```php
<?php
@ob_start();
session_start();
?>
<?php
session_start();
if (isset($_SESSION['data']) && (time() - $_SESSION['data'] > 1000)) {
    $_SESSION = array();
    session_destroy();
    header("Location:/index.php?timeout=1");
}
?>
<!DOCTYPE html>
<?php
session_start();

if ((isset($_SESSION['session_id']))) {
    $session_ruolo = htmlspecialchars($_SESSION['session_ruolo'], ENT_QUOTES, 'UTF-8');
    if ("amministrazione" != $session_ruolo) {
        header("location:profiloutente.php");
    } else {
        header("location:dashboard.php");
    }
}
?>

<!DOCTYPE html>
<html lang="en">

<head>
    <meta charset="utf-8">
    <meta name="viewport" content="width=device-width, initial-scale=1">
    <title>Sportgym | Log in</title>
    <link rel="shortcut icon" href="./dist/img/fav/favicon.ico" type="image/x-icon" />
    <!-- Google Font: Source Sans Pro -->
    <link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Source+Sans+Pro:300,400,400i,700&display=fallback">
    <!-- Font Awesome -->
    <link rel="stylesheet" href="./plugins/fontawesome-free/css/all.min.css">

    <!-- Theme style -->
    <link rel="stylesheet" href="./dist/css/adminlte.min.css">
    <!-- Google Font: Source Sans Pro -->
    <link rel="stylesheet" href="https://fonts.googleapis.com/css?family=Source+Sans+Pro:300,400,400i,700&display=fallback">
    <!-- Font Awesome -->
    <link rel="stylesheet" href="./plugins/fontawesome-free/css/all.min.css">
    <!-- Ionicons -->
    <link rel="stylesheet" href="https://code.ionicframework.com/ionicons/2.0.1/css/ionicons.min.css">
```

```html
    <!-- DataTables -->
    <link rel="stylesheet" href="./plugins/datatables-bs4/css/dataTables.bootstrap4.min.css">
    <link rel="stylesheet" href="./plugins/datatables-responsive/css/responsive.bootstrap4.min.css">
    <link rel="stylesheet" href="./plugins/datatables-buttons/css/buttons.bootstrap4.min.css">
    <!-- Theme style -->
    <link rel="stylesheet" href="./dist/css/adminlte.min.css">
    <!-- custom css -->
    <link rel="stylesheet" href="./dist/css/custom.css">

</head>

<body class="hold-transition login-page" id="pageLogin">
    <div class="login-box">
        <div class="login-logo">
            <a href="#"><b>Sport</b>gym</a>
        </div>
        <!-- /.login-logo -->
        <div class="card">
            <div class="card-body login-card-body">
                <p class="login-box-msg">Accedi per avviare la tua sessione</p>
                <form action="./accedi.php" method="post">
                    <?php
                    if (isset($_REQUEST["errpass"]) || isset($_REQUEST["errmail"]))
                        echo ('<p style="color:red;">Email o password errata</p>');

                    if (isset($_REQUEST["timeout"]))
                        echo ('<p style="color:red;">Sessione scaduta</p>');

                    ?>
                    <div class="input-group mb-3">
                        <input type="email" id="mail" name="mail" class="form-control" placeholder="Email">
                        <div class="input-group-append">
                            <div class="input-group-text">
                                <span class="fas fa-envelope"></span>
                            </div>
                        </div>
                    </div>
                    <div class="input-group mb-3">
                        <input type="password" id="pass" name="pass" class="form-control" placeholder="Password" autocomplete="on">
                        <div class="input-group-append">
                            <div class="input-group-text">
                                <span class="fas fa-lock"></span>
                            </div>
                        </div>
                    </div>
                    <div class="row">
                        <!-- /.col -->
                        <div class="mx-auto">

                            <input type="submit" class="btn btn-primary btn-block" name="login" value="Sign in" />
                        </div>
```

```html
            <!-- /.col -->
          </div>
        </form>
        <!--  <p class="mb-1">
          <a href="#">Ho dimenticato la password</a>
        </p>
        <p class="mb-0">
          <a href="register.html" class="text-center">Registra un nuovo utente</a>
        </p> -->
      </div>
      <!-- /.login-card-body -->
    </div>
  </div>
  <!-- /.login-box -->
  <!-- jQuery -->
  <script src="./plugins/jquery/jquery.min.js"></script>
  <!-- Bootstrap 4 -->
  <script src="./plugins/bootstrap/js/bootstrap.bundle.min.js"></script>
  <!-- AdminLTE App -->
  <script src="./dist/js/adminlte.min.js"></script>
  <!-- Pop up della privacy dela policy -->
  <div class="modal fade" id="modal-default">
    <div class="modal-dialog">
      <div class="modal-content bg-default">
        <div class="modal-header">
          <h4 class="modal-title">Policy della privacy</h4>
          <button type="button" class="close" data-dismiss="modal" aria-label="Close">
            <span aria-hidden="true">&times;</span>
          </button>
        </div>
        <div id="testo" class="p-3">

        </div>
      </div><!-- /.modal-content -->
    </div>
    <!-- /.modal-dialog -->
  </div>

  <div class="policy_privacy m-auto text-center">
    <h3>Per consultare la policy della privacy del sito, clicca il bottone sottostante</h3>
    <button onclick="setform()" class="modal-message btn btn-default" data-toggle="modal" data-tar-
get="#modal-default">Leggi documento</button>
  </div>
  <script>
    function setform() {

        document.getElementById('testo').innerHTML = '<iframe id="myFrame" src="/privacy-policy.php"
width="100%" height="auto"></iframe>';

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

</html>