

HOME PAGE

```
<!DOCTYPE html>
<html lang="en">
  <html>

  <head>
    <meta charset="UTF-8">

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

    <title> Coreenergy </title>

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

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

  </head>

  <body>

    <nav class="navbar">

      <ul class="nav-list">
        <li> <a href="home.html"> HOME </a> </li>
        <li> <a href="about.html"> ABOUT </a> </li>
        <li> <a href="tutorial.html"> TUTORIALS </a> </li>
      </ul>
      <div class="rightNav">
        <p>
          TECH PHANTOMS
        </p>
      </div>
    </nav>

    <section class="firstSection">
      <div class="box-main">
        <div>
          <p class="heading"> COREENERGY </p> <br>
          <p class="tag"> Your personal health trainer. </p>
        </div>

        <br> <br> <br>
        <button class="btn" onclick="details()"> Get Started </button>

        <div class="form" id="form" style="display:none">
          <p>Name:</p>
          <input type="text" required> <br> <br>
```

<p>Age:</p>
<select required>
 <option value="NA">18 - 25 years</option>
 <option value="A">26 - 35 years</option>
 <option value="NSC">36 - 45 years</option>
 <option value="SC">45 years or above</option>
</select>

<p>Height (in m):</p>
<input type="text" id="height" required>

<p>Weight (in kgs):</p>
<input type="text" id="weight" required>

<button id="sub">Submit</button>

<div id="result"></div>

<a

href="https://drive.google.com/uc?export=download&id=1KbW7CMMSR2A8QGbn5x2dzEstcnLXwXC"
download>

<button id="plan" style="display:none"> Generate Plan </button>

</div>

</div>

</section>

<footer class="ftr">

Disclaimer: Nothing contained herein to be construed as medical advice. Use of any supplements
and exercise regimen only be done under the directions and auspices of a licensed physician. The author
does not claim to be a medical practitioner nor do they purport to issue medical advice.

</footer>

</body>

</html>

TUTORIAL PAGE

```
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      </ul>
      <div class="rightNav">
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        </p>
      </div>
    </nav>

    <section class="firstSection">
      <div class="box-main">
        <div>
          <p class="heading"> COREENERGY </p> <br>
          <p class="tag"> Your personal health trainer. </p>
        </div>
      </div>

      <section class="tuts">
        <div class="responsive">
          <div class="gallery">
            <a target="_parent" href="https://instagram.com/p/CSCdAv7lxDS/?utm_medium=share_sheet
```

```

">
    
    </a>
    <div class="desc">HIIT (Full Body Workout)<br> Credits - @women77fit </div>
</div>

<div class="responsive">
    <div class="gallery">
        <a target="_parent"
href="https://www.instagram.com/p/CSHMVP4pE1G/?utm_medium=share_sheet
">
            
            </a>
            <div class="desc">Full Leg Workout <br> Credits - @women77fit </div>
        </div>
    </div>

    <div class="responsive">
        <div class="gallery">
            <a target="_parent" href="https://instagram.com/reel/CSCCEJbggcm/?utm_medium=share_sheet
">
                
                </a>
                <div class="desc">Upper Body Workout <br> Credits - @women77fit </div>
            </div>
        </div>

        <div class="responsive">
            <div class="gallery">
                <a target="_parent" href="https://instagram.com/reel/CQ8MICOjv1-/?utm_medium=share_sheet">
                    
                    </a>
                    <div class="desc"> Abdominal Muscles Workout <br> Credits - @women77fit </div>
                </div>
            </div>

            <div class="responsive">

```

```
<div class="gallery">
  <a target="_parent" href="https://youtu.be/Sl6q1igrxpk">
    
    </a>
    <div class="desc"> Stretching <br> Credits - HASfit </div>
  </div>
</div>
```

```
<div class="clearfix"></div>
```

```
</section>
```

```
</section>
```

```
<footer class="ftr">
```

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```
</footer>
```

```
</body>
```

```
</html>
```

```
</html>
```

ABOUT PAGE

```
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  <html>

  <head>
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      </ul>
      <div class="rightNav">
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          TECH PHANTOM
        </p>
      </div>
    </nav>

    <section class="firstSection">
      <div class="box-main">
        <div>
          <p class="heading"> COREENERGY </p> <br>
          <p class="tag"> Your personal health trainer. </p>
        </div>
      </div>
      <section class="para">
        <p>
          Coreenergy is a health website that has been designed to generate a personalised fitness plan and diet for the user on the basis of their BMI.
```


This is a product of team Tech Phantoms as a part of the hackathon, Tesseract 2021.

</p>

</section>

</section>

<footer class="ftr">

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</footer>

</body>

</html>

</html>

CSS File

```
* {
  margin: 0;
  padding: 0;
}

.navbar {
  display: flex;
  background-color: skyblue;
}

.nav-list {
  width: 50%;
  display: flex;
  align-items: center;
}

.nav-list li {
  list-style: none;
  padding: 23px 26px;
}

.nav-list li a {
  text-decoration: none;
  color: black;
}

.nav-list li a:hover {
  color: white;
  transition-duration: 0.3s;
}

.rightNav {
  width: 50%;
  text-align: right;
  padding: 23px;
  font-family: Arial, Helvetica, sans-serif;
}

body {
  background-image: url('https://prod.smassets.net/assets/cms/sm/uploads//health-fitness-trends.jpg');
```



```
background-repeat: no-repeat;
background-attachment: fixed;
background-size: cover;
}
```

```
.heading {
text-align: center;
color: navy;
font-size: 60px;
font-family: Arial, Helvetica, sans-serif;
font-weight: bold;
padding-top: 60px;
}
```

```
.tag {
text-align: center;
color: midnightblue;
font-size: 25px;
font-family: Arial, Helvetica, sans-serif;
}
```

```
.firstSection {
height: 100vh;
}
```

```
.btn {
background-color: dodgerblue;
color: white;
padding: 14px 40px;
border: none;
text-align: center;
font-family: Arial, Helvetica, sans-serif;
font-size: 20px;
margin: 40px 250px;
cursor: pointer;
}
```

```
.btn:hover {
background-color: white;
color: rgb(0, 0, 0);
transition-duration: 0.3s;
}
```

```
.form {
justify-content: center;
padding-left: 39%;
}
```

```
.para {
```

```
text-align: center;
font-size: 22px;
padding-top: 150px;
}
```

```
.tuts {
padding-top: 100px
}
```

```
div.gallery {
border: 1px solid #ccc;
}
```

```
div.gallery:hover {
box-shadow: 0 12px 16px 0 rgba(0, 0, 0, 0.24), 0 17px 50px 0 rgba(0, 0, 0, 0.19);
}
```

```
div.gallery img {
width: 100%;
height: auto;
}
```

```
div.desc {
padding: 15px;
text-align: center;
background-color: white;
}
```

```
* {
box-sizing: border-box;
}
```

```
.responsive {
padding: 0 6px;
float: left;
width: 24.99999%;
}
```

```
@media only screen and (max-width: 700px) {
.responsive {
width: 49.99999%;
margin: 6px 0;
}
}
```

```
@media only screen and (max-width: 500px) {
.responsive {
width: 100%;
}
}
```

```
}
```

```
.clearfix:after {  
  content: "";  
  display: table;  
  clear: both;  
}
```

```
.ftr {  
  position: fixed;  
  bottom: 0;  
  width: 100%;  
  background-color: skyblue;  
  text-align: center;  
  color: black;  
  font-size: 15px;  
  font-style: italic;  
}
```

JAVASCRIPT

```
function details() {
  document.getElementById("form").style.display = 'block';
}

window.onload = () => {
  let button = document.querySelector("#sub");

  button.addEventListener("click", calculateBMI);
};

function calculateBMI() {

  document.getElementById("plan").style.display = 'block';

  var h = document.getElementById("height").value;

  var w = document.getElementById("weight").value;

  var bmi = w / (h * h).toFixed(2);

  document.getElementById("result").innerHTML = "Your BMI is as follows - " + bmi

  if (bmi < 18.5) result.innerHTML =
    `Under Weight : <span>${bmi}</span>`;

  else if (bmi >= 18.6 && bmi < 25)
    result.innerHTML =
    `Normal : <span>${bmi}</span>`;

  else if (bmi >= 25.1 && bmi < 30)
    result.innerHTML =
    `Overweight : <span>${bmi}</span>`;

  else result.innerHTML =
    `Obese : <span>${bmi}</span>`;

}
```