App.jsx

import React from "react";

import { BrowserRouter, Routes, Route, Link } from "react-router-dom";

import Login from "./login";

import "./App.css";

import image1 from "./assets/img1.jpeg";

import Features from "./Features";

import image2 from "./assets/img2.jpeg";

import PeriodPredictor from "./periodpredictor";

function App() {

return (

<BrowserRouter>

<div className="App">

{/\* Navbar \*/}

<nav className="navbar">

<div className="navbar-logo">

<img src="logo.png" alt="Track My Posture Logo" />

</div>

<ul className="navbar-links">

<li><Link to="/">Home</Link></li>

<li><Link to="/Features">Features</Link></li>

<li><Link to="/#pricing">Pricing</Link></li>

<li><Link to="/#contact">Contact</Link></li>

<li><Link to="/login">Login</Link></li>

</ul>

</nav>

{/\* Routes \*/}

<Routes>

<Route

path="/"

element={

<>

{/\* Hero Section \*/}

<section className="hero">

<div className="hero-content">

<h1 className="hero-title">WeatherCycle</h1>

<p className="hero-subtitle">

Improve your posture in just 15 minutes a day! Discover how your

shoulder and head positioning affect your comfort.

</p>

<button className="cta-button">Get Started</button>

</div>

</section>

{/\* Features Section \*/}

<section className="features" id="features">

<h2>Why Choose Weather Cycle?</h2>

<div className="feature-cards">

<div className="feature-card">

<h3>Unique Weather-Integrated Tracking</h3>

<p>Our platform provides insights based on real-time weather conditions to help predict irregularities and manage symptoms effectively</p>

</div>

<div className="feature-card">

<h3>Personalized Health Tips</h3>

<p>Get tailored health advice depending on temperature, humidity, and seasonal changes to improve your menstrual well-being</p>

</div>

<div className="feature-card">

<h3>Easy and User-Friendly Interface</h3>

<p>Effortlessly track menstrual cycles with an intuitive platform that provides clear visual insights into past cycles. These insights help recognize trends, anticipate irregularities, and better understand the influence of weather on periods</p>

</div>

</div>

</section>

{/\* Weather Effects Section \*/}

<section className="features" id="features">

<h3 id="weathereffects">How Weather Affects the Menstrual Cycle</h3>

<div>

<p>

Cold weather may lengthen cycles due to hormonal changes.

Hot weather may shorten cycles and increase flow.

Humidity & PMS Symptoms

High humidity can cause bloating and water retention.

Low humidity may lead to dehydration, fatigue, and dry skin.

Air Pressure & Pain Sensitivity

Low air pressure (before storms) can trigger migraines and cramps.

High air pressure may reduce inflammation and discomfort.

Seasonal Changes & Hormones

Less sunlight in winter lowers vitamin D and serotonin, leading to mood swings and fatigue.

More sunlight in summer helps maintain hormonal balance and energy levels.

</p>

</div>

</section>

{/\* Track Your Period Section \*/}

<section className="features2" id="features2">

<h2 id="f2">Track your period</h2>

<div className="feature2-cards">

<div className="feature2-card">

<h3>Graph analysis</h3>

<p>Track your posture and stay aligned for better well-being.</p>

</div>

<img src={image1} id="image1" alt="Graph Analysis" />

</div>

</section>

{/\* Another Section \*/}

<section className="features3" id="features3">

<h2 id="f3">Track your period</h2>

<div className="feature3-cards">

<img src={image2} id="image2" alt="lmao" /> {/\* Image on the left \*/}

<div className="feature3-card">

<h3>lmao lmao</h3>

<p>Track your posture and stay aligned for better well-being.</p>

</div>

</div>

</section>

</>

}

/> <Route path="/period-predictor" element={<PeriodPredictor />} />

<Route path="/features" element={<Features />} />

<Route path="/login" element={<Login />} />

</Routes>

{/\* Footer \*/}

<footer className="footer">

<div className="footer-content">

<div className="footer-section">

<h3>Track My Posture</h3>

<p>Improve your posture with our easy-to-use tracking tools and tips.</p>

</div>

<div className="footer-section">

<h4>Quick Links</h4>

<ul>

<li><Link to="/">Home</Link></li>

<li><Link to="/#features">Features</Link></li>

<li><Link to="/#pricing">Contact</Link></li>

<li><Link to="/login">Login</Link></li>

</ul>

</div>

<div className="footer-section">

<h4>Contact Us</h4>

<p>Email: support@trackmyposture.com</p>

<p>Phone: +1 (123) 456-7890</p>

</div>

</div>

<div className="footer-bottom">

<p>&copy; 2023 Track My Posture. All rights reserved.</p>

</div>

</footer>

</div>

</BrowserRouter>

);

}

export default App;

Features.jsx

import React from "react";

import { useNavigate } from "react-router-dom"; // Import useNavigate for navigation

const Features = () => {

const navigate = useNavigate(); // Initialize useNavigate

// Function to handle navigation to Period Predictor

const handleTrackPeriodsClick = () => {

navigate("/period-predictor"); // Navigate to Period Predictor page

};

return (

<div style={styles.container}>

{/\* Header \*/}

<header style={styles.header}>

<h1 style={styles.heading}>Features: Weather & Menstrual Health</h1>

<p style={styles.subheading}>

Discover how weather influences menstrual cycles and learn tips to manage your health effectively.

</p>

</header>

{/\* How Weather Affects Your Menstrual Cycle \*/}

<section style={styles.section}>

<h2 style={styles.sectionHeading}>🌦 How Weather Affects Your Menstrual Cycle</h2>

<div style={styles.weatherEffects}>

<div style={styles.weatherEffect}>

<h3 style={styles.weatherEffectHeading}>Temperature & Cycle Length</h3>

<p style={styles.weatherEffectText}>

<strong>Cold Weather (Winter):</strong> Colder temperatures may lengthen cycles due to changes in melatonin and hormone levels.

</p>

<p style={styles.weatherEffectText}>

<strong>Hot Weather (Summer):</strong> Warmer temperatures may shorten cycles and lead to heavier periods due to increased metabolism.

</p>

</div>

<div style={styles.weatherEffect}>

<h3 style={styles.weatherEffectHeading}>Humidity & PMS Symptoms</h3>

<p style={styles.weatherEffectText}>

<strong>High Humidity:</strong> Can cause bloating and water retention, making PMS symptoms worse.

</p>

<p style={styles.weatherEffectText}>

<strong>Low Humidity:</strong> May cause dry skin and dehydration, leading to headaches or fatigue.

</p>

</div>

<div style={styles.weatherEffect}>

<h3 style={styles.weatherEffectHeading}>Air Pressure & Pain Sensitivity</h3>

<p style={styles.weatherEffectText}>

<strong>Low Air Pressure (before storms):</strong> Can trigger migraines or joint pain, making period cramps worse.

</p>

<p style={styles.weatherEffectText}>

<strong>High Air Pressure:</strong> May reduce inflammation, slightly easing symptoms.

</p>

</div>

<div style={styles.weatherEffect}>

<h3 style={styles.weatherEffectHeading}>Seasonal Changes & Hormones</h3>

<p style={styles.weatherEffectText}>

<strong>Less Sunlight (Winter/Fall):</strong> Can lower vitamin D and serotonin, leading to mood swings, fatigue, or irregular periods.

</p>

<p style={styles.weatherEffectText}>

<strong>More Sunlight (Spring/Summer):</strong> Can boost hormone balance and improve mood.

</p>

</div>

</div>

</section>

{/\* Tracking Periods Using Weather \*/}

<section style={styles.section}>

<h2 style={styles.sectionHeading}>📅 Tracking Periods Using Weather</h2>

<div style={styles.featureCards}>

<div style={styles.featureCard} onClick={handleTrackPeriodsClick}>

<h3 style={styles.featureCardHeading}>WeatherCycle Period Tracker</h3>

<p style={styles.featureCardText}>

Click here to predict your next period.

</p>

</div>

</div>

</section>

{/\* Weather-Based Health Tips \*/}

<section style={styles.section}>

<h2 style={styles.sectionHeading}>💡 Weather-Based Health Tips for Periods</h2>

<div style={styles.healthTips}>

<div style={styles.healthTip}>

<h3 style={styles.healthTipHeading}>☀️ Hot Weather</h3>

<p style={styles.healthTipText}>

✅ Stay hydrated to prevent bloating.<br />✅ Wear breathable clothing.<br />✅ Eat cooling foods like watermelon and cucumber.

</p>

</div>

<div style={styles.healthTip}>

<h3 style={styles.healthTipHeading}>❄️ Cold Weather</h3>

<p style={styles.healthTipText}>

✅ Drink warm teas like ginger or chamomile.<br />✅ Keep warm to reduce muscle tension.<br />✅ Eat iron-rich foods to prevent fatigue.

</p>

</div>

<div style={styles.healthTip}>

<h3 style={styles.healthTipHeading}>🌧️ Rainy/Humid Weather</h3>

<p style={styles.healthTipText}>

✅ Reduce salt intake to prevent bloating.<br />✅ Get enough vitamin D to boost mood.<br />✅ Avoid caffeine if prone to headaches.

</p>

</div>

</div>

</section>

</div>

);

};

// Styles

const styles = {

container: {

width: "96vw", /\* Full viewport width \*/

minHeight: "100vh", /\* Full viewport height \*/

padding: "40px 20px",

fontFamily: "'Arial', sans-serif",

background: "linear-gradient(135deg, #f7f1f5, #e0f7fa)", /\* Light pink to teal gradient \*/

color: "#333",

lineHeight: "1.6",

},

header: {

textAlign: "center",

marginBottom: "40px",

marginTop: "59px",

},

heading: {

fontSize: "2.5rem",

color: "#ff69b4", /\* Pink heading \*/

marginBottom: "10px",

},

subheading: {

fontSize: "1.1rem",

color: "#333", /\* Dark text \*/

},

section: {

background: "rgba(255, 255, 255, 0.9)", /\* Semi-transparent white background \*/

borderRadius: "15px",

boxShadow: "0px 8px 20px rgba(0, 0, 0, 0.1)",

padding: "40px",

marginBottom: "40px",

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

},

sectionHeading: {

fontSize: "2rem",

color: "#009688", /\* Teal heading \*/

marginBottom: "20px",

},

weatherEffects: {

display: "grid",

gridTemplateColumns: "repeat(auto-fit, minmax(300px, 1fr))",

gap: "30px",

},

weatherEffect: {

background: "rgba(255, 255, 255, 0.9)", /\* Semi-transparent white background \*/

borderRadius: "15px",

boxShadow: "0px 8px 20px rgba(0, 0, 0, 0.1)",

padding: "30px",

textAlign: "center",

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

},

weatherEffectHeading: {

fontSize: "1.5rem",

color: "#ff69b4", /\* Pink heading \*/

marginBottom: "15px",

},

weatherEffectText: {

fontSize: "1rem",

color: "#333", /\* Dark text for readability \*/

},

featureCards: {

display: "grid",

gridTemplateColumns: "repeat(auto-fit, minmax(300px, 1fr))",

gap: "30px",

},

featureCard: {

background: "rgba(255, 255, 255, 0.9)", /\* Semi-transparent white background \*/

borderRadius: "15px",

boxShadow: "0px 8px 20px rgba(0, 0, 0, 0.1)",

padding: "30px",

textAlign: "center",

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

cursor: "pointer", /\* Add pointer cursor \*/

},

featureCardHeading: {

fontSize: "1.8rem",

color: "#009688", /\* Teal heading \*/

marginBottom: "15px",

},

featureCardText: {

fontSize: "1rem",

color: "#333", /\* Dark text for readability \*/

},

healthTips: {

display: "grid",

gridTemplateColumns: "repeat(auto-fit, minmax(300px, 1fr))",

gap: "30px",

},

healthTip: {

background: "rgba(255, 255, 255, 0.9)", /\* Semi-transparent white background \*/

borderRadius: "15px",

boxShadow: "0px 8px 20px rgba(0, 0, 0, 0.1)",

padding: "30px",

textAlign: "center",

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

},

healthTipHeading: {

fontSize: "1.5rem",

color: "#ff69b4", /\* Pink heading \*/

marginBottom: "15px",

},

healthTipText: {

fontSize: "1rem",

color: "#333", /\* Dark text for readability \*/

},

"@media (max-width: 768px)": {

weatherEffects: {

gridTemplateColumns: "1fr",

},

featureCards: {

gridTemplateColumns: "1fr",

},

healthTips: {

gridTemplateColumns: "1fr",

},

},

};

export default Features;

App.css

/\* General Styles \*/

body {

margin: 0;

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

color: #333;

line-height: 1.6;

animation: fadeIn 1.5s ease-in-out;

}

a {

text-decoration: none;

color: inherit;

}

/\* Navbar Styles \*/

.navbar {

position: fixed;

top: 0;

left: 0;

right: 0;

height: 80px; /\* Navbar height \*/

background-color: rgba(7, 3, 5, 0.9);

box-shadow: 0 2px 10px rgba(0, 0, 0, 0.1);

display: flex;

justify-content: space-between;

align-items: center;

padding: 0 50px;

z-index: 1000;

backdrop-filter: blur(10px);

animation: slideDown 1s ease-in-out;

}

.navbar-logo img {

height: 50px;

transition: transform 0.3s ease;

}

.navbar-logo img:hover {

transform: scale(1.1);

}

.navbar-links {

display: flex;

list-style: none;

margin: 0;

padding: 0;

}

.navbar-links li {

margin: 0 20px;

}

.navbar-links a {

font-size: 1.1rem;

font-weight: 500;

color: #f7f0f0;

transition: color 0.3s ease;

}

.navbar-links a:hover {

color: #edadda;

}

/\* Hero Section Styles \*/

.hero {

position: relative;

display: flex;

justify-content: center;

align-items: center;

height: 100vh; /\* Full viewport height \*/

min-width: 100vw;

min-height: 100vh; /\* Ensure it covers at least the viewport height \*/

background-image: url('C:\Users\sanjana\Desktop\WTprojs\1.jpg'); /\* Update the path \*/

background-size: cover; /\* Cover the entire container \*/

background-position: center; /\* Center the image \*/

background-repeat: no-repeat; /\* Prevent repeating \*/

color: #ede8ea;

text-align: center;

margin-top: 80px; /\* Account for Navbar height \*/

overflow: hidden;

}

.hero::before {

content: '';

position: absolute;

top: 0;

left: 0;

right: 0;

bottom: 0;

background: linear-gradient(to bottom, rgba(243, 186, 214, 0.5), rgba(2, 2, 2, 0.8));

z-index: 1;

}

.hero-content {

position: relative;

z-index: 2;

max-width: 800px;

margin: 0 auto;

animation: fadeInUp 1.5s ease-out;

}

.hero-title {

font-size: 4.5rem;

font-weight: bold;

text-transform: uppercase;

margin-bottom: 20px;

animation: bounce 2s infinite;

}

.hero-subtitle {

font-size: 1.5rem;

font-weight: 300;

margin-bottom: 40px;

}

.cta-button {

padding: 15px 30px;

font-size: 1.2rem;

color: #fff;

background-color: #007bff;

border-radius: 50px;

cursor: pointer;

transition: background-color 0.3s ease, transform 0.3s ease;

}

.cta-button:hover {

background-color: #0056b3;

transform: scale(1.1);

}

/\* Features Section Styles \*/

.features {

padding: 100px 20px;

background-color: #f7d7e1;

text-align: center;

}

.features2 {

padding: 100px 20px;

background-color: #070303;

text-align: center;

}

.features3 {

padding: 100px 20px;

background-color: #f7d7e1;

text-align: center;

}

.features h2 {

font-size: 2.8rem;

margin-bottom: 60px;

color: #333;

}

.feature-cards {

display: flex;

justify-content: center;

gap: 30px;

flex-wrap: wrap;

}

.feature-card {

width: 300px;

padding: 30px;

background-color: #fff;

box-shadow: 0px 8px 20px rgba(0, 0, 0, 0.1);

border-radius: 15px;

text-align: center;

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

}

/\* Existing styles... \*/

.feature2-cards {

display: flex;

justify-content: center;

align-items: flex-start; /\* Align items at the top \*/

gap: 78px; /\* Reduced gap between card and image \*/

flex-wrap: wrap;

}

.feature2-card {

width: 450px;

height: 500px;

padding: 30px;

background-color: #fff;

box-shadow: 0px 8px 20px rgba(0, 0, 0, 0.1);

border-radius: 15px;

text-align: center;

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

}

.feature2-card:hover {

transform: translateY(-5px); /\* Lift the card on hover \*/

box-shadow: 0px 12px 30px rgba(0, 0, 0, 0.2);

}

#image1 {

margin-top: 35px;

width: 450px;

height: 480px;

border-radius: 35px;

object-fit: cover;

border: 4px solid #fff; /\* Add a white border \*/

box-shadow: 0px 8px 20px rgba(0, 0, 0, 0.2); /\* Add a subtle shadow \*/

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

}

#image1:hover {

transform: scale(1.02); /\* Slightly enlarge the image on hover \*/

box-shadow: 0px 12px 30px rgba(0, 0, 0, 0.3); /\* Enhance shadow on hover \*/

border-color: #ff69b4; /\* Change border color on hover \*/

}

/\* Optional: Add a fade-in animation for the image \*/

@keyframes fadeIn {

from {

opacity: 0;

}

to {

opacity: 1;

}

}

#image1 {

animation: fadeIn 1s ease-in-out; /\* Apply fade-in animation \*/

}

#image2 {

margin-top: 35px;

width: 450px;

height: 480px;

border-radius: 35px;

object-fit: cover;

border: 4px solid #fff; /\* Add a white border \*/

box-shadow: 0px 8px 20px rgba(0, 0, 0, 0.2); /\* Add a subtle shadow \*/

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

}

#image2:hover {

transform: scale(1.02); /\* Slightly enlarge the image on hover \*/

box-shadow: 0px 12px 30px rgba(0, 0, 0, 0.3); /\* Enhance shadow on hover \*/

border-color: #ff69b4; /\* Change border color on hover \*/

}

/\* Responsive Design \*/

@media (max-width: 768px) {

.feature2-cards {

flex-direction: column;

gap: 20px;

}

.feature2-card,

#image1 {

width: 100%; /\* Full width on small screens \*/

height: auto; /\* Auto height to maintain aspect ratio \*/

}

}

@media (max-width: 768px) {

.feature-cards {

flex-direction: column;

gap: 20px;

}

}

#f2{

padding-right: 550px;

}

#f3{

padding-left: 550px;

}

#weathereffects{

text-align: center;

}

/\* Existing styles... \*/

.feature3-cards {

display: flex;

justify-content: center;

align-items: flex-start; /\* Align items at the top \*/

gap:78px; /\* Same spacing as feature2 \*/

flex-wrap: wrap;

}

.feature3-card {

width: 450px;

height: 500px;

padding: 35px;

background-color: #fff;

box-shadow: 0px 8px 20px rgba(0, 0, 0, 0.1);

border-radius: 15px;

text-align: center;

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

}

.feature3-card:hover {

transform: translateY(-5px); /\* Lift the card on hover \*/

box-shadow: 0px 12px 30px rgba(0, 0, 0, 0.2);

}

/\* Responsive Design for feature3 \*/

@media (max-width: 768px) {

.feature3-cards {

flex-direction: column;

gap: 20px;

}

/\* Optional: Add a fade-in animation for the image \*/

@keyframes fadeIn {

from {

opacity: 0;

}

to {

opacity: 1;

}

}

#image2 {

animation: fadeIn 1s ease-in-out; /\* Apply fade-in animation \*/

}

.feature3-card,

#image1 {

width: 100%; /\* Full width on small screens \*/

height: auto; /\* Auto height to maintain aspect ratio \*/

}

}

.feature-card:hover {

transform: translateY(-10px);

box-shadow: 0px 12px 30px rgba(0, 0, 0, 0.2);

}

.feature-card h3 {

font-size: 1.8rem;

margin-bottom: 15px;

color: #333;

}

.feature-card p {

font-size: 1.1rem;

color: #555;

}

/\* Footer Styles \*/

.footer {

background-color: rgba(2, 0, 1, 0.9);

color: #fff;

padding: 60px 20px;

text-align: center;

}

.footer-content {

display: flex;

justify-content: space-between;

max-width: 1200px;

margin: 0 auto;

padding: 0 20px;

}

.footer-section {

flex: 1;

margin: 0 20px;

}

.footer-section h3 {

font-size: 1.8rem;

margin-bottom: 15px;

}

.footer-section h4 {

font-size: 1.4rem;

margin-bottom: 15px;

}

.footer-section p {

font-size: 1rem;

color: #ccc;

}

.footer-section ul {

list-style: none;

padding: 0;

}

.footer-section ul li {

margin-bottom: 10px;

}

.footer-section ul li a {

color: #ccc;

transition: color 0.3s ease;

}

.footer-section ul li a:hover {

color: #007bff;

}

.footer-bottom {

margin-top: 40px;

padding-top: 20px;

border-top: 1px solid #444;

font-size: 0.9rem;

color: #ccc;

}

/\* Animations \*/

@keyframes fadeInUp {

from {

opacity: 0;

transform: translateY(20px);

}

to {

opacity: 1;

transform: translateY(0);

}

}

@keyframes bounce {

0%, 20%, 50%, 80%, 100% {

transform: translateY(0);

}

40% {

transform: translateY(-20px);

}

60% {

transform: translateY(-10px);

}

}

/\*\*/

@keyframes fadeIn {

from {

opacity: 0;

}

to {

opacity: 1;

}

}

/\* Navbar Slide-Down Animation \*/

@keyframes slideDown {

from {

transform: translateY(-100%);

opacity: 0;

}

to {

transform: translateY(0);

opacity: 1;

}

}

/\* Hero Section Background Animation \*/

@keyframes bgScroll {

from {

background-position: center top;

}

to {

background-position: center bottom;

}

}

.hero {

animation: bgScroll 5s linear infinite alternate;

}

/\* Call-To-Action Button Pulse Animation \*/

.cta-button {

animation: pulse 1.5s infinite;

}

@keyframes pulse {

0% {

transform: scale(1);

}

50% {

transform: scale(1.1);

}

100% {

transform: scale(1);

}

}

.feature-card:hover,

.feature2-card:hover,

.feature3-card:hover {

animation: glow 0.5s ease-in-out;

box-shadow: 0px 12px 30px rgba(246, 132, 162, 0.4);

}

@keyframes glow {

from {

box-shadow: 0px 8px 20px rgba(0, 0, 0, 0.1);

}

to {

box-shadow: 0px 12px 30px rgba(254, 195, 207, 0.6);

}

}

/\*features css\*/

/\* Features Page Styles \*/

/\*features css end\*/

login.jsx import React from "react";

import myBackground from "./assets/my-background.jpeg"

const Login = () => {

const styles = {

body: {

margin: 0,

padding: 0,

fontFamily: "'Arial', sans-serif",

backgroundImage:

`url(${myBackground})`,

backgroundSize: "cover",

backgroundPosition: "center",

display: "flex",

justifyContent: "center",

alignItems: "center",

height: "100vh",

width:"100vw",

overflow: "hidden",

},

overlay: {

position: "absolute",

top: 0,

left: 0,

width: "100%",

height: "695px",

backgroundColor: "rgba(255, 230, 230, 0.65)", // Light pink overlay

zIndex: 0,

},

loginContainer: {

backgroundColor: "#ffffff", // White container

padding: "40px",

borderRadius: "15px",

boxShadow: "0 4px 10px rgba(0, 0, 0, 0.1)",

textAlign: "center",

width: "300px",

position: "relative",

zIndex: 1,

animation: "fadeIn 1.5s ease-in-out", // Fade-in animation

},

heading: {

color: "#000000", // Black text

marginBottom: "20px",

fontSize: "24px",

},

input: {

width: "100%",

padding: "10px",

margin: "10px 0",

border: "1px solid #ccc",

borderRadius: "5px",

fontSize: "16px",

transition: "border-color 0.3s ease",

},

inputFocus: {

borderColor: "#ff69b4", // Pink border on focus

outline: "none",

},

button: {

width: "100%",

padding: "10px",

backgroundColor: "#000000", // Black button

color: "#ffffff", // White text

border: "none",

borderRadius: "5px",

fontSize: "16px",

cursor: "pointer",

marginTop: "20px",

transition: "background-color 0.3s ease, transform 0.2s ease",

},

buttonHover: {

backgroundColor: "#333333", // Darker black on hover

transform: "scale(1.05)", // Slight scale-up effect

},

paragraph: {

color: "#000000", // Black text

marginTop: "20px",

},

link: {

color: "#ff69b4", // Pink link

textDecoration: "none",

transition: "color 0.3s ease",

},

linkHover: {

color: "#ff1493", // Darker pink on hover

textDecoration: "underline",

},

};

return (

<div style={styles.body}>

<div style={styles.overlay}></div>

<div style={styles.loginContainer}>

<h1 style={styles.heading}>Login to Period Tracker</h1>

<form>

<input

type="email"

placeholder="Email"

required

style={styles.input}

onFocus={(e) => (e.target.style.borderColor = "#ff69b4")}

onBlur={(e) => (e.target.style.borderColor = "#ccc")}

/>

<input

type="password"

placeholder="Password"

required

style={styles.input}

onFocus={(e) => (e.target.style.borderColor = "#ff69b4")}

onBlur={(e) => (e.target.style.borderColor = "#ccc")}

/>

<button

type="submit"

style={styles.button}

onMouseEnter={(e) => {

e.target.style.backgroundColor = "#333333";

e.target.style.transform = "scale(1.05)";

}}

onMouseLeave={(e) => {

e.target.style.backgroundColor = "#000000";

e.target.style.transform = "scale(1)";

}}

>

Login

</button>

</form>

<p style={styles.paragraph}>

Don't have an account?{" "}

<a

href="#"

style={styles.link}

onMouseEnter={(e) => {

e.target.style.color = "#ff1493";

e.target.style.textDecoration = "underline";

}}

onMouseLeave={(e) => {

e.target.style.color = "#ff69b4";

e.target.style.textDecoration = "none";

}}

>

Sign Up

</a>

</p>

<p style={styles.paragraph}>

<a

href="#"

style={styles.link}

onMouseEnter={(e) => {

e.target.style.color = "#ff1493";

e.target.style.textDecoration = "underline";

}}

onMouseLeave={(e) => {

e.target.style.color = "#ff69b4";

e.target.style.textDecoration = "none";

}}

>

Forgot Password?

</a>

</p>

</div>

</div>

);

};

export default Login;

periodpredictor.jsx

import React, { useState } from "react";

const PeriodPredictor = () => {

// State for weather data

const [city, setCity] = useState("");

const [weatherData, setWeatherData] = useState(null);

const [weatherError, setWeatherError] = useState("");

// State for period prediction

const [lastPeriodDate, setLastPeriodDate] = useState("");

const [cycleLength, setCycleLength] = useState("");

const [symptoms, setSymptoms] = useState("none");

const [predictionResult, setPredictionResult] = useState("");

const [healthTips, setHealthTips] = useState("");

// Fetch weather data

const fetchWeather = async () => {

const apiKey = "f726e07d2e8ab270fd2b758eba2b98ce"; // Replace with your OpenWeather API key

const apiUrl = `https://api.openweathermap.org/data/2.5/weather?q=${city}&appid=${apiKey}&units=metric`;

try {

const response = await fetch(apiUrl);

const data = await response.json();

if (data.cod === 200) {

setWeatherData(data);

setWeatherError("");

} else {

setWeatherError("City not found. Please try again.");

setWeatherData(null);

}

} catch (error) {

setWeatherError("Error fetching weather data.");

setWeatherData(null);

}

};

// Predict next period

const predictPeriod = () => {

if (!lastPeriodDate || !cycleLength) {

alert("Please fill in all fields.");

return;

}

const nextPeriodDate = new Date(lastPeriodDate);

nextPeriodDate.setDate(nextPeriodDate.getDate() + parseInt(cycleLength));

const options = { year: "numeric", month: "long", day: "numeric" };

const formattedDate = nextPeriodDate.toLocaleDateString("en-US", options);

setPredictionResult(`Your next period is predicted to start on: ${formattedDate}`);

let tips = "";

if (symptoms === "mild") {

tips = "Tips: Stay hydrated and get plenty of rest.";

} else if (symptoms === "moderate") {

tips = "Tips: Consider light exercise and a balanced diet.";

} else if (symptoms === "severe") {

tips = "Tips: Consult a healthcare provider for severe symptoms.";

}

setHealthTips(tips);

};

return (

<div style={styles.container}>

{/\* Weather Section \*/}

<section style={styles.weatherSection}>

<h2 id="wp">Weather Predictor</h2>

<input

type="text"

placeholder="Enter your city"

value={city}

onChange={(e) => setCity(e.target.value)}

style={styles.input}

/>

<button onClick={fetchWeather} style={styles.button}>

Get Weather

</button>

{weatherError && <p style={styles.error}>{weatherError}</p>}

{weatherData && (

<div style={styles.weatherResult}>

<p>Weather: {weatherData.weather[0].description}</p>

<p>Temperature: {weatherData.main.temp}°C</p>

</div>

)}

</section>

{/\* Period Predictor Section \*/}

<section style={styles.periodSection}>

<h2>Period Predictor</h2>

<label style={styles.label}>Last Period Date:</label>

<input

type="date"

value={lastPeriodDate}

onChange={(e) => setLastPeriodDate(e.target.value)}

style={styles.input}

/>

<label style={styles.label}>Cycle Length (in days):</label>

<input

type="number"

placeholder="e.g., 28"

value={cycleLength}

onChange={(e) => setCycleLength(e.target.value)}

style={styles.input}

/>

<label style={styles.label}>Symptoms:</label>

<select

value={symptoms}

onChange={(e) => setSymptoms(e.target.value)}

style={styles.input}

>

<option value="none">None</option>

<option value="mild">Mild</option>

<option value="moderate">Moderate</option>

<option value="severe">Severe</option>

</select>

<button onClick={predictPeriod} style={styles.button}>

Predict Next Period

</button>

{predictionResult && <p style={styles.predictionResult}>{predictionResult}</p>}

{healthTips && <p style={styles.healthTips}>{healthTips}</p>}

</section>

{/\* Footer \*/}

</div>

);

};

// CSS Styles

const styles = { container: {

width: "96vw",

margin: "0 auto",

padding: "20px",

backgroundImage: "url('assets/my-background.jpg')",

backgroundSize: "cover",

backgroundPosition: "center",

backgroundRepeat: "no-repeat",

animation: "fadeIn 1.5s ease-in-out",

},

weatherSection: {

marginTop:"80px",

width:"650px",

marginLeft:"400px",

background: "linear-gradient(135deg, #e91e63, #ff4081)",

padding: "50px 20px",

textAlign: "center",

color: "#fff",

borderRadius: "15px",

marginBottom: "40px",

boxShadow: "0 8px 20px rgba(0, 0, 0, 0.1)",

},

periodSection: {

marginLeft:"475px",

width:"500px",

background: "rgba(255, 255, 255, 0.9)",

padding: "50px 20px",

borderRadius: "15px",

boxShadow: "0 8px 20px rgba(0, 0, 0, 0.1)",

marginBottom: "40px",

},

input: {

width: "96%",

padding: "10px",

fontSize: "1rem",

border: "1px solid #ccc",

borderRadius: "5px",

marginBottom: "15px",

},

button: {

padding: "10px 20px",

fontSize: "1rem",

background: "#e91e63",

color: "#fff",

border: "none",

borderRadius: "5px",

cursor: "pointer",

transition: "background 0.3s ease, transform 0.3s ease",

},

buttonHover: {

background: "#ff4081",

transform: "scale(1.05)",

},

weatherResult: {

marginTop: "20px",

fontSize: "1.2rem",

},

error: {

color: "#ff0000",

marginTop: "10px",

},

predictionResult: {

marginTop: "20px",

fontSize: "1.2rem",

color: "#333",

},

healthTips: {

marginTop: "20px",

fontSize: "1.1rem",

color: "#555",

},

footer: {

background: "rgba(51, 51, 51, 0.9)",

color: "#fff",

padding: "20px",

textAlign: "center",

borderRadius: "15px",

boxShadow: "0 8px 20px rgba(0, 0, 0, 0.1)",

},

};

export default PeriodPredictor;

Now i want to to fix this, every time i click features or some page it should show that page starting from top itself

when i am at the bottom of home page and click on fetures it goes to bottom of that page i dont want that, improve frontend colours also pls, make it look more professional and attractive