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# Introduction

In this document I will be covering my code that was used to create my website.

**The languages I used consist of:**

**HTLM**

**JavaScript**

**PHP**

**mySQL**

# File Structure

Graphical user interface, text, application

Description automatically generated I have structed my files into separate sections consisting of what is included inside, for example components consist of the main aspects of the page such as the PHP and HTML needed to create the register page

# Code

Sprint 1 – Index page

<!doctype html>

<html lang="en" class="h-100">

  <head>

    <title>Toka Fitness</title>

    <!-- CSS -->

    <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.1.3/dist/css/bootstrap.min.css" rel="stylesheet" integrity="sha384-1BmE4kWBq78iYhFldvKuhfTAU6auU8tT94WrHftjDbrCEXSU1oBoqyl2QvZ6jIW3" crossorigin="anonymous">

    <style>

      .bd-placeholder-img {

        font-size: 1.125rem;

        text-anchor: middle;

        -webkit-user-select: none;

        -moz-user-select: none;

        user-select: none;

      }

      @media (min-width: 768px) {

        .bd-placeholder-img-lg {

          font-size: 3.5rem;

        }

      }

    </style>

    <!-- Custom styles  -->

    <link href="mystyle.css" rel="stylesheet">

  </head>

  <body class="d-flex h-100 text-center text-white bg-dark">

<div class="cover-container d-flex w-100 h-100 p-3 mx-auto flex-column">

  <header class="mb-auto">

    <div>

      <h3 class="float-md-start mb-0">Home</h3>

      <nav class="nav nav-masthead justify-content-center float-md-end">

        <a class="nav-link active" aria-current="page" href="Index.html">Home</a>

        <a class="nav-link" href="F&Q.html">F&Q</a>

        <a class="nav-link" href="#">Login</a>

      </nav>

    </div>

  </header>

  <main class="px-3">

    <h1>Toka</h1>

    <p class="lead">This is Fitness</p>

    <p class="lead">

    </p>

  </main>

  <footer class="mt-auto text-white-50">

    <p>Welcome to <a href="file://ccnsan01/Data/TLEVEL0006/Desktop/OCC/Components/Index.html#" class="text-white">Toka Fitness</a>, by <a href="https://twitter.com/mdo" class="text-white">@Jamie</a>.</p>

  </footer>

</div>

  </body>

</html>

Sprint 2 index –

<!doctype html>

<html lang="en" class="h-100">

<head>

  <title>Toka Fitness</title>

  <!-- Custom styles  -->

  <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.1.3/dist/css/bootstrap.min.css" rel="stylesheet">

  <link rel="stylesheet" href="\\ccnsan01\Data\TLEVEL0006\Desktop\OCC\CSS\mystyle.css" />

  <!-- Bootstrap -->

  <script src="https://cdn.jsdelivr.net/npm/@popperjs/core@2.10.2/dist/umd/popper.min.js"

    integrity="sha384-7+zCNj/IqJ95wo16oMtfsKbZ9ccEh31eOz1HGyDuCQ6wgnyJNSYdrPa03rtR1zdB"

    crossorigin="anonymous"></script>

  <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.1.3/dist/js/bootstrap.min.js"

    integrity="sha384-QJHtvGhmr9XOIpI6YVutG+2QOK9T+ZnN4kzFN1RtK3zEFEIsxhlmWl5/YESvpZ13"

    crossorigin="anonymous"></script>

</head>

<body class="d-flex h-100 text-center text-black">

  <div class="cover-container d-flex w-100 h-100 p-3 mx-auto flex-column">

    <header class="mb-auto">

      <!-- Nav bar static  -->

      <div class="container-fluid">

        <a class="navbar-name" href="Index.html">

          <img src="\\ccnsan01\Data\TLEVEL0006\Desktop\OCC\CSS\Img\Toka.png" alt="" width="300" height="60"

            class="float-md-start">

        </a>

        <nav class="nav nav-masthead justify-content-center float-md-end">

          <a class="nav-link" href="F&Q.html">F&Q</a>

          <a class="nav-link" href="#">Food Plan</a>

          <a class="nav-link" href="#">Workout Plan</a>

          <a class="nav-link" href="#">Forum</a>

          <!-- Dropdown -->

          <div class="btn-group">

            <button type="button" class="btn btn-success">Profile</button>

            <button type="button" class="btn btn-success dropdown-toggle dropdown-toggle-split"

              data-bs-toggle="dropdown" aria-expanded="false">

              <span class="visually-hidden">Toggle Dropdown</span>

            </button>

            <ul class="dropdown-menu">

              <li><a class="dropdown-item" href="#">Login</a></li>

              <li>

                <hr class="dropdown-divider">

              </li>

              <li><a class="dropdown-item" href="#">Register</a></li>

            </ul>

          </div>

        </nav>

      </div>

      <br>

      <br>

      <br>

    </header>

    <!-- Main body of page  -->

    <main class="header">

      <h1>Toka</h1>

      <h3>This is Fitness</h3>

    </main>

    <br>

    <div class="arrow">

      <h1>🢓</h1>

    </div>

    <!-- Adds fade in text -->

    <body>

      <div class="parallax">

        <p class="hero-value-prop typography-intro-copy anim-text-animate animated-copy-element" tabindex="-1">With Toka

          Fitness you will have access to <br>

          <br>

          New workouts every week

        <p class="hero-value-prop typography-intro-copy anim-text-animate animated-copy-element" tabindex="-1">

          <br>

          Custom

          workout <br class="small">and eating plans<br class="large"><br class="medium">

        </p>

        <p class="hero-value-prop typography-intro-copy anim-text-animate animated-copy-element" tabindex="-1"> <br

            class="small">JOIN HEALTHY LIVING<br class="large"><br class="medium"> Sign up <br class="small">Below</p>

      </div>

    </body>

    <br>

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    <br>

    <!-- Toka Premium -->

    <div class="container">

      <div class="pricing-paid">

        <h4 class="typography-pricing-eyebrow pricing-eyebrow">Toka Premium</h4>

        <h5 class="typography-pricing-eyebrow pricing-eyebrow">Free 1-month trial</h5>

        <p class="typography-pricing-headline pricing-headline">

          £9.99<span aria-hidden="true">/mo</span><span class="visuallyhidden"></span> <br> <span

            class="typography-pricing-eyebrow pricing-yearly">£79.99<span aria-hidden="true"

              class="year-pricing">/yr</span><span class="visuallyhidden"></span></span>

        </p>

        <p class="typography-pricing-copy pricing-copy">&nbsp;<br class="large">

          With Toka premium you will have access to<sup class="footnote footnote-number"><a href="#footnote-2"

              aria-label="Footnote 1"></a></sup><br class="large"> •Share with up to five family members.

          <br>

          •customisable workouts

          <br>

          •customisable eating plan

          <br>

          •Access to forum page <sup class="footnote footnote-number"><a href="#footnote-3"

              aria-label="Footnote 2"></a></sup>

        </p>

        <br>

        <a href="#" data-analytics-title="try it free" aria-label="Try Toka&nbsp;Fitness+ for free"

          class="icon-wrapper try-free-button typography-try-free-button"

          data-rid-relay="{&quot;299&quot;:&quot;itsct&quot;}" data-analytics-exit-link=""><span class="icon-copy">Try

            it now</span></a>

      </div>

      <!-- Toka free -->

      <div class="pricing-free">

        <h4 class="typography-pricing-eyebrow pricing-eyebrow">Toka Free</h4>

        <p class="typography-pricing-headline pricing-headline">

          Free<span aria-hidden="true">/mo</span><span class="visuallyhidden"></span> <br> <span

            class="typography-pricing-eyebrow pricing-yearly">Free<span aria-hidden="true"

              class="year-pricing"></span><span class="visuallyhidden">/yr</span></span>

        </p>

        <br>

        <br>

        <p class="typography-pricing-copy pricing-copy">&nbsp;<br class="large">

          With Toka Free you will have access to<sup class="footnote footnote-number"><a href="#footnote-2"

              aria-label="Footnote 1"></a></sup><br class="large">

          •customisable workouts

          <br>

          <sup class="footnote footnote-number"><a href="#footnote-3" aria-label="Footnote 2"></a></sup>

        </p>

        <a href="#" data-analytics-title="try it free" aria-label="Try Toka&nbsp;Fitness+ for free"

          class="icon-wrapper try-free-button typography-try-free-button"

          data-rid-relay="{&quot;299&quot;:&quot;itsct&quot;}" data-analytics-exit-link=""><span class="icon-copy">

            <br>

            <br>

            <br>

            <br>

            Try

            it now</span></a>

      </div>

    </div>

    <br>

    <br>

    <!-- legal text -->

    <div class="info">

      <p1>\* £9.99/month after trial. Offer valid for 3 months after eligible device activation. One subscription per

        Family Sharing group. Plan automatically renews until cancelled. Restrictions and other terms apply.

      </p1>

    </div>

</body>

<div>

  <br>

  <!-- credits -->

  <footer class="mt-auto text-black-50">

    <p>Welcome to <a href="Index.html" class="text-black">Toka Fitness</a> designed by <a href="#"

        class="text-black">@Jamie</p>

  </footer>

</div>

</html>

Sprint 2 – css

\*{

  box-sizing: border-box;

  margin: 0;

  font-family: 'Roboto', sans-serif;

}

body{

  min-height: 100vh;

  color: rgb(255, 255, 255);

  background: url("Img/bgwhite.jpg")

  no-repeat center/cover;

    background-attachment: fixed;

  display: flex;

}

.parallax{

  width: 100%;

  max-width: 640px;

  margin: auto;

  background-image: -webkit-linear-gradient(

    transparent 12%,

    currentcolor 30%,

    currentcolor 50%,

    transparent 86%

  );

  background-clip: text;

  -webkit-background-clip: text;

  background-attachment: fixed;

}

.parallax p{

  margin: 20px 20;

  font-size: 40px;

  color: transparent;

}

.header {

  padding: 350px 100px;

  color: #000000;

}

.content {

  padding: 16px;

}

.sticky {

  position: fixed;

  top: 0;

  width: 100%

}

.sticky + .content {

  padding-top: 102px;

}

.pricing-paid{

  box-sizing: border-box;

  font-family: 'Roboto', sans-serif;

  width:250px;

  float: left;

  margin-left : 120;

  margin-right: 120;

}

.pricing-free{

  box-sizing: border-box;

  font-family: 'Roboto', sans-serif;

  width:250px;

  float: right;

  margin-left : 120;

  margin-right: 120;

}

.info{

  text-align: center;

  box-sizing: border-box;

  margin: center;

  font-family: 'Roboto', sans-serif;

  opacity: 0.5;

}

.arrow{

  font-family: 'Roboto', sans-serif;

}

Registration code –

<!DOCTYPE html>

<html lang="en">

<form action="register.php" method="post">

<head>

    <title>Signup</title>

    <!-- Custom styles  -->

    <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.1.3/dist/css/bootstrap.min.css" rel="stylesheet">

    <!-- Bootstrap -->

    <script src="https://cdn.jsdelivr.net/npm/@popperjs/core@2.10.2/dist/umd/popper.min.js"

        integrity="sha384-7+zCNj/IqJ95wo16oMtfsKbZ9ccEh31eOz1HGyDuCQ6wgnyJNSYdrPa03rtR1zdB"

        crossorigin="anonymous"></script>

    <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.1.3/dist/js/bootstrap.min.js"

        integrity="sha384-QJHtvGhmr9XOIpI6YVutG+2QOK9T+ZnN4kzFN1RtK3zEFEIsxhlmWl5/YESvpZ13"

        crossorigin="anonymous"></script>

</head>

<body>

    <!-- Nav bar static  -->

    <div class="container-fluid">

        <a class="navbar-name" href="Index.html">

            <img src="\\ccnsan01\Data\TLEVEL0006\Desktop\OCC\CSS\Img\Toka.png" alt="" width="300" height="60"

                class="float-md-start">

        </a>

        <nav class="nav nav-masthead justify-content-center float-md-end">

            <a class="nav-link" href="F&Q.html">F&Q</a>

            <a class="nav-link" href="Foodplan.html">Food Plan</a>

            <a class="nav-link" href="Workoutplan.html">Workout Plan</a>

            <a class="nav-link" href="#">Forum</a>

        </nav>

    </div>

    <br>

    <br>

    <br>

    <br>

    <br>

    <br>

    <br>

    <div class="container">

        <div class="row">

            <div class="col-mid-12">

                <h2>Register</h2>

                <p>Please fill the form to create an account</p>

                <form action="insert.php" method="post">

                    <div class="form-group">

                        <label>Full Name</label>

                        <input type="text" name="name" class="form-control" required>

                    </div>

                    <div class="form-group">

                        <label>Email</label>

                        <input type="email" name="email" class="form-control" required>

                    </div>

                    <div class="form-group">

                        <label>Password</label>

                        <input type="password" name="password" class="form-control" required>

                    </div>

                    <div class="form-group">

                        <label>Confrim Password</label>

                        <input type="password" name="confirm\_password" class="form-control" required>

                    </div>

                    <div class="form-group">

                        <input type="submit" name="submit" class="btn btn-primary" value="Submit">

                    </div>

                    <p>Already have an account? <a href="login.html">Login Here</a>.</p>

                </form>

            </div>

        </div>

    </div>

</body>

</html>

Registration php code –

<?php

require\_once "config.php";

require\_once "session.php";

if ($\_SERVER["REQUEST\_METHOD"] == "POST" && isset($\_POST['submit'])) {

    $fullname = trim($\_POST['name']);

    $email = trim($\_POST['email']);

    $password = trim($\_POST['password']);

    $confrim\_password = trim($\_POST['confrim\_pasword']);

    $password\_hash = password\_hash($password, PASSWORD\_BCRYPT);

    if($query = $db->prepare("SELECT \* FROM tbl\_contact WHERE email = ?")) {

        $error = ;

        $query->bind\_param('s', $email);

        $query->execute();

        //stores results to be checked in datbase to see if account exists already//

        $query->store\_result();

            if ($query->num\_rows > 0 ){

                $error .= '<p class="error"> This email is already registed</p>';

            } else {

                //validate password//

                if (strlen($password) < 6 ) {

                 $error .= '<p class="error"> This passowrd must have atleast 6 characters</p>';

                }

                if (empty($confrim\_password)) {

                    $error .= '<p class="error"> Please confirm password</p>';

                } else {

                if (empty($error) && ($password != $confrim\_password)){

                    $error .= '<p class="error"> Password did not match</p>';

                }

            }

            if (empty($error) ) {

                $insertQueary = $db->prepare("INSERT INTO tbl\_contact (name, email, password) VALUES (?, ?, ?);");

                $insertQueary->bind\_param("sss", $fullname, $email, $password\_hash);

                $result = $insertQueary->execute();

                if ($result) {

                    $error .= '<p class="error"> Something went wrong :/ </p>';

                }

            }

        }

    }

    $query->close();

    $insertQueary->close();

    //close DB connection//

    toka\_close($db);

}

?>

Logout script code –

<?php

//session start//

session\_start();

//end session//

if (session\_destroy()){

    //sends to home page//

    header("location: login.php")

    exit;

}

?>

Insert php code –

<?php

include\_once 'db\_contact.php';

if(isset($\_POST['submit']))

{

     $name = $\_POST['name'];

     $email = $\_POST['email'];

     $password = $\_POST['password'];

     $sql = "INSERT INTO users (name,email,password)

     VALUES ('$name','$email','$password')";

     if (mysqli\_query($conn, $sql)) {

        echo "New record has been added successfully !";

     } else {

        echo "Error: " . $sql . ":-" . mysqli\_error($conn);

     }

     mysqli\_close($conn);

}

?>

Login code –

<!DOCTYPE html>

<html lang="en">

<head>

    <title>Signup</title>

    <!-- Custom styles  -->

    <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.1.3/dist/css/bootstrap.min.css" rel="stylesheet">

    <!-- Bootstrap -->

    <script src="https://cdn.jsdelivr.net/npm/@popperjs/core@2.10.2/dist/umd/popper.min.js"

        integrity="sha384-7+zCNj/IqJ95wo16oMtfsKbZ9ccEh31eOz1HGyDuCQ6wgnyJNSYdrPa03rtR1zdB"

        crossorigin="anonymous"></script>

    <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.1.3/dist/js/bootstrap.min.js"

        integrity="sha384-QJHtvGhmr9XOIpI6YVutG+2QOK9T+ZnN4kzFN1RtK3zEFEIsxhlmWl5/YESvpZ13"

        crossorigin="anonymous"></script>

</head>

<body>

    <!-- Nav bar static  -->

    <div class="container-fluid">

        <a class="navbar-name" href="Index.html">

            <img src="\\ccnsan01\Data\TLEVEL0006\Desktop\OCC\CSS\Img\Toka.png" alt="" width="300" height="60"

                class="float-md-start">

        </a>

        <nav class="nav nav-masthead justify-content-center float-md-end">

            <a class="nav-link" href="F&Q.html">F&Q</a>

            <a class="nav-link" href="Foodplan.html">Food Plan</a>

            <a class="nav-link" href="Workoutplan.html">Workout Plan</a>

            <a class="nav-link" href="#">Forum</a>

        </nav>

    </div>

    <br>

    <br>

    <br>

    <br>

    <br>

    <br>

    <br>

    <div class="container">

        <div class="row">

            <div class="col-mid-12">

                <h2>Login</h2>

                <p>PLease fill your email and password</p>

                <form action="login.php" method="post">

                    <div class="form-group">

                        <label>Email</label>

                        <input type="email" name="email" class="form-control" required>

                    </div>

                    <div class="form-group">

                        <label>Password</label>

                        <input type="password" name="password" class="form-control" required>

                    </div>

                    <div class="form-group">

                        <input type="submit" name="submit" class="btn btn-primary" value="Submit">

                    </div>

                    <p>Dont' have an account? <a href="register.html">Register Here</a>.</p>

                </form>

            </div>

        </div>

    </div>

</body>

</html>

Php config code –

<?php

$servername = "localhost";

$username = "root";

$password = "";

$dbname = "db\_contact";

// Create connection

$conn = new mysqli($servername,

    $username, $password, $dbname);

// Check connection

if ($conn->connect\_error) {

    die("Connection failed: "

        . $conn->connect\_error);

}

$sqlquery = "INSERT INTO table VALUES

    ('John', 'Doe', 'john@example.com')"

if ($conn->query($sql) === TRUE) {

    echo "record inserted successfully";

} else {

    echo "Error: " . $sql . "<br>" . $conn->error;

}

Session php code –

<?php

//start session//

session\_start();

//if user already logged in, redirect to welcome page//

if (isset($\_SESSION["userid"]) && $\_SESSION["userid"] === true){

    header("location: welcome.php");

    exit;

}

?>

Database create table code –

CREATE TABLE `db\_contact`.`tbl\_contact` (

    `id` int(11) UNSIGNED NULL AUTO\_INCREMENT,

    `name` varchar(75) NOT NULL,

    `password` varchar(225) NOT NULL,

    `email` varchar(100) NOT NULL,

    PRIMARY KEY (`id`),

    UNIQUE KEY `email` (`email`)

)   ENGINE=InnoDB DEFAULT CHARSET=utf8 COLLATE=utf8\_unicode\_ci AUTO\_INCREMENT=1;