CODING :

FRONT PAGE:

Javascript js:

document.addEventListener("DOMContentLoaded", function () {

    const authButtons = document.getElementById("auth-buttons");

    const startBtn = document.getElementById("start-btn");

    const storedUser = JSON.parse(localStorage.getItem("user"));

    if (storedUser) {

        // User is logged in

        authButtons.style.display = "none";

        startBtn.removeAttribute("disabled"); // Enable button

        startBtn.addEventListener("click", function () {

            window.location.href = "task.html"; // Redirect to task.html

        });

    } else {

        // User is not logged in

        authButtons.style.display = "flex";

        startBtn.setAttribute("disabled", "true"); // Disable button

        startBtn.addEventListener("click", function (event) {

            event.preventDefault();

            alert("Please sign up to continue.");

            window.location.href = "signup.html";

        });

    }

});

**CSS:**

/\* Fullscreen Background \*/

body, html {

    margin: 0;

    padding: 0;

    height: 100%;

    display: flex;

    justify-content: center;

    align-items: center;

    flex-direction: column;

    background: linear-gradient(img1);

    overflow: hidden;

}

/\* Particle Background \*/

canvas {

    position: fixed;

    top: 0;

    left: 0;

    width: 100%;

    height: 100%;

    z-index: -1;

}

/\* Top Right Auth Section \*/

.auth-section {

    position: absolute;

    top: 20px;

    right: 30px;

    display: flex;

    gap: 15px;

}

/\* Neon Buttons \*/

.neon-btn {

    display: inline-block;

    background: linear-gradient(135deg, #00FF7F, #00cc66);

    color: #121212;

    padding: 12px 30px;

    font-size: 16px;

    font-weight: bold;

    border-radius: 8px;

    text-decoration: none;

    border: none;

    cursor: pointer;

    box-shadow: 0 0 15px rgba(0, 255, 127, 1);

    transition: transform 0.3s ease, box-shadow 0.3s ease;

}

.neon-btn:hover {

    background: linear-gradient(135deg, #00cc66, #00994d);

    box-shadow: 0 0 25px rgba(0, 255, 127, 1);

    transform: scale(1.1);

}

/\* Disabled "Get Started" Button \*/

button[disabled] {

    pointer-events: none;

    opacity: 0.5;

}

/\* Centered Content \*/

.hero-section {

    text-align: center;

}

/\* Glass Box \*/

.glass-active {

    background: rgba(30, 30, 30, 0.002);

    border-radius: 15px;

    padding: 40px;

    text-align: center;

    box-shadow: 0 0 15px rgba(0, 255, 127, 0.4);

    backdrop-filter: blur(10px);

    border: 1px solid rgba(0, 255, 127, 0.3);

}

/\* Glowing Title \*/

.title {

    font-size: 3em;

    font-weight: bold;

    color: #00FF7F;

    text-shadow: 0 0 15px rgba(0, 255, 127, 0.8);

    animation: glowPulse 1.5s infinite alternate;

}

@keyframes glowPulse {

    0% { text-shadow: 0 0 15px rgba(0, 255, 42, 0.6); }

    100% { text-shadow: 0 0 30px rgb(0, 255, 89); }

}

/\* White Tagline \*/

.tagline {

    font-size: 1.5em;

    color:img1;

    margin-bottom: 20px;

}

body {

    background-image: url('https://wallpaperaccess.com/full/2465431.jpg'); /\* Replace with your actual image path \*/

    background-size: cover;

    background-position: center;

    background-attachment: fixed;

    background-repeat: no-repeat;

    margin: 0;

    padding: 0;

}

**Html:**

<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

    <meta name="viewport" content="width=device-width, initial-scale=1.0">

    <title>Energy Studio</title>

    <link, rel="stylesheet" href="frontpage.css">

</head>

<body>

       <!-- Animated Background -->

    <canvas id="particleCanvas"></canvas>

        <!-- Top Right Auth Section -->

    <div class="auth-section" id="auth-buttoms"

        <button class="neon-btn" onclick="window.location.href='login.html'">Login</button>

        <button class="neon-btn" onclick="window.location.href='signup.html'">Sign Up</button>

    </div>

    <!-- Centered Content -->

    <main class="hero-secti<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

    <meta name="viewport" content="width=device-width, initial-scale=1.0">

    <title>Energy Studio</title>

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

</head>

<body>

    <!-- Animated Background -->

    <canvas id="particleCanvas"></canvas>

    <!-- Top Right Auth Section -->

    <div class="auth-on">

        <div class="glassmorphic-box">

            <h1 class="title">✨ Energy Studio ✨</h1>

            <a href="dashboard.html" class="neon-btn" id="start-btn">Get Started</a>

        </div>

    </main>

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

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

</body>

</html>

**DASHBOARD:**

**Html:**

<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

    <meta name="viewport" content="width=device-width, initial-scale=1.0">

    <title>Fitness Tracker</title>

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

    <script src="https://cdn.jsdelivr.net/npm/chart.js"></script>

</head>

<body>

    <h1>Fitness Tracker Dashboard</h1>

    <div class="container">

        <!-- Schedule Workout -->

        <div class="workout-schedule">

            <h2>Schedule Your Workout</h2>

            <label for="day">Day:</label>

            <select id="day">

                <option value="">Select Day</option>

                <option value="Monday">Monday</option>

                <option value="Tuesday">Tuesday</option>

                <option value="Wednesday">Wednesday</option>

                <option value="Thursday">Thursday</option>

                <option value="Friday">Friday</option>

                <option value="Saturday">Saturday</option>

                <option value="Sunday">Sunday</option>

            </select>

            <label for="workout">Workout Name:</label>

            <input type="text" id="workout" placeholder="Enter workout">

            <label for="time">Time:</label>

            <input type="time" id="time">

            <label for="calories">Calories Burned:</label>

            <input type="number" id="calories" placeholder="Enter calories (optional)">

            <label for="water">Water Intake (ml):</label>

            <input type="number" id="water" placeholder="Enter water intake">

            <button onclick="addWorkout()">Add Workout</button>

        </div>

        <!-- Workout History -->

        <div class="workout-history">

            <h2>Workout History</h2>

            <div class="history-list" id="history">

                <!-- History entries will appear here -->

            </div>

            <button onclick="clearHistory()">Clear History</button>

        </div>

        <!-- Calories Burned Chart -->

        <div class="chart-container">

            <h2>Calories Burned Chart</h2>

            <canvas id="caloriesChart"></canvas>

        </div>

        <!-- Water Intake Pie Chart -->

        <div class="chart-container">

            <h2>Water Intake Pie Chart</h2>

            <canvas id="waterChart"></canvas>

        </div>

    </div>

    <!-- Next Page Button -->

    <div class="next-page-container">

        <a href="health.html" class="next-page-btn">

            <img src="ay.jpg" alt="Next Page" class="next-icon">

        </a>

    </div>

    <script src="script.js"></script>

</body>

</html>

**css:**

@import url('https://fonts.googleapis.com/css2?family=Rajdhani:wght@400;700&display=swap');

body {

    font-family: 'Arial', sans-serif;

    background-color: #121212; /\* Dark background \*/

    margin: 0;

    padding: 20px;

    text-align: center;

    color: #E0E0E0; /\* Soft white text \*/

}

/\* Layout Containers \*/

.container {

    display: grid;

    grid-template-columns: 1fr 1fr;

    grid-template-rows: auto auto;

    gap: 20px;

    width: 80%;

    margin: auto;

}

.left-container, .right-container {

    width: 48%;

    height: 90vh;

    padding: 20px;

    background: #1E1E1E; /\* Dark gray \*/

    border-radius: 10px;

    box-shadow: 0px 0px 10px rgba(0, 255, 127, 0.2);

    overflow: auto;

}

/\* Cards & Sections \*/

.workout-schedule, .workout-history, .chart-container {

    background: #1A1A1A; /\* Darker section background \*/

    padding: 20px;

    border-radius: 10px;

    box-shadow: 0 0 15px rgba(0, 255, 127, 0.2); /\* Neon glow \*/

    border: 1px solid #00FF7F;

    transition: transform 0.2s ease, box-shadow 0.3s ease;

}

.workout-schedule:hover, .workout-history:hover, .chart-container:hover {

    transform: scale(1.02);

    box-shadow: 0 0 20px rgba(0, 255, 127, 0.5);

}

/\* Time Display \*/

.time-display {

    font-size: 2em;

    font-weight: bold;

    color: #00FF7F;

}

/\* Buttons \*/

button {

    display: block;

    margin-top: 10px;

    padding: 12px;

    background-color: #00FF7F;

    color: #121212;

    border: none;

    cursor: pointer;

    font-weight: bold;

    border-radius: 8px;

    box-shadow: 0 0 10px rgba(0, 255, 127, 0.8);

    transition: transform 0.2s ease, box-shadow 0.3s ease;

}

button:hover {

    background-color: #00cc66;

    box-shadow: 0 0 15px rgba(0, 255, 127, 1);

    transform: scale(1.05);

}

/\* Inputs & Selects \*/

select, input {

    width: 100%;

    padding: 12px;

    margin-top: 10px;

    background: #2A2A2A;

    color: #E0E0E0;

    border: 1px solid #00FF7F;

    border-radius: 8px;

    transition: border 0.3s ease, box-shadow 0.3s ease;

}

select option {

    background: #1A1A1A;

    color: #E0E0E0;

}

input:focus, select:focus {

    border-color: #00cc66;

    outline: none;

    box-shadow: 0 0 10px rgba(0, 255, 127, 0.8);

}

/\* Workout History Entries \*/

.history-entry {

    background: #2A2A2A;

    padding: 10px;

    margin: 5px 0;

    border-radius: 5px;

    color: #E0E0E0;

    display: flex;

    justify-content: space-between;

    align-items: center;

    transition: transform 0.2s ease, box-shadow 0.3s ease;

}

.history-entry:hover {

    transform: scale(1.02);

    box-shadow: 0 0 10px rgba(0, 255, 127, 0.6);

}

/\* Button Group \*/

.button-group {

    display: flex;

    gap: 10px;

}

/\* Edit and Delete Buttons \*/

.edit-btn, .delete-btn {

    padding: 6px 12px;

    font-size: 14px;

    font-weight: bold;

    border: none;

    border-radius: 6px;

    cursor: pointer;

    transition: transform 0.2s ease, box-shadow 0.3s ease;

}

/\* Edit Button \*/

.edit-btn {

    background: linear-gradient(135deg, #007BFF, #0056b3);

    color: white;

    box-shadow: 0 0 10px rgba(0, 123, 255, 0.8);

}

.edit-btn:hover {

    background: linear-gradient(135deg, #0056b3, #003d80);

    box-shadow: 0 0 15px rgba(0, 123, 255, 1);

    transform: scale(1.05);

}

/\* Delete Button \*/

.delete-btn {

    background: linear-gradient(135deg, #FF4C4C, #CC0000);

    color: white;

    box-shadow: 0 0 10px rgba(255, 76, 76, 0.8);

}

.delete-btn:hover {

    background: linear-gradient(135deg, #CC0000, #990000);

    box-shadow: 0 0 15px rgba(255, 76, 76, 1);

    transform: scale(1.05);

}

/\* Next Page Button \*/

.next-page-container {

    position: absolute;

    top: 20px;

    right: 20px;

}

.next-page-btn {

    display: inline-block;

    background: rgba(0, 255, 127, 0.2);

    padding: 10px;

    border-radius: 50%;

    box-shadow: 0 0 8px rgba(0, 255, 127, 0.5);

    transition: transform 0.3s ease, box-shadow 0.3s ease;

}

.next-page-btn:hover {

    transform: scale(1.1);

    box-shadow: 0 0 12px rgba(0, 255, 127, 1);

}

/\* Back Page Button \*/

.back-page-container {

    position: absolute;

    top: 20px;

    left: 20px;

}

.back-page-btn {

    display: inline-block;

    background: rgba(0, 255, 127, 0.2);

    padding: 10px;

    border-radius: 50%;

    box-shadow: 0 0 8px rgba(0, 255, 127, 0.5);

    transition: transform 0.3s ease, box-shadow 0.3s ease;

}

.back-page-btn:hover {

    transform: scale(1.1);

    box-shadow: 0 0 12px rgba(0, 255, 127, 1);

}

/\* Fix Arrow Icon Size \*/

.next-icon, .back-icon {

    width: 32px;

    height: 32px;

}

/\* Responsive Design \*/

@media screen and (max-width: 768px) {

    .container {

        grid-template-columns: 1fr;

        width: 90%;

    }

    canvas {

        height: 220px !important;

    }

    .next-page-container, .back-page-container {

        top: 10px;

    }

    .next-icon, .back-icon {

        width: 28px;

        height: 28px;

    }

}

Javascript:

let historyData = JSON.parse(localStorage.getItem("historyData")) || [];  // Load stored history

let caloriesData = { Monday: 0, Tuesday: 0, Wednesday: 0, Thursday: 0, Friday: 0, Saturday: 0, Sunday: 0 };

let waterData = {};

// Chart Variables

let caloriesChartInstance;

let waterChartInstance;

function addWorkout() {

    let day = document.getElementById("day").value;

    let workout = document.getElementById("workout").value;

    let time = document.getElementById("time").value;

    let calories = document.getElementById("calories").value;

    let water = document.getElementById("water").value;

    if (!day || !workout || !time) {

        alert("Please fill in at least Day, Workout, and Time.");

        return;

    }

    let entry = { day, workout, time, calories: calories || 0, water: water || 0 };

    historyData.push(entry);

    saveData();  // Save updated history to storage

    updateHistory();

    updateCharts();

}

function saveData() {

    localStorage.setItem("historyData", JSON.stringify(historyData));  // Save history to localStorage

}

function updateHistory() {

    let historyDiv = document.getElementById("history");

    historyDiv.innerHTML = "";

    historyData.forEach((entry, index) => {

        let div = document.createElement("div");

        div.classList.add("history-entry");

        div.innerHTML = `

            <p><strong>${entry.day}:</strong> ${entry.workout} at ${entry.time}, ${entry.calories} cal</p>

            <div class="button-group">

                <button class="edit-btn" onclick="editWorkout(${index})">Edit</button>

                <button class="delete-btn" onclick="deleteWorkout(${index})">Delete</button>

            </div>

        `;

        historyDiv.appendChild(div);

    });

}

// Function to delete a workout entry

function deleteWorkout(index) {

    if (confirm("Are you sure you want to delete this workout?")) {

        historyData.splice(index, 1);

        saveData();

        updateHistory();

    }

}

function editWorkout(index) {

    let entry = historyData[index];

    document.getElementById("day").value = entry.day;

    document.getElementById("workout").value = entry.workout;

    document.getElementById("time").value = entry.time;

    document.getElementById("calories").value = entry.calories;

    document.getElementById("water").value = entry.water;

    historyData.splice(index, 1);

    saveData();

    updateHistory();

}

function editWorkout(index) {

    let entry = historyData[index];

    document.getElementById("day").value = entry.day;

    document.getElementById("workout").value = entry.workout;

    document.getElementById("time").value = entry.time;

    document.getElementById("calories").value = entry.calories;

    document.getElementById("water").value = entry.water;

    historyData.splice(index, 1);

    saveData();  // Save changes to localStorage

    updateHistory();

    updateCharts();

}

function clearHistory() {

    historyData = [];

    localStorage.removeItem("historyData");  // Clear stored history

    updateHistory();

    updateCharts();

}

function updateCharts() {

    caloriesData = { Monday: 0, Tuesday: 0, Wednesday: 0, Thursday: 0, Friday: 0, Saturday: 0, Sunday: 0 };

    waterData = {};

    historyData.forEach(entry => {

        caloriesData[entry.day] += Number(entry.calories);

        waterData[entry.day] = (waterData[entry.day] || 0) + Number(entry.water);

    });

    drawCaloriesChart();

    drawWaterChart();

}

function drawCaloriesChart() {

    if (caloriesChartInstance) caloriesChartInstance.destroy();

    let ctx = document.getElementById("caloriesChart").getContext("2d");

    let neonColors = ["#00FF7F", "#00E5FF", "#FF007F", "#9400D3", "#00FF7F", "#00E5FF", "#FF007F"];

    caloriesChartInstance = new Chart(ctx, {

        type: "bar",

        data: {

            labels: Object.keys(caloriesData),

            datasets: [{

                label: "Calories Burned",

                data: Object.values(caloriesData),

                backgroundColor: neonColors,

                borderColor: "#FFF",

                borderWidth: 1,

                hoverBackgroundColor: "#FFFF00", // Yellow glow on hover

            }]

        },

        options: {

            responsive: true,

            plugins: {

                legend: { labels: { color: "#E0E0E0" } }

            },

            scales: {

                x: { ticks: { color: "#E0E0E0" }, grid: { color: "#555" } },

                y: { ticks: { color: "#E0E0E0" }, grid: { color: "#555" } }

            }

        }

    });

}

function drawWaterChart() {

    if (waterChartInstance) waterChartInstance.destroy();

    let ctx = document.getElementById("waterChart").getContext("2d");

    let pieColors = ["#00E5FF", "#FF007F", "#9400D3", "#00FF7F", "#FF6B6B", "#FFD700", "#34D399"];

    waterChartInstance = new Chart(ctx, {

        type: "pie",

        data: {

            labels: Object.keys(waterData),

            datasets: [{

                data: Object.values(waterData),

                backgroundColor: pieColors,

                borderColor: "#FFF",

                hoverBackgroundColor: "#FFFF00", // Yellow glow on hover

                borderWidth: 1

            }]

        },

        options: {

            responsive: true,

            plugins: {

                legend: { labels: { color: "#E0E0E0" } }

            }

        }

    });

}

// Load stored history on page load

document.addEventListener("DOMContentLoaded", function () {

    historyData = JSON.parse(localStorage.getItem("historyData")) || [];  // Load history

    updateHistory();

    updateCharts();

});

**LOGIN:**

Html:

<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

    <meta name="viewport" content="width=device-width, initial-scale=1.0">

    <title>Login - Ultimate Fitness Tracker</title>

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

</head>

<body>

    <!-- Login Form -->

    <div class="login-container">

        <h2>Welcome Back!</h2>

        <form id="loginForm">

            <input type="email" id="email" placeholder="Email" required>

            <div class="password-container">

                <input type="password" id="login-password" placeholder="Password" required>

                <span class="toggle-password" onclick="togglePassword('login-password')">👁️</span>

            </div>

            <label class="remember-me">

                <input type="checkbox" id="rememberMe"> Remember Me

            </label>

            <button type="submit" class="login-submit">Login</button>

        </form>

        <p id="error-message" class="error-message"></p>

        <p>Don't have an account? <a href="signup.html">Sign Up</a></p>

    </div>

    <script src="login.js"></script>

</body>

</html>

**css:**

/\* Full Black Background \*/

body {

    background-color: #000000;

}

/\* Login Container \*/

.login-container {

    background: rgba(30, 30, 30, 0.9);

    padding: 30px;

    border-radius: 12px;

    box-shadow: 0 0 15px rgba(0, 255, 127, 0.6);

    width: 350px;

    text-align: center;

    position: absolute;

    top: 50%;

    left: 50%;

    transform: translate(-50%, -50%);

}

.login-container h2 {

    color: #00FF7F;

    text-shadow: 0 0 10px rgba(0, 255, 127, 0.7);

}

/\* Input Fields \*/

.login-container input {

    width: 100%;

    padding: 12px;

    margin: 10px 0;

    background: #2A2A2A;

    border: 1px solid #00FF7F;

    color: #E0E0E0;

    border-radius: 8px;

    text-align: center;

    transition: all 0.3s ease-in-out;

}

.login-container input:focus {

    border-color: #00cc66;

    box-shadow: 0 0 10px rgba(0, 255, 127, 0.8);

    outline: none;

}

/\* Password Field with Eye Icon \*/

.password-container {

    position: relative;

    display: flex;

    align-items: center;

}

.password-container input {

    width: 100%;

    padding-right: 40px;

}

.toggle-password {

    position: absolute;

    right: 10px;

    cursor: pointer;

    font-size: 20px;

    color: #00FF7F;

    transition: color 0.3s ease;

}

.toggle-password:hover {

    color: #00cc66;

}

/\* Remember Me \*/

.remember-me {

    display: flex;

    align-items: center;

    justify-content: center;

    color: #E0E0E0;

    font-size: 14px;

    margin: 10px 0;

}

.remember-me input {

    margin-right: 8px;

}

/\* Error Message \*/

.error-message {

    color: red;

    font-size: 14px;

    margin-top: 5px;

}

/\* Login Button \*/

.login-submit {

    width: 100%;

    padding: 12px;

    background: linear-gradient(135deg, #00FF7F, #00cc66);

    color: #121212;

    font-weight: bold;

    border: none;

    border-radius: 8px;

    cursor: pointer;

    transition: all 0.3s ease-in-out;

    box-shadow: 0 0 15px rgba(0, 255, 127, 0.8);

}

.login-submit:hover {

    background: linear-gradient(135deg, #00cc66, #00994d);

    box-shadow: 0 0 20px rgba(0, 255, 127, 1);

    transform: scale(1.05);

}

/\* Back Button \*/

.back-page-container {

    position: absolute;

    top: 20px;

    left: 20px;

}

.back-page-btn {

    display: inline-block;

    background: rgba(0, 255, 127, 0.2);

    padding: 10px;

    border-radius: 50%;

    box-shadow: 0 0 8px rgba(0, 255, 127, 0.5);

    transition: transform 0.3s ease, box-shadow 0.3s ease;

}

.back-page-btn:hover {

    transform: scale(1.1);

    box-shadow: 0 0 12px rgba(0, 255, 127, 1);

}

/\* Full-Screen Background \*/

body {

    margin: 0;

    padding: 0;

    height: 100vh;

    width: 100vw;

    background: url('https://img.freepik.com/free-photo/confident-sportswoman-with-dumbbell-dark\_23-2147752923.jpg?t=st=1741243795~exp=1741247395~hmac=28cc9e9295b60d3a38c2096e1bd019b37db0a5073dede6202ba0cadbca25f027&w=1800') no-repeat center center fixed;

    background-size: cover;

    display: flex;

    align-items: center;

    justify-content: center;

    font-family: Arial, sans-serif;

    color: white;

}

/\* Ensure the login container stands out \*/

.login-container {

    background: rgba(0, 0, 0, 0.7); /\* Semi-transparent dark background \*/

    padding: 30px;

    border-radius: 10px;

    box-shadow: 0 0 15px rgba(255, 255, 255, 0.3);

    text-align: center;

}

**Signup:**

**Html:**

<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

    <meta name="viewport" content="width=device-width, initial-scale=1.0">

    <title>Sign Up - Ultimate Fitness Tracker</title>

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

</head>

<body>

    <!-- Sign Up Form -->

    <div class="signup-container">

        <h2>Create Your Account</h2>

        <form action="#" method="POST">

            <input type="text" placeholder="First Name" required>

            <input type="text" placeholder="Last Name" required>

            <input type="tel" placeholder="Phone Number" required>

            <input type="email" placeholder="Email" required>

            <div class="password-container">

                <input type="password" id="password" placeholder="Password" required>

                <span class="toggle-password" onclick="togglePassword('password')">👁️</span>

            </div>

            <div class="password-container">

                <input type="password" id="confirm-password" placeholder="Confirm Password" required>

                <span class="toggle-password" onclick="togglePassword('confirm-password')">👁️</span>

            </div>

            <button type="submit" class="signup-submit">Create Account</button>

        </form>

        <p>Already have an account? <a href="login.html">Login</a></p>

    </div>

    <script src="signup.js"></script>

</body>

</html>

**Css:**

@import-url('https://fonts.googleapis.com/css2?family=Rajdhani:wght@400;700&display=swap');

body {

    font-family: 'Arial', sans-serif;

    background-color: #121212; /\* Dark background \*/

    margin: 0;

    padding: 20px;

    text-align: center;

    color: #E0E0E0; /\* Soft white text \*/

}

/\* Header Styling \*/

.auth-buttons {

    position: absolute;

    top: 20px;

    right: 30px;

    display: flex;

    gap: 15px;

}

.login-btn, .signup-btn {

    background-color: transparent;

    color: #00FF7F;

    border: 2px solid #00FF7F;

    padding: 10px 18px;

    font-size: 16px;

    font-weight: bold;

    border-radius: 6px;

    cursor: pointer;

    transition: all 0.3s ease;

}

.login-btn:hover, .signup-btn:hover {

    background-color: #00FF7F;

    color: #121212;

    transform: scale(1.05);

}

/\* Centered Hero Section \*/

.hero-section {

    text-align: center;

    position: absolute;

    top: 50%;

    left: 50%;

    transform: translate(-50%, -50%);

    width: 100%;

}

/\* Glowing Title \*/

.title {

    font-size: 3.5em;

    font-weight: bold;

    color: #00FF7F;

    text-shadow: 0 0 20px rgba(0, 255, 127, 0.8), 0 0 40px rgba(0, 255, 127, 0.5);

    animation: glowPulse 1.5s infinite alternate;

}

@keyframes glowPulse {

    0% { text-shadow: 0 0 15px rgba(0, 255, 127, 0.8), 0 0 30px rgba(0, 255, 127, 0.5); }

    100% { text-shadow: 0 0 25px rgba(0, 255, 127, 1), 0 0 50px rgba(0, 255, 127, 0.7); }

}

/\* Start Button \*/

.start-btn {

    display: inline-block;

    background: linear-gradient(135deg, #00FF7F, #00cc66);

    color: #121212;

    padding: 15px 40px;

    font-size: 22px;

    font-weight: bold;

    border-radius: 10px;

    text-decoration: none;

    margin-top: 20px;

    box-shadow: 0 0 20px rgba(0, 255, 127, 1);

    transition: transform 0.3s ease, box-shadow 0.3s ease;

}

.start-btn:hover {

    background: linear-gradient(135deg, #00cc66, #00994d);

    box-shadow: 0 0 30px rgba(0, 255, 127, 1);

    transform: scale(1.1);

}

/\* Signup Page Styling \*/

.signup-container {

    background: rgba(30, 30, 30, 0.9);

    padding: 30px;

    border-radius: 12px;

    box-shadow: 0 0 15px rgba(0, 255, 127, 0.6);

    width: 350px;

    text-align: center;

    position: absolute;

    top: 50%;

    left: 50%;

    transform: translate(-50%, -50%);

}

.signup-container h2 {

    color: #00FF7F;

    text-shadow: 0 0 10px rgba(0, 255, 127, 0.7);

}

/\* Input Fields \*/

.signup-container input {

    width: 100%;

    padding: 12px;

    margin: 10px 0;

    background: #2A2A2A;

    border: 1px solid #00FF7F;

    color: #E0E0E0;

    border-radius: 8px;

    text-align: center;

    transition: all 0.3s ease-in-out;

}

.signup-container input:focus {

    border-color: #00cc66;

    box-shadow: 0 0 10px rgba(0, 255, 127, 0.8);

    outline: none;

}

/\* Password Field with Eye Icon \*/

.password-container {

    position: relative;

    display: flex;

    align-items: center;

}

.password-container input {

    width: 100%;

    padding-right: 40px;

}

.toggle-password {

    position: absolute;

    right: 10px;

    cursor: pointer;

    font-size: 20px;

    color: #00FF7F;

    transition: color 0.3s ease;

}

.toggle-password:hover {

    color: #00cc66;

}

/\* Signup Button \*/

.signup-submit {

    width: 100%;

    padding: 12px;

    background: linear-gradient(135deg, #00FF7F, #00cc66);

    color: #121212;

    font-weight: bold;

    border: none;

    border-radius: 8px;

    cursor: pointer;

    transition: all 0.3s ease-in-out;

    box-shadow: 0 0 15px rgba(0, 255, 127, 0.8);

}

.signup-submit:hover {

    background: linear-gradient(135deg, #00cc66, #00994d);

    box-shadow: 0 0 20px rgba(0, 255, 127, 1);

    transform: scale(1.05);

}

/\* Back Button \*/

.back-page-container {

    position: absolute;

    top: 20px;

    left: 20px;

}

.back-page-btn {

    display: inline-block;

    background: rgba(0, 255, 127, 0.2);

    padding: 10px;

    border-radius: 50%;

    box-shadow: 0 0 8px rgba(0, 255, 127, 0.5);

    transition: transform 0.3s ease, box-shadow 0.3s ease;

}

.back-page-btn:hover {

    transform: scale(1.1);

    box-shadow: 0 0 12px rgba(0, 255, 127, 1);

}

/\* Responsive Design \*/

@media screen and (max-width: 768px) {

    .signup-container {

        width: 90%;

    }

    .auth-buttons {

        top: 10px;

        right: 10px;

    }

    .login-btn, .signup-btn {

        padding: 8px 12px;

        font-size: 14px;

    }

}

/\* Full-Screen Background \*/

body {

    margin: 0;

    padding: 0;

    height: 100vh;

    width: 100vw;

    background: url('https://wallpaperaccess.com/full/1078038.jpg') no-repeat center center fixed;

    background-size: cover;

    overflow: hidden;

    display: flex;

    align-items: center;

    justify-content: center;

}

Javascript:

document.addEventListener("DOMContentLoaded", function () {

    const signupForm = document.querySelector("form");

    signupForm.addEventListener("submit", function (event) {

        event.preventDefault(); // Prevent form submission

        const firstName = document.querySelector("input[placeholder='First Name']").value;

        const lastName = document.querySelector("input[placeholder='Last Name']").value;

        const phoneNumber = document.querySelector("input[placeholder='Phone Number']").value;

        const email = document.querySelector("input[placeholder='Email']").value;

        const password = document.getElementById("password").value;

        const confirmPassword = document.getElementById("confirm-password").value;

        // Check if passwords match

        if (password !== confirmPassword) {

            alert("Passwords do not match!");

            return;

        }

        // Store user details in localStorage

        const user = { firstName, lastName, phoneNumber, email, password };

        localStorage.setItem("user", JSON.stringify(user));

        alert("Account created successfully!");

        window.location.href = "login.html"; // Redirect to login page

    });

});

// Password Toggle Feature

function togglePassword(fieldId) {

    let passwordField = document.getElementById(fieldId);

    passwordField.type = passwordField.type === "password" ? "text" : "password";

}

**HEALTH MOINTOR:**

Html:

!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

    <meta name="viewport" content="width=device-width, initial-scale=1.0">

    <title>Health Monitor</title>

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

    <script src="https://cdn.jsdelivr.net/npm/chart.js"></script>

</head>

<body>

    <!-- Back Button (Top-Left) -->

    <div class="back-page-container">

        <a href="dashboard.html" class="back-page-btn">

            <img src="dd.jpg" alt="Back" class="back-icon">

        </a>

    </div>

    <!-- Next Page Button (Top-Right) -->

    <div class="next-page-container">

        <a href="progress.html" class="next-page-btn">

            <img src="ay.jpg" alt="Next Page" class="next-icon">

        </a>

    </div>

    <h1>Health Monitor</h1>

    <div class="container">

        <!-- Heart Rate Tracker -->

        <div class="workout-schedule">

            <h2>Heart Rate Monitor</h2>

            <p>Heart Rate: <span id="bpm">--</span> BPM</p>

            <button onclick="trackHeartbeat()">Check Heart Rate</button>

        </div>

        <!-- Calories Calculator -->

        <div class="workout-schedule">

            <h2>Calories Calculator</h2>

            <label for="age">Age:</label>

            <input type="number" id="age" placeholder="Enter age">

            <label for="height">Height (cm):</label>

            <input type="number" id="height" placeholder="Enter height">

            <label for="weight">Weight (kg):</label>

            <input type="number" id="weight" placeholder="Enter weight">

            <button onclick="calculateCalories()">Calculate Calories</button>

            <p>Estimated Calories: <span id="caloriesResult">--</span> kcal</p>

        </div>

    </div>

    <script src="health.js"></script>

</body>

</html>

Javascript:

// Function to Simulate Heart Rate (Random BPM)

function trackHeartbeat() {

    let bpm = Math.floor(Math.random() \* (120 - 60) + 60); // Random BPM between 60-120

    document.getElementById("bpm").innerText = bpm;

}

// Function to Calculate Calories Based on Height, Weight & Age

function calculateCalories() {

    let age = document.getElementById("age").value;

    let height = document.getElementById("height").value;

    let weight = document.getElementById("weight").value;

    if (age && height && weight) {

        let calories = Math.round((10 \* weight) + (6.25 \* height) - (5 \* age) + 5); // Basic calorie formula

        document.getElementById("caloriesResult").innerText = calories;

    } else {

        alert("Please enter all fields.");

    }

}

PROGRESS AND ARCHIVEMENT:

Html:

<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

    <meta name="viewport" content="width=device-width, initial-scale=1.0">

    <title>Progress & Achievements</title>

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

</head>

<body>

    <!-- Back Button (To Health Page) -->

    <div class="back-page-container">

        <a href="health.html" class="back-page-btn">

            <img src="dd.jpg" alt="Back" class="back-icon">

        </a>

    </div>

    <!-- Next Page Button (To Tasks Page) -->

    <div class="next-page-container">

        <a href="task.html" class="next-page-btn">

            <img src="ay.jpg" alt="Next Page" class="next-icon">

        </a>

    </div>

    <h1>Progress & Achievements</h1>

    <div class="container">

        <!-- Steps Counter -->

        <div class="workout-schedule">

            <h2>Step Counter</h2>

            <p>Steps Today: <span id="steps">0</span></p>

            <button onclick="trackSteps()">Increase Steps</button>

        </div>

        <!-- User Achievements -->

        <div class="workout-schedule">

            <h2>Achievements</h2>

            <ul id="achievements-list">

                <li>🏆 1000 Steps - Beginner</li>

                <li>🥇 5000 Steps - Intermediate</li>

                <li>🏅 10000 Steps - Pro</li>

            </ul>

        </div>

        <!-- Progress Ranking -->

        <div class="workout-schedule">

            <h2>Progress Ranking</h2>

            <p>Your Rank: <span id="rank">Beginner</span></p>

        </div>

    </div>

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

</body>

</html>

Javascript:

let steps = parseInt(localStorage.getItem("steps")) || 0;

let rank = localStorage.getItem("rank") || "Beginner";

document.getElementById("steps").innerText = steps;

document.getElementById("rank").innerText = rank;

function trackSteps() {

    steps += 100; // Increase steps by 100

    document.getElementById("steps").innerText = steps;

    saveProgress();

    updateRank();

}

function updateRank() {

    if (steps >= 10000) rank = "Pro";

    else if (steps >= 5000) rank = "Intermediate";

    else rank = "Beginner";

    document.getElementById("rank").innerText = rank;

    saveProgress();

}

function saveProgress() {

    localStorage.setItem("steps", steps);

    localStorage.setItem("rank", rank);

}

INDEX:

Html:

<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

    <meta name="viewport" content="width=device-width, initial-scale=1.0">

    <title>Fitness Tracker - Login</title>

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

</head>

<body>

    <div class="login-container">

        <h2>Login to Fitness Tracker</h2>

        <input type="email" id="email" placeholder="Enter Email" required>

        <input type="password" id="password" placeholder="Enter Password" required>

        <button onclick="login()">Login</button>

    </div>

    <script>

        function login() {

            const email = document.getElementById('email').value;

            const password = document.getElementById('password').value;

            if (email && password) {

                localStorage.setItem("userEmail", email);

                window.location.href = "dashboard.html"; // Redirect to Dashboard

            } else {

                alert("Please enter valid credentials");

            }

        }

    </script>

</body>

</html>

WORKOUT:

Html:

<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

    <meta name="viewport" content="width=device-width, initial-scale=1.0">

    <title>Clock & Workout</title>

    <style>

        @import url('https://fonts.googleapis.com/css2?family=Rajdhani:wght@400;700&display=swap');

        body {

            font-family: 'Rajdhani', sans-serif;

            display: flex;

            justify-content: space-between;

            align-items: center;

            height: 100vh;

            background: url('pexels-photo-1522285.jpg') no-repeat center center fixed;

            background-size: cover;

            color: white;

            margin: 0;

            padding: 20px;

            animation: fadeIn 1.5s ease-in-out;

        }

        @keyframes fadeIn {

            from { opacity: 0; }

            to { opacity: 1; }

        }

        .left-container, .right-container {

            width: 48%;

            height: 90vh;

            padding: 20px;

            background: rgb(30, 30, 30);

            border-radius: 10px;

            box-shadow: 0px 0px 10px rgb(0, 255, 85);

            overflow: auto;

        }

        .left-container {

            animation: glowEffect 3s infinite alternate;

        }

        @keyframes glowEffect {

            from { box-shadow: 0px 0px 10px rgb(0, 255, 102); }

            to { box-shadow: 0px 0px 20px rgb(0, 255, 119); }

        }

        .container {

            text-align: center;

            background: rgba(30, 30, 30, 0.8);

            padding: 15px;

            border-radius: 10px;

            box-shadow: 0px 0px 10px #00ff62;

            margin: 10px 0;

            border: 1.5px solid #00ff6e;

        }

        .time-display {

            font-size: 1.9em;

            margin: 10px 0;

            font-weight: bold;

            color: #00ff55;

        }

        button {

            margin: 3px;

            padding: 8px 15px;

            border: none;

            background: #00ff62;

            color: #121212;

            cursor: pointer;

            border-radius: 6px;

            font-size: 0.9em;

            font-weight: bold;

            transition: transform 0.3s;

        }

        button:hover {

            transform: scale(1.1);

        }

        .exercise-container {

            display: grid;

            grid-template-columns: repeat(3, 1fr);

            gap: 15px;

            justify-content: center;

        }

        .exercise {

            width: 75px;

            cursor: pointer;

            text-align: center;

            padding: 6px;

            background: rgba(255, 255, 255, 0.1);

            border-radius: 6px;

            border: 2px solid rgb(0, 255, 119);

            box-shadow: 0 0 6px rgb(0, 255, 98);

            transition: transform 0.3s, box-shadow 0.3s;

        }

        .exercise:hover {

            transform: scale(1.1);

            box-shadow: 0 0 15px rgb(0, 255, 115);

        }

        .exercise img {

            width: 100%;

            border-radius: 4px;

        }

    </style>

</head>

<body>

    <a href="task.html" style="position: absolute; top: 20px; left: 20px;">

        <img src="dd.jpg" alt="Back" style="width: 40px; height: 40px;">

    </a>

    <div class="left-container">

        <h1 style="text-align:center;">Time Breaker 🕑</h1>

        <div class="container">

            <h2>Clock</h2>

            <div id="clock" class="time-display"></div>

        </div>

        <div class="container">

            <h2>Timer</h2>

            <div id="timer" class="time-display">00:00</div>

            <button onclick="startTimer()">Start</button>

            <button onclick="pauseTimer()">Pause</button>

            <button onclick="resetTimer()">Reset</button>

        </div>

        <div class="container">

            <h2>Stopwatch</h2>

            <div id="stopwatch" class="time-display">00:00:00</div>

            <button onclick="startStopwatch()">Start</button>

            <button onclick="pauseStopwatch()">Pause</button>

            <button onclick="resetStopwatch()">Reset</button>

        </div>

    </div>

    <div class="right-container">

        <h1 style="text-align:center;">Basic Warm-up Exercises</h1>

        <div class="exercise-container">

     <body>

        <div class="exercise" onclick="openModal('Dumbbell Lateral Lunge', 'pexels-photo-999257.jpg')">

            <img src="pexels-photo-999257.jpg" alt="Dumbbell Lateral Lunge">

            <p>Dumbbell Lateral Lunge</p>

        </div>

        <div class="exercise" onclick="openModal('Seated hamstring stretch', 'pexels-photo-3771071.jpg')">

            <img src="pexels-photo-3771071.jpg" alt="Seated hamstring stretch">

            <p>Seated hamstring stretch</p>

        </div>

        <div class="exercise" onclick="openModal('Plank', 'images.jpg')">

            <img src="images.jpg" alt="Plank">

            <p>Plank</p>

        </div>

      <div class="exercise" onclick="openModal('Skipping', 'Skipping-3-1200x900-1-1024x768.jpg')">

            <img src="Skipping-3-1200x900-1-1024x768.jpg" alt="Skipping">

            <p>Skipping</p>

        </div>

      <div class="exercise" onclick="openModal('Squat.', 'pexels-photo-7187856.jpg')">

            <img src="pexels-photo-7187856.jpg" alt="Squat">

            <p>Squat</p>

        </div>

      <div class="exercise" onclick="openModal('Standing quadriceps stretch', 'oi.jpg')">

            <img src="oi.jpg" alt="Standing quadriceps stretch">

            <p>Standing quadriceps stretch</p>

        </div>

    </div>

    <div id="modal" class="modal" onclick="closeModal()">

        <div class="modal-content">

            <span class="close" onclick="closeModal()">&times;</span>

        <h2 id="exercise-title"></h2>

            <img id="exercise-img" src="" alt="Exercise" style="width: 100%; border-radius: 8px;">

        </div>

    </div>

    <script>

        function openModal(title, imgSrc) {

            document.getElementById("exercise-title").innerText = title;

            document.getElementById("exercise-img").src = imgSrc;

            document.getElementById("modal").style.display = "flex";

        }

        function closeModal() {

            document.getElementById("modal").style.display = "none";

        }

    </script>

</body>

        </div>

    </div>

    <script>

        function updateClock() {

            document.getElementById("clock").innerText = new Date().toLocaleTimeString();

        }

        setInterval(updateClock, 1000);

        updateClock();

        let timerInterval, timerTime = 0;

        function startTimer() {

            if (!timerInterval) {

                timerInterval = setInterval(() => {

                    timerTime++;

                    document.getElementById("timer").innerText = new Date(timerTime \* 1000).toISOString().substr(14, 5);

                }, 1000);

            }

        }

        function pauseTimer() { clearInterval(timerInterval); timerInterval = null; }

        function resetTimer() { pauseTimer(); timerTime = 0; document.getElementById("timer").innerText = "00:00"; }

    // Stopwatch (Fast speed with step-by-step increments)

        let stopwatchInterval;

        let stopwatchTime = 0;

        function startStopwatch() {

            if (!stopwatchInterval) {

                stopwatchInterval = setInterval(() => {

                    stopwatchTime++;

                    let date = new Date(stopwatchTime \* 1000);

                    document.getElementById("stopwatch").innerText = date.toISOString().substr(11, 8);

                }, 200); // Updates every 200ms for a faster effect but step-by-step

            }

        }

        function pauseStopwatch() { clearInterval(stopwatchInterval); stopwatchInterval = null; }

        function resetStopwatch() { pauseStopwatch(); stopwatchTime = 0; document.getElementById("stopwatch").innerText = "00:00:00"; }

    </script>

</body>

</html>

**Particles:**

const canvas = document.getElementById("particleCanvas");

const ctx = canvas.getContext("2d");

canvas.width = window.innerWidth;

canvas.height = window.innerHeight;

const particlesArray = [];

// Particle Class

class Particle {

    constructor() {

        this.size = Math.random() \* 3 + 1;

        this.x = Math.random() \* canvas.width;

        this.y = Math.random() \* canvas.height;

        this.speedX = (Math.random() - 0.5) \* 1.5;

        this.speedY = (Math.random() - 0.5) \* 1.5;

    }

    update() {

        this.x += this.speedX;

        this.y += this.speedY;

        if (this.x > canvas.width || this.x < 0) this.x = Math.random() \* canvas.width;

        if (this.y > canvas.height || this.y < 0) this.y = Math.random() \* canvas.height;

    }

    draw() {

        ctx.fillStyle = "rgba(255, 255, 255, 0.7)";

        ctx.beginPath();

        ctx.arc(this.x, this.y, this.size, 0, Math.PI \* 2);

        ctx.fill();

    }

}

// Create Particles

function initParticles() {

    particlesArray.length = 0;

    for (let i = 0; i < 150; i++) { // Increased particle count for better coverage

        particlesArray.push(new Particle());

    }

}

// Animate Particles

function animateParticles() {

    ctx.clearRect(0, 0, canvas.width, canvas.height);

    for (let particle of particlesArray) {

        particle.update();

        particle.draw();

    }

    requestAnimationFrame(animateParticles);

}

// Resize Canvas on Window Resize

window.addEventListener("resize", () => {

    canvas.width = window.innerWidth;

    canvas.height = window.innerHeight;

    initParticles(); // Reinitialize particles on resize

});

initParticles();

animateParticles();