FITNATION

1.Layout

MENU:

**a)Home**

**b)Daily Motivation**: Fitness stories

**c)Daily Workouts**: upper body:biceps,triceps,chest …..

**d)Workout Plan**: for beginners

Lose fat

Build Muscle

**d)Diet**:muscle building foods and their protein intake

**e)Shop**: 1)supplements-categories:build muscle

lose fat

increase energy

improve workout

2)Top brands

STEPS:

MENU:

1. Declared all list and contents
2. Made it in 1 line by making margin nd padding 0
3. Then got it in 1 line by using display:inline-block;

Search box:

a)created input type text for search field and added css

b)created button for icon

c)placed in span element to get inline both.

Login form:

Slideshow Javascript:

First, set the **slideIndex** to 1. (First picture)

Then call **showSlides()** to display the first image.

When the user clicks one of the buttons call **plusSlides()**.

The plusSlides() function **subtracts** one or  **adds** one to the slideIndex.

The **showSlides()** function hides (**display="none"**) all elements with the class name "mySlides", and displays (**display="block"**) the element with the given slideIndex.

If the slideIndex is **higher than** the number of elements (x.length), the slideIndex is set to zero.

If the slideIndex is **less than** 1 it is set to number of elements (x.length).

BODY

Contains a quote

And then a newsletter

FOOTER:

About us

Contact us: fb,gmail etc

Copyrights

Note : center text by using following:

Text-align:center; OR

Margin:0 auto;

LOGIN/REGISTER

Centering logo:

Text-align:center;?

|  |  |
| --- | --- |
|  | That will not work as the text-align property applies to block containers, not inline elements, and img is an inline element.  USED:  #head img{  display: block;  margin: 0 auto;  width: 337px;  height: 212px;  } |

How to center two divs of login and register

#main{

width: 100%;

display: flex;

}

.first{

margin: 10px;

display: inline-block;

width:50%;

}

.second{

margin: 10px;

display: inline-block;

width: 50%;

}

THINGS TO DO AFTER LEARNING PHP:

Validation of login and register-validate.js

Saving login details in database using php