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<!DOCTYPE html> <html lang="en" dir="ltr">
<head> <meta charset="UTF-8"> <meta
name="viewport" content="width=device-
width, initial-scale=1.0"> <title>30-Day Self-
Care Challenge for Working Women</title>
<style> * { margin: 0; padding: 0; box-
sizing: border-box; } body { font-family:
'Georgia', 'Times New Roman', serif; line-
height: 1.6; color: #2c3e50; background:
linear-gradient(135deg, #667eea 0%,
#764ba2 100%); overflow-x: hidden; }
.container { max-width: 1200px; margin: 0
auto; padding: 0 20px; } /* Header */
.header { background: rgba(255, 255, 255,
0.95); backdrop-filter: blur(10px); box-
shadow: 0 10px 30px rgba(0, 0, 0, 0.1);
position: relative; overflow: hidden; }
.header::before { content: ""; position:
absolute; top: 0; left: -100%; width: 100%;
height: 100%; background: linear-
gradient(90deg, transparent, rgba(255,
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255, 255, 0.3), transparent); animation: shine 3s infinite; } @keyframes shine { 0% { left: -100%; } 50% { left: 100%; } 100% { left: 100%; } } .hero { padding: 80px 0; text-align: center; position: relative; } .hero::before { content: ""; position: absolute; top: 0; left: 0; right: 0; bottom: 0; background: url('data:image/svg+xml,<svg xmlns="http://www.w3.org/2000/svg" viewBox="0 0 100 100"><circle cx="50" cy="50" r="2" fill="rgba(102,126,234,0.1)"><animate attributeName="r" values="2;8;2" dur="2s" repeatCount="indefinite"/></circle></svg>') repeat; animation: float 6s ease-in-out infinite; } @keyframes float { 0%, 100% { transform: translateY(0px); } 50% { transform: translateY(-20px); } } .badge { display: inline-block; background: linear-gradient(45deg, #ff6b6b, #fec457); color: white; padding: 12px 24px; border-radius:

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30px; font-size: 14px; font-weight: bold;  
margin-bottom: 30px; box-shadow: 0 5px  
15px rgba(255, 107, 107, 0.3); animation:  
pulse 2s infinite; } @keyframes pulse { 0% {  
transform: scale(1); } 50% { transform:  
scale(1.05); } 100% { transform: scale(1); }  
} .hero h1 { font-size: 3.5rem; font-weight:  
700; color: #2c3e50; margin-bottom: 20px;  
text-shadow: 2px 2px 4px rgba(0, 0, 0, 0.1);  
animation: slideInUp 1s ease-out; }  
@keyframes slideInUp { 0% { opacity: 0;  
transform: translateY(50px); } 100% {  
opacity: 1; transform: translateY(0); } }  
.hero .subtitle { font-size: 1.5rem; color:  
#7f8c8d; margin-bottom: 40px; font-style:  
italic; animation: slideInUp 1s ease-out  
0.3s both; } /* Main Content */ .main-  
content { background: white; margin: -50px  
0 0 0; border-radius: 30px 30px 0 0; box-  
shadow: 0 -10px 40px rgba(0, 0, 0, 0.1);  
position: relative; z-index: 10; } .content-
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section { padding: 80px 0; text-align: center; } .section-title { font-size: 2.5rem; color: #2c3e50; margin-bottom: 30px; position: relative; display: inline-block; } .section-title::after { content: ""; position: absolute; bottom: -10px; left: 50%; transform: translateX(-50%); width: 60px; height: 4px; background: linear-gradient(45deg, #667eea, #764ba2); border-radius: 2px; } .pain-points { background: linear-gradient(135deg, #ff9a9e 0%, #fecfef 100%); padding: 60px 0; margin: 40px 0; border-radius: 20px; box-shadow: 0 15px 35px rgba(255, 154, 158, 0.3); } .pain-points h2 { font-size: 2.2rem; color: #2c3e50; margin-bottom: 40px; text-shadow: 1px 1px 2px rgba(0, 0, 0, 0.1); } .pain-points p { font-size: 1.3rem; color: #34495e; margin-bottom: 20px; max-width: 800px; margin-left: auto; margin-right: auto; } .solution-section { background:
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linear-gradient(135deg, #a8edea 0%,  
#fed6e3 100%); padding: 60px 0; margin:  
40px 0; border-radius: 20px; box-shadow: 0  
15px 35px rgba(168, 237, 234, 0.3); }  
.solution-section h2 { font-size: 2.2rem;  
color: #2c3e50; margin-bottom: 40px; }  
.solution-section p { font-size: 1.2rem;  
color: #34495e; margin-bottom: 20px; max-  
width: 800px; margin-left: auto; margin-  
right: auto; } .features-grid { display: grid;  
grid-template-columns: repeat(auto-fit,  
minmax(300px, 1fr)); gap: 30px; margin:  
60px 0; } .feature-card { background: white;  
padding: 40px 30px; border-radius: 15px;  
box-shadow: 0 10px 30px rgba(0, 0, 0, 0.1);  
transition: transform 0.3s ease, box-  
shadow 0.3s ease; border: 2px solid  
transparent; } .feature-card:hover {  
transform: translateY(-10px); box-shadow:  
0 20px 50px rgba(0, 0, 0, 0.2); border-color:  
#667eea; } .feature-icon { font-size: 3rem;
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margin-bottom: 20px; color: #667eea; }  
.feature-card h3 { font-size: 1.5rem; color:  
#2c3e50; margin-bottom: 15px; } .feature-  
card p { color: #7f8c8d; font-size: 1.1rem; }  
/* CTA Section */ .cta-section {  
background: linear-gradient(135deg,  
#667eea 0%, #764ba2 100%); padding:  
80px 0; text-align: center; color: white;  
margin: 60px 0; border-radius: 20px;  
position: relative; overflow: hidden; } .cta-  
section::before { content: ""; position:  
absolute; top: 0; left: 0; right: 0; bottom: 0;  
background: url('data:image/svg+xml,<svg  
xmlns="http://www.w3.org/2000/svg"  
viewBox="0 0 100 100"><circle cx="25"  
cy="25" r="3"  
fill="rgba(255,255,255,0.1)"><animate  
attributeName="cy" values="25;75;25"  
dur="3s" repeatCount="indefinite"/></  
circle><circle cx="75" cy="75" r="3"  
fill="rgba(255,255,255,0.1)"><animate
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attributeName="cy" values="75;25;75"
dur="3s" repeatCount="indefinite"/> </
circle></svg>) repeat; } .cta-section h2 {
font-size: 2.5rem; margin-bottom: 20px;
text-shadow: 2px 2px 4px rgba(0, 0, 0, 0.3);
} .cta-section p { font-size: 1.3rem; margin-
bottom: 40px; opacity: 0.9; max-width:
600px; margin-left: auto; margin-right:
auto; } .cta-button { display: inline-block;
background: linear-gradient(45deg,
#ff6b6b, #fec457); color: white; padding:
20px 50px; border-radius: 50px; text-
decoration: none; font-size: 1.3rem; font-
weight: bold; transition: all 0.3s ease; box-
shadow: 0 10px 30px rgba(255, 107, 107,
0.4); position: relative; overflow: hidden; }
.cta-button:hover { transform:
translateY(-3px); box-shadow: 0 15px 40px
rgba(255, 107, 107, 0.6); } .cta-
button::before { content: ""; position:
absolute; top: 0; left: -100%; width: 100%;
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height: 100%; background: linear-gradient(90deg, transparent, rgba(255, 255, 255, 0.3), transparent); transition: left 0.5s ease; } .cta-button:hover::before { left: 100%; } /* Free indicator */ .free-indicator { background: #27ae60; color: white; padding: 8px 16px; border-radius: 20px; font-size: 0.9rem; margin: 20px 0; display: inline-block; animation: bounce 2s infinite; } @keyframes bounce { 0%, 100% { transform: translateY(0); } 50% { transform: translateY(-10px); } } /* Footer */ .footer { background: #2c3e50; color: white; padding: 40px 0; text-align: center; } .footer p { opacity: 0.8; font-size: 1.1rem; } /* Responsive Design */ @media (max-width: 768px) { .hero h1 { font-size: 2.5rem; } .hero .subtitle { font-size: 1.2rem; } .section-title { font-size: 2rem; } .pain-points h2, .solution-section h2 { font-size: 1.8rem; } .features-grid { grid-template-columns: 1fr;
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} .cta-section h2 { font-size: 2rem; } } </style> </head> <body> <div class="header"> <div class="container"> <div class="hero"> <div class="badge"> FREE 30-DAY CHALLENGE</div> <h1>30-Day Self-Care Challenge</h1> <p class="subtitle">For Busy, Hardworking Women Like You</p> </div> </div> </div> <div class="main-content"> <div class="container"> <div class="content-section"> <div class="pain-points"> <h2>"You Show Up for Work... But Who Shows Up for You?"</h2> <p>Every day, you give your all to your job, your family, and everyone else around you. But when was the last time you truly took care of yourself?</p> <p>If you're feeling exhausted, overwhelmed, or running on empty, you're not alone.</p> </div> <div class="solution-section"> <h2>Say Goodbye to Hidden Fatigue</h2>

<p>Unlock 30 Days of Self-Care That Successful Women Swear By</p> <p>This isn't just another self-care program. It's a proven system specifically designed for busy, hardworking women who want to reclaim their energy and well-being without sacrificing their professional success.</p>

</div> <div class="features-grid"> <div class="feature-card"> <div class="feature-icon">★</div> <h3>Daily 10-Minute

Practices</h3> <p>Quick, effective self-care routines that fit seamlessly into your busy schedule.</p> </div> <div

class="feature-card"> <div class="feature-icon">💪</div> <h3>Proven Strategies</h3> <p>Evidence-based techniques used by successful women worldwide to

Maintain balance.</p> </div> <div class="feature-card"> <div class="feature-icon">📱</div> <

