<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<title>Procrastination Quiz – YourOrg</title>

<style>

body {

font-family: Arial, sans-serif;

margin: 40px;

background: #f4f4f4;

}

header {

display: flex;

align-items: center;

margin-bottom: 30px;

}

header img {

height: 50px;

margin-right: 15px;

}

h1 {

color: #0078D7;

}

.question {

margin-bottom: 20px;

background: #fff;

padding: 15px;

border-radius: 8px;

box-shadow: 0 2px 5px rgba(0,0,0,0.1);

}

.question label {

display: block;

margin: 5px 0;

}

#submitBtn, #exportBtn {

margin-top: 20px;

padding: 10px 20px;

font-size: 16px;

background: #0078D7;

color: white;

border: none;

border-radius: 5px;

cursor: pointer;

}

#exportBtn {

background: #00A878;

margin-left: 10px;

}

#result {

margin-top: 30px;

padding: 20px;

background: #e0f7fa;

border-left: 5px solid #0078D7;

}

</style>

</head>

<body>

<header>

<img src="https://via.placeholder.com/50x50.png?text=Logo" alt="YourOrg Logo">

<h1>YourOrg Procrastination Quiz</h1>

</header>

<form id="quizForm"></form>

<button id="submitBtn">Submit Quiz</button>

<button id="exportBtn">Export Results</button>

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

<script>

const questions = [

"How often do you delay starting tasks, even when they’re important?",

"When faced with a deadline, how do you usually respond?",

"Do you frequently find yourself doing less important tasks to avoid bigger ones?",

"How do you feel when you think about a task you’ve been avoiding?",

"Do you often underestimate how long tasks will take?",

"How often do distractions (e.g., social media, TV) interfere with your productivity?",

"Do you wait to feel “in the mood” before starting work?",

"How often do you make excuses to avoid tasks?",

"Do you feel your procrastination affects your goals or relationships?",

"After procrastinating, how do you usually feel?"

];

const options = [

["A. Rarely", "B. Sometimes", "C. Often", "D. Almost always"],

["A. Start early and pace myself", "B. Plan to start early but get distracted", "C. Rush at the last minute", "D. Miss the deadline or ask for extensions"],

["A. No, I prioritize well", "B. Occasionally", "C. Yes, regularly", "D. Constantly"],

["A. Neutral or motivated", "B. Mildly anxious", "C. Stressed or overwhelmed", "D. Guilty and frustrated"],

["A. No, I’m usually accurate", "B. Sometimes", "C. Often", "D. Always"],

["A. Rarely", "B. Occasionally", "C. Frequently", "D. All the time"],

["A. No, I work regardless", "B. Sometimes", "C. Often", "D. Always"],

["A. Almost never", "B. Occasionally", "C. Frequently", "D. Constantly"],

["A. Not at all", "B. Slightly", "C. Significantly", "D. Severely"],

["A. Fine, no regrets", "B. A bit annoyed", "C. Guilty or disappointed", "D. Ashamed or defeated"]

];

const form = document.getElementById("quizForm");

questions.forEach((q, i) => {

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

div.className = "question";

div.innerHTML = `<strong>Q${i + 1}. ${q}</strong>`;

options[i].forEach((opt, j) => {

div.innerHTML += `

<label>

<input type="radio" name="q${i}" value="${j}"> ${opt}

</label>

`;

});

form.appendChild(div);

});

document.getElementById("submitBtn").addEventListener("click", () => {

let score = 0;

let unanswered = false;

for (let i = 0; i < questions.length; i++) {

const selected = document.querySelector(`input[name="q${i}"]:checked`);

if (!selected) {

unanswered = true;

break;

}

score += parseInt(selected.value);

}

const resultDiv = document.getElementById("result");

if (unanswered) {

resultDiv.innerHTML = "<strong>Please answer all questions before submitting.</strong>";

return;

}

let level = "";

let advice = "";

if (score <= 5) {

level = "🟢 Low procrastination tendencies";

advice = "You manage your time well and rarely delay tasks. Keep up the good habits!";

} else if (score <= 15) {

level = "🟡 Moderate procrastination";

advice = "You occasionally delay tasks, which may affect your productivity. Consider using time-blocking or accountability tools.";

} else if (score <= 24) {

level = "🟠 High procrastination";

advice = "Procrastination is likely impacting your performance. Try breaking tasks into smaller steps and reducing distractions.";

} else {

level = "🔴 Severe procrastination";

advice = "Your procrastination may be affecting your goals and well-being. Consider seeking support or coaching to build better habits.";

}

const timestamp = new Date().toLocaleString();

const entry = { score, level, timestamp };

const results = JSON.parse(localStorage.getItem("quizResults") || "[]");

results.push(entry);

localStorage.setItem("quizResults", JSON.stringify(results));

resultDiv.innerHTML = `

<h2>Your Score: ${score}/30</h2>

<h3>${level}</h3>

<p>${advice}</p>

<p><em>Saved at ${timestamp}</em></p>

`;

});

document.getElementById("exportBtn").addEventListener("click", () => {

const results = JSON.parse(localStorage.getItem("quizResults") || "[]");

if (results.length === 0) {

alert("No results to export.");

return;

}

let csv = "Score,Level,Timestamp\n";

results.forEach(r => {

csv += `${r.score},"${r.level}",${r.timestamp}\n`;

});

const blob = new Blob([csv], { type: "text/csv" });

const url = URL.createObjectURL(blob);

const a = document.createElement("a");

a.href = url;

a.download = "procrastination\_quiz\_results.csv";

a.click();

URL.revokeObjectURL(url);

});

</script>

</body>

</html>