

First I wanted to make a nice looking navigation bar using bootstrap.

Prompt

Can you make me an HTML navigation bar using bootstrap for the pages of About me, Injury 1, Injury 2 and Injury 3

Answer

```
<nav class="navbar navbar-expand-lg navbar-dark bg-dark">
  <a class="navbar-brand" href="#">Your Website Name</a>
  <button class="navbar-toggler" type="button" data-toggle="collapse"
data-target="#navbarNav" aria-controls="navbarNav" aria-expanded="false"
aria-label="Toggle navigation">
    <span class="navbar-toggler-icon"></span>
  </button>
  <div class="collapse navbar-collapse" id="navbarNav">
    <ul class="navbar-nav">
      <li class="nav-item active">
        <a class="nav-link" href="#aboutMe">About Me</a>
      </li>
      <li class="nav-item">
        <a class="nav-link" href="#injury1">Injury 1</a>
      </li>
      <li class="nav-item">
        <a class="nav-link" href="#injury2">Injury 2</a>
      </li>
      <li class="nav-item">
        <a class="nav-link" href="#injury3">Injury 3</a>
      </li>
    </ul>
  </div>
</nav>
```

Next I wanted to make a grid using bootstrap to have images in my page

Prompt

Can you make a hmtl template using bootstrap to make a 2 x 2 grid where images can be inputed

Output

```
<div class="container mt-4">
  <div class="row">
    <div class="col-md-6">
```

```

        
    </div>
    <div class="col-md-6">
        
    </div>
</div>
<div class="row mt-4">
    <div class="col-md-6">
        
    </div>
    <div class="col-md-6">
        
    </div>
</div>
</div>

```

Then I wanted to improve the list I had previously made to be more visually appealing

Prompt

How do I make this list look more professional using bootstrap

```

<ul class="col-md-6">
    <li>I love to breathe</li>
    <li>I love to Ski</li>
    <li>I love to walk</li>
</ul>

```

Answer

```

<div class="container mt-4">
    <div class="col-md-6">
        <ul class="list-group">
            <li class="list-group-item">I love to breathe</li>
            <li class="list-group-item">I love to Ski</li>
            <li class="list-group-item">I love to walk</li>
        </ul>
    </div>
</div>

```

how can I make my list be a full width across the web page

Then I wanted to make the list fill the entire width

Prompt

how can I make my list be a full width across the web page

```
<div class="container mt-4">
  <!-- Example of List -->
  <div class="col-md-6">
    <ul class="list-group">
      <li class="list-group-item">I love to breathe</li>
      <li class="list-group-item">I love to Ski</li>
      <li class="list-group-item">I love to walk</li>
    </ul>
  </div>
</div>
```

Answer

```
<div class="container mt-4">
  <!-- Example of List -->
  <div>
    <ul class="list-group">
      <li class="list-group-item">I love to breathe</li>
      <li class="list-group-item">I love to Ski</li>
      <li class="list-group-item">I love to walk</li>
    </ul>
  </div>
</div>
```

On the injury 1 page I wanted to make a table of all the

Prompt

Make me an html template for a 3 section table comprising of 5 lumbar vertebrae, 12 thoracic and 7 cervical

Answer

```
<div class="container mt-4">
```

```
<h2 class="text-center">Vertebrae Sections</h2>
```

```
<!-- Lumbar Vertebrae Section -->
```

```
<h4 class="mt-4">Lumbar Vertebrae</h4>
```

```
<table class="table table-bordered">
```

```
  <thead>
```

```
    <tr>
```

```
      <th scope="col">#</th>
```

```
      <th scope="col">Vertebra</th>
```

```
    </tr>
```

```
  </thead>
```

```
  <tbody>
```

```
    <!-- Lumbar Vertebrae Rows -->
```

```
    <tr>
```

```
      <th scope="row">1</th>
```

```
      <td>L1</td>
```

```
    </tr>
```

```
    <tr>
```

```
      <th scope="row">2</th>
```

```
      <td>L2</td>
```

```
    </tr>
```

```
    <tr>
```

```
      <th scope="row">3</th>
```

```
      <td>L3</td>
```

```
    </tr>
```

```
    <tr>
```

```
      <th scope="row">4</th>
```

```
      <td>L4</td>
```

```
    </tr>
```

```
    <tr>
```

```
      <th scope="row">5</th>
```

```
      <td>L5</td>
```

```
    </tr>
```

```
  </tbody>
```

```
</table>
```

```
<!-- Thoracic Vertebrae Section -->
```

```
<h4 class="mt-4">Thoracic Vertebrae</h4>
```

```
<table class="table table-bordered">
```

```
  <thead>
```

```
    <tr>
```

```
      <th scope="col">#</th>
```

```
      <th scope="col">Vertebra</th>
```

```
    </tr>
```

```
  </thead>
```

```
  <tbody>
```

```
    <!-- Thoracic Vertebrae Rows -->
```

```

        <!-- Repeat similar structure for 12 thoracic vertebrae
-->
        <tr>
            <th scope="row">1</th>
            <td>T1</td>
        </tr>
        <tr>
            <th scope="row">2</th>
            <td>T2</td>
        </tr>
        <!-- ... (up to T12) -->
    </tbody>
</table>

    <!-- Cervical Vertebrae Section -->
    <h4 class="mt-4">Cervical Vertebrae</h4>
    <table class="table table-bordered">
        <thead>
            <tr>
                <th scope="col">#</th>
                <th scope="col">Vertebra</th>
            </tr>
        </thead>
        <tbody>
            <!-- Cervical Vertebrae Rows -->
            <!-- Repeat similar structure for 7 cervical vertebrae -->
            <tr>
                <th scope="row">1</th>
                <td>C1</td>
            </tr>
            <tr>
                <th scope="row">2</th>
                <td>C2</td>
            </tr>
            <!-- ... (up to C7) -->
        </tbody>
    </table>
</div>

```

I then wanted to see some potential options for implementing an @media query in the stylesheet

Prompt

give me some examples of @media queries for a css stylesheet

Answer

Certainly! Here are some examples of `@media` queries for a CSS stylesheet targeting different screen sizes:

Targeting Small Screens (Mobile Portrait):

css

Copy code

```
@media (max-width: 767px) {  
  /* Styles for screens up to 767 pixels wide */  
  body {  
    font-size: 14px;  
  }  
}
```

Targeting Small to Medium Screens (Mobile Landscape to Tablet Portrait):

css

Copy code

```
@media (min-width: 768px) and (max-width: 991px) {  
  /* Styles for screens between 768 and 991 pixels wide */  
  .container {  
    width: 90%;  
  }  
}
```

Targeting Medium to Large Screens (Tablet Landscape to Desktop):

css

Copy code

```
@media (min-width: 992px) and (max-width: 1199px) {  
  /* Styles for screens between 992 and 1199 pixels wide */  
  .header {  
    padding: 20px;  
  }  
}
```

Targeting Large Screens (Desktop and above):

css

Copy code

```
@media (min-width: 1200px) {  
  /* Styles for screens 1200 pixels and wider */  
  .sidebar {  
    display: block;  
    width: 25%;  
  }  
  
  .content {  
    width: 75%;  
  }  
}
```

Orientation-based Query (Portrait vs Landscape):

css

Copy code

```
@media (orientation: landscape) {  
  /* Styles for landscape orientation */  
  body {  
    background-color: #f0f0f0;  
  }  
}  
  
@media (orientation: portrait) {  
  /* Styles for portrait orientation */  
  body {  
    background-color: #fff;  
  }  
}
```

Feel free to customize these examples based on your specific needs and the design considerations for different screen sizes and orientations.