

```

<?php
session_start();
include 'db_connect.php';

if (!isset($_SESSION['user_id'])) {
    header("Location: login.php");
    exit();
}

$user_id = $_SESSION['user_id'];
$success_message = "";
$error_message = "";
$show_timer = false;
$timer_end_time = 0;
$show_doctor_alert = false;
$doctor_message = "";

// Define normal ranges for vital signs
$normal_ranges = [
    'blood_sugar' => [70, 140], // mg/dL
    'blood_pressure_systolic' => [90, 120], // mmHg
    'blood_pressure_diastolic' => [60, 80], // mmHg
    'oxygen_level' => [95, 100], // %
    'heart_rate' => [60, 100] // bpm
];

// Check if stop timer button was pressed
if (isset($_POST['stop_timer'])) {
    unset($_SESSION['abnormal_reading'], $_SESSION['timer_start'],
$_SESSION['timer_end']);
    $show_timer = false;
    $success_message = "Timer has been stopped.";
}

// Check if a timer needs to start for abnormal readings
else if (isset($_SESSION['abnormal_reading']) && $_SESSION['abnormal_reading']
=== true) {
    $show_timer = true;
    if (!isset($_SESSION['timer_start']) && isset($_POST['start_timer'])) {
        $_SESSION['timer_start'] = time();
        $_SESSION['timer_end'] = time() + 60; // 1 minute
    }
    if (isset($_SESSION['timer_start'])) {
        $timer_end_time = $_SESSION['timer_end'];
        if (time() >= $_SESSION['timer_end']) {
            $show_timer = false;
            unset($_SESSION['timer_start'], $_SESSION['timer_end']);
            // Keep abnormal_reading flag for comparison with next reading
        }
    }
}

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    }
}

// Handling vital sign submission
if ($_SERVER["REQUEST_METHOD"] == "POST" && isset($_POST['submit_vital'])) {
    $vital_type = $_POST["vital_type"];
    $value = $_POST["value"];

    if (empty($vital_type) || empty($value)) {
        $error_message = "All fields are required.";
    } else {
        $column_map = [
            "blood_sugar" => "blood_sugar",
            "blood_pressure_systolic" => "blood_pressure_systolic",
            "blood_pressure_diastolic" => "blood_pressure_diastolic",
            "oxygen_level" => "oxygen_level",
            "heart_rate" => "heart_rate"
        ];

        if (!isset($column_map[$vital_type])) {
            $error_message = "Invalid vital type!";
        } else {
            $column = $column_map[$vital_type];

            $sql = "INSERT INTO vital_signs (user_id, $column, recorded_at)
VALUES (?, ?, NOW())";
            $stmt = $conn->prepare($sql);
            $stmt->bind_param("id", $user_id, $value);

            if ($stmt->execute()) {
                $success_message = "Vital sign recorded successfully!";

                // Check if reading is abnormal
                $is_abnormal = false;

                if ($vital_type == 'blood_sugar' && ($value <
$normal_ranges['blood_sugar'][0] || $value >
$normal_ranges['blood_sugar'][1])) {
                    $is_abnormal = true;
                } else if ($vital_type == 'blood_pressure_systolic' && ($value
< $normal_ranges['blood_pressure_systolic'][0] || $value >
$normal_ranges['blood_pressure_systolic'][1])) {
                    $is_abnormal = true;
                } else if ($vital_type == 'blood_pressure_diastolic' &&
($value < $normal_ranges['blood_pressure_diastolic'][0] || $value >
$normal_ranges['blood_pressure_diastolic'][1])) {
                    $is_abnormal = true;
                }
            }
        }
    }
}

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        } else if ($vital_type == 'oxygen_level' && $value <
$normal_ranges['oxygen_level'][0]) {
            $is_abnormal = true;
        } else if ($vital_type == 'heart_rate' && ($value <
$normal_ranges['heart_rate'][0] || $value > $normal_ranges['heart_rate'][1]))
{
            $is_abnormal = true;
        }

        // Check if this is a follow-up reading after a previous
abnormal reading
        if (isset($_SESSION['abnormal_reading'])) {
            if ($is_abnormal) {
                // Second abnormal reading - show doctor consultation
alert
                $show_doctor_alert = true;
                $doctor_message = "You have multiple abnormal
readings. Please consult a doctor as soon as possible.";
            } else {
                // Second reading is normal
                $success_message .= " Your reading has returned to
normal range.";
            }
            // Clear abnormal reading flags
            unset($_SESSION['abnormal_reading']);
        }
        else if ($is_abnormal) {
            // This is the first abnormal reading
            $_SESSION['abnormal_reading'] = true;
            $show_timer = true;
        }
    } else {
        $error_message = "Error: " . $stmt->error;
    }
    $stmt->close();
}
}

// Fetch user's last 10 readings
$sql = "SELECT *, DATE_FORMAT(recorded_at, '%M %d, %Y %h:%i %p') AS
formatted_time
FROM vital_signs WHERE user_id = ? ORDER BY recorded_at DESC LIMIT
10";
$stmt = $conn->prepare($sql);
$stmt->bind_param("i", $user_id);
$stmt->execute();
$readings = $stmt->get_result()->fetch_all(MYSQLI_ASSOC);

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$stmt->close();

$conn->close();
?>

<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>Health Monitoring Dashboard</title>
  <link rel="stylesheet"
href="https://cdn.jsdelivr.net/npm/bootstrap@5.3.0/dist/css/bootstrap.min.css"
>
  <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/6.0.0/css/all.min.css">
  <style>
    :root {
      --normal-color: rgb(62, 237, 43);
      --abnormal-color: #dc3545;
    }

    body {
      font-family: 'Arial', sans-serif;
      background-color: #f8f9fa;
      margin: 0;
      padding: 0;
      display: flex;
    }

    .container {
      max-width: 1200px;
      margin: 0 auto;
      padding: 20px;
    }

    h1, h2, h3, h4, h5, h6 {
      color: #333;
      border-bottom: 2px solid var(--normal-color);
      padding-bottom: 10px;
      margin-bottom: 20px;
    }

    .alert {
      border-radius: 8px;
      margin-bottom: 20px;
    }

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.readings-scroll {
  display: flex;
  overflow-x: auto;
  gap: 15px;
  padding: 10px 0;
  margin-bottom: 20px;
}

.reading-card {
  min-width: 200px;
  background-color: white;
  border-radius: 8px;
  padding: 15px;
  box-shadow: 0 2px 5px rgba(0,0,0,0.1);
  border-left: 4px solid var(--normal-color);
}

.abnormal-card {
  border-left: 4px solid var(--abnormal-color);
}

.vital-value {
  font-weight: bold;
  font-size: 1.1em;
}

.normal {
  color: var(--normal-color);
}

.abnormal {
  color: var(--abnormal-color);
  font-weight: bold;
}

.abnormal-icon {
  animation: pulse 1s infinite;
  margin-left: 5px;
}

.vital-date {
  font-size: 0.8em;
  color: #666;
  margin-top: 10px;
}

table th {
  background-color: #f1f1f1;
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}

table td {
    vertical-align: middle;
}

.timer-container {
    background: linear-gradient(to right, rgba(62, 237, 43, 0.1),
    rgba(62, 237, 43, 0.2));
    border-radius: 10px;
    padding: 20px;
    margin-bottom: 20px;
    box-shadow: 0 3px 10px rgba(0,0,0,0.1);
    border: 1px solid rgba(62, 237, 43, 0.3);
}

.timer-title {
    font-size: 1.2em;
    font-weight: bold;
    margin-bottom: 10px;
    color: #333;
}

#countdown {
    font-size: 2.5em;
    font-weight: bold;
    text-align: center;
    margin: 15px 0;
    color: #333;
}

.timer-text {
    text-align: center;
    margin-bottom: 15px;
}

.timer-buttons {
    display: flex;
    gap: 10px;
    justify-content: center;
}

.btn-stop {
    background-color: #dc3545;
    color: white;
}

.btn-stop:hover {
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        background-color: #c82333;
        color: white;
    }

    .doctor-alert {
        background-color: #ffebee;
        border: 2px solid #dc3545;
        border-radius: 10px;
        padding: 20px;
        margin-bottom: 20px;
        box-shadow: 0 4px 12px rgba(220, 53, 69, 0.2);
        animation: pulse 2s infinite;
    }

    .doctor-alert-title {
        display: flex;
        align-items: center;
        font-size: 1.4em;
        font-weight: bold;
        color: #dc3545;
        margin-bottom: 15px;
    }

    .doctor-alert-title i {
        margin-right: 10px;
        font-size: 1.5em;
    }

    .doctor-alert-message {
        font-size: 1.1em;
        color: #333;
    }

    @keyframes pulse {
        0% { opacity: 1; }
        50% { opacity: 0.7; }
        100% { opacity: 1; }
    }

    .btn-primary {
        background-color: var(--normal-color);
        border-color: var(--normal-color);
        color: #333;
        font-weight: bold;
    }

    .btn-primary:hover {
        background-color: rgb(42, 217, 23);
    }
}
```

```
        border-color: rgb(42, 217, 23);
        color: #333;
    }

    /* Sidebar Styles */
    .sidebar {
        width: 250px;
        height: 100vh;
        background: linear-gradient(180deg, rgb(23, 205, 44) 0%, rgb(73,
174, 93) 100%);
        color: white;
        position: fixed;
        padding-top: 20px;
        box-shadow: 4px 0 10px rgba(0, 0, 0, 0.1);
    }

    .sidebar h2 {
        text-align: center;
        margin-bottom: 20px;
    }

    .sidebar ul {
        list-style: none;
        padding: 0;
    }

    .sidebar ul li {
        padding: 15px 20px;
    }

    .sidebar ul li a {
        color: white;
        text-decoration: none;
        display: flex;
        align-items: center;
        font-size: 16px;
    }

    .sidebar ul li a i {
        margin-right: 10px;
    }

    .sidebar ul li:hover {
        background: rgba(255, 255, 255, 0.1);
    }

    /* Main Content Styles */
    .main-content {
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        margin-left: 250px;
        padding: 20px;
        width: calc(100% - 250px);
    }
</style>
</head>
<body>
    <!-- Sidebar -->
    <div class="sidebar">
        <h2>TeleCare+</h2>
        <ul>
            <li>
                <a href="dashboard.php">
                    <i class="fas fa-home"></i>
                    Dashboard
                </a>
            </li>
            <li>
                <a href="vital_signs.php">
                    <i class="fas fa-heartbeat"></i>
                    Vital Signs
                </a>
            </li>
            <li>
                <a href="appointments.php">
                    <i class="fas fa-calendar-check"></i>
                    Appointments
                </a>
            </li>
            <li>
                <a href="health_records.php">
                    <i class="fas fa-file-medical"></i>
                    Health Records
                </a>
            </li>
            <li>
                <a href="medications.php">
                    <i class="fas fa-pills"></i>
                    Medications
                </a>
            </li>
            <li>
                <a href="doctor_consultation.php">
                    <i class="fas fa-user-md"></i>
                    Doctor Consultation
                </a>
            </li>
            <li>
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        <a href="profile.php">
            <i class="fas fa-user"></i>
            Profile
        </a>
    </li>
    <li>
        <a href="settings.php">
            <i class="fas fa-cog"></i>
            Settings
        </a>
    </li>
    <li>
        <a href="logout.php">
            <i class="fas fa-sign-out-alt"></i>
            Logout
        </a>
    </li>
</ul>
</div>

<!-- Main Content -->
<div class="main-content">
    <h1 class="mt-4 mb-4">Health Monitoring Dashboard</h1>

    <?php if (!empty($success_message)): ?>
        <div class="alert alert-success">
            <?= $success_message ?>
        </div>
    <?php endif; ?>

    <?php if (!empty($error_message)): ?>
        <div class="alert alert-danger">
            <?= $error_message ?>
        </div>
    <?php endif; ?>

    <?php if ($show_doctor_alert): ?>
        <div class="doctor-alert">
            <div class="doctor-alert-title">
                <i class="fas fa-user-md"></i> Medical Attention Required
            </div>
            <div class="doctor-alert-message">
                <?= $doctor_message ?>
            </div>
        </div>
    <?php endif; ?>

    <?php if ($show_timer): ?>

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        <div class="timer-container">
            <?php if (!isset($_SESSION['timer_start'])): ?>
                <div class="timer-title text-center text-danger">
                    <i class="fas fa-exclamation-triangle me-2"></i>
                    Abnormal Reading Detected
                </div>
                <p>Please start the timer and take another reading in 1
minute.</p>

                <div class="timer-buttons">
                    <form method="POST">
                        <button type="submit" name="start_timer"
class="btn btn-primary">
                            <i class="fas fa-clock me-2"></i>Start 1-
Minute Timer

                        </button>
                    </form>
                    <form method="POST">
                        <button type="submit" name="stop_timer" class="btn
btn-stop">
                            <i class="fas fa-times me-2"></i>Cancel
                        </button>
                    </form>
                </div>
            <?php else: ?>
                <div class="timer-title">
                    <i class="fas fa-clock me-2"></i>
                    Follow-up Reading Timer
                </div>
                <div id="countdown">00:01:00</div>
                <p class="timer-text">Please take another reading when the
timer reaches zero.</p>
                <div class="timer-buttons">
                    <form method="POST">
                        <button type="submit" name="stop_timer" class="btn
btn-stop">
                            <i class="fas fa-stop-circle me-2"></i>Stop
Timer

                        </button>
                    </form>
                </div>
            <?php endif; ?>
        </div>
    <?php endif; ?>

    <?php if (!empty($readings)): ?>
        <h4>Recent Readings</h4>
        <div class="readings-scroll">
            <?php foreach (array_slice($readings, 0, 5) as $reading): ?>

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        <?php
        $has_abnormal = false;
        if (($reading['blood_sugar'] !== null &&
($reading['blood_sugar'] < $normal_ranges['blood_sugar'][0] ||
$reading['blood_sugar'] > $normal_ranges['blood_sugar'][1])) ||
            ($reading['blood_pressure_systolic'] !== null &&
($reading['blood_pressure_systolic'] <
$normal_ranges['blood_pressure_systolic'][0] ||
$reading['blood_pressure_systolic'] >
$normal_ranges['blood_pressure_systolic'][1])) ||
            ($reading['blood_pressure_diastolic'] !== null &&
($reading['blood_pressure_diastolic'] <
$normal_ranges['blood_pressure_diastolic'][0] ||
$reading['blood_pressure_diastolic'] >
$normal_ranges['blood_pressure_diastolic'][1])) ||
            ($reading['oxygen_level'] !== null &&
$reading['oxygen_level'] < $normal_ranges['oxygen_level'][0])) ||
            ($reading['heart_rate'] !== null &&
($reading['heart_rate'] < $normal_ranges['heart_rate'][0] ||
$reading['heart_rate'] > $normal_ranges['heart_rate'][1])) {
            $has_abnormal = true;
        }
    ?>
    <div class="reading-card <?= $has_abnormal ? 'abnormal-
card' : '' ?>">
        <?php if ($reading['blood_sugar'] !== null): ?>
            <?php $is_abnormal = ($reading['blood_sugar'] <
$normal_ranges['blood_sugar'][0] || $reading['blood_sugar'] >
$normal_ranges['blood_sugar'][1]); ?>
            <div class="mb-2">
                <div>Blood Sugar</div>
                <div class="vital-value <?= $is_abnormal ?
'abnormal' : 'normal' ?>">
                    <?= $reading['blood_sugar'] ?> mg/dL
                    <?php if ($is_abnormal): ?>
                        <i class="fas fa-exclamation-circle
abnormal-icon"></i>
                    <?php endif; ?>
                </div>
            </div>
        <?php endif; ?>

        <?php if ($reading['blood_pressure_systolic'] !==
null): ?>
            <?php $is_abnormal =
($reading['blood_pressure_systolic'] <
$normal_ranges['blood_pressure_systolic'][0] ||

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$reading['blood_pressure_systolic'] >
$normal_ranges['blood_pressure_systolic'][1]); ?>
        <div class="mb-2">
            <div>BP (Systolic)</div>
            <div class="vital-value <?= $is_abnormal ?
'abnormal' : 'normal' ?>">
                <?= $reading['blood_pressure_systolic'] ?>
mmHg
                <?php if ($is_abnormal): ?>
                    <i class="fas fa-exclamation-circle
abnormal-icon"></i>
                <?php endif; ?>
            </div>
        </div>
    <?php endif; ?>

    <?php if ($reading['blood_pressure_diastolic'] !==
null): ?>
        <?php $is_abnormal =
($reading['blood_pressure_diastolic'] <
$normal_ranges['blood_pressure_diastolic'][0] ||
$reading['blood_pressure_diastolic'] >
$normal_ranges['blood_pressure_diastolic'][1]); ?>
        <div class="mb-2">
            <div>BP (Diastolic)</div>
            <div class="vital-value <?= $is_abnormal ?
'abnormal' : 'normal' ?>">
                <?= $reading['blood_pressure_diastolic']
?> mmHg
                <?php if ($is_abnormal): ?>
                    <i class="fas fa-exclamation-circle
abnormal-icon"></i>
                <?php endif; ?>
            </div>
        </div>
    <?php endif; ?>

    <?php if ($reading['oxygen_level'] !== null): ?>
        <?php $is_abnormal = ($reading['oxygen_level'] <
$normal_ranges['oxygen_level'][0]); ?>
        <div class="mb-2">
            <div>Oxygen Level</div>
            <div class="vital-value <?= $is_abnormal ?
'abnormal' : 'normal' ?>">
                <?= $reading['oxygen_level'] ?>%
                <?php if ($is_abnormal): ?>
                    <i class="fas fa-exclamation-circle
abnormal-icon"></i>

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                <?php endif; ?>
            </div>
        </div>
    <?php endif; ?>

    <?php if ($reading['heart_rate'] !== null): ?>
        <?php $is_abnormal = ($reading['heart_rate'] <
$normal_ranges['heart_rate'][0] || $reading['heart_rate'] >
$normal_ranges['heart_rate'][1]); ?>
        <div class="mb-2">
            <div>Heart Rate</div>
            <div class="vital-value <?= $is_abnormal ?
'abnormal' : 'normal' ?>">
                <?= $reading['heart_rate'] ?> bpm
                <?php if ($is_abnormal): ?>
                    <i class="fas fa-exclamation-circle
abnormal-icon"></i>
                <?php endif; ?>
            </div>
        </div>
    <?php endif; ?>

    <div class="vital-date">
        <i class="far fa-calendar-alt me-1"></i> <?=
$reading['formatted_time'] ?>
    </div>
</div>
<?php endforeach; ?>
</div>
<?php endif; ?>

<form method="POST" class="mb-4 p-3 bg-light rounded">
    <h4 class="mb-3" style="border-bottom: none;">Record New Vital
Sign</h4>
    <div class="mb-3">
        <label class="form-label">Select Vital Sign:</label>
        <select name="vital_type" class="form-select">
            <option value="blood_sugar">Blood Sugar</option>
            <option value="blood_pressure_systolic">Blood Pressure
(Systolic)</option>
            <option value="blood_pressure_diastolic">Blood Pressure
(Diastolic)</option>
            <option value="oxygen_level">Oxygen Level</option>
            <option value="heart_rate">Heart Rate</option>
        </select>
    </div>
    <div class="mb-3">
        <label class="form-label">Value:</label>

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        <input type="number" name="value" class="form-control"
step="0.1" placeholder="Enter value" required>
    </div>
    <button type="submit" name="submit_vital" class="btn btn-
primary">Submit</button>
</form>

<h4>Vital Signs History</h4>
<div class="table-responsive">
    <table class="table table-striped table-hover">
        <thead>
            <tr>
                <th>Date & Time</th>
                <th>Blood Sugar</th>
                <th>BP (Systolic)</th>
                <th>BP (Diastolic)</th>
                <th>Oxygen</th>
                <th>Heart Rate</th>
            </tr>
        </thead>
        <tbody>
            <?php foreach ($readings as $reading): ?>
                <tr>
                    <td><?= $reading['formatted_time'] ?></td>

                    <?php $is_abnormal = ($reading['blood_sugar'] !==
null &&
                                ($reading['blood_sugar'] <
$normal_ranges['blood_sugar'][0] ||
                                $reading['blood_sugar'] >
$normal_ranges['blood_sugar'][1])); ?>
                    <td class="<?= $is_abnormal ? 'abnormal' :
($reading['blood_sugar'] !== null ? 'normal' : '') ?>">
                        <?php if ($reading['blood_sugar'] !== null):
?>
                            <?= $reading['blood_sugar'] ?> mg/dL
                            <?php if ($is_abnormal): ?>
                                <i class="fas fa-exclamation-circle
abnormal-icon"></i>
                            <?php endif; ?>
                        <?php else: ?>
                            -
                        <?php endif; ?>
                    </td>

                    <?php $is_abnormal =
($reading['blood_pressure_systolic'] !== null &&

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                                ($reading['blood_pressure_sys
tolic'] < $normal_ranges['blood_pressure_systolic'][0] ||
                                $reading['blood_pressure_sys
tolic'] > $normal_ranges['blood_pressure_systolic'][1])); ?>
                                <td class="<?= $is_abnormal ? 'abnormal' :
($reading['blood_pressure_systolic'] !== null ? 'normal' : '') ?>">
                                <?php if ($reading['blood_pressure_systolic']
!== null): ?>
                                <?= $reading['blood_pressure_systolic'] ?>
mmHg
                                <?php if ($is_abnormal): ?>
                                <i class="fas fa-exclamation-circle
abnormal-icon"></i>
                                <?php endif; ?>
                                <?php else: ?>
                                -
                                <?php endif; ?>
                                </td>

                                <?php $is_abnormal =
($reading['blood_pressure_diastolic'] !== null &&
                                ($reading['blood_pressure_dia
stolic'] < $normal_ranges['blood_pressure_diastolic'][0] ||
                                $reading['blood_pressure_dia
stolic'] > $normal_ranges['blood_pressure_diastolic'][1])); ?>
                                <td class="<?= $is_abnormal ? 'abnormal' :
($reading['blood_pressure_diastolic'] !== null ? 'normal' : '') ?>">
                                <?php if ($reading['blood_pressure_diastolic']
!== null): ?>
                                <?= $reading['blood_pressure_diastolic']
?> mmHg
                                <?php if ($is_abnormal): ?>
                                <i class="fas fa-exclamation-circle
abnormal-icon"></i>
                                <?php endif; ?>
                                <?php else: ?>
                                -
                                <?php endif; ?>
                                </td>

                                <?php $is_abnormal = ($reading['oxygen_level'] !==
null &&
                                $reading['oxygen_level'] <
$normal_ranges['oxygen_level'][0]); ?>
                                <td class="<?= $is_abnormal ? 'abnormal' :
($reading['oxygen_level'] !== null ? 'normal' : '') ?>">
                                <?php if ($reading['oxygen_level'] !== null):
?>

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                <?= $reading['oxygen_level'] ?>%
                <?php if ($is_abnormal): ?>
                    <i class="fas fa-exclamation-circle
abnormal-icon"></i>

                <?php endif; ?>
            <?php else: ?>
                -
            <?php endif; ?>
        </td>

        <?php $is_abnormal = ($reading['heart_rate'] !==
null &&
                                ($reading['heart_rate'] <
$normal_ranges['heart_rate'][0] ||
                                $reading['heart_rate'] >
$normal_ranges['heart_rate'][1])); ?>
        <td class="<?= $is_abnormal ? 'abnormal' :
($reading['heart_rate'] !== null ? 'normal' : '') ?>">
            <?php if ($reading['heart_rate'] !== null): ?>
                <?= $reading['heart_rate'] ?> bpm
                <?php if ($is_abnormal): ?>
                    <i class="fas fa-exclamation-circle
abnormal-icon"></i>

                <?php endif; ?>
            <?php else: ?>
                -
            <?php endif; ?>
        </td>
    </tr>
<?php endforeach; ?>
</tbody>
</table>
</div>

<div class="mt-4">
    <a href="logout.php" class="btn btn-danger">Logout</a>
</div>
</div>

<script>
    <?php if (isset($_SESSION['timer_start'])): ?>
        // Timer functionality
        let timerEnd = <?= $timer_end_time ?>;

        function updateCountdown() {
            let now = Math.floor(Date.now() / 1000);
            let diff = timerEnd - now;

```

```
        if (diff > 0) {
            let hours = Math.floor(diff / 3600);
            let minutes = Math.floor((diff % 3600) / 60);
            let seconds = diff % 60;

            document.getElementById('countdown').textContent =
                (hours < 10 ? "0" + hours : hours) + ":" +
                (minutes < 10 ? "0" + minutes : minutes) + ":" +
                (seconds < 10 ? "0" + seconds : seconds);

            setTimeout(updateCountdown, 1000);
        } else {
            document.getElementById('countdown').textContent = "00:00:00";
            alert("Time to take your follow-up reading!");
        }
    }

    updateCountdown();
<?php endif; ?>
</script>
</body>
</html>
```