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# 7.5D: Website project (Part 2 of 3): Improve your website

**SIT774 Web Technologies and Development**



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# Website Enhancement Report

## Introduction:

This report summarizes the key enhancements and improvements made to the Gym Nourish website. These changes were implemented to enhance user experience, improve website functionality, and ensure a seamless browsing experience across various devices and browsers.

## 1. Hero Section Addition:

I have added an engaging hero section to the landing page. This section provides a clear and captivating overview of what Gym Nourish offers, enticing visitors to explore further. The hero section serves as a compelling introduction to the platform.

## 2. Footer Updates:

To improve user navigation and provide essential information, I made the following changes to the website footer:

Copyright Information: I have added copyright information to establish ownership and protect intellectual property.

Last Updated Information: Users can now easily see when the website was last updated, enhancing transparency and trustworthiness.

### **3. Sticky Navbar:**

I have enhanced the visibility and user-friendliness of the website by making the navigation bar sticky. This means that as users scroll down the page, the navigation menu remains accessible at the top of the screen, allowing for convenient and efficient navigation throughout the site.

### **4. Cross-Browser and Device Compatibility:**

To ensure a consistent and enjoyable experience for all users, I have performed thorough testing and optimization for cross-browser and device compatibility. Gym Nourish is now accessible and functional on various browsers and devices, including mobile phones and tablets.

### **5. Form Validations:**

Forms are a crucial part of user interaction and I have implemented robust form validations to improve user experience and data accuracy. These validations will guide users in providing correct and complete information when interacting with the website.

### **Conclusion:**

These enhancements and improvements have been carefully implemented to make Gym Nourish a more user-friendly, informative, and accessible platform.

Index.html:

```
<!doctype html>

<html lang="en">

  <head>

    <!-- Required meta tags -->

    <meta charset="utf-8">

    <meta name="viewport" content="width=device-width, initial-scale=1">


    <!-- Internal CSS -->

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


    <!-- Bootstrap CSS -->

    <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.0.2/dist/css/bootstrap.min.css"
rel="stylesheet" integrity="sha384-
EVSTQN3/azprG1Anm3QDgplJlIm9Nao0Yz1ztcQTWfSpd3yD65VohhpUuCOmLASjC"
crossorigin="anonymous">


    <!-- Bootstrap JS -->

    <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.0.2/dist/js/bootstrap.bundle.min.js"
integrity="sha384-MrcW6ZMFYlzcLA8Nl+NtUVF0sA7MsXsP1UyJoMp4YLEuNSfAP+JcXn/tWtIaxVXM"
crossorigin="anonymous"></script>

    <script src="https://cdn.jsdelivr.net/npm/@popperjs/core@2.9.2/dist/umd/popper.min.js"
integrity="sha384-IQsoLXl5PILFhosVNubq5LC7Qb9DXgDA9i+tQ8Zj3iwWAwPtgFTxbJ8NT4GN1R8p"
crossorigin="anonymous"></script>

    <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.0.2/dist/js/bootstrap.min.js"
integrity="sha384-cVKIPhGWiC2Al4u+LWgxfKTRlcfu0JTxR+EQDz/bglDoEyl4H0zUF0QKbrJ0EcQF"
crossorigin="anonymous"></script>


    <!-- Font Awesome -->

    <link href='https://unpkg.com/boxicons@2.1.4/css/boxicons.min.css' rel='stylesheet'>


    <link rel="stylesheet" href="https://cdn.jsdelivr.net/npm/@fortawesome/fontawesome-
free@6.2.1/css/fontawesome.min.css" integrity="sha384-
```

QYIZto+st3yW+o8+5OHfT6S482Zsvz2WfOzpFSXMF9zqeLcFV0/wlZpMtyFcZALm"  
crossorigin="anonymous">

<title>GymNourish</title>

</head>

<body>

<section id="nav-bar">

<nav class="navbar navbar-expand-lg navbar-light">

<div class="container-fluid p-2">

<a class="navbar-brand" href="#" style="color: #fff; font-weight: 900;"><strong>GymNourish</strong></a>

<button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-  
target="#navbarNav" aria-controls="navbarNav" aria-expanded="false" aria-label="Toggle  
navigation">

<span class="navbar-toggler-icon"></span>

</button>

<div class="collapse navbar-collapse justify-content-end p-2" id="navbarNav">

<ul class="navbar-nav">

<li class="nav-item">

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

</li>

<li class="nav-item">

<a class="nav-link" href="Product.html">PRODUCTS</a>

</li>

<li class="nav-item">

<a class="nav-link" href="About.html">ABOUT US</a>

</li>

<li class="nav-item">

<a class="nav-link" href="Contact.html">CONTACT US</a>

</li>

</ul>

<form class="d-flex">

```
        <input class="form-control me-2" type="search" placeholder="Search" aria-label="Search">
```

```
        <button class="btn btn-outline-light" type="submit">Search</button>
```

```
    </form>
```

```
</div>
```

```
</div>
```

```
</nav>
```

```
</section>
```

```
<!-- Banner Section -->
```

```
<section id="banner">
```

```
    <div class="container">
```

```
        <div class="row">
```

```
            <div class="col-md-6">
```

```
                <p class="promo-title display-1">Elevate Your Fitness Journey with GymNourish!</p><br>
```

```
                <p class="promo-desc">Your ultimate destination for elevating your fitness journey. We offer a curated selection of premium gym products, including top-notch nutrition essentials and high-quality accessories.</p>
```

```
                <a href="#hero" class="play-btn"><i class='bx bx-chevron-down' style="font-size: 25px;"></i>Scroll Down</a>
```

```
            </div>
```

```
        <div class="col-md-6 text-center">
```

```
            
```

```
        </div>
```

```
    </div>
```

```
</div>
```

```
    
```

```
</section>
```

```
<!-- Hero Section -->
```

```
<section id="#hero">
```

```
<div class="container">
```

```
<div class="jumbotron">
```

```
<h1 class="display-4 hero-title">🍌 🍷 🚀 Fuel Your Fitness Passion 🍌 🍷 🚀 </h1>
```

```
<p class="hero-desc">Where Fitness Meets Flavor, and Strength is Born from Style.</p>
```

```
<hr class="">
```

```
<p class="hero-desc-exd">Discover a world where fitness meets flavor, and style powers strength at Gym Nourish! We're your premier source for top-quality gym products and delectable nutrition. Whether you're a seasoned athlete or just starting out, we've got everything you need to crush your goals and elevate your fitness journey. Join us on this exhilarating ride to fitness greatness!</p>
```

```
<p class="lead text-center">
```

```
<a class="btn btn-primary btn-lg" href="#" role="button">Learn more</a>
```

```
</p>
```

```
</div>
```

```
</div>
```

```
</section>
```

```
<!-- Services Section -->
```

```
<section id="services">
```

```
<div class="container">
```

```
<div class="row">
```

```
<h1 class="display-1 text-center product-header">Buy our top products</h1>
```

```
<div class="col-md-4">
```

```
<div class="card" style="width: 18rem;">
```

```

```

```
<div class="card-body">
```

```
<h5 class="card-title">Whey Power Protein</h5>
```

```
<h4 class="card-title">$39.99</h4>
```

```
<p class="card-text">Fuel your muscles with Whey Power Protein, a high-quality blend that supports muscle recovery and growth.</p>
```

```
<a href="#" class="btn btn-primary">Buy Now</a>
```

```
</div>
```

```
</div>
```

```
</div>
```

```
<div class="col-md-4">

  <div class="card" style="width: 18rem;">

    

    <div class="card-body">

      <h5 class="card-title">GymFlex Resistance Bands Set</h5>

      <h4 class="card-title">$29.99</h4>

      <p class="card-text">The GymFlex Resistance Bands Set offers versatile and effective
resistance training for any fitness level.</p>

      <a href="#" class="btn btn-primary">Buy Now</a>

    </div>

  </div>

</div>

<div class="col-md-4">

  <div class="card" style="width: 18rem;">

    

    <div class="card-body">

      <h5 class="card-title">GymNourish Shaker Bottle</h5>

      <h4 class="card-title">$9.99</h4>

      <p class="card-text">Stay hydrated and mix your supplements with the GymNourish
Shaker Bottle.This bottle ensures smooth blending of protein shakes and other beverages.</p>

      <a href="#" class="btn btn-primary">Buy Now</a>

    </div>

  </div>

</div>

</div>

</div>

</section>

<!-- Footer Section -->

<section id="footer">

  
```



```
<div class="container">

  <div class="row">

    <div class="col-md-6 footer-box">

      

      <p>Elevate your fitness journey with GymNourish – your trusted source for top-quality gym products and nourishing essentials.</p>

      <p>&copy; 2023 GymNourish | All Rights Reserved</p>

      <p><i>Last Updated 08 Sept 2023 @ 11:00 PM</i></p>

    </div>

    <div class="col-md-3 footer-box-p">

      <p><b>CONTACT US</b></p>

      <p>123, Abc Road</p>

      <p>+00 123 456 789</p>

      <p>example@email.com</p>

    </div>

  </div>

</div>

</section>

</body>

</html>
```

Contact.html:

```
<!doctype html>

<html lang="en">

  <head>

    <!-- Required meta tags -->

    <meta charset="utf-8">

    <meta name="viewport" content="width=device-width, initial-scale=1">

    <!-- Internal CSS -->
```

```
<link href="styles.css" rel="stylesheet">
```

```
<!-- Bootstrap CSS -->
```

```
<link href="https://cdn.jsdelivr.net/npm/bootstrap@5.0.2/dist/css/bootstrap.min.css"
rel="stylesheet" integrity="sha384-
EVSTQN3/azprG1Anm3QDgpJLIm9Nao0Yz1ztcQTwFspd3yD65VohhpuuCOmLASjC"
crossorigin="anonymous">
```

```
<!-- Bootstrap JS -->
```

```
<script src="https://cdn.jsdelivr.net/npm/bootstrap@5.0.2/dist/js/bootstrap.bundle.min.js"
integrity="sha384-MrcW6ZMFYlzcLA8Nl+NtUVF0sA7MsXsP1UyJoMp4YLEuNSfAP+JcXn/tWtIaxVXM"
crossorigin="anonymous"></script>
```

```
<script src="https://cdn.jsdelivr.net/npm/@popperjs/core@2.9.2/dist/umd/popper.min.js"
integrity="sha384-IQsoLXl5PILFhosVNubq5LC7Qb9DXgDA9i+tQ8Zj3iwWAwPtgFTxbJ8NT4GN1R8p"
crossorigin="anonymous"></script>
```

```
<script src="https://cdn.jsdelivr.net/npm/bootstrap@5.0.2/dist/js/bootstrap.min.js"
integrity="sha384-cVKIPhGWiC2Al4u+LWgxfKTRIcfu0JTxR+EQDz/bglDoEyl4H0zUF0QKbrJ0EcQF"
crossorigin="anonymous"></script>
```

```
<!-- Font Awesome -->
```

```
<link rel="stylesheet" href="https://cdn.jsdelivr.net/npm/@fortawesome/fontawesome-
free@6.2.1/css/fontawesome.min.css" integrity="sha384-
QYIZto+st3yW+o8+5OHfT6S482Zsvz2WfOzpFSXMF9zqeLcFV0/wlZpMtyFcZALm"
crossorigin="anonymous">
```

```
<title>GymNourish</title>
```

```
</head>
```

```
<body>
```

```
<section id="nav-bar">
```

```
<nav class="navbar navbar-expand-lg navbar-light">
```

```
<div class="container-fluid p-2">
```

```
<a class="navbar-brand" href="#" style="color: #fff; font-weight: 900;"><strong>GymNourish</strong></a>
```

```
<button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-
target="#navbarNav" aria-controls="navbarNav" aria-expanded="false" aria-label="Toggle
navigation">
```

```
<span class="navbar-toggler-icon"></span>
</button>
<div class="collapse navbar-collapse justify-content-end p-2" id="navbarNav">
  <ul class="navbar-nav">
    <li class="nav-item">
      <a class="nav-link" href="Index.html">HOME</a>
    </li>
    <li class="nav-item">
      <a class="nav-link" aria-current="page" href="#">PRODUCTS</a>
    </li>
    <li class="nav-item">
      <a class="nav-link" href="About.html">ABOUT US</a>
    </li>
    <li class="nav-item">
      <a class="nav-link" href="Contact.html">CONTACT US</a>
    </li>
  </ul>
  <form class="d-flex">
    <input class="form-control me-2" type="search" placeholder="Search" aria-label="Search">
    <button class="btn btn-outline-light" type="submit">Search</button>
  </form>
</div>
</div>
</nav>
</section>
```

```
<!-- Banner Section -->
```

```
<section id="banner">
```

```
  <div class="container">
```

```
    <div class="row">
```

```
<div class="col-md-12">

  <p class="promo-title display-1 text-center">Contact Us</p><br>

  <a href="#products" class="text-center"><P>Scroll Down </P></a>

</div>

</div>

</div>
```

```


</section>
```

```
<div class="container">

  <h1>Hi there!</h1>

  <h2>Fill out the form below and we will make sure to reach out to you as soon as possible!</h2>

  <p>Please make sure you provide the correct information.</p>

  <form onsubmit="return validation();">

    <div class="form-group row">

      <label class="col-form-label col-md-2 text-right font-weight-bold"
for="name">Name:</label>

      <div class="col-md-4">

        <input type="text" class="form-control" name="name" id="name" placeholder="Your
name">

        </div>

        <div class="col-md-6" id="nameMessage"></div>

      </div>

      <div class="form-group row">

        <label class="col-form-label col-md-2 text-right font-weight-bold" for="email">Email:</label>

        <div class="col-md-4">

          <input type="email" class="form-control" name="email" id="email" placeholder="Enter
email">

          </div>

        </div>

      </div>

    </div>

  </form>

</div>
```

```
<div class="col-md-6" id="emailMessage"></div>

</div>

<div class="form-group row">

  <label class="col-form-label col-md-2 text-right font-weight-bold"
for="phone">Phone:</label>

  <div class="col-md-4">

    <input type="tel" class="form-control" name="phone" id="phone" placeholder="Phone
Number">

  </div>

  <div class="col-md-6" id="phoneMessage"></div>

</div>

<div class="form-group row">

  <label class="col-form-label col-md-2 text-right font-weight-bold" for="text-area">Your
Message:</label>

  <div class="col-md-4">

    <textarea type="text" class="form-control" name="text" id="text" placeholder="Your
Message!"></textarea>

  </div>

</div>

</div>

</div>

<div class="form-group row">

  <div class="col-md-2"></div>

  <div class="col-md-10">

    <input class="btn btn-info" type="submit" value="Send Message">

    <input class="btn btn-dark" type="reset" value="Reset">

  </div>

</div>

</form>

</div>

<br><br><br>
```

```

<!-- Footer Section -->

<section id="footer">

  

  <div class="container">

    <div class="row">

      <div class="col-md-6 footer-box">

        

        <p>Elevate your fitness journey with GymNourish – your trusted source for top-quality gym products and nourishing essentials.</p>

        <p>&copy; 2023 GymNourish | All Rights Reserved</p>

        <p><i>Last Updated 08 Sept 2023 @ 11:00 PM</i></p>

      </div>

      <div class="col-md-3 footer-box-p">

        <p><b>CONTACT US</b></p>

        <p>123, Abc Road</p>

        <p>+00 123 456 789</p>

        <p>example@email.com</p>

      </div>

    </div>

  </div>

</section>

<script src="script.js"></script>

</body>

</html>

```

About.html:

```

<!doctype html>

<html lang="en">

<head>

  <!-- Required meta tags -->

```

<meta charset="utf-8">

<meta name="viewport" content="width=device-width, initial-scale=1">

<!-- Internal CSS -->

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

<!-- Bootstrap CSS -->

<link href="https://cdn.jsdelivr.net/npm/bootstrap@5.0.2/dist/css/bootstrap.min.css" rel="stylesheet" integrity="sha384-EVSTQN3/azprG1Anm3QDgpJLIm9Nao0Yz1ztcQTwFspd3yD65VohhpuuCOmLASjC" crossorigin="anonymous">

<!-- Bootstrap JS -->

<script src="https://cdn.jsdelivr.net/npm/bootstrap@5.0.2/dist/js/bootstrap.bundle.min.js" integrity="sha384-MrcW6ZMFYlzcLA8Nl+NtUVF0sA7MsXsP1UyJoMp4YLEuNSfAP+JcXn/tWtIaxVXM" crossorigin="anonymous"></script>

<script src="https://cdn.jsdelivr.net/npm/@popperjs/core@2.9.2/dist/umd/popper.min.js" integrity="sha384-IQsoLXl5PILFhosVNubq5LC7Qb9DXgDA9i+tQ8Zj3iwWAwPtgFTxbJ8NT4GN1R8p" crossorigin="anonymous"></script>

<script src="https://cdn.jsdelivr.net/npm/bootstrap@5.0.2/dist/js/bootstrap.min.js" integrity="sha384-cVKIPhGWiC2Al4u+LWgxfKTRIcfu0JTxR+EQDz/bglIdoEyl4H0zUF0QKbrJ0EcQF" crossorigin="anonymous"></script>

<!-- Font Awesome -->

<link rel="stylesheet" href="https://cdn.jsdelivr.net/npm/@fortawesome/fontawesome-free@6.2.1/css/fontawesome.min.css" integrity="sha384-QYIZto+st3yW+o8+5OHfT6S482Zsvz2WfOzpFSXMF9zqeLcFV0/wlZpMtyFcZALm" crossorigin="anonymous">

<title>GymNourish</title>

</head>

<body>

<section id="nav-bar">

<nav class="navbar navbar-expand-lg navbar-light">

<div class="container-fluid p-2">

```
<a class="navbar-brand" href="#" style="color: #fff; font-weight: 900;"><strong>GymNourish</strong></a>
```

```
<button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-  
target="#navbarNav" aria-controls="navbarNav" aria-expanded="false" aria-label="Toggle  
navigation">
```

```
<span class="navbar-toggler-icon"></span>
```

```
</button>
```

```
<div class="collapse navbar-collapse justify-content-end p-2" id="navbarNav">
```

```
<ul class="navbar-nav">
```

```
<li class="nav-item">
```

```
<a class="nav-link" href="Index.html">HOME</a>
```

```
</li>
```

```
<li class="nav-item">
```

```
<a class="nav-link" aria-current="page" href="#">PRODUCTS</a>
```

```
</li>
```

```
<li class="nav-item">
```

```
<a class="nav-link" href="About.html">ABOUT US</a>
```

```
</li>
```

```
<li class="nav-item">
```

```
<a class="nav-link" href="Contact.html">CONTACT US</a>
```

```
</li>
```

```
</ul>
```

```
<form class="d-flex">
```

```
<input class="form-control me-2" type="search" placeholder="Search" aria-  
label="Search">
```

```
<button class="btn btn-outline-light" type="submit">Search</button>
```

```
</form>
```

```
</div>
```

```
</div>
```

```
</nav>
```

```
</section>
```



```
<!-- Banner Section -->
<section id="banner">
  <div class="container">
    <div class="row">
      <div class="col-md-12">
        <p class="promo-title display-1 text-center">About Us</p><br>
        <a href="#products" class="text-center"><P>Scroll Down </P></a>
      </div>
    </div>
  </div>

  
</section>
```

```
<!-- Footer Section -->
<section id="footer">
  
  <div class="container">
    <div class="row">
      <div class="col-md-6 footer-box">
        
        <p>Elevate your fitness journey with GymNourish – your trusted source for top-quality
gym products and nourishing essentials.</p>
        <p>&copy; 2023 GymNourish | All Rights Reserved</p>
        <p><i>Last Updated 08 Sept 2023 @ 11:00 PM</i></p>
      </div>
      <div class="col-md-3 footer-box-p">
        <p><b>CONTACT US</b></p>
        <p>123, Abc Road</p>
      </div>
    </div>
  </div>
```

```
        <p>+00 123 456 789</p>
        <p>example@email.com</p>
    </div>
</div>
</div>
</section>

</body>
</html>
```

Product.html:

```
<!doctype html>
<html lang="en">
<head>
    <!-- Required meta tags -->
    <meta charset="utf-8">
    <meta name="viewport" content="width=device-width, initial-scale=1">

    <!-- Internal CSS -->
    <link href="styles.css" rel="stylesheet">

    <!-- Bootstrap CSS -->
    <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.0.2/dist/css/bootstrap.min.css"
rel="stylesheet" integrity="sha384-
EVSTQN3/azprG1Anm3QDgpJLIm9Nao0Yz1ztcQTwFspd3yD65VohhpuuCOmLASjC"
crossorigin="anonymous">

    <!-- Bootstrap JS -->
    <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.0.2/dist/js/bootstrap.bundle.min.js"
integrity="sha384-MrcW6ZMFYlzcLA8Nl+NtUVF0sA7MsXsP1UyJoMp4YLEuNSfAP+JcXn/tWtIaxVXM"
crossorigin="anonymous"></script>
```

```
<script src="https://cdn.jsdelivr.net/npm/@popperjs/core@2.9.2/dist/umd/popper.min.js"
integrity="sha384-IQsoLXl5PILFhosVNubq5LC7Qb9DXgDA9i+tQ8Zj3iwWAwPtgFTxbJ8NT4GN1R8p"
crossorigin="anonymous"></script>
```

```
<script src="https://cdn.jsdelivr.net/npm/bootstrap@5.0.2/dist/js/bootstrap.min.js"
integrity="sha384-cVKIPhGWiC2Al4u+LWgxfKTRIcfu0JTxR+EQDz/bglDoEyl4H0zUF0QKbrJ0EcQF"
crossorigin="anonymous"></script>
```

```
<!-- Font Awesome -->
```

```
<link rel="stylesheet" href="https://cdn.jsdelivr.net/npm/@fortawesome/fontawesome-
free@6.2.1/css/fontawesome.min.css" integrity="sha384-
QYIZto+st3yW+o8+5OHfT6S482Zsvz2WfOzpFSXMF9zqeLcFV0/wlZpMtyFcZALm"
crossorigin="anonymous">
```

```
<title>GymNourish</title>
```

```
</head>
```

```
<body>
```

```
<section id="nav-bar">
```

```
<nav class="navbar navbar-expand-lg navbar-light">
```

```
<div class="container-fluid p-2">
```

```
<a class="navbar-brand" href="#" style="color: #fff; font-weight: 900;"><strong>GymNourish</strong></a>
```

```
<button class="navbar-toggler" type="button" data-bs-toggle="collapse" data-bs-
target="#navbarNav" aria-controls="navbarNav" aria-expanded="false" aria-label="Toggle
navigation">
```

```
<span class="navbar-toggler-icon"></span>
```

```
</button>
```

```
<div class="collapse navbar-collapse justify-content-end p-2" id="navbarNav">
```

```
<ul class="navbar-nav">
```

```
<li class="nav-item">
```

```
<a class="nav-link" href="Index.html">HOME</a>
```

```
</li>
```

```
<li class="nav-item">
```

```
<a class="nav-link" aria-current="page" href="#">PRODUCTS</a>
```

```
</li>
```

```

<li class="nav-item">

  <a class="nav-link" href="About.html">ABOUT US</a>

</li>

<li class="nav-item">

  <a class="nav-link" href="Contact.html">CONTACT US</a>

</li>

</ul>

<form class="d-flex">

  <input class="form-control me-2" type="search" placeholder="Search" aria-
label="Search">

  <button class="btn btn-outline-light" type="submit">Search</button>

</form>

</div>

</div>

</nav>

</section>

<!-- Banner Section -->

<section id="banner">

  <div class="container">

    <div class="row">

      <div class="col-md-12">

        <p class="promo-title display-1 text-center">Explore our Products</p><br>

        <a href="#products" class="text-center"><P>Scroll Down </P></a>

      </div>

    </div>

  </div>

  <div class="bottom-img">

    

  </div>

</section>

```

```

<!-- Services Section -->

<section id="services">

  <div class="container">

    <div class="row" id="products">

      <h1 class="display-1 text-center product-header">Products</h1>

      <div class="col-md-4">

        <div class="card" style="width: 18rem;">

          

          <div class="card-body">

            <h5 class="card-title">Whey Power Protein</h5>

            <h4 class="card-title">$39.99</h4>

            <p class="card-text">Fuel your muscles with Whey Power Protein, a high-quality blend
that supports muscle recovery and growth.</p>

            <a href="#" class="btn btn-primary">Buy Now</a>

          </div>

        </div>

      </div>

      <div class="col-md-4">

        <div class="card" style="width: 18rem;">

          

          <div class="card-body">

            <h5 class="card-title">GymFlex Resistance Bands Set</h5>

            <h4 class="card-title">$29.99</h4>

            <p class="card-text">The GymFlex Resistance Bands Set offers versatile and effective
resistance training for any fitness level.</p>

            <a href="#" class="btn btn-primary">Buy Now</a>

          </div>

        </div>

      </div>

      <div class="col-md-4">

        <div class="card" style="width: 18rem;">

          

```

```
<div class="card-body">

  <h5 class="card-title">GymNourish Shaker Bottle</h5>

  <h4 class="card-title">$9.99</h4>

  <p class="card-text">Stay hydrated and mix your supplements with the GymNourish Shaker Bottle.This bottle ensures smooth blending of protein shakes and other beverages.</p>

  <a href="#" class="btn btn-primary">Buy Now</a>

</div>

</div>

</div>
```

```
</div>

</div>

</section>
```

```
<!-- Footer Section -->

<section id="footer">

  

  <div class="container">

    <div class="row">

      <div class="col-md-6 footer-box">

        

        <p>Elevate your fitness journey with GymNourish – your trusted source for top-quality gym products and nourishing essentials.</p>

        <p>&copy; 2023 GymNourish | All Rights Reserved</p>

        <p><i>Last Updated 08 Sept 2023 @ 11:00 PM</i></p>

      </div>

      <div class="col-md-3 footer-box-p">

        <p><b>CONTACT US</b></p>

        <p>123, Abc Road</p>

        <p>+00 123 456 789</p>

        <p>example@email.com</p>

      </div>

    </div>

  </div>
```

```
        </div>
    </div>
</section>
```

```
</body>
</html>
```

```
*{
    margin: 0;
    padding: 0 ;
}
```

```
body{
    font-family: sans-serif;
}
```

```
#nav-bar{
    position: sticky;
    top: 0;
    z-index: 10;
}
```

```
.navbar{
    background-image: linear-gradient(to right, #a517ba, #5f1782);
    padding: 0 !important;
    box-shadow: 0 4px 8px 0 rgba(0, 0, 0, 0.2);
}
```

```
.navbar-brand img{
    height: 150px;
    padding-left: 40px;
```

```
}
```

```
.navbar-nav li{  
    padding: 0 10px;  
}
```

```
.navbar-nav li a{  
    color: white !important;  
    font-weight: 600;  
    text-align: center;  
}
```

```
.navbar-toggler-icon{  
    color: white;  
    background-color: white;  
    font-size: 30px !important;  
}
```

```
.navbar-toggler{  
    outline: none;  
}
```

```
/* -----Banner Section ----- */  
#banner{  
    background-image: linear-gradient(to right, #a517ba, #5f1782);  
    color: #fff;  
}
```

```
.promo-title{  
    font-size: 40px;  
    font-weight: 600;
```



```
    margin-top: 100px;
}
```

```
.promo-desc{
    font-size: 20px;
    font-weight: 600;
    margin-top: 5px;
}
```

```
.play-btn{
    width: 45px;
    margin: 20px;
}
```

```
#banner a{
    color: #fff;
    text-decoration: none;
}
```

```
.bottom-img{
    width: 100%;
}
```

```
.hero-title{
    font-size: 60px;
    font-weight: 600;
    margin-top: 100px;
    text-align: center;
}
```

```
.hero-desc{
```

```
font-size: 30px;
font-weight: 00;
margin-top: 10px;
text-align: center;
}
```

```
.hero-desc-exd{
font-size: 20px;
font-weight: 400;
margin-top: 10px;
text-align: center;
}
```

```
.lead a{
background-image: linear-gradient(to right, #a517ba, #5f1782);
color: #fff;
border: none;
}
```

```
.product-header{
padding-top: 50px;
padding-bottom: 50px;
}
```

```
#footer{
background-image: linear-gradient(to right, #a517ba, #5f1782);
color: white;
}
```

```
.footer-img{
width: 100%;
```

```
}
```

```
.footer-box{  
  padding: 20px;  
}
```

```
.footer-box img{  
  width: 120px;  
  margin-bottom: 20px;  
}
```

```
.footer-box-p{  
  margin-top: 20px;  
  padding: 20px;  
}
```

JavaScript:

```
function validation() {  
  var letters = /^[A-Za-z]+$/,  
  numbers = /^[0-9]+$/,  
  flag = true;  
  
  // Name validation  
  var nameInput = document.getElementById("name").value;  
  var nameMessage = document.getElementById("nameMessage");  
  if (nameInput.length === 0) {  
    nameMessage.innerHTML = "<i>Please enter your name!</i>";  
    nameMessage.classList.remove("text-success");  
    nameMessage.classList.add("text-danger");  
    flag = false;  
  }
```

```

} else {

    nameMessage.innerHTML = "Sounds Good!";
    nameMessage.classList.remove("text-danger");
    nameMessage.classList.add("text-success");
}

// Email validation
var emailInput = document.getElementById("email").value;
var emailMessage = document.getElementById("emailMessage");
if (emailInput.length === 0) {
    emailMessage.innerHTML = "<i>Please enter your email</i>";
    emailMessage.classList.remove("text-success");
    emailMessage.classList.add("text-danger");
    flag = false;
} else if (emailInput.indexOf("@gmail.com") < 0) {
    emailMessage.innerHTML =
        "<i>Make you are using correct email.</i>";
    emailMessage.classList.remove("text-success");
    emailMessage.classList.add("text-danger");
    flag = false;
} else {
    emailMessage.innerHTML = "Sounds Good!";
    emailMessage.classList.remove("text-danger");
    emailMessage.classList.add("text-success");
}

// Phone number validation
var phoneInput = document.getElementById("phone").value;
var phoneMessage = document.getElementById("phoneMessage");
if (phoneInput.length !== 10) {
    phoneMessage.innerHTML =

```

```
    "<i>Phone number must be exactly 10 digits (including 0, eg: 04xx xxx xxx) </i>";
    phoneMessage.classList.remove("text-success");
    phoneMessage.classList.add("text-danger");
    flag = false;
} else if (!phoneInput.match(numbers)) {
    var charIndex = phoneInput.search(/\D/g);
    var char = phoneInput.charAt(charIndex);
    phoneMessage.innerHTML =
        "<i>Contains character '" + char + "'. Numbers only!</i>";
    phoneMessage.classList.remove("text-success");
    phoneMessage.classList.add("text-danger");
    flag = false;
} else {
    phoneMessage.innerHTML = "Sounds Good!";
    phoneMessage.classList.remove("text-danger");
    phoneMessage.classList.add("text-success");
}

return flag;
}
```