UNIVERSITY OF ENGINEERING AND TECHNOLOGY TAXILA

WEB ENGINEERING

Assignment 01

Submitted to: Engr. Tasawar Khan

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Section: Alpha

Department: Software Engineering

Date: 2-2-2024

Code:

Home.html

```
<!DOCTYPE html>
<html lang="en">
  <head>
    <meta charset="UTF-8" />
    <meta http-equiv="X-UA-Compatible" content="IE=edge" />
    <meta name="viewport" content="width=device-width, initial-scale=1.0" />
    <meta
      name="description"
      content="Body Mass Index is a simple calculation using a person's height
and weight. This is a website that calculated the BMI of a person"
    />
    <meta name="robots" content="index,follow" />
    <link rel="stylesheet" href="./styles.css" />
    <link rel="icon" href="../../Assets/bmi.png" />
    <title>BMI Calculator</title>
  </head>
  <body class="home-body">
    <header>
      <div class="header-div">
        <div class="Logo">
          <a href="../Home/index.html">
            <img src="../../Assets/BMI Logo.png" />
          </a>
        </div>
        <div class="nav-links">
          <nav>
            <a href="../Home/index.html"><span>Home</span></a>
            <a href="../Calculate/calculator.html">Calculate</a>
            <a href="../About/about.html">What is BMI?</a>
            <a href="../Feedback/feedback.html">Feedback</a>
          </nav>
        </div>
      </div>
    </header>
    <main>
      <div class="main-container">
        <div class="empty"></div>
        <div class="Content">
          <h2>
            Curious about your Body Mass Index? <br />
            Check If You're in the
```

```
            <span>Normal, Overweight, or Underweight</span> range! <br />Click
            to find out now.
          </h2>
          <button>
            <a href="../Calculate/calculator.html">Calculate</a>
          </button>
        </div>
      </div>
    </main>
    <footer>
      <div class="footerlogo Logo">
        <a href="../Home/index.html"><img src="../../Assets/BMI Logo.png" /></a>
      </div>
      <div class="footer-content">&copy Copyright 2024 All rights Reserved</div>
    </footer>
  </body>
</html>
```

Styles

```
.home-body {
  box-sizing: border-box;
  margin: 0;
  background-image: url("../../Assets/Home Section.png");
  background-repeat: no-repeat;
  background-position: center;
  background-size: cover;
}
header {
  margin: auto;
  min-height: 10vh;
  background-color: white;
  box-shadow: 2px 4px 4px rgba(140, 140, 140, 0.596);
  position: fixed;
  width: 100%;
  top: 0;
}
.header-div {
  display: flex;
  align-items: center;
  justify-content: space-around;
  width: 90%;
  margin: auto;
```

```
  min-height: 10vh;
}
.Logo {
  flex: 1;
}

.Logo img {
  width: 10rem;
  height: 3.5rem;
  margin: 0.5rem 0rem;
}
.Header-Logo img:hover {
  cursor: pointer;
}

.nav-links {
  flex: 1;
}

nav {
  display: flex;
  justify-content: space-evenly;
}
nav a {
  text-decoration: none;
  color: black;
  font-size: larger;
  transition: all 0.3s ease;
  font-family: "Gill Sans", "Gill Sans MT", Calibri, "Trebuchet MS", sans-serif;
  font-size: 1.3rem;
}

nav a:hover {
  color: red;
}

span {
  color: red;
}

.main-container {
  flex: 1;
  margin-top: 2rem;
  min-height: 100vh;
  text-align: center;
```

```
  font-family: "Segoe UI", Tahoma, Geneva, Verdana, sans-serif;
  display: flex;
  align-items: center;
  justify-content: center;
}

.Content {
  width: 60%;
  margin: auto;
  line-height: 2rem;
  text-shadow: 2px 2px 4px rgb(168, 168, 168);
}
footer {
  background-color: white;
  display: flex;
  align-items: center;
  justify-content: space-evenly;
  box-shadow: 2px -4px 4px rgba(171, 171, 171, 0.5);
}

.footer-content {
  flex: 2;
  text-align: center;
}

button {
  background-color: rgb(0, 0, 0);
  text-shadow: 2px 2px 2px grey;
  border: 2px solid white;
  box-shadow: 0px 4px 1px grey;
  padding: 0.8rem 1.8rem;
  border-radius: 10px;
}
button a {
  text-decoration: none;
  color: white;
  font-weight: bold;
  font-size: 1rem;
  transition: all 0.3s ease;
}
button:hover {
  background-color: rgb(255, 0, 0);
  cursor: pointer;
}
```

```css
.footerlogo {
  margin-left: 4rem;
}

.empty {
  flex: 3;
}

@media screen and (max-width: 320px) {
  body {
    font-size: 60%;
  }
  .empty {
    display: none;
  }
  button {
    padding: 0.5rem;
  }
  button a {
    font-size: 0.8rem;
  }

  .footerlogo img {
    width: 5rem;
    height: 2.5rem;
  }
  .footer {
    margin-left: 0;
  }

  .header-div {
    flex-direction: column;
    justify-content: space-around;
  }

  .footer-content {
    flex: 2;
  }

  nav a {
    font-size: 1rem;
  }
}

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

```css
body {
  font-size: 70%;
}

.empty {
  display: none;
}

button {
  padding: 0.5rem;
}

button a {
  font-size: 0.8rem;
}

.footerlogo img {
  width: 5rem;
  height: 2.5rem;
}

.footer {
  margin-left: 0;
}
.footerlogo {
  margin-left: 1rem;
}

.header-div {
  flex-direction: row;
  justify-content: space-between;
  align-items: center;
  flex-wrap: wrap;
}

nav {
  align-items: center;
}

nav a {
  font-size: 0.8rem;
  margin-bottom: 0.5rem;
  margin-left: 0.5rem;
}
```

```
  .Logo img {
    width: 5.5rem;
    height: 2rem;
    margin: 0.5rem 0;
    margin-left: 6rem;
  }

  .footerlogo img {
    margin-left: 0rem;
  }
}
```

Calculate.html

```
<!DOCTYPE html>
<html lang="en">
  <head>
    <meta charset="UTF-8" />
    <meta http-equiv="X-UA-Compatible" content="IE=edge" />
    <meta name="viewport" content="width=device-width, initial-scale=1.0" />
    <meta
      name="description"
      content="Body Mass Index is a simple calculation using a person's height
and weight. This is a website that calculated the BMI of a person"
    />
    <meta name="robots" content="index,follow" />
    <link rel="stylesheet" href="./calculatorstyles.css" />
    <link rel="icon" href="../../Assets/bmi.png" />
    <title>BMI Calculator</title>
  </head>
  <body>
    <header>
      <div class="header-div">
        <div class="Logo">
          <a href="../Home/index.html"
            ><img src="../../Assets/BMI Logo.png"
          /></a>
        </div>
        <div class="nav-links">
          <nav>
            <a href="../Home/index.html">Home</a>
            <a href="#"><span>Calculate</span></a>
            <a href="../About/about.html">What is BMI?</a>
```

```
          <a href="../Feedback/feedback.html">Feedback</a>
        </nav>
      </div>
    </div>
  </header>

  <main>
    <div class="main-container">
      <div class="form-side">
        <h1>Calculate Your <span>BMI </span>Now!</h1>
        <form id="bmiForm">
          <div class="form-in">
            <div class="units-selection">
              <h2>Choose <span>Units</span></h2>
              <div>
                <label for="heightUnit"> Height Unit:</label>
                <select id="heightUnit" onchange="toggleHeightFields()">
                  <option value="cm" selected>Centimeters (cm)</option>
                  <option value="feetInches">Feet & Inches</option>
                </select>
              </div>
              <div>
                <label for="weightUnit"> Weight Unit:</label>
                <select id="weightUnit" onchange="toggleWeightLabel()">
                  <option value="kg" selected>Kilograms (kg)</option>
                  <option value="lbs">Pounds (lbs)</option>
                </select>
              </div>
            </div>
            <div class="calculator-container">
              <h2>Enter <span>Values</span></h2>
              <div class="input-group" id="heightInput">
                <label for="height">Height (cm)</label>
                <input
                  type="number"
                  id="height"
                  placeholder="Click to Enter"
                  required
                />
              </div>
              <div class="input-group" id="weightInput">
                <label for="weight">Weight (kgs)</label>
                <input
                  type="number"
                  id="weight"
```

```
                    placeholder="Click to Enter"
                    required
                  />
                </div>
                <br />
                <div id="result"></div>
              </div>
            </div>
            <button type="button" onclick="calculateBMI()">
              Calculate BMI
            </button>
          </form>
        </div>
      </div>
    </main>
    <footer>
      <div class="footerlogo Logo">
        <a href="../Home/index.html"><img src="../../Assets/BMI Logo.png" /></a>
      </div>
      <div class="footer-content">&copy Copyright 2024 All rights Reserved</div>
    </footer>
    <script src="./calculator.js"></script>
  </body>
</html>
```

Calculate.css

```
body {
  box-sizing: border-box;
  margin: 0;
  margin-top: 3rem;
  background-image: url("../../Assets/BMI Calc.png");
  background-repeat: no-repeat;
  background-position: center;
  background-size: cover;
}
header {
  margin: auto;
  min-height: 10vh;
  background-color: white;
  box-shadow: 2px 4px 4px rgba(140, 140, 140, 0.596);
  position: fixed;
  top: 0;
```

```
  width: 100%;
}
.header-div {
  display: flex;
  align-items: center;
  justify-content: space-around;
  width: 90%;
  margin: auto;
  min-height: 10vh;
}
.Logo {
  flex: 1;
}

.Logo img {
  width: 10rem;
  height: 3.5rem;
  margin: 0.5rem 0rem;
}
.Header-Logo img:hover {
  cursor: pointer;
}

.nav-links {
  flex: 1;
}

nav {
  display: flex;
  justify-content: space-evenly;
}
nav a {
  text-decoration: none;
  color: black;
  font-size: larger;
  transition: all 0.3s ease;
  font-family: "Gill Sans", "Gill Sans MT", Calibri, "Trebuchet MS", sans-serif;
}

nav a:hover {
  color: red;
}

span {
  color: red;
```

```css
}

.main-container {
  min-height: 100vh;
  text-align: center;
  font-family: "Segoe UI", Tahoma, Geneva, Verdana, sans-serif;
  display: flex;
  flex-direction: column;
  justify-content: center;
  width: 50%;
}

.Content {
  width: 60%;
  margin: auto;
  line-height: 2rem;
}
footer {
  background-color: white;
  display: flex;
  align-items: center;
  justify-content: space-evenly;
  box-shadow: 2px -4px 4px rgba(171, 171, 171, 0.5);
}

.footer-content {
  flex: 2;
  text-align: center;
}

button {
  background-color: rgb(0, 0, 0);
  text-shadow: 2px 2px 2px grey;
  border: 2px solid white;
  padding: 1rem 2rem;
  border-radius: 10px;
  margin-top: 1rem;
  color: white;
  box-shadow: 2px 4px 4px grey;
}
button a {
  text-decoration: none;
  color: white;
  font-weight: bold;
  font-size: 1rem;
```

```
  transition: all 0.3s ease;
}
button:hover {
  background-color: rgb(255, 0, 0);
  cursor: pointer;
}

.footerlogo {
  margin-left: 4rem;
}

input {
  background-color: white;
  border: 2px solid black;
  padding: 0.5rem 1rem;
  border-radius: 10px;
  margin: 0.2rem 0rem;
  box-shadow: 2px 4px 4px rgb(147, 147, 147);
}

label {
  color: black;
  font-size: 1.2rem;
}

.units-selection {
  display: flex;
  flex-direction: column;
  align-items: start;
}

.form-in {
  display: flex;
  flex-direction: column;
  align-items: start;
  width: 50%;
  margin: auto;
}

h2 {
  text-align: left;
  color: rgb(0, 0, 0);
}

select {
```

```
  background-color: white;
  border: 2px solid black;
  border-radius: 10px;
  padding: 0.5rem 1.5rem;
  font-size: 0.9rem;
  margin: 0.2rem;
  box-shadow: 2px 4px 4px rgb(166, 166, 166);
}

.form-side {
  background-color: rgba(256, 256, 256, 0.5);
  margin-left: 2rem;
  padding-bottom: 2rem;
  width: 90%;
  margin: auto;
  border-radius: 10%;
  box-shadow: 1px 3px 3px 3px rgba(137, 137, 137, 0.596);
}

#result {
  font-weight: bold;
}

@media screen and (max-width: 320px) {
  body {
    font-size: 60%;
  }
  .empty {
    display: none;
  }
  button {
    padding: 0.5rem;
  }
  button a {
    font-size: 0.8rem;
  }

  .footerlogo img {
    width: 5rem;
    height: 2.5rem;
  }
  .footer {
    margin-left: 0;
  }
```

```
  .header-div {
    flex-direction: column;
    justify-content: space-around;
  }

  .footer-content {
    flex: 2;
  }

  nav a {
    font-size: 1rem;
  }
}

@media screen and (max-width: 768px) {
  body {
    font-size: 55%;
  }

  .empty {
    display: none;
  }

  button {
    padding: 0.4rem;
    font-size: 0.8rem;
  }

  button a {
    font-size: 0.8rem;
  }

  .footerlogo img {
    width: 5rem;
    height: 2.5rem;
  }

  .footer {
    margin-left: 0;
  }
  .footerlogo {
    margin-left: 1rem;
  }

  .header-div {
```

```
  flex-direction: row;
  justify-content: space-between;
  align-items: center;
  flex-wrap: wrap;
}

nav {
  align-items: center;
}

nav a {
  font-size: 0.8rem;
  margin-bottom: 0.5rem;
  margin-left: 0.5rem;
}

.Logo img {
  width: 5.5rem;
  height: 2rem;
  margin: 0.5rem 0;
  margin-left: 6rem;
}

.footerlogo img {
  margin-left: 0rem;
}

.form-side {
  width: 15rem;
  border-radius: 0%;
  margin: 3rem 0rem 1rem 0rem;
  margin-left: 2.4rem;
  background-color: rgba(255, 255, 255, 0.696);
  padding-bottom: 1rem;
}
input {
  padding: 0.3rem 0.5rem;
  font-size: 0.6rem;
}
select {
  padding: 0.2rem 0.5rem;
  width: 9rem;
  font-size: 0.6rem;
}
.form-in {
```

```
    width: 8rem;
    margin-left: 2rem;
  }
  h2 {
    font-size: 1rem;
  }
  label {
    font-size: 0.8rem;
  }
  #result {
    margin-left: 3rem;
  }
  option {
    font-size: 0.8rem;
  }
}
```

Calculate.js

```
function toggleHeightFields() {
  var heightInputDiv = document.getElementById("heightInput");
  var heightUnit = document.getElementById("heightUnit").value;

  heightInputDiv.innerHTML = "";

  if (heightUnit === "cm") {
    heightInputDiv.innerHTML =
      '<label for="height">Height (cm):</label>' +
      '<input type="number" id="height" placeholder="Enter height" required />';
  } else if (heightUnit === "feetInches") {
    heightInputDiv.innerHTML =
      '<label for="feet"> Feet Value: </label>' +
      '<input type="number" id="feet" placeholder="Feet" required /><br />' +
      '<label for="inches">  Inches Value: </label>' +
      '<input type="number" id="inches" placeholder="Inches" required />';
  }
}

function toggleWeightLabel() {
  var weightInputDiv = document.getElementById("weightInput");
  var weightUnit = document.getElementById("weightUnit").value;

  var weightLabel = weightUnit === "kg" ? "Weight (kg):" : "Weight (lbs):";
```

```
  weightInputDiv.innerHTML =
    '<label for="weight">' +
    weightLabel +
    "</label>" +
    '<input type="number" id="weight" placeholder="Enter weight" required />';
}

function calculateBMI() {
  var height, weight;

  var heightUnit = document.getElementById("heightUnit").value;

  if (heightUnit === "feetInches") {
    var feet = parseFloat(document.getElementById("feet").value);
    var inches = parseFloat(document.getElementById("inches").value);
    height = feet * 12 + inches; // Total height in inches
  } else {
    height = parseFloat(document.getElementById("height").value);
  }

  var weightUnit = document.getElementById("weightUnit").value;

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

  if (isNaN(height) || isNaN(weight) || height <= 0 || weight <= 0) {
    document.getElementById("result").innerHTML =
      "Please enter valid height and weight.";
    return;
  }

  if (heightUnit !== "cm") {
    height = height * 2.54;
  }

  if (weightUnit === "lbs") {
    weight = weight * 0.453592;
  }

  var bmi = weight / Math.pow(height / 100, 2);

  var resultMessage = "Your BMI is <span>" + bmi.toFixed(2) + "</span> ";

  if (bmi < 18.5) {
    resultMessage += "<br />You are <span>Underweight</span>";
  } else if (bmi >= 18.5 && bmi < 25) {
```

```
    resultMessage += "<br />You have a <span>Normal weight</span>";
  } else if (bmi >= 25 && bmi < 30) {
    resultMessage += "<br />You are <span>Overweight</span>";
  } else {
    resultMessage += "<br />You are <span>Obese</span>";
  }

  document.getElementById("result").innerHTML = resultMessage;
}
```

About.html

```
<!DOCTYPE html>
<html lang="en">
  <head>
    <meta charset="UTF-8" />
    <meta http-equiv="X-UA-Compatible" content="IE=edge" />
    <meta name="viewport" content="width=device-width, initial-scale=1.0" />
    <meta
      name="description"
      content="Body Mass Index is a simple calculation using a person's height
and weight. This is a website that calculated the BMI of a person"
    />
    <meta name="robots" content="index,follow" />
    <link rel="stylesheet" href="./about.css" />
    <link rel="icon" href="../../Assets/bmi.png" />
    <title>BMI Calculator</title>
  </head>
  <body class="home-body">
    <header>
      <div class="header-div">
        <div class="Logo">
          <a href="../Home/index.html"
            ><img src="../../Assets/BMI Logo.png"
          /></a>
        </div>
        <div class="nav-links">
          <nav>
            <a href="../Home/index.html">Home</a>
            <a href="../Calculate/calculator.html">Calculate</a>
            <a href="#"><span>What is BMI?</span></a>
            <a href="../Feedback/feedback.html">Feedback</a>
          </nav>
```

```
      </div>
    </header>
    <main>
      <div class="main-container">
        <div class="Content">
          <div class="text">
            <h2>What is BMI?</h2>
            <p>
              BMI (body mass index) is a measure for adults to check what
              category their height and weight puts them in - underweight,
              healthy, or overweight. The calculator will give you an idea of
              how your weight compares to common values. Body Mass Index (BMI)
              is calculated as your weight divided by the square of your height
              or BMI = weight/height2.
            </p>
            <div class="about">
              <div>
                <img src="../../Assets/BMI.jpg" />
              </div>
              <div class="right2">
                <h3>BMI weight ranges</h3>
                <p>
                  Less than 18.5 = Underweight<br />Between 18.5 - 24.9 =
                  Healthy Weight<br />
                  Between 25 - 29.9 = Overweight <br />Over 30 = Obese
                </p>
              </div>
            </div>
            <h2>What your BMI score means</h2>
            <h3>Underweight</h3>
            <p>
              Being underweight might mean you're not getting all the nutrients,
              vitamins, and minerals that your body needs to be healthy. It may
              affect your skin, hair, and teeth or you may feel more tired than
              you should. Women may have irregular periods and have a greater
              chance of osteoporosis. You should speak to your doctor to find
              out why you have a low BMI and about how to gain weight healthily.
            </p>
            <h3>Healthy weight</h3>
            <p>
              Having a BMI score within the healthy weight range is a good sign
              that you are the right weight for your height. But always remember
              that the BMI does not tell you anything about the make-up of your
              body - such as how much muscle or fat you have, how much physical
              activity you do, or your body type. So, keep an eye on your
```

```
            general health, diet, and exercise and track any changes in your
            weight.
          </p>
          <h3>Overweight</h3>
          <p>
            If your BMI is in the overweight range you may be more at risk of
            developing health conditions such as type 2 diabetes, heart
            disease, gallstones and cancer. For help losing weight, read our
            weight loss information leaflet.
          </p>
          <h3>Obses</h3>
          <p>
            If your BMI score is between 30 to 35 then there is a high chance
            you have class 1 obesity, with a range between 35 and 40 being
            class 2. Your chances of developing health issues associated with
            being overweight can increase if you are obese.
          </p>
        </div>
        <button>
          <a href="../Calculate/calculator.html">Calculate Your BMI</a>
        </button>
        <h2>BMI CHART</h2>
        <div class="img-div">
          <img src="../../Assets/BMI CHART.png" />
        </div>
      </div>
    </div>
  </main>
  <footer>
    <div class="footerlogo Logo">
      <a href="../Home/index.html"><img src="../../Assets/BMI Logo.png" /></a>
    </div>
    <div class="footer-content">&copy Copyright 2024 All rights Reserved</div>
  </footer>
 </body>
</html>
```

About.css

```
.home-body {
  box-sizing: border-box;
  margin: 0;
  background-image: url("./Assets/BMI background.png");
```

```
  background-repeat: no-repeat;
  background-position: center;
  background-size: cover;
}
header {
  margin: auto;
  min-height: 10vh;
  background-color: white;
  box-shadow: 2px 4px 4px rgba(140, 140, 140, 0.596);
  position: fixed;
  width: 100%;
}
.header-div {
  display: flex;
  align-items: center;
  justify-content: space-around;
  width: 90%;
  margin: auto;
  min-height: 10vh;
}
.Logo {
  flex: 1;
}

.Logo img {
  width: 10rem;
  height: 3.5rem;
  margin: 0.5rem 0rem;
}
.Header-Logo img:hover {
  cursor: pointer;
}

.nav-links {
  flex: 1;
}

nav {
  display: flex;
  justify-content: space-evenly;
}
nav a {
  text-decoration: none;
  color: black;
  font-size: larger;
```

```
  transition: all 0.3s ease;
  font-family: "Gill Sans", "Gill Sans MT", Calibri, "Trebuchet MS", sans-serif;
}

nav a:hover {
  color: red;
}

span {
  color: red;
}

.main-container {
  min-height: 100vh;
  font-family: "Segoe UI", Tahoma, Geneva, Verdana, sans-serif;
  display: flex;
  flex-direction: column;
  align-items: center;
  justify-content: center;
}

footer {
  background-color: white;
  display: flex;
  align-items: center;
  justify-content: space-evenly;
  box-shadow: 2px -4px 4px rgba(171, 171, 171, 0.5);
}

.footer-content {
  flex: 2;
  margin-left: 8rem;
}

button {
  background-color: rgb(0, 0, 0);
  text-shadow: 2px 2px 2px grey;
  border: 2px solid white;
  padding: 1rem 2rem;
  border-radius: 10px;
  width: 20%;
  margin: auto;
}
button a {
  text-decoration: none;
```

```
  color: white;
  font-weight: bold;
  font-size: 1rem;
  transition: all 0.3s ease;
}
button:hover {
  background-color: rgb(255, 0, 0);
  cursor: pointer;
}

.footerlogo {
  margin-left: 4rem;
}

.Content {
  width: 80%;
  margin-top: 5rem;
  font-family: "Trebuchet MS", "Lucida Sans Unicode", "Lucida Grande",
    "Lucida Sans", Arial, sans-serif;
}

.Content h2 {
  color: red;
  text-align: center;
  font-size: 1.8rem;
}
.Content h3 {
  text-decoration: underline;
  font-size: 1.2rem;
}

.img-div {
  display: flex;
  align-items: center;
  justify-content: center;
  margin-bottom: 1rem;
}

.text p {
  text-align: justify;
  font-size: 1rem;
}
.text {
  float: left;
}
```

```css
.right1 {
  float: right;
}

.right2 {
  background-color: rgba(48, 255, 255, 0.571);
  width: fit-content;
  padding: 1rem;
  border-radius: 10%;
}

.about {
  display: flex;
  align-items: center;
  justify-content: center;
}
@media screen and (max-width: 320px) {
  body {
    font-size: 60%;
  }
  .empty {
    display: none;
  }
  button {
    padding: 0.5rem;
  }
  button a {
    font-size: 0.8rem;
  }

  .footerlogo img {
    width: 5rem;
    height: 2.5rem;
  }
  .footer {
    margin-left: 0;
  }

  .header-div {
    flex-direction: column;
    justify-content: space-around;
  }

  .footer-content {
```

```
    flex: 2;
  }

  nav a {
    font-size: 1rem;
  }
}

@media screen and (max-width: 768px) {
  body {
    font-size: 70%;
  }

  .empty {
    display: none;
  }

  button {
    padding: 0.5rem;
  }

  button a {
    font-size: 0.8rem;
  }

  .footerlogo img {
    width: 5rem;
    height: 2.5rem;
  }

  .footer {
    margin-left: 0;
  }
  .footerlogo {
    margin-left: 1rem;
  }

  .header-div {
    flex-direction: row;
    justify-content: space-between;
    align-items: center;
    flex-wrap: wrap;
  }

  nav {
```

```
    align-items: center;
  }

  nav a {
    font-size: 0.8rem;
    margin-bottom: 0.5rem;
    margin-left: 0.5rem;
  }

  .Logo img {
    width: 5.5rem;
    height: 2rem;
    margin: 0.5rem 0;
    margin-left: 6rem;
  }

  .footerlogo img {
    margin-left: 0rem;
  }

  .img-div img {
    width: 5rem;
    height: 5rem;
  }
}
```

Feedback.html

```
<!DOCTYPE html>
<html lang="en">
  <head>
    <meta charset="UTF-8" />
    <meta name="viewport" content="width=device-width, initial-scale=1.0" />
    <title>BMI Calculator App Feedback</title>
    <link rel="stylesheet" href="./feedback.css" />
    <link rel="icon" href="../../Assets/bmi.png" />
  </head>
  <body>
    <header>
      <div class="header-div">
        <div class="Logo">
          <a href="../Home/index.html">
            <img src="../../Assets/BMI Logo.png" />
```

```
        </a>
      </div>
      <div class="nav-links">
        <nav>
          <a href="../Home/index.html">Home</a>
          <a href="../Calculate/calculator.html">Calculate</a>
          <a href="../About/about.html">What is BMI?</a>
          <a href="../Feedback/feedback.html"><span>Feedback</span></a>
        </nav>
      </div>
    </div>
  </header>

  <main>
    <form id="feedbackForm">
      <label for="name">Name:</label>
      <input type="text" id="name" name="name" required />

      <label for="email">Email:</label>
      <input type="email" id="email" name="email" required />

      <label for="feedback">Feedback:</label>
      <textarea id="feedback" name="feedback" rows="4" required></textarea>

      <button type="button" onclick="submitFeedback()">
        Submit Feedback
      </button>
    </form>

    <h2>Previous Feedback</h2>
    <ul id="feedbackList"></ul>
  </main>
  <footer>
    <div class="footerlogo Logo">
      <a href="../Home/index.html"><img src="../../Assets/BMI Logo.png" /></a>
    </div>
    <div class="footer-content">&copy Copyright 2024 All rights Reserved</div>
  </footer>

  <script>
    function submitFeedback() {
      const name = document.getElementById("name").value;
      const email = document.getElementById("email").value;
      const feedback = document.getElementById("feedback").value;
```

```
        const feedbackList = document.getElementById("feedbackList");
        const listItem = document.createElement("li");
        listItem.innerHTML = `<strong>${name}</strong> (${email}): ${feedback}`;
        feedbackList.appendChild(listItem);

        // Clear form fields
        document.getElementById("name").value = "";
        document.getElementById("email").value = "";
        document.getElementById("feedback").value = "";
      }
    </script>
  </body>
</html>
```

Feedback.css

```
.home-body {
  box-sizing: border-box;
  margin: 0;
  background-image: url("../../Assets/Home Section.png");
  background-repeat: no-repeat;
  background-position: center;
  background-size: cover;
}
header {
  margin: auto;
  min-height: 10vh;
  background-color: white;
  box-shadow: 2px 4px 4px rgba(140, 140, 140, 0.596);
  position: fixed;
  width: 100%;
  top: 0;
}
.header-div {
  display: flex;
  align-items: center;
  justify-content: space-around;
  width: 90%;
  margin: auto;
  min-height: 10vh;
}
.Logo {
  flex: 1;
```

```css
}

.Logo img {
  width: 10rem;
  height: 3.5rem;
  margin: 0.5rem 0rem;
}
.Header-Logo img:hover {
  cursor: pointer;
}

.nav-links {
  flex: 1;
}

nav {
  display: flex;
  justify-content: space-evenly;
}
nav a {
  text-decoration: none;
  color: black;
  font-size: larger;
  transition: all 0.3s ease;
  font-family: "Gill Sans", "Gill Sans MT", Calibri, "Trebuchet MS", sans-serif;
  font-size: 1.3rem;
}

nav a:hover {
  color: red;
}

span {
  color: red;
}
footer {
  background-color: white;
  display: flex;
  align-items: center;
  justify-content: space-evenly;
  box-shadow: 2px -4px 4px rgba(171, 171, 171, 0.5);
}

.footer-content {
  flex: 2;
```

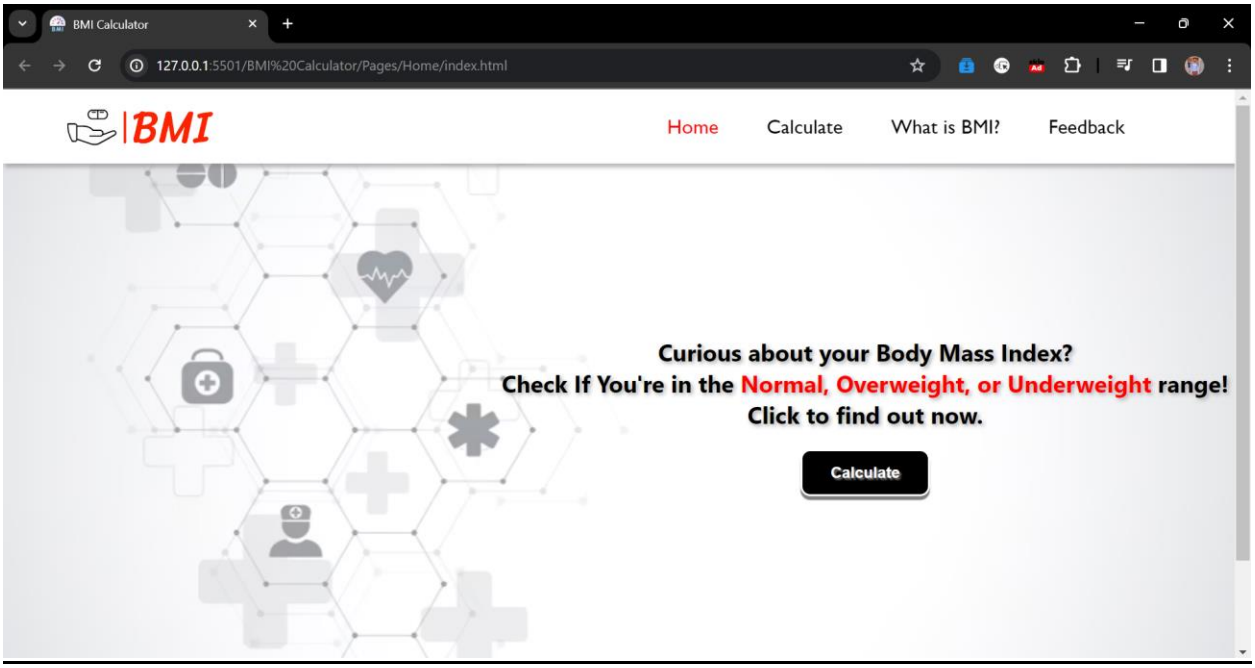
```
  text-align: center;
}

form {
  margin-bottom: 20px;
}

label {
  display: block;
  margin-bottom: 8px;
}

input,
textarea {
  width: 100%;
  padding: 10px;
  margin-bottom: 16px;
  box-sizing: border-box;
}

button {
  background-color: rgb(0, 0, 0);
  text-shadow: 2px 2px 2px grey;
  border: 2px solid white;
  box-shadow: 0px 4px 1px grey;
  padding: 0.8rem 1.8rem;
  border-radius: 10px;
  color: white;
}
button a {
  text-decoration: none;
  color: white;
  font-weight: bold;
  font-size: 1rem;
  transition: all 0.3s ease;
}
button:hover {
  background-color: rgb(255, 0, 0);
  cursor: pointer;
}

.footerlogo {
  margin-left: 4rem;
}
```

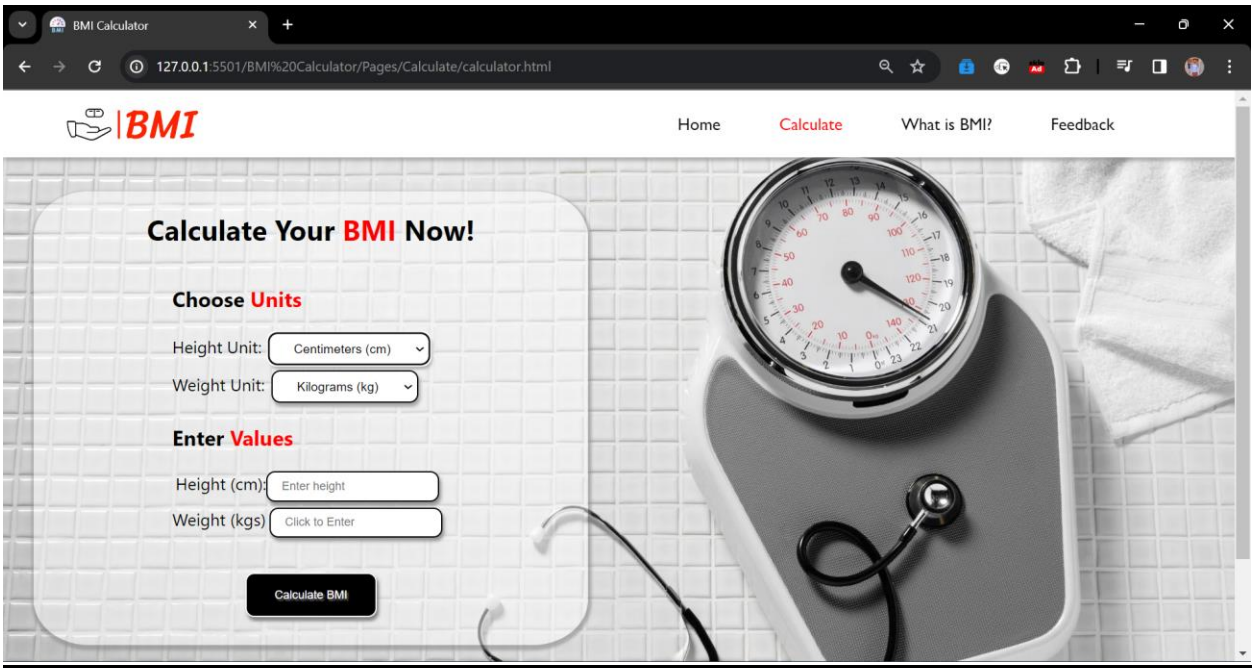
```css
h2 {
  border-bottom: 2px solid #000000;
  padding-bottom: 8px;
  margin-bottom: 16px;
}

ul {
  list-style: none;
  padding: 0;
}

li {
  margin-bottom: 8px;
  padding: 10px;
  background-color: #f9f9f9;
  border-radius: 4px;
  box-shadow: 0 0 5px rgba(0, 0, 0, 0.1);
}

main {
  min-height: 100vh;
}

@media screen and (max-width: 320px) {
  body {
    font-size: 60%;
  }
  header {
    top: 0;
    left: 0;
  }
  .Logo img {
    width: 5.5rem;
    height: 2rem;
    margin-left: -0.2rem;
  }
  button {
    padding: 0.5rem;
  }
  button a {
    font-size: 0.8rem;
  }

  .footerlogo img {
    width: 5rem;
```

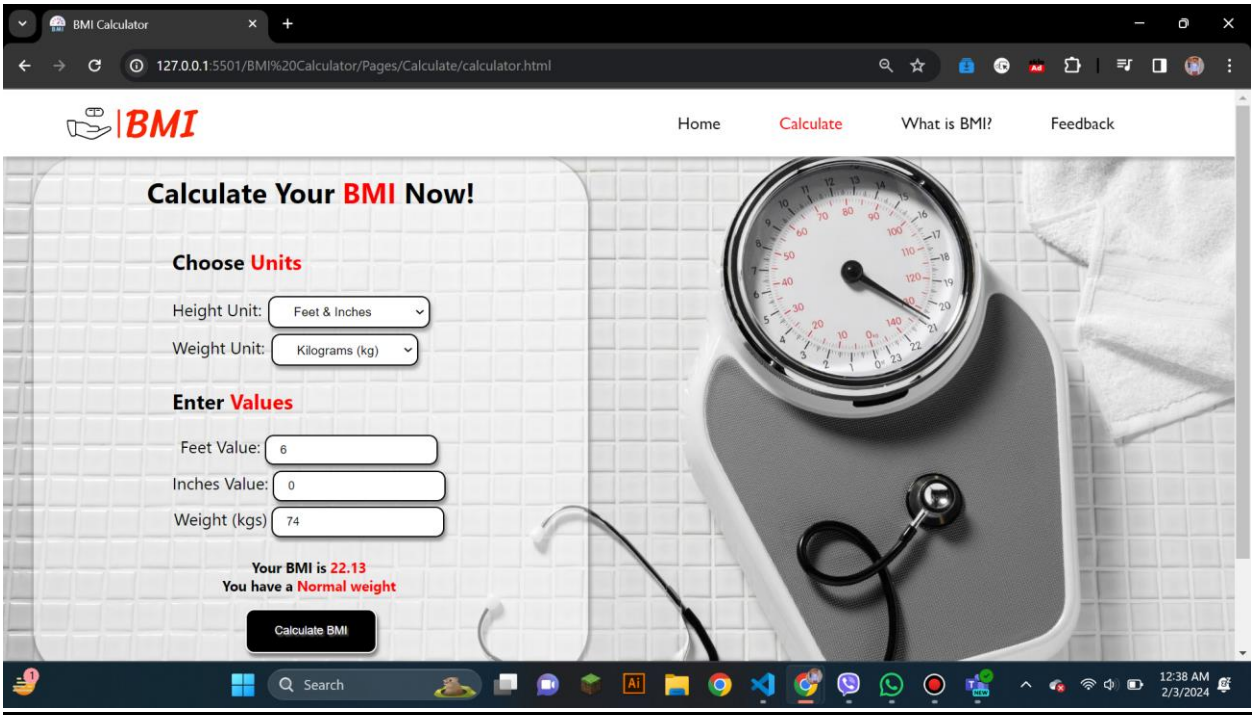
```
    height: 2.5rem;
  }

  .header-div {
    flex-direction: column;
    justify-content: space-around;
    margin-bottom: 0.5rem;
  }

  .footer-content {
    flex: 2;
  }

  nav a {
    font-size: 0.8rem;
    margin: 0rem 0.6rem;
  }
}

@media screen and (max-width: 768px) {
  body {
    font-size: 1rem;
    margin-top: 6rem;
    margin-left: 2rem;
    margin-right: 2rem;
  }

  button {
    padding: 0.4rem;
    font-size: 0.7rem;
  }

  button a {
    font-size: 0.8rem;
  }
  .feedback-form input {
    padding: 1rem;
  }
  input,
  textarea {
    width: 100%;
    padding: 3px;
    margin-bottom: 10px;
  }
  h2 {
```

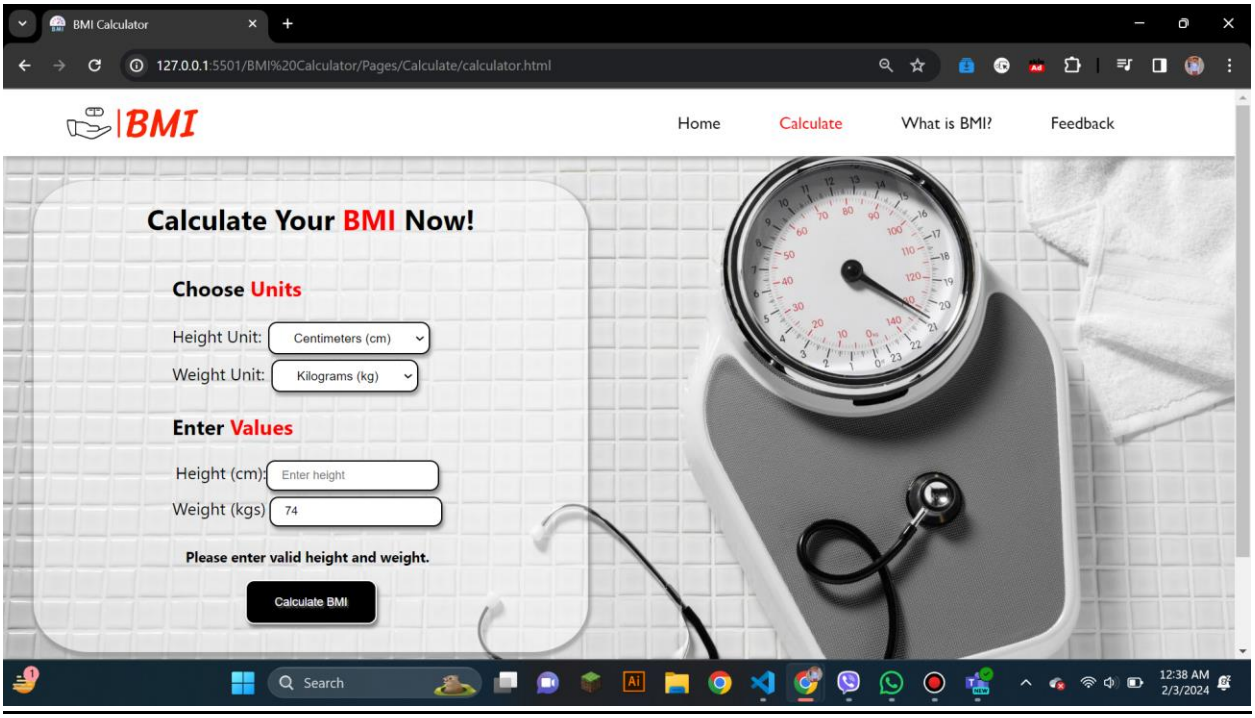
```
    border-bottom: 2px solid #333;
    padding-bottom: 8px;
    margin-bottom: 16px;
    font-size: 1.1rem;
  }
  li {
    font-size: 0.8rem;
  }
}
```

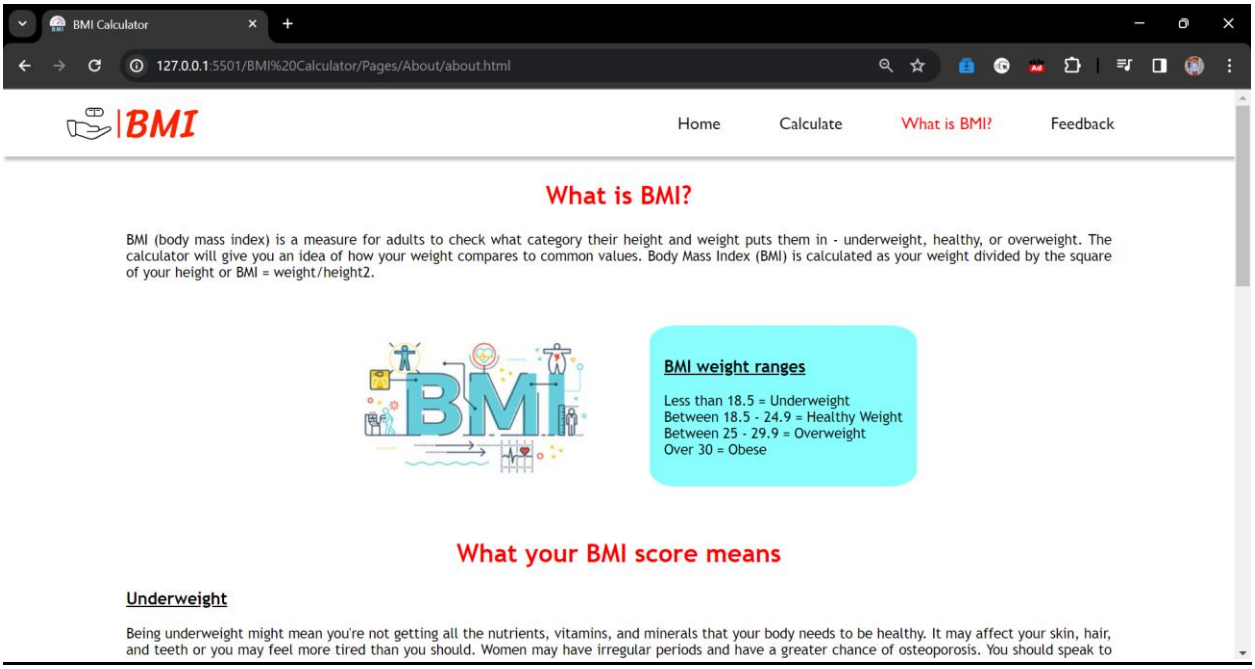
Output:

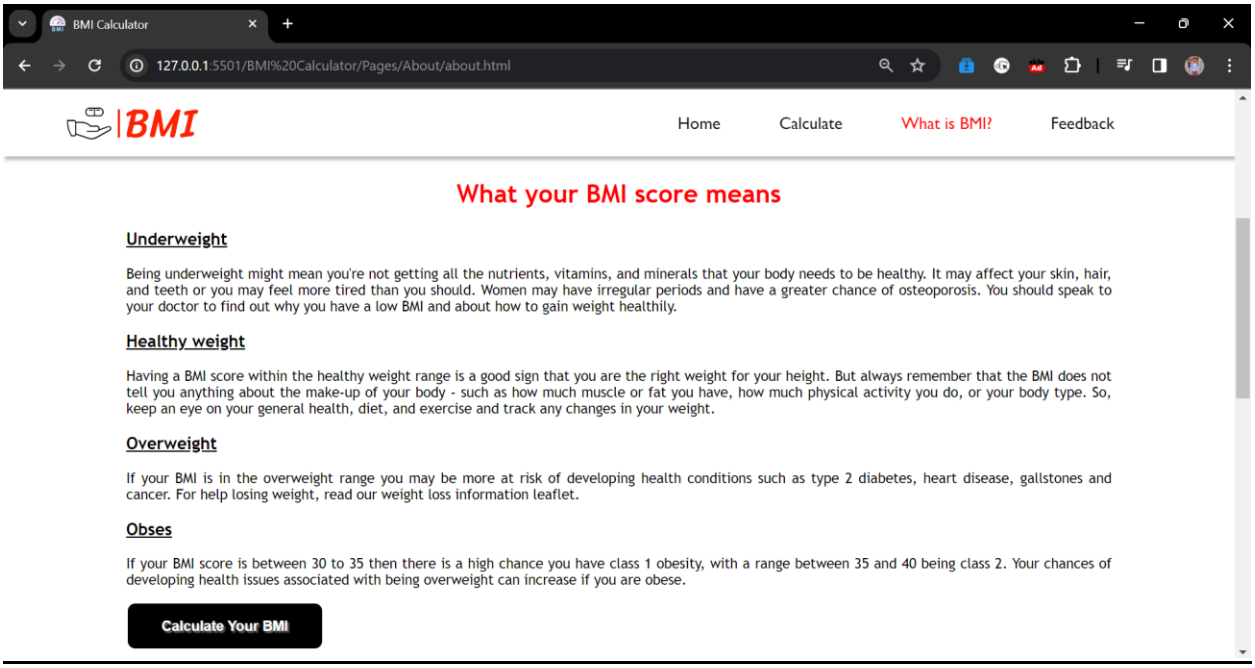

BMI Calculator
127.0.0.1:5501/BMI%20Calculator/Pages/Home/index.html
BMI
Home
Calculate
What is BMI?
Feedback
Curious about your Body Mass Index?
Check If You're in the Normal, Overweight, or Underweight range!
Click to find out now.
Calculate


BMI Calculator
127.0.0.1:5501/BMI%20Calculator/Pages/Calculate/calculator.html
BMI
Home
Calculate
What is BMI?
Feedback
Calculate Your BMI Now!
Choose Units
Height Unit:
Centimeters (cm)
Weight Unit:
Kilograms (kg)
Enter Values
Height (cm):
Enter height
Weight (kgs)
Click to Enter
Calculate BMI


BMI Calculator
127.0.0.1:5501/BMI%20Calculator/Pages/Calculate/calculator.html
BMI
Home
Calculate
What is BMI?
Feedback
Calculate Your BMI Now!
Choose Units
Height Unit: Feet & Inches
Weight Unit: Kilograms (kg)
Enter Values
Feet Value: 6
Inches Value: 0
Weight (kgs) 74
Your BMI is 22.13
You have a Normal weight
Calculate BMI
Search
12:38 AM
2/3/2024

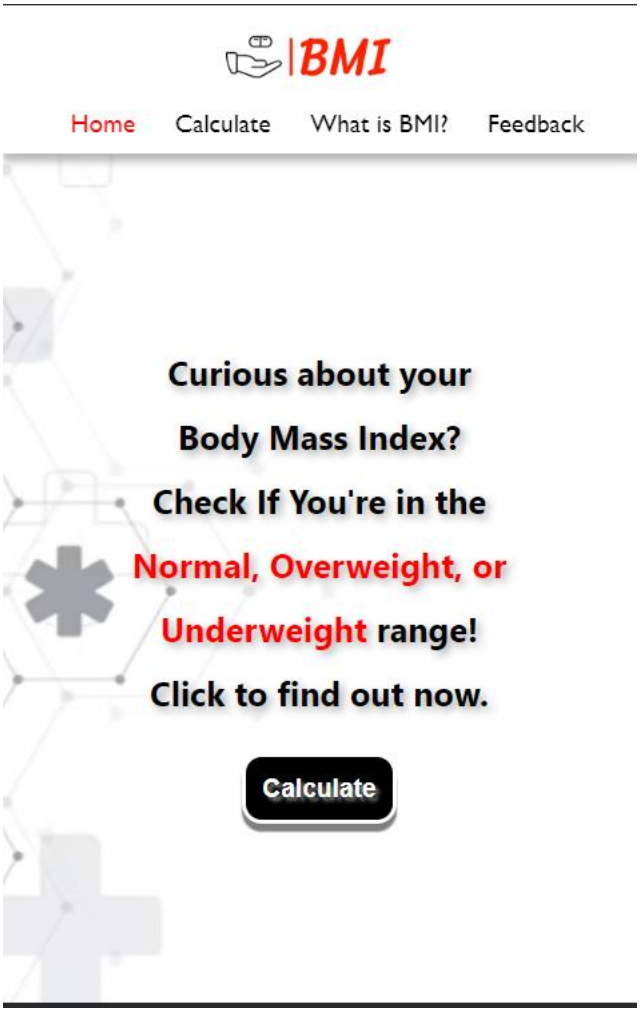

BMI Calculator
127.0.0.1:5501/BMI%20Calculator/Pages/Calculate/calculator.html
BMI
Home
Calculate
What is BMI?
Feedback
Calculate Your BMI Now!
Choose Units
Height Unit: Centimeters (cm)
Weight Unit: Kilograms (kg)
Enter Values
Height (cm): Enter height
Weight (kgs) 74
Please enter valid height and weight.
Calculate BMI
Search
12:38 AM
2/3/2024

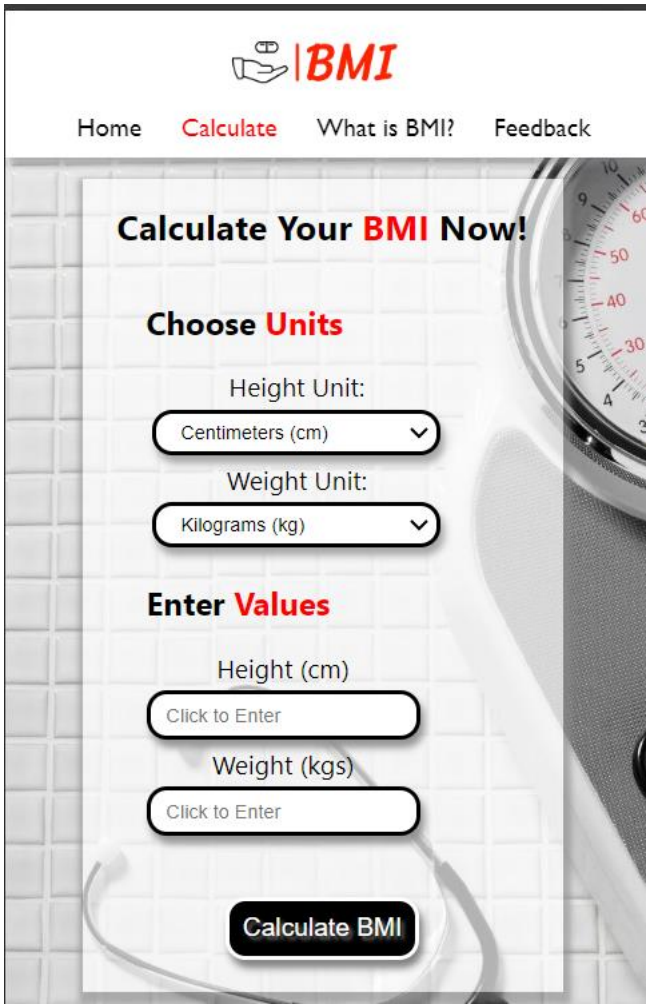

BMI Calculator
127.0.0.1:5501/BMI%20Calculator/Pages/About/about.html
BMI
Home
Calculate
What is BMI?
Feedback
What is BMI?
BMI (body mass index) is a measure for adults to check what category their height and weight puts them in - underweight, healthy, or overweight. The calculator will give you an idea of how your weight compares to common values. Body Mass Index (BMI) is calculated as your weight divided by the square of your height or BMI = weight/height2.
BMI weight ranges
Less than 18.5 = Underweight
Between 18.5 - 24.9 = Healthy Weight
Between 25 - 29.9 = Overweight
Over 30 = Obese
What your BMI score means
Underweight
Being underweight might mean you're not getting all the nutrients, vitamins, and minerals that your body needs to be healthy. It may affect your skin, hair, and teeth or you may feel more tired than you should. Women may have irregular periods and have a greater chance of osteoporosis. You should speak to


BMI Calculator
127.0.0.1:5501/BMI%20Calculator/Pages/About/about.html
BMI
Home
Calculate
What is BMI?
Feedback
What your BMI score means
Underweight
Being underweight might mean you're not getting all the nutrients, vitamins, and minerals that your body needs to be healthy. It may affect your skin, hair, and teeth or you may feel more tired than you should. Women may have irregular periods and have a greater chance of osteoporosis. You should speak to your doctor to find out why you have a low BMI and about how to gain weight healthily.
Healthy weight
Having a BMI score within the healthy weight range is a good sign that you are the right weight for your height. But always remember that the BMI does not tell you anything about the make-up of your body - such as how much muscle or fat you have, how much physical activity you do, or your body type. So, keep an eye on your general health, diet, and exercise and track any changes in your weight.
Overweight
If your BMI is in the overweight range you may be more at risk of developing health conditions such as type 2 diabetes, heart disease, gallstones and cancer. For help losing weight, read our weight loss information leaflet.
Obses
If your BMI score is between 30 to 35 then there is a high chance you have class 1 obesity, with a range between 35 and 40 being class 2. Your chances of developing health issues associated with being overweight can increase if you are obese.
Calculate Your BMI

BMI Calculator
127.0.0.1:5501/BMI%20Calculator/Pages/About/about.html
BMI
Home
Calculate
What is BMI?
Feedback
5'4" 162.5 17 18 18 19 20 21 22 23 24 24 25 26 27 28 29 30 31 31 32 33 34 35 36 37
5'5" 165.1 16 17 18 19 20 20 21 22 23 24 25 25 26 27 28 29 30 30 31 32 33 34 35 35
5'6" 167.6 16 17 17 18 19 20 21 21 22 23 24 25 25 26 27 28 29 29 30 31 32 33 34 34
5'7" 170.1 15 16 17 18 18 19 20 21 22 22 23 24 25 25 26 27 28 29 29 30 31 32 33 33
5'8" 172.7 15 16 16 17 18 19 19 20 21 22 22 23 24 25 25 26 27 28 28 29 30 31 32 32
5'9" 175.2 14 15 16 17 17 18 19 20 20 21 22 22 23 24 25 25 26 27 28 28 29 30 31 31
5'10" 177.8 14 15 15 16 17 18 18 19 20 20 21 22 23 23 24 25 25 26 27 28 28 29 30 30
5'11" 180.3 14 14 15 16 16 17 18 18 19 20 21 21 22 23 23 24 25 25 26 27 28 28 29 30
6'0" 182.8 13 14 14 15 16 17 17 18 19 19 20 21 21 22 23 23 24 25 25 26 27 27 28 29
6'1" 185.4 13 13 14 15 15 16 17 17 18 19 19 20 21 21 22 23 23 24 25 25 26 27 27 28
6'2" 187.9 12 13 14 14 15 16 16 17 18 18 19 19 20 21 21 22 23 23 24 25 25 26 27 27
6'3" 190.5 12 13 13 14 15 15 16 16 17 18 18 19 20 20 21 21 22 23 23 24 25 25 26 26
6'4" 193.0 12 12 13 14 14 15 15 16 17 17 18 18 19 20 20 21 22 22 23 23 24 25 25 26
WEIGHT
kgs 45.5 47.7 50.0 52.3 54.5 56.8 59.1 61.4 63.6 65.9 68.2 70.5 72.7 75.0 77.3 79.5 81.8 84.1 86.4 88.6 90.9 93.2 95.5 97.7
lbs 100 105 110 115 120 125 130 135 140 145 150 155 160 165 170 175 180 185 190 195 200 205 210 215
BMI
© Copyright 2024 All rights Reserved

Mobile Screen:





Home Calculate What is BMI? Feedback

Name:

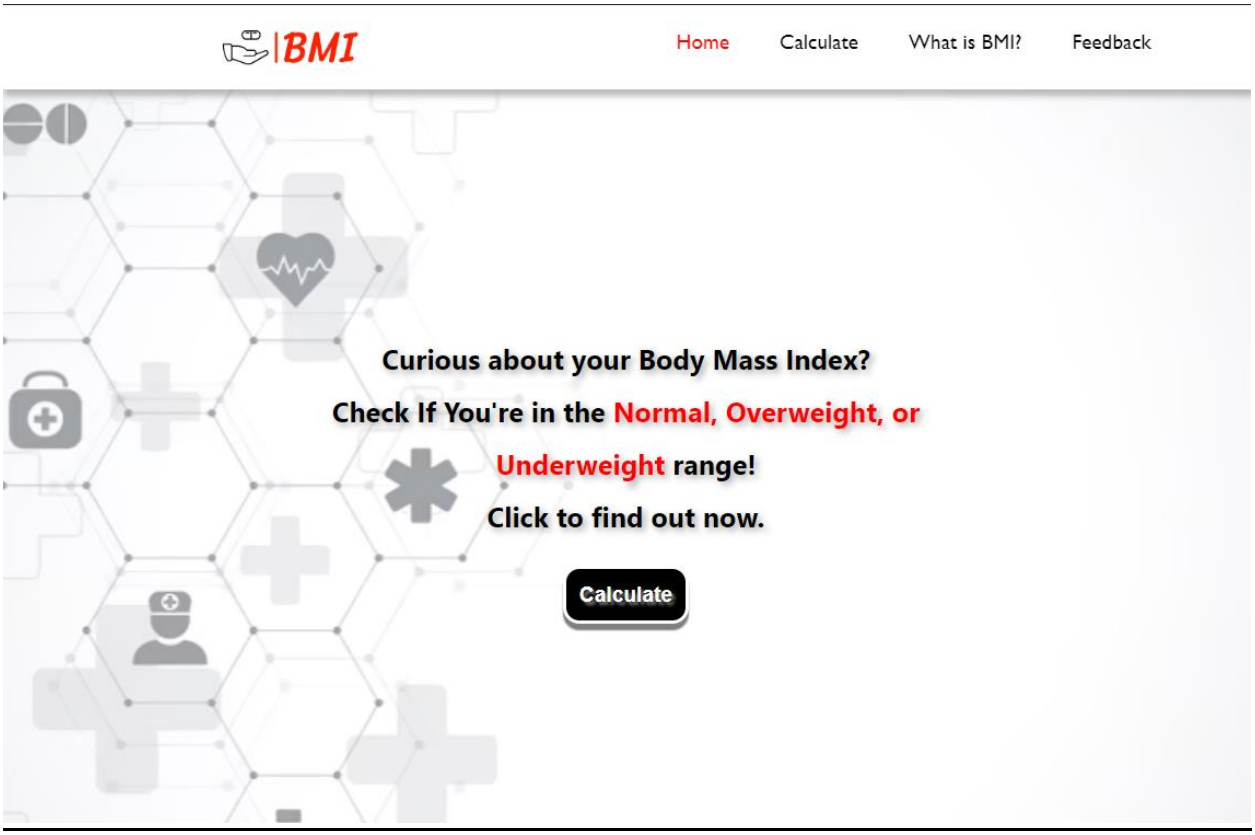
Email:

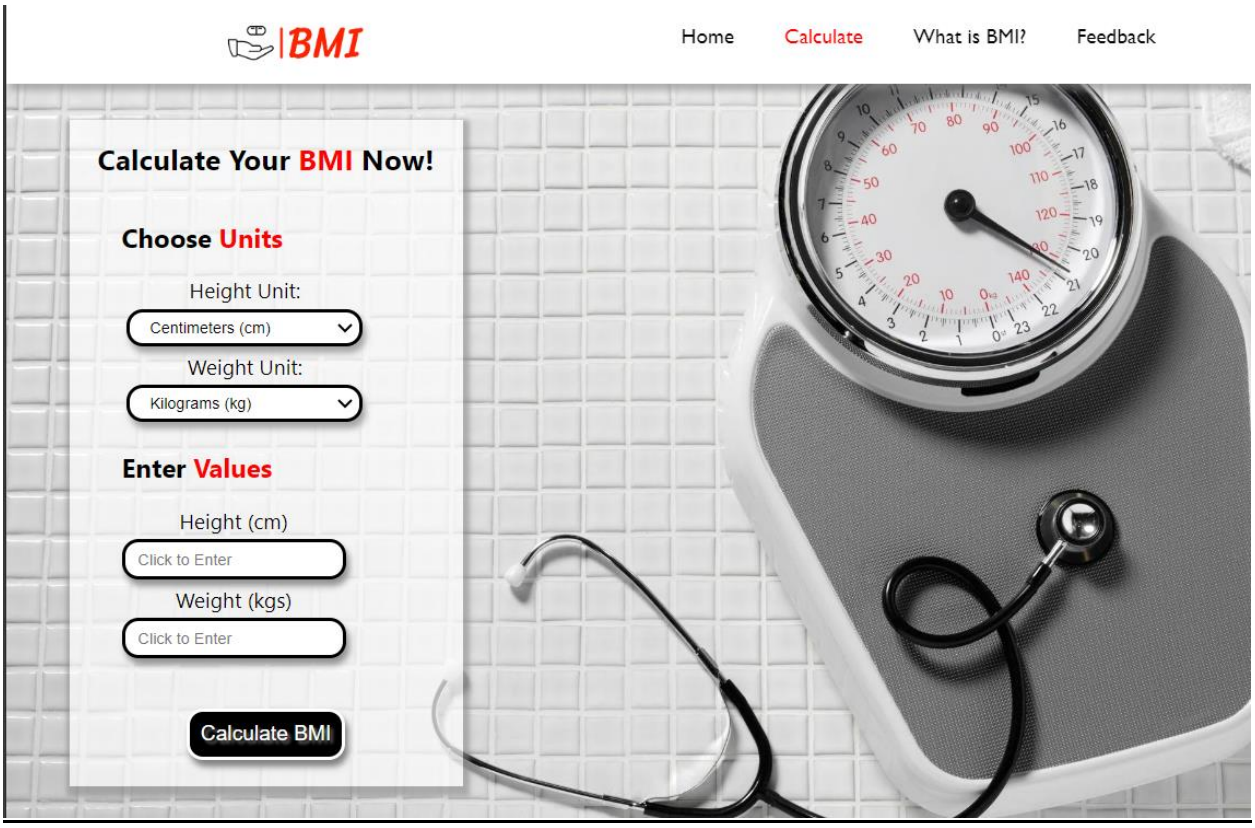
Feedback:

Submit Feedback

Previous Feedback

Tablet:


BMI
Home
Calculate
What is BMI?
Feedback
Curious about your Body Mass Index?
Check If You're in the Normal, Overweight, or
Underweight range!
Click to find out now.
Calculate


BMI
Home
Calculate
What is BMI?
Feedback
Calculate Your BMI Now!
Choose Units
Height Unit:
Centimeters (cm)
Weight Unit:
Kilograms (kg)
Enter Values
Height (cm)
Click to Enter
Weight (kgs)
Click to Enter
Calculate BMI

What is BMI?

BMI (body mass index) is a measure for adults to check what category their height and weight puts them in - underweight, healthy, or overweight. The calculator will give you an idea of how your weight compares to common values. Body Mass Index (BMI) is calculated as your weight divided by the square of your height or BMI = weight/height2.

BMI weight ranges

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