

```
body {  
  font-family: Arial, sans-serif;  
  background: #f5f7fa;  
  margin: 0;  
  padding: 0;  
  text-align: center;  
}
```

```
.container {  
  padding: 40px;  
}
```

```
h1 {  
  color: #2c3e50;  
}
```

```
.tracker, .motivation {  
  background: #ffffff;  
  margin: 20px auto;  
  padding: 20px;  
  border-radius: 8px;  
  width: 80%;  
  max-width: 400px;  
  box-shadow: 0px 2px 8px rgba(0,0,0,0.1);  
}
```

```
button {  
  background: #3498db;  
  color: white;  
  border: none;  
  padding: 10px 20px;  
  margin-top: 10px;  
  border-radius: 5px;  
  cursor: pointer;  
}
```

```
button:hover {  
  background: #2980b9;
```

}