight");
var male = document.getElementById("m");
var female = document.getElementById("f");
var form = document.getElementById("form");
function validateForm() {
   if (
       age.value == "" ||
       height.value == "" ||
       weight.value == "" ||
       (male.checked == false && female.checked == false)
    ) {
       alert("All fields are required!");
       document
           .getElementById("submit")
           .removeEventListener("click", countBmi);
   } else {
       countBmi();
document.getElementById("submit").addEventListener("click", validateForm);
function countBmi() {
   var p = [age.value, height.value, weight.value];
   if (male.checked) {
       p.push("male");
```

```
} else if (female.checked) {
        p.push("female");
    form.reset();
    var bmi = Number(p[2]) / (((Number(p[1]) / 100) * Number(p[1])) / 100);
    var result = "";
    if (bmi < 18.5) {
        result = "Underweight";
    } else if (18.5 <= bmi && bmi <= 24.9) {
        result = "Healthy";
    } else if (25 <= bmi && bmi <= 29.9) {
        result = "Overweight";
    } else if (30 <= bmi && bmi <= 34.9) {
        result = "Obese";
    } else if (35 <= bmi) {</pre>
        result = "Extremely obese";
    var h1 = document.createElement("h1");
    var h2 = document.createElement("h2");
    var t = document.createTextNode(result);
    var b = document.createTextNode("BMI: ");
    var r = document.createTextNode(parseFloat(bmi).toFixed(2));
    h1.appendChild(t);
    h2.appendChild(b);
    h2.appendChild(r);
    document.body.appendChild(h1);
    document.body.appendChild(h2);
    document.getElementById("submit").removeEventListener("click", countBmi);
    document
        .getElementById("submit")
        .removeEventListener("click", validateForm);
document.getElementById("submit").addEventListener("click", countBmi);
</script>
</form>
{% endblock %}
```

```
<link rel="icon" type="image/png" href="https://user-</pre>
images.githubusercontent.com/34577873/43033510-24d8f684-8cd4-11e8-9b07-
d22248354f59.png">
 <!-- Font Awesome -->
  <link rel="stylesheet"</pre>
href="https://use.fontawesome.com/releases/v5.11.2/css/all.css">
 <!-- Google Fonts Roboto -->
  <link rel="stylesheet"</pre>
href="https://fonts.googleapis.com/css?family=Roboto:300,400,500,700&display=s
wap">
<style>
body{
    margin: 0;
    height: 100vh;
    padding: 0;
    border: 0;
    background: linear-gradient(to top right, );
.T{
    font-size: larger;
    font-family: 'Gill Sans', 'Gill Sans MT', Calibri, 'Trebuchet MS', sans-
serif;
    width: 50%;
.I {
    width: 50%;
table,th,td{
    border-collapse: collapse;
border:2px black;
.SS {
    font-size: x-large;
    font-weight: 1000;
    font-family: Comic Sans MS;
.CD {
    font-weight: normal;
    font-size: initial;
 </style>
{% endblock %}
{% block body %}
```

```
<header>
   <nav class="navbar" style="background-color:orange;">
     <span style="color: white; font-size: 23px; font-family: 'Gill Sans',</pre>
'Gill Sans MT', Calibri, 'Trebuchet MS', sans-serif; "><i class="fas fa-
calculator"></i> Calorie Calculator
 </header>
   size: 20px;"><b>Insert your data below to calculate your recommended calories
intake!</b>
   <div class="card text-center border-warning-color-dark" style="max-width:</pre>
50rem; margin: auto; border: 20px solid orange; width: 50%; margin-top: 30px;
min-width: 20rem;text-align:center;">
     collapse:separate;">
      <form>
        Gender
          <input type="radio" name="gender" value="male" id="male"</pre>
checked="checked"> Male &nbsp &nbsp
           <input type="radio" name="gender" value="female" id="female">
Female
         Age
          <input type="number" min="0" id="age"</pre>
placeholder="" style="border-width:10px; border-color: rgb(255, 123, 0);
border-radius: 5px;"><div style="display: none;" id="ATT">Please enter valid
number</div>
        Weight
          <input type="number" min="0" id="weight"
style="border-width: 10px; border-color: rgb(255, 123, 0); border-radius:
10px;" placeholder="Kg"><div style="display: none;" id="WTT">Please enter
valid number</div>
        Height
         <input type="number" min="0" id="height"</pre>
style="border-width: 10px; border-color: rgb(255, 123, 0); border-radius:
10px;" placeholder="Cm"><div style="display: none;" id="HTT">Please enter
valid number</div>
```

```
Exercise level<br>/Activity
          <select class="custom-select custom-select-sm" style="width: 70%;</pre>
margin: auto; border-width: 10px; border-color: rgb(255, 123, 0); border-
radius: 5px; margin-top: 12px;"> <!--KONO DIO DA -->
            <option value="0" id="0">Basal Metabolic Rate (BMR)</option>
            <option value="1" id="1">Little/No exercise</option>
            <option value="2" id="2">Low activity (exercise 1-3
times/week)</option>
            <option value="3" id="3">Active (daily exercise or intense
exercise 3-4 times/week)</option>
            <option value="4" id="4">High activity (intense exercise 6-7
times/week)</option>
            <option value="5" id="5">Very high activity (very intense
exercise daily, or physical job)</option>
          </select>
        </form>
     <!-- UwU -->
     <button id="B" type="button" onclick="calc()" class="btn btn-amber"</pre>
style="width: 300px; margin: auto; margin-bottom: 25px; border-radius:
25px;">Calculate</button>
   </div>
   <!-- Score -->
   <div id="Final" class="card text-center" style="max-width: 25rem; margin:</pre>
auto; border: 6px solid orange; width: 50%; margin-top: 45px; background-
color:#fff176; border-radius: 20px; color:#ff6d00; display: none; margin-
bottom: 30px; text-align:center;">
     Maintain weight 
        <div id="a" class="SS">&nbsp</div><div
class="CD">Calories/day</div>
       Weight loss 
size: small; color:#888; font-weight: lighter;">0.5 kg/week
        <div id="b" class="SS">&nbsp</div><div
class="CD">Calories/day</div>
```

```
Weight gain <p style="font-
size: small; color:#888; font-weight: lighter;">0.5 kg/week
         <div id="c" class="SS">&nbsp</div><div
class="CD">Calories/day</div>
       </div>
 </main>
 <script>function calc() {
   let A = document.getElementById("age").value;
   let W = document.getElementById("weight").value;
   let H = document.getElementById("height").value;
   let S
   let R
   // input check
   if (document.getElementById("age").value.length == 0) {
       document.getElementById("ATT").style = "color: red;"
       document.getElementById("WTT").style = "display: none;"
       document.getElementById("HTT").style = "display: none;"
       return
   if (document.getElementById("weight").value.length == 0) {
       document.getElementById("ATT").style = "display: none;"
       document.getElementById("HTT").style = "display: none;"
       document.getElementById("WTT").style = "color: red;"
       return
   if (document.getElementById("height").value.length == 0) {
       document.getElementById("ATT").style = "display: none;"
       document.getElementById("WTT").style = "display: none;"
       document.getElementById("HTT").style = "color: red;"
       return
```

```
if (document.getElementById("male").checked) {
    S = Math.round((9.99*W)+(6.25*H)-(4.92*A)+5)
} else if (document.getElementById("female").checked) {
   S = Math.round((9.99*W)+(6.25*H)-(4.92*A)-161)
// Activity 0 (BMR)
if (document.getElementById("0").selected) {
    R = S
// Activity 1
if (document.getElementById("1").selected) {
    R = S*1.2
// Activity 2
if (document.getElementById("2").selected) {
   R = S*1.35
// Activity 3
if (document.getElementById("3").selected) {
    R = S*1.55
if (document.getElementById("4").selected) {
   R = S*1.75
// Activity 5
if (document.getElementById("5").selected) {
   R = S*1.95
document.getElementById("ATT").style = "display: none;"
document.getElementById("HTT").style = "display: none;"
document.getElementById("WTT").style = "display: none;"
document.getElementById("age").placeholder = " "
document.getElementById("weight").placeholder = "Kg"
document.getElementById("height").placeholder = "Cm"
document.getElementById("a").innerHTML = Math.round(R)
document.getElementById("b").innerHTML = Math.round(R*0.80)
```

```
document.getElementById("c").innerHTML = Math.round(R*1.20)
    document.getElementById("Final").style = "max-width: 25rem; margin: auto;
border: 6px solid orange; width: 50%; margin-top: 45px; background-
color:#fff176; border-radius: 20px; color:#ff6d00; margin-bottom: 30px"
</script>
{% endblock %}
{% block head %}
<style>
body
          background-image:url({{url for('static',filename='chat3.png')}})
    </style>
{% endblock %}
{% block body %}
<h1 style =text-align:center;color:white;>Welcome to NUTRI ASSISTANT</h1><br>
<h1 style =text-align:center;color:white;>Chat with our Nutribot to achieve
your goal!!<h1>
  <script>
   window.watsonAssistantChatOptions = {
      integrationID: "6be1338d-28b4-4cc9-a7f1-5325bf4f1a7a", // The ID of this
integration.
      region: "jp-tok", // The region your integration is hosted in.
      serviceInstanceID: "28364df6-a229-4fbf-92ef-69db79ae1f26", // The ID of
your service instance.
      onLoad: function(instance) { instance.render(); }
    };
    setTimeout(function(){
      const t=document.createElement('script');
      t.src="https://web-
chat.global.assistant.watson.appdomain.cloud/versions/" +
(window.watsonAssistantChatOptions.clientVersion | 'latest') +
'/WatsonAssistantChatEntry.js";
      document.head.appendChild(t);
    });
  </script>
{% endblock %}
```

```
{% block title %}customer{% endblock %}
         {% block head %}
    <meta charset="UTF-8">
     <link rel="stylesheet"</pre>
href="{{url for('static',filename='css/bootstrap.min.css')}}">
    <link rel="stylesheet"</pre>
href="{{url_for('static',filename='myfont/css/all.min.css')}}">
    <script src="{{url_for('static',filename='js/jquery.min.js')}}"></script>
    <style>
    body
          background-image:url({{url_for('static',filename='user2.jpg')}})
        </style>
    {% endblock %}
    {% block body %}
     <div class="container">
        <div class="col-md-offset-3 col-md-5">
            <h2 class="page-header text-primary text-center">Customer
Page</h2>
            <h3 class="text-success">Welcome : {{session["name"]}}</h3>
            <a href="{{url_for('logout')}}" class="btn btn-primary btn-</pre>
block">Logout</a>
            <hr>>
            <a href="{{url_for('bmi')}}" class="btn btn-primary btn-</pre>
block">bmi</a>
            <a href="{{url_for('calorie')}}" class="btn btn-primary btn-</pre>
block">calorie counter</a>
        </div>
     </div>
     {% endblock %}
```

```
body
         background-image:url({{url_for('static',filename='index.jpg')}})
    .flex-parent {
          display: flex;
   .jc-center {
           justify-content: center;
         a:link {
           background-color: none;
         a:visited {
           background-color: none;
   </style>
 <div class="flex-parent jc-center">
   <a href="{{url_for('register')}}" class="btn Sign up for free">Sign up for
free</a>
 </div>
 <div class="flex-parent jc-center">
   <a href="{{url_for('index')}}" class="btn Already have an account signin"</pre>
style="float:right;">Already have an account signin</a>
 </div>
 </body>
</div>
       {% endblock %}
{% extends "bas.html" %}
{% block head %}
   <meta charset="UTF-8">
   <title>Index</title>
   <link rel="stylesheet"</pre>
href="{{url_for('static',filename='css/bootstrap.min.css')}}">
   <link rel="stylesheet"</pre>
href="{{url_for('static',filename='myfont/css/all.min.css')}}">
   <script src="{{url_for('static',filename='js/jquery.min.js')}}"></script>
```

```
.shadow{
            box-shadow:3px 3px 10px black;
            padding:30px;
        }
        body
          background-image:url({{url_for('static',filename='in.jpg')}})
    </style>
{% endblock %}
{% block body %}
    <div class="container" style="margin-top:100px">
        <div class="col-md-offset-1 col-md-10" >
            <div class="col-md-offset-3 col-md-5">
                <div class="shadow">
                <form action="/login" method="POST" autocomplete="off">
                    <h3 class="page-header text-primary">Login</h3>
                     {% with messages =
get_flashed_messages(with_categories=true) %}
                {% if messages %}
                    {% for category, message in messages %}
                        <div class="alert alert-
{{category}}">{{message}}</div>
                    {% endfor %}
                {% endif %}
                {% endwith %}
                    <div class="form-group">
                         <label>Username
                         <input type="text" name="name" class="form-control"</pre>
required>
                    </div>
                    <div class="form-group">
                         <label>Password</label>
                         <input type="password" name="password" class="form-</pre>
control" required>
                    </div>
                    <div class="form-group">
                         <input type="submit" value="Login" class="btn btn-</pre>
success btn-block">
                        <a href="{{url_for('register')}}" class="btn btn-</pre>
primary btn-block">Register</a>
                    </div>
                </form>
                    </div>
            </div>
```

```
{% extends 'bas.html' %}
{% block head %}
    <title>Registration</title>
    <link rel="stylesheet"</pre>
href="{{url_for('static',filename='css/bootstrap.min.css')}}">
    <link rel="stylesheet"</pre>
href="{{url_for('static',filename='myfont/css/all.min.css')}}">
    <script src="{{url for('static',filename='js/jquery.min.js')}}"></script>
    <style>
        .shadow{
            box-shadow:3px 3px 10px black;
            padding:30px;
        .container img {
            width: 220%;
            height: auto;
          body
          background-image:url({{url_for('static',filename='food.jpg')}})
        </style>
    {% endblock %}
{% block body %}
    <div class="container" style="margin-top:100px">
        <div class="col-md-offset-3 col-md-5">
            <div class="shadow">
                 <form method="POST" action="/register">
                     <h2 class="page-header text-primary text-</pre>
center">Registration</h2>
                     <div class="form-group">
                         <label style="color:white">Name</label>
                         <input type="text" class="form-control" name="name"</pre>
required>
                     </div>
                     <div class="form-group">
```

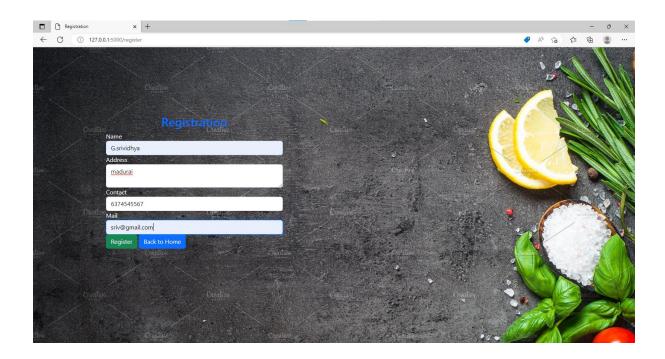
```
<label style="color:white">Address</label>
                         <textarea class="form-control" name="address"</pre>
required></textarea>
                      </div>
                     <div class="form-group">
                         <label style="color:white">Contact</label>
                         <input type="text" class="form-control" name="contact"</pre>
required>
                     </div>
                     <div class="form-group">
                         <label style="color:white">Mail</label>
                         <input type="text" class="form-control" name="mail"</pre>
required>
                     </div>
                     <!--<div class="form-group">
                         <label>Password</label>
                         <input type="text" class="form-control"</pre>
name="password" required>
                     </div>-->
                      <div class="form-group">
                         <input type="submit" class="btn btn-success btn-block"</pre>
value="Register">
                          <a href="{{url_for('discover')}}" class="btn btn-</pre>
primary btn-block">Back to Home</a>
                     </div>
                 </form>
            </div>
        </div>
    </div>
<script>
    $(document).ready(function(){
        $("form").attr("autocomplete","off");
    });
</script>
{% endblock %}
```

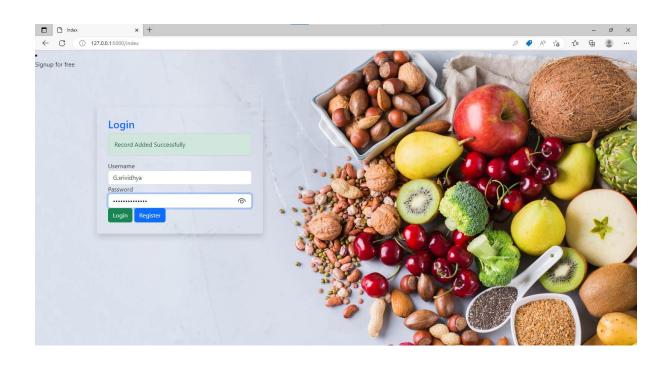
```
flex-direction: column;
  .container-2 {
    display: flex;
    flex-direction: row;
body {
    background-image:url({{url_for('static',filename='w3.jpg')}})
.box-1 {
  flex: 2;
.box-2 {
  flex: 2;
.box-3 {
  flex: 1;
h1, legend {
 margin-left: 10px;
  letter-spacing: 4px;
  font-weight: 600;
p#first, p#second {
 max-width: 575px;
  letter-spacing: 4px;
 margin-left: 30px;
p, label {
  font-size: 20px;
  line-height: 25px
legend {
 font-size: 25px;
 margin-left: 0;
 letter-spacing: 4px;
  font-weight: 600;
button#calculate, button#clear {
  background-color: lightblue;
  font-size: 16px;
button#calculate {
  margin: 10px 0 7px 0;
button#clear {
```

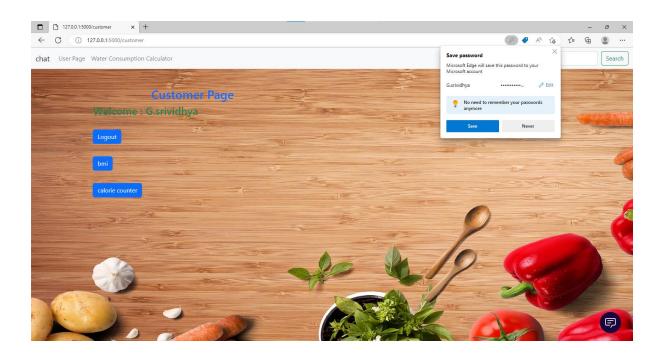
```
margin-left: 10px;
fieldset {
  max-width: 390px;
  height: 350px;
  left-margin: 50px;
  top-margin: 0px;
  padding-left: 20px;
  background-color: silver;
label, input {
 margin-bottom: 10px
.emphasis {
  font-style: italic;
</style>
{% endblock %}
{% block body %}
  <div class="container-1">
  <div class="box-1">
    <h1>Water Consumption Calculator</h1>
    Have you ever wondered how much water we're supposed to
drink daily for proper hydration? For many years, people have been under the
impression that we are only supposed to consume 64 ounces a day. This is a
common misconception. The actual amount is determined by a couple of factors:
one being a person's weight and the other the amount of activity, or exercise,
the person engages in.</div>
  <div class="box-2">
    <!--<p id="second">My application calculates how much water one is suppose
to consume on a daily basis based on both of these determining factors and
since most of us drink bottled water, it calculates the amount of bottles
needed for the amount of ounces we need also. By entering your information
below and clicking <span class="emphasis">Calculate Water</span>, you will be
shown how much water you should consume daily in ounces and in 16.9 ounce
bottles. To do another water calculation, simply click <span
class="emphasis">Reset Calculator</span> and start again. Happy
hydrating!</div>-->
  </div>
  <div class="container 2">
    <div class="box-3">
    <form id="personal info" onsubmit="return false">
    <fieldset>
    <legend>Personal Information</legend>
    <label for="weight">Please enter your weight:</label><br>
    <input type="text" id="weight" size="3" maxlength="5"><br>
    <label for="exercise">How long do you exercise per day
(minutes)?</label><br>
```

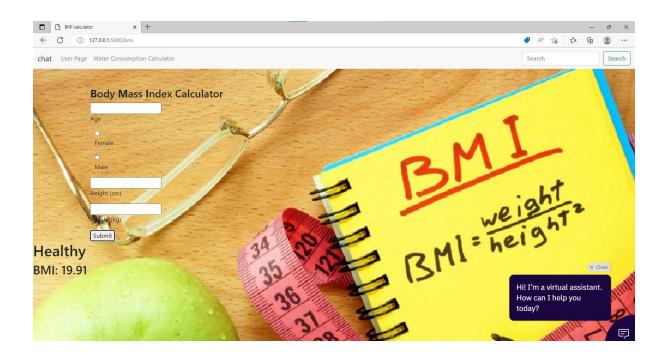
```
<input type="text" id="exercise" size="3" maxlength="5"><br>
    <button id="calculate" onClick="calculateWater();">Calculate
Water</button>
    <button id="clear" onclick="resetForm();">Clear Calculator</button><br>
    <label for="required water">Required daily amount in ounces:</label><br>
    <input type="text" id="required_water" size="3" maxlength="5"><br>
    <label for="water bottles">Number of 16.9 ounce water bottles
needed:</label><br>
    <input type="text" id="water bottles" size="3" maxlength="5">
    </fieldset>
    </form>
  </div>
    </div>
    <script>
        function calculateWater() {
            var weight = document.getElementById("weight").value;
            var activity = document.getElementById("exercise").value;
            var requiredWaterOz = weight / 2 + (activity / 30) * 12;
            var waterBottles = requiredWaterOz / 16.9;
            var waterBottles2 = waterBottles.toFixed(2);
            if (isNaN(weight) || isNaN(activity)) {
              alert("Please enter only numeric values.");
            else if (weight === "") {
              alert("Please enter your weight.");
            else if (activity === "") {
              alert("Please enter your exercise time. If you have not been
active, please enter 0.");
            }
            else {
              document.getElementById("required water").value =
requiredWaterOz;
              document.getElementById("water_bottles").value = waterBottles2;
          function resetForm() {
              document.getElementById("personal_info").reset();
    </script>
{% endblock %}
```

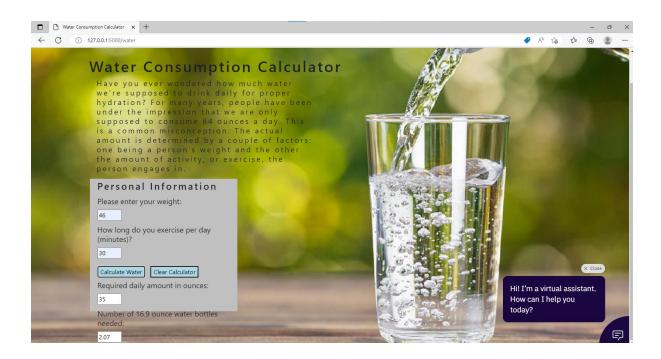


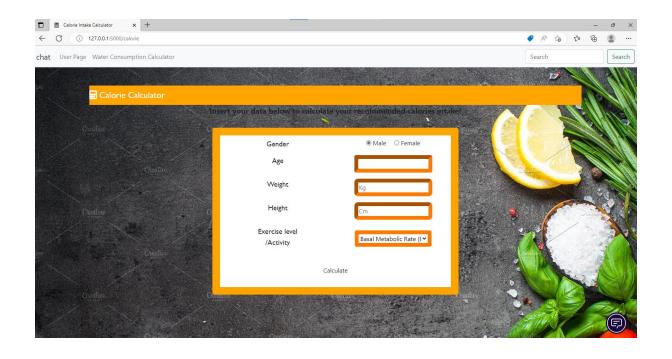














Insert your data below to calculate your recommended calories intake!

