B00932773 Code for COM109 CW2

MMP_home.html

```html
<!DOCTYPE html>
<head>

    <html lang="en-UK">
    <meta charset="UTF-8">
    <meta name="viewport" content="width-deice-width, inital-scale=1.0">

    <link rel="stylesheet"
href="https://code.jquery.com/ui/1.13.2/themes/base/jquery-ui.css">

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

    <script src="https://code.jquery.com/jquery-3.7.1.min.js"
integrity="sha256-/JqT3SQfawRcv/BIHPThkBvs0OEvtFFmqPF/lYI/Cxo="
crossorigin="anonymous"></script>

    <script
src="https://ajax.googleapis.com/ajax/libs/jquery/3.7.1/jquery.min.js"></scrip
t>

    <script src="https://cdn.jsdelivr.net/npm/jquery-
validation@1.19.5/dist/jquery.validate.js"></script>

    <link rel="stylesheet"
href="https://code.jquery.com/ui/1.13.2/themes/base/jquery-ui.css">

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

    <title> McKinless Max Perfomance - Home </title>

</head>

<body>
    <!--Cookies for the website, has a link that explains some info about
cookies-->
    <div id="WebCookies">
        <div class="container">
            <div class="subcontainer">
                <div class="WebCookies">
                    <p> At McKinless Max Performance, we use cookies to help
you have a positive browsing experience on our website.<a
                        href=""> learn more about cookies here. </a></p>
                        <button id="WebCookies-btn"> I accept </button>
                </div>
            </div>
```

```html
        </div>
    </div>

    <!--This is my navigation bar which will have the logo and buttons that
will take the users to the pages of my website-->

    <div class="navigation">
        <img src="MMP_logo.png" height="200" width="200" class="logo1"
alt="McKinless Max Performance logo">
        <a class="HomePage" href="MMP_home.html"> Home </a>
        <a class="AboutPage" href="MMP_AboutUs.html"> About Us </a>
        <a class="ContactPage" href="MMP_contact.html"> Contact Us </a>
        <img src="MMP_logo.png" height="200" width="200" class="logo2"
alt="McKinless Max Performance logo">
        <p>current date and time is:   <span id="datetime"></span>.</p>
    </div>

    <h1> McKinless Max Performance - Home </h1>

    <script>
        // current date and time
        const d = new Date();
        document.getElementById("datetime").innerHTML = d;
    </script>

    <!--brief description of the business-->
    <p class="welcome"> Welcome to McKinless Max Performance! </p>

    <p class="description"> We are a Personal Training business with the aim
of making our clients fitter and healthier. Sessions
        can be in person or online, and we also offer individual or group
sessions depending on your preference. </p>

    <p class="description"> Want to see a fitter, better and stronger YOU?
Then come on over to McKinless Max Performance where we do out best to ensure
you are better and stronger than yesterday!</p>

    <p class="description">If you're interested, please go to our 'Contact Us'
page and sign up to book a session with us! and
        If you want to find out more about our sessions and what we're all
about, head over to the 'About Us' page where you'll
        learn everything you need to know!</p>


            <!--This autucomplete search bar will allow users to search for
exercises that MMP offers-->
    <div class="exercise-search">
        <div class="row">
```

```html
            <input type="text" id="input-box" placeholder="Search for an
exercise"
            autocomplete="off">
            <button id="exercise-button"> Search </button>
        </div>
        <div class="result-box">
        </div>
    </div>

    <p class="ClickMap"> Click on this map to see the location of our main gym
and the surrounding area! We are located at 61 Fairhill Rd, Cookstown, County
Tyrone, Northern Ireland. </p>

    <!--An interactive map highlighting the location of McKinless Max
Performance as well as the rest of Cookstown-->
        <iframe
src="https://www.google.com/maps/embed?pb=!1m18!1m12!1m3!1d2308.7258338383176!
2d-
6.757768823319952!3d54.644045772693985!2m3!1f0!2f0!3f0!3m2!1i1024!2i768!4f13.1
!3m3!1m2!1s0x48606101b41f31e7%3A0x702f176aac5ab1bf!2s61-
57%20Fairhill%20Rd%2C%20Cookstown%20BT80%208DE!5e0!3m2!1sen!2suk!4v17146570802
55!5m2!1sen!2suk"
        width="600" height="430" class="MMPLocation" style="border:0;"
allowfullscreen="" loading="lazy" referrerpolicy="no-referrer-when-
downgrade"></iframe>

        <img src="shredded_man.jpg" height="410" width="460"
class="shreddedman">

</body>
</html>
```

MMP_home.css

```css
/* CSS for the background */
body{
    background-image: url(background-with-sweat.jpg);
    background-size: 100%;
    background-repeat: no-repeat;
}

.body{
    font-size: 14px;
    font-family: Verdana, Geneva, Tahoma, sans-serif;
}

@import url("https://ico.org.uk/for-the-public/online/cookies/");
```

```css
.container{
    width: 1500px;
    margin: auto;
}

.subcontainer{
    width: 80%;
    margin: auto;
}

/* CSS for my cookies */

#WebCookies{
    width: 100%;
    position: fixed;
    color: white;
    background-color: black;
    z-index: 1;
    display: none;
}

.WebCookies{
    min-height: 60px;
    display: flex;
    justify-content: space-between;
    align-items: center;
    flex-wrap: wrap;
    gap: 10px;
}

.WebCookies a{
    color: red;
    font-weight: 500;
    text-decoration: none;
}

.WebCookies-btn{
    border-radius: 4px;
    padding: 8px 12px 8px 12px;
    font-size: 14px;
    font-family: Verdana, Geneva, Tahoma, sans-serif;
    cursor: pointer;
    border: 3px white;
    background-color: black;
    color: white;
}

@media(max-width: 1500px){
```

```css
        .container{
            width: 100%;
        }
}

@media(max-width:1024px){
    .WebCookies{
        padding: 10px 0;
    }
}

.h1{
    color: red;
    text-align: center;
}

/* This CSS if for my navigation bar at the top of the webpage, for Home,
AboutUs and Contact Us */

.navigation{
    margin: 0;
    font-family: 'Gill Sans', 'Gill Sans MT', 'Calibri', 'Trebuchet MS', sans-
serif;
    float: left;
    text-decoration: none;
    font-size: 20px;
    display: block;
    width: 1440px;
    text-align: center;
    padding: 12px 14px;
    overflow: hidden;
    background-color: #e9e9e9
}

.HomePage{
    font-size: 30px;
    background-color: lightcoral;
    color: black;
    font-style: bold;
    margin-right: 20px;
}

.AboutPage{
    font-size: 30px;
    background-color: cornflowerblue;
    color: black;
    font-style: bold;
    margin-left: 20px;
```

```css
}

.ContactPage{
    font-size: 30px;
    background-color: lightgreen;
    color: black;
    font-style: bold;
    margin-left: 40px;
}

.logo1{
    margin-right: 20px;
}

.logo2{
    margin-left: 20px;
}

h1{
    color: lightcoral;
    text-align: center;
}

.welcome{
    font-size: 32px;
    font-style: bold;
    color: white;
}

.description{
    font-size: 20px;
    color: white;
}

.now{
    color: red;
    margin-left: 200px;
    padding: 20px 18px;
    width: 600px;
    height: 80px;
    font-style: bold;
    font-size: x-large;
}

.ClickMap{
    color: white;
    font-size: larger;
}
```

```css
.exercise-search{
    width: 500px;
    background: silver;
    margin: 200px auto 0;
    border-radius: 5px;
}

.row{
    display: flex;
    align-items: center;
    padding: 10px 20px;
}

/* map and image at the bottom */

.MMPLocation{
    margin-top: 40px;
    float: left;
    margin-left: 30px;
}

.shreddedman{
    float: left;
    margin-left: 100px;
    margin-bottom: 100px;
    margin-top: 20px;
}

*{
    margin: 0;
    padding: 0;
    font-family: Verdana, Geneva, Tahoma, sans-serif;
    box-sizing: border-box;
}

/* The next CSS properties for my autocomplete search bar */

.exercise-search{
    width: 500px;
    background: silver;
    margin: 200px auto 0;
    border-radius: 5px;
}

.row{
    display: flex;
    align-items: center;
```

```css
    padding: 10px 20px;
}

.input{
    flex: 1;
    height: 50px;
    background: transparent;
    border: 0;
    outline: 0;
    font-size: 16px;
    color: black;
}

.exercise-button{
    background: transparent;
    border: 0;
    outline: 0;
    cursor: pointer;
}

.label{
    font-size: 0;
}

label:before { content: "Search here for the variety of exercises on offer: ";
    font-size: 20px;
    color: white;
    font-style: italic;
}

.exercise-results ul{
    border-top: 1px solid white;
    padding: 12px 8px;
}

.exercise-result ul li{
    list-style: none;
    border-radius: 2px;
    padding: 10px 8px;
    cursor: pointer;
}

.exercise-result ul li:hover{
    background: white;
}
```

MMP_home.js

```javascript
// this function will set a cookie to a specific user when they access the
website
// it will have a name, value and an expiry date

document.addEventListener("DOMContentLoaded", function() {
  const exerciseresults = document.querySelector(".result-box");
  const exerciseinputs = document.querySelector("#input-box");

  const AvailableExercises = [
    'bench press', 'push-ups', 'pullups', 'cardio', 'farmers walk',
    'weights', 'chest press', 'bicep curls', 'tricep curls', '50m sprint',
    'cycle', 'shoulder press', 'lat pulldown', 'squats', 'pilates',
  ];

  exerciseinputs.onkeyup = function(){
      let result = [];
      let input = exerciseinputs.value;
      if(input.length){
          result = AvailableExercises.filter((keyword)=>{
            return keyword.toLowerCase().includes(input.toLowerCase());
          });
          console.log(result)
      }
      display(result);

      if(!result.length){
        exerciseresults.innerHTML = '';
      }
  };

  function display(result){
    exerciseresults.innerHTML = result.join("<br>");
  }

});

// this function will set a cookie to a specific user when they access the
website
// it will have a name, value and an expiry date

document.addEventListener("DOMContentLoaded", function() {
  SetCookie = (cName, cValue, expDays) => {
      let CurrentDate = new Date();
      CurrentDate.setTime(CurrentDate.getTime() + (expDays * 24 * 60 * 60 *
1000));
      const expires = "expires=" + CurrentDate.toUTCString();
      document.cookie = cName + "=" + cValue + "; " + expires + "; path=/";
```

```
    }

    // Function to get a cookie from a user if they access the website again
    GetCookie = (cName) => {
        const name = cName + "=";
        const cDecoded = decodeURIComponent(document.cookie)
        const cArr = cDecoded.split("; ");
        let value;
        cArr.forEach(val => {
            if (val.indexOf(name) === 0) value = val.substring(name.length);
        })

        return value;
    }

    // Notifies the user if the cookie exists
    cookieIdentify = (block) => {
        if (!GetCookie("cookie"))
            document.querySelector("#WebCookies").style.display = block;
    }

    window.addEventListener("load", cookieIdentify);

    // button for webcookies
    document.querySelector("#WebCookies-btn").addEventListener("click", () => {
        document.querySelector("#WebCookies").style.display = "none";
        SetCookie("cookie", true, 30);
    });
});
```

MMP_AboutUs.html

```
<!DOCTYPE html>

<head>
    <html lang="en-UK">
    <meta charset="UTF-8">
    <meta name="viewport" content="width-deice-width, inital-scale=1.0">

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

    <script src="https://code.jquery.com/jquery-3.7.1.js" integrity="sha256-
eKhayi8LEQwp4NKxN+CfCh+3qOVUtJn3QNZ0TciWLP4="
crossorigin="anonymous"></script>
```

```html
    <script
src="https://ajax.googleapis.com/ajax/libs/jquery/3.7.1/jquery.min.js"></scrip
t>

    <script src="https://cdn.jsdelivr.net/npm/jquery-
validation@1.19.5/dist/jquery.validate.js"></script>

    <link rel="stylesheet"
href="https://code.jquery.com/ui/1.13.2/themes/base/jquery-ui.css">

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

    <title> McKinless Max Perfomance - About Us </title>
</head>

<body>

    <!-- navigation bar -->
    <div class="navigation">
        <img src="MMP_logo.png" height="200" width="200" class="logo1"
alt="McKinless Max Performance logo">
        <a class="HomePage" href="MMP_home.html"> Home </a>
        <a class="AboutPage" href="MMP_AboutUs.html"> About Us </a>
        <a class="ContactPage" href="MMP_contact.html"> Contact Us </a>
        <img src="MMP_logo.png" height="200" width="200" class="logo2"
alt="McKinless Max Performance logo">
        <p>current date and time is:   <span id="datetime"></span>.</p>
    </div>


    <h1> McKinless Max Performance - About Us </h1>

    <script>
        //the current date and time
        const d = new Date();
        document.getElementById("datetime").innerHTML = d;
    </script>

        <!-- A brief overview of McKinless Max Performance-->
        <p class="history"> McKinless Max Performance was founded in 2022 by
Matthew McKinless with his aim to ensure that more people in the local area
are keeping fit. Matthew and
        3 other qualified personal trainers work to get the best out of
our clients. The main gym was opened up in Cookstown in 2022 with this goal in
mind.
        People come here regularly for in-person individual and group
sessions. Online sessions via Zoom are also available for clients who prefer
them. </p>
```

```html
        <p class="history"> Our goal is to make YOU fitter and healthier; We
also aim to give our clients a better mindset on life and nutritional
advice.</p>

        <h2> Our services; We offer.. </h2>

        <p class="services"> A Gym with world class facilities + equipment
including dumbbells, benches, treadmills, gym bikes and leg extensions. </p>
        <p class="services"> Complete with a sauna, changing facilities,
showers and toilets alongside an accessible location in Cookstown. </p>
        <p class="services"> Qualified personal trainers who only want the
best for you! </p>
        <p class="services"> Expert nutritional advice! This includes diet
plans and suggestions to tweak your current diet, ensuring the best performace
out of our clients.</p>

        <!-- this is a jquery function that will reveal some images that
display the services McKinless Max Performance offers-->
        <div>
            <button class="imagebutton"> Here's some pictures of our top-
quality services! </button>
        </div>

        <div>
            <img src="Sauna.jpg" height="160" id="sauna" alt="Our personal
sauna for the perfect relaxation after a challenging workout!!">
            <img src="personal_trainer.jpg" height="160" id="PersonalTrainer"
alt="Highly qualified personal trainers who will give you the best workout
possible!">
            <img src="Cookstown.jpg" height="160" id="Cookstown" alt="A
location in the middle of Cookstown, perfect for handy journeys!">
            <img src="green_gym.jpg" height="160" id="dumbbell" alt="The
various weights available at the Max Performance Gym!">
        </div>

            <p class="abovetable"> Below is some information about the
sessions we have available for clients </p>

        <!--A table that displays the lessons on offer, with the ability
for clients to book lessons-->
        <!-- Users will be taken to a page where they will see details of
the lesson they booked-->
            <table id="whatweoffer">
            <tr>
                <th> Session </th>
                <th> Details </th>
                <th> Price </th>
                <th> Booking </th>
```

```html
            </tr>
            <tr>
                <td> Individual In-Person Session </td>
                <td> An in-person PT service that involves travelling to our
gym in 61 Fairhill Rd, Cookstown for your session, these sessions will be
personalised
                    to suit your individual needs. Get access to our world
class gym equipment and facilities and be constantly tested at every
turn!</td>
                <td> £10.99 (first session is half price!) </td>
                <td> <button class="bookindividual" size="50"
onclick="window.location.href =
'http://localhost/COM109%20CW2/booking.html';"> Book an individual in-person
session now! </td>
            </tr>
            <tr>
                <td> Group In-Person Session </td>
                <td> Bring some friends along too! Work out in groups with one
of our Personal Trainers as you get fitter and stronger. Sessions may be more
competitive
                    in nature as you strive to perform as best as you can in
our sessions while competing against others!. </td>
                <td>£8.99 per person (first session 30% off)</td>
                <td> <button class="bookgroup" size="50"
onclick="window.location.href = 'http://localhost/COM109%20CW2/booking.html';"
> Book a group in-person session now! </button> </td>
            </tr>
            <tr>
                <td> Online Individual Session </td>
                <td>If you prefer to have your workouts online then we can
cater to that. Our online PT sessions offer workouts from the comfort of
                    your home! These sessions cater to your needs and can be
done regardless of what equipment you have at your home.  </td>
                <td> £9.99 per person </td>
                <td> <button class="onlineindividual" size="50"
onclick="window.location.href =
'http://localhost/COM109%20CW2/online_booking.html';"> Book an online
individual session now! </button></td>
            </tr>
            <tr>
                <td> Online Group Session </td>
                <td>We also offer online group sessions with a maximum of 4
people per session (ensure that you have a secure internet conenction for
this). These are exactly
                    like the individual online sessions only with the added
benefit of having more people. </td>
                <td> £7.99 per person </td>
```

```html
                <td> <button class="onlinegroup" size="50"
onclick="window.location.href =
'http://localhost/COM109%20CW2/online_booking.html';"> Book an online group
session now! </button></td>
            </tr>

            </tr>
            </table>

</body>
</html>
```

MMP_AboutUs.css

```css
/* CSS for the background */

body{
    background-image: url(grey-white.jpg);
    background-size: 1000px;
}

/* Like the Home page, this is CSS for the navigation bar in AboutUs */

.navigation{
    margin: 0;
    font-family: 'Gill Sans', 'Gill Sans MT', 'Calibri', 'Trebuchet MS', sans-
serif;
    float: left;
    text-decoration: none;
    font-size: 20px;
    display: block;
    width: 1440px;
    text-align: center;
    padding: 12px 14px;
    overflow: hidden;
    background-color: #e9e9e9

}

.HomePage{
    font-size: 30px;
    background-color: lightcoral;
    color: black;
    font-style: bold;
    margin-right: 20px;
}

.AboutPage{
```

```css
        font-size: 30px;
        background-color: cornflowerblue;
        color: black;
        font-style: bold;
        margin-left: 20px;
}

.ContactPage{
        font-size: 30px;
        background-color: lightgreen;
        color: black;
        font-style: bold;
        margin-left: 40px;
}

.logo1{
        margin-right: 20px;
}

.logo2{
        margin-left: 20px;
}

h1{
        color: cornflowerblue;
        text-align: center;
}

.history{
        font-size: 19px;
        font-family: sans-serif;
}

.services{
        font-size: 19px;
}

/* CSS properties for my table which displays the various PT lessons */

#whatweoffer th, td{
        border: 3px solid;
        font-size: 20px;
}

#whatweoffer th{
        font-size: 30px;
}
```

```css
/* These properties are for the buttons onthe whatweoffer table */

.bookindividual{
    color: red;
    font-size: 15px;
}

.bookindividual:active{
transform: translateY(4px);
background-color: rgb(226, 128, 128);
}

.bookgroup{
    color: red;
    font-size: 15px;
}

.bookgroup:active{
    transform: translateY(4px);
    background-color: rgb(226, 128, 128);
}

.onlineindividual{
    color: rgb(0, 0, 255);
    font-size: 15px;
}

.onlineindividual:active{
    transform: translateY(4px);
    background-color: rgb(96, 67, 227);
}

.onlinegroup{
    color: blue;
    font-size: 15px;
}

.onlinegroup:active{
    transform: translateY(4px);
    background-color: rgb(96, 67, 227);
}

/* CSS for the button and the images that fade in when the button is clicked
*/

.imagebutton{
    width: 200px;
    height: 80px;
```

```css
    font-size: larger;
    font-style: italic;
    color: rgb(2, 105, 2);
}

.imagebutton:active{
    transform: translateY(5px);
    background-color: rgb(14, 200, 14);
}

#dumbbell{
    display: none;
    margin-left: 260px;
}

#sauna{
    display: none;
    margin-top: 40px;
}

#PersonalTrainer{
    display: none;
    margin-left: 300px;
}

#Cookstown{
    display: none;
    margin-left: 80px;
}

.abovetable{
    color: gold;
    font-size: 24px;
    font-style: bold;
    padding: 12px 14px;
}
```

MMP_AboutUs.js

```javascript
// This JS function uses jquery to fade in images when a button is clicked

$(document).ready(function(){
    $(".imagebutton").click(function(){
        $("#sauna").fadeIn(250);
        $("#dumbbell").fadeIn(500);
        $("#PersonalTrainer").fadeIn(750);
        $("#Cookstown").fadeIn(1000);
    });
```

```
});
```

MMP_contact.html

```html
<!DOCTYPE html>
<html lang="en-UK">
<meta charset="UTF-8">
<meta viewport="width-deice-width">

<head>

    <link rel="stylesheet"
href="https://code.jquery.com/ui/1.13.2/themes/base/jquery-ui.css">

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

    <script src="https://code.jquery.com/jquery-3.7.1.min.js"
integrity="sha256-/JqT3SQfawRcv/BIHPThkBvs0OEvtFFmqPF/lYI/Cxo="
crossorigin="anonymous"></script>

    <script
src="https://ajax.googleapis.com/ajax/libs/jquery/3.7.1/jquery.min.js"></scrip
t>

    <script src="https://cdn.jsdelivr.net/npm/jquery-
validation@1.19.5/dist/jquery.validate.js"></script>

    <link rel="stylesheet"
href="https://code.jquery.com/ui/1.13.2/themes/base/jquery-ui.css">

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

    <title> McKinless Max Performance - Contact Us </title>
</head>

<body>
    <!--navigation bar present on the other pages-->
    <div class="navigation">
        <img src="MMP_logo.png" height="200" width="200" class="logo1"
alt="McKinless Max Performance logo">
        <a class="HomePage" href="MMP_home.html"> Home </a>
        <a class="AboutPage" href="MMP_AboutUs.html"> About Us </a>
        <a class="ContactPage" href="MMP_contact.html"> Contact Us </a>
        <img src="MMP_logo.png" height="200" width="200" class="logo2"
alt="McKinless Max Performance logo">
        <p>current date and time is:   <span id="datetime"></span>.</p>
    </div>
```

```html
    <h1> McKinless Max Performance - Contact Us </h1>

    <script>
        // date and time like in the home page
        const d = new Date();
        document.getElementById("datetime").innerHTML = d;
    </script>


    <p class="intouch"> Are you interested in signing up to McKinless Max
Performance? Get in touch with us now by entering your contact details below
to become a member!. If you have any questions
        or concerns, we'd love to hear from you.
    </p>

    <!-- A contact form for users to sign up for McKinless Max Performance,
details are submitted with the 'Submit' button-->
    <div>
        <form>
            <form id="signupMMP" name= "Sign up to McKinless Max Performance"
onsubmit="return Validation()">
                <!--form action will send customer information to a separate
file-->
            <form action="customer_information.file" target="_blank"
method="post">

                <h2 class="signup"><bold> Sign up to McKinless Max Performance
</details></bold></h2>

                <p class="fields"> First name </p>
                <input type="text" class="textbox required" id="Firstname"
size="50" placeholder="First name" maxlength="20" required>

                <p class="fields"> Surname </p>
                <input type="text" class="textbox" id="Surname"
placeholder="Surname" maxlength size ="50">

                <p class="fields"> Phone number </p>
                <input type="tel" class="textbox required" id="phone"
placeholder="07512746093" size="11" maxlength="11" required>

                <p class="fields"> Email address </p>
                <input type="email" class="textbox required email" id="email"
size="50" maxlength="40" placeholder="member@gmail.com" required>

                <p class="fields"> Verify Email </p>
                <input type="email" class="textbox required email"
id="verify_email" size="50" maxlength="40" placeholder="member@gmail.com"
required>
```

```html
            <p class="fields"> Password </p>
            <input type="password"  class="textbox required" id="password"
size="50" minlength="6" maxlength="20" required>

            <p class="fields"> Verify Password </p>
            <input type="password"  class="textbox required"
id="verify_password" size="50" minlength="6" maxlength="20" required>

            <p class="sexuality"> Gender </p>
            <input type="radio" name="gender" class="sexuality" />
Male  <input type="radio" name="gender" class="sexuality" /> Female

            <br>

            <input type="radio" name="gender" class="sexuality" /> Non-
Binary <input type="radio" name="gender" class="sexuality" /> Prefer not to
say

            <p class="check"> Do you want to recieve information and
updates on McKinless Max Performance through our monthly newsletter? </p>
<input type="checkbox">
        </div>

        <button class="Submit" size="50" onclick="Submit()"> Submit </button>

        <button class="Undo" size="50" onclick="Undo()"> Undo </button>

        </form>
    </div>

    <div>
        <!--buttons to see user preference of workouts, popups appear when
clicked-->
        <p class="PTService"> What Personal Training service do you prefer?
</p>

        <button class="In-Person" size="50" onclick="InPerson()"> In-Person
</button> <button class="Online" size="50" onclick="Online()"> Online
</button>
    </div>

        <!--When clicked, this button will move Darren Mukiele to the left,
while also increasing his height and width-->
        <div>
            <button class="run" size="50"> Click here to see this guy train
like you will at McKinless Max Performance! </button>
        </div>
```

```html
        <!--Some information about Darren Mukiele, a regular client at
McKinless Max Performance-->

        <p> His name is Darren Mukiele and we've kept track of his progress
after he started training with McKinless Max Performance in 2023. After a year
            of training he has become a bigger, better and stronger man.
Darren is also in a much better mental state than before he joined us.
            (click on Darren to learn more about the different between
endurance and stamina)
        </p>

        <p class="Darrenexp"> "I was previously unsatisfied with my weight and
felt depressed when going outside, I was nervous about joining McKinless Max
Performance as I felt intimidated about gyms as a whole. But
            McKinless Max Performance respected me and made me feel welcome. I
was determined and a year later I'm a completely different man. I'm fitter and
stronger
            both physically and mentally with a new, healthier diet as well"
        </p>

        <p class="thoughts"> - Darren commenting on his experience with
McKinless Max Performance, 1 year after starting with us </p>

        <p> You can be like Darren if you sign up and purchase sessions now!
</p>

        <!--Links to an article and images of Darren and a runnung track-->
        <div>
            <a href="https://www.healthline.com/health/exercise-
fitness/endurance-vs-stamina#endurance-vs-stamina">
            <img src="runnning_man.jpg" class="runningman" height="160"
width="130" alt="Training the speed and stamina">
            <img src="track_and_run.jpg" class="track+run" height="50"
width="1540" alt="One of our practice track fields">
        </div>

</body>
</html>
```

MMP_contact.css

```css
/* body CSS for the page background */

body{
    background-image: url(gym_background.jpg);
    background-size: 100%;
}
```

```css
/* CSS for the navigation bar which is similar to my other webpages */

.navigation{
    margin: 0;
    font-family: 'Gill Sans', 'Gill Sans MT', 'Calibri', 'Trebuchet MS', sans-
serif;
    float: left;
    text-decoration: none;
    font-size: 20px;
    display: block;
    width: 1440px;
    text-align: center;
    padding: 12px 14px;
    overflow: hidden;
    background-color: #e9e9e9

}

.HomePage{
    font-size: 30px;
    background-color: lightcoral;
    color: black;
    font-style: bold;
    margin-right: 20px;
}

.AboutPage{
    font-size: 30px;
    background-color: cornflowerblue;
    color: black;
    font-style: bold;
    margin-left: 20px;
}

.ContactPage{
    font-size: 30px;
    background-color: lightgreen;
    color: black;
    font-style: bold;
    margin-left: 40px;
}

.logo1{
    margin-right: 20px;
}

.logo2{
```

```css
        margin-left: 20px;
}

h1{
        color: lightgreen;
}

/* All the CSS properties for the sign up form
which outlines the size of the textboxes and the buttons as well as the colour
of the button text   */

.intouch{
        font-size: 18px;
}

.fields{
        font-size: 20px;
        text-align: center;
        font-style: bold;
}

.textbox{
        font-size: larger;
        margin-left: 450px;
}

.signup{
        margin-left: 450px;
        font-size: 30px;
}

.submittext{
        font-size: 20px;
}

.resettext{
        font-size: 20px;
}

/* CSS for the PT preference buttons which aren't linked to the sign up form
*/

.In-Person{
        height: 100px;
        width: 100px;
        font-size: larger;
        margin-left: 500px;
        color: red;
```

```css
}

.In-Person:active{
    background-color: lightcoral;
    transform: translateY(6px);
}

.Online{
    height: 100px;
    width: 100px;
    font-size: larger;
    margin-left: 200px;
    color: blue;
}

.Online:active{
    background-color: cyan;
    transform: translateY(6px);
}

.PTService{
    margin-left: 530px;
    font-size: large;
}

/* The CSS for the form submission buttons */

.Submit{
    font-size: larger;
    height: 50px;
    width: 250px;
    margin-top: 50px;
    margin-left: 380px;
    color: green;
}

.Submit:active{
    background-color: lightgreen;
    transform: translateY(4px);
}

.Undo{
    font-size: larger;
    height: 50px;
    width: 250px;
    margin-top: 50px;
    margin-left: 130px;
    color: red;
```

```css
}

.Undo:active{
    background-color: lightcoral;
    transform: translateY(4px);
}

/* CSS properties for Darren and the text regarding his experiecne with MMP */

.Darrenexp{
    font-style: bold;
    font-size: x-large;
    font-family: system-ui, -apple-system, BlinkMacSystemFont, 'Segoe UI',
Roboto, Oxygen, Ubuntu, Cantarell, 'Open Sans', 'Helvetica Neue', sans-serif;
    font: 'Open Sans';
}

.thoughts{
    font-size: 18px;
}

.runningman{
    margin-top: 50px;
    margin-left: 10px;
    position: relative;
}

.run{
    margin-top: 30px;
    font-size: 17px;
    font-family: Verdana, Geneva, Tahoma, sans-serif;
    color: blue;
}

.gender{
    font-size: larger;
    margin-right: 450px;
}
```

MMP_contact.js

```javascript
// This jquery function will move Darren Mukiele 240px to the right
//  he will get bigger ater every button press, to make it look like he gets
stronger
// after training with McKinless Max Performance
$(document).ready(function(){
    $(".run").click(function(){
```

```javascript
            console.log("test")
        $(".runningman").animate({
            left: '+=240px',
            height: '+=15px',
            width: '+=24px',
        });
    });
});

// phone regex
function ValidatePhone(input_str) {
    var re = /^[A-Za-z]+$/;
    return re.test(input_str)
}

// email regex
function ValidateEmail(input_str){
    var re = /^[a-zA-Z0-9._-]+@[a-zA-Z0-9.-]+\.[a-zA-Z]{2,4}$/;
    return re.test(input_str)
}

// name regex
function ValidateName(input_str){
    var re = /^[A-Za-z]+$/;
    return re.test(input_str)
}

// password regex
function ValidatePassword(input_str){
    var re = /^(?=.*?[A-Z])(?=.*?[a-z])(?=.*?[0-9])(?=.*?[#?!@$%^&*-]).{8,}$/
    return re.test(input_str)
}


// this function validates the form
function ValidateSignUp(event){
    var phone = document.getElementById('phone').value;
    if (!ValidatePhone(phone)) {
        document.getElementById('error_phoneno').classList.remove('phone');
        alert("Invalid number, ensure that you enter a valid phone number");
        return false
    } else {
        document.getElementById('error_phoneno').classList.add('phone')
        alert("Valid phone number.")
    }

    var Firstname = document.getElementById('Firstname').value;
    if (!ValidateName(Firstname)) {
```

```javascript
        document.getElementById('error_Firstname').classList.remove('Firstname
');
        alert("Please enter your valid first name.")
        return false
    } else {
        document.getElementById('error_Firstname').classList.add('Firstname')
        alert("Validated first name.")
    }

    var email = document.getElementById('email').value;
    if (!ValidateEmail(email)) {
        document.getElementById('email_error').classList.remove('email');
        alert("Invalid email address, please enter a legitimate email.")
        return false
    } else {
        document.getElementById('email_error').classList.add('email');
        alert("Email validation complete.")
    }

    var password = document.getElementById('password').value;
    if (!ValidatePassword(password)) {
        document.getElementById('invalid_password').classList.remove('password
');
        alert("Invalid password, please entre a vaild, secure password")
        return false
    } else {
        document.getElementById('invalid_password').classList.add('password');
        alert("Password validation complete, make sure to keep it hidded from
others!")
    }

    alert("All required details are valid, thanks!")
    event.preventdefault()
    return true;
}

// submits the form details with a pop-up message
function Submit(){
    alert("Contact details Submitted, thanks for signing up to McKinless Max
Performance")
}

// resets the form details
function Undo(){
    alert("Form undo")
}
```

```javascript
// these functions will display a pop-up after a user clicks the 'In Person'
or 'Online' buttons
// each will dispay a little fact at the end
function InPerson() {
    window.alert("Thanks for suggesting your preference of in-person lessons,
good for the more personal side of the training.");
        window.alert("Did you know that 91% of Personal Trainers did in-person
lessons in 2019, that number has dropped in the following years since the
COVID-19 pandemic.");
}

function Online() {
    window.alert("Thanks for your preference of online workouts, we like to
know what you prefer to offer the best workout possible!");
        window.alert("Did you know that the online fitness market was worth
over £12 billion in 2022, and it's only expected to grow in the future!");
}

// these are certain rules for the form validation, e.g. what fields are
required
$(document).ready(function() {
    $('#signupMMP').validate({
        rules: {
            Firstname: {
                required: true,
                maxlength: 20
            },
            phone_number: {
                required: true,
                maxlength: 11,
            },
            email: {
                required: true,
                email: true
            },
            verify_email: {
                required: true,
                email: true,
                equalTo: '#email'
            },
            password: {
                required: true,
                minlength: 6
            },
            verify_password: {
                required: true,
                minlength: 6,
                equalTo: '#password'
```

```
            }
        }
    });
});
```

Booking.html

```html
<DOCTYPE html>
<html>
    <head>
        <html lang="en-UK">
        <meta charset="UTF-8">
        <meta viewport="width-deice-width">

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

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

    </head>
    <body>

        <p class="thanks"> Thanks for your booking with McKinless Max
Performance. Click the buttons below to find out more about your lesson. We
hope you enjoy your in-person session.</p>

        <!-- Buttons that, when clicked, reveal details about the booked
lesson-->
        <button onclick="lesson()" id="session"> Session overview: </button>
        <p id="lesson"></p>

        <button onclick="date()" id="day"> Date of your session </button>
        <p id="date"></p>

        <button onclick="time()" id="thetime">Find out the time of your
session!</button>
        <p id="time"></p>

        <button onclick="Trainer()" id="PT"> Your personal trainer for this
session is...</button>
        <p id="trainer"></p>

        <button onclick="Place()" id="location"> Location is..</button>
        <p id="place"></p>


    </body>
</html>
```

Booking.css

```css
/* CSS for the buttons on thsi webpage, highlighting the size of the buttons
and colour of the text */

.thanks{
    font-size: 30px;
    font-style: bold;
    font-family: 'Gill Sans', 'Gill Sans MT', Calibri, 'Trebuchet MS', sans-
serif;
}

#session{
    height: 40px;
    width: 140px;
    color: grey;
}

#day{
    height: 40px;
    width: 140px;
    color: purple;
}

#thetime{
    height: 40px;
    width: 140px;
    color: blue;
}

#PT{
    height: 40px;
    width: 140px;
    color: green;
}

#location{
    height: 40px;
    width: 140px;
    color: red;
}
```

Booking.js

```js
// JS for the buttons on this page, details of the lesson will appear when
each button is pressed

function lesson() {
```

```
    document.getElementById("lesson").innerHTML = "Session type: In-Person:";
}

function date() {
    document.getElementById("date").innerHTML = "Monday 20th May 2024"
}

function time() {
    document.getElementById("time").innerHTML = "Time: 14:00-15:00"
}

function Trainer() {
    document.getElementById("trainer").innerHTML = "Trainer: Matthew
McKinless"
}

function Place() {
    document.getElementById("place").innerHTML = "Location: Cookstown"
}
```

Onlineboking.html

```
<DOCTYPE html>
    <html>
        <head>
            <html lang="en-UK">
            <meta charset="UTF-8">
            <meta viewport="width-deice-width">

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

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

        </head>
        <body>

            <!--buttons that will display details of the online lesson when
clicked on-->

            <p class="thanks"> Thanks for your booking with McKinless Max
Performance. Click the buttons below to find out more about yout lesson. We
hope you enjoy your online lesson.</p>

            <button onclick="session()" id="day">Your lesson will happen
on..</button>
            <p id="date"></p>
```

```html
            <button onclick="time()" id="when">Find out the time of your
lesson!</button>
            <p id="time"></p>

            <button onclick="Trainer()" id="instructor"> Your personal trainer
for this lesson is...</button>
            <p id="trainer"></p>

            <button onclick="Place()" id="location"> and most importantly,
your lesson is... </button>
            <p id="place"></p>

        </body>
    </html>
```

Onlinebooking.css

```css
/* CSS for all the buttons on the online_booking webpage */

.thanks{
    font-size: 30px;
    font-style: bold;
    font-family: 'Gill Sans', 'Gill Sans MT', Calibri, 'Trebuchet MS', sans-
serif;
}

#day{
    height: 60px;
    width: 140px;
    color: grey;
}

#when{
    height: 60px;
    width: 140px;
    color: blue;
}

#instructor{
    height: 60px;
    width: 140px;
    color: green;
}

#location{
    height: 80px;
    width: 200px;
    color: red;
```

```
}
```

Onlinebooking.js

```javascript
// JS fucntion which reveal detaisl of the online lesson when each button is
clicked on

function session() {
    document.getElementById("date").innerHTML = "Wednesday 22nd May 2024";
}

function time() {
    document.getElementById("time").innerHTML = "Time: 13:00-14:00"
}

function Trainer() {
    document.getElementById("trainer").innerHTML = "Trainer: Matthew
McKinless"
}

function Place() {
    document.getElementById("place").innerHTML = "Location: Online (via zoom
meeting, code is IEC03)"
}
```