function myForms()

{

}

function addFields()

{

    var myName=document.getElementById("nameID");

    var myEmail=document.getElementById("emailID");

    var myAge=document.getElementById("ageID");

    var myPhone=document.getElementById("phoneID");

    var table=document.getElementById("table-dec");

    var rowCount=table.rows.length;

    var row=table.insertRow(rowCount);

    row.insertCell(0).innerHTML=myName.value;

    row.insertCell(1).innerHTML=myEmail.value;

    row.insertCell(2).innerHTML=myAge.value;

    row.insertCell(3).innerHTML=myPhone.value;

    // row.insertCell(4).innerHTML=table.children[0].children[1].children[4].innerHTML;

    row.insertCell(4).innerHTML="<button onclick='DeleteCell(this)'> Delete </button>";

    row.insertCell(4).innerHTML="<button onclick='GetIndex(this)'> Update </button>";

}

var information={fstname : "",email: "",age:"",phoneNum:""};

// var fstname,email,age,phoneNum;

function Submission()

{

    information.fstname=document.getElementById("fnameID").innerHTML;

    information.email=document.getElementById("emailID").innerHTML;

    information.age=document.getElementById("ageID").innerHTML;

    information.phoneNum=document.getElementById("PhoneID").nodeValue;

    console.log(information.fstname + " With email : " + information.email + " is " + information.age + " years old and cell # " + information.phoneNum);

    // console.log(information);

}

// function AddFields()

// {

// }

var updateIndex=0;

function GetIndex(indexVal)

{

    updateIndex=indexVal;

    console.log("Offoohhh " + updateIndex);

    UpdateCell(indexVal);

}

function UpdateCell(updateIndex)

{

    console.log(updateIndex);

    var index=updateIndex;

    // var i=index.parentNode.parentNode.rowIndex;

    document.getElementById("nameID").value=index.parentNode.parentNode.children[0].innerHTML;

    document.getElementById("emailID").value=index.parentNode.parentNode.children[1].innerHTML;

    document.getElementById("ageID").value=index.parentNode.parentNode.children[2].innerHTML;

    document.getElementById("phoneID").value=index.parentNode.parentNode.children[3].innerHTML;

    // console.log(index.parentNode.parentNode.children[3].innerHTML);

}

function UpdateCell1()

{

    var index=updateIndex;

    var myName=document.getElementById("nameID").value;

    var myEmail=document.getElementById("emailID").value;

    var myAge=document.getElementById("ageID").value;

    var myPhone=document.getElementById("phoneID").value;

    // var table=document.getElementById("table-dec");

    index.parentNode.parentNode.children[0].innerHTML=myName;

    index.parentNode.parentNode.children[1].innerHTML=myEmail;

    index.parentNode.parentNode.children[2].innerHTML=myAge;

    index.parentNode.parentNode.children[3].innerHTML=myPhone;

    // row.insertCell(4).innerHTML=table.children[0].children[1].children[4].innerHTML;

    // index.parentNode.parentNode.children[4].innerHTML="<button onclick='DeleteCell(this)'> Delete </button>";

    // index.parentNode.parentNode.children[4].innerHTML="<button onclick='UpdateCell(this)'> Update </button>";

}

function DeleteCell(index)

{

    var i = index.parentNode.parentNode.rowIndex;

    console.log(i);

    document.getElementById("table-dec").deleteRow(i);

}

<!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">

    <title>Task update and delete</title>

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

</head>

<body>

    <h2>

        Update and delete the form records

    </h2>

    <table id="Fields-decore">

        <tr>

            <td>Name:</td>

            <td><input type="text" placeholder="Name" id="nameID" value=""></td>

        </tr>

        <tr>

            <td>Email:</td>

            <td><input type="text" placeholder="Email" id="emailID" value=""></td>

        </tr>

        <tr>

            <td>Age</td>

            <td><input type="number" placeholder="Age" id="ageID" value=""></td>

        </tr>

        <tr>

            <td>Phone No:</td>

            <td><input type="number" placeholder="Phone Number" id="phoneID" value="">

            <input type="button"  value="Submit" onclick="addFields()">

            <input type="button"  value="Update" onclick="UpdateCell1()">

        </td>

        </tr>

    </table>

<br>

    <table id="table-dec">

        <tr>

            <th class="heading">

                Name

            </th>

            <th class="heading">

                Email

            </th>

            <th class="heading">

                Age

            </th>

            <th class="heading">

                Phone Number

            </th>

            <th colspan="2">

                <button type="button">

                    Actions

                </button>

            </th>

        </tr>

        <!-- <tr id="tableData">

            <td>adeel</td>

            <td>adeel.dev@pk.see.biz</td>

            <td>24</td>

            <td>03137877907</td>

            <td>

                <button type="button" onclick="GetIndex(this)" >

                    Update

                </button>

            </td>

            <td>

                <button type="button" onclick="DeleteCell(this)" >

                    Delete

                </button>

            </td>

        </tr> -->

    <script src="formstask.js">

        //////////////javascript file included

    </script>

</body>

</html>

#table-dec

{

    border: 2px solid rebeccapurple;

    background-color: grey;

}

.heading{

    border: 2px solid black;

    background-color: darkolivegreen;

    color:floralwhite;

}

.button-Dec{

    font-family: 'Courier New', Courier, monospace;

    font-weight: 100;

    color: cornflowerblue;

    background-color: darkgoldenrod;

}

.inputsDec

{

    background-color: oldlace;

}

#tableData

{

    color: black;

}

#Fields-decore

{

    background-color: aqua;

    box-sizing: border-box;

    border: 1px solid royalblue;

    border-radius: 10px;

}