

Submitted by

|  |  |  |
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CODE

PHP FILES – 14, CSS FILES – 3, JS FILES - 1

1. DASHBOARDEXT.PHP

<?php

echo "<head>

<link rel=stylesheet href=external.css>

<script src=main.js></script>

<script src=https://weloveiconfonts.com/api/?family=fontawesome></script>

<title>Gym Management System</title>

</head>";

echo "<body>";

include ("header1.php");

echo "

    <div class=page>

    <div class=infocard>

    <h2>Cardio Centre</h2>

    <p>

    Cardio is short for cardiovascular, which refers to the heart.

    Cardiovascular exercise is exercise that raises your heart rate and keeps it elevated

    for a period of time. Another name for it is aerobic exercise. The kinds of exercise that

    are associated with cardiovascular workouts are things like jogging, fast walking, and

    swimming where there is no break in the routine. Exercises that emphasize stretch and

    strength, like Pilates, are generally not considered cardio exercise, though Pilates can

    be done in a cardio way, and can certainly be combined with cardio workouts to great effect.

    </p>

    </div>

    <div class=photo></div>

    <div class=infocard>

    <h2>Strength Training</h2>

    <p>A method of improving muscular strength by gradually increasing the ability to resist force through the use of free weights, machines, or the person's own body weight. Strength training sessions are designed to impose increasingly greater resistance, which in turn stimulates development of muscle strength to meet the added demand. This section is equipped with the latest machines from Larous, India, which isolate targeted muscles for more specialized training.</p>

    </div>

    </div>

<script src=main.js></script>

</body>

</html>

";

?>

1. HEADER1.PHP

<?php

session\_start();

?>

<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

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

    <title>Gym Management System</title>

</head>

<body>

    <div class="banner">

        <div class="navbar">

            <h1> <a href="dashboard.php" class="gymlogo">Gym Management System</a> </h1>

                <ul>

                <li><a href="about.php">About</a></li>

                <li><a href="https://healthxp.in">Supplements</a></li>

                <li><a href="contact.php">Contact</a></li>

                <?php

                             include "thisisdata.php";

                            if(isset($\_SESSION["userid"])){

                                $sql = "SELECT username FROM loginform WHERE user\_id='$\_SESSION[userid]'";

                                $query = mysqli\_query($con,$sql);

                                $row=mysqli\_fetch\_array($query);

                                echo '<li>HI '.$row["username"]. '</li>

                                <li><a href="logout.php">Logout</a></li>';

                            }else{

                                echo "

                                <li><a href=login.php>SignIn</a></li>

                                <li><a href=signup.php>SignUp</a></li>";

                            }

    ?>

                </ul>

        </div>

<script src="main.js"></script>

</body>

</html>

1. ABOUT.PHP

<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

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

    <title>Gym Management System</title>

</head>

<body>

    <div class="banner">

        <div class="navbar">

            <h1> <a href="login.php" class="gymlogo">Gym Management System</a> </h1>

                <ul>

                <li><a href="about.php">About</a></li>

                <li><a href="https://healthxp.in">Supplements</a></li>

                <li><a href="contact.php">Contact</a></li>

                </ul>

        </div>

        <h1 id="about">About</h1>

        <div class="aboutdata">

        <p><h2>Our Objectives</h2>

        The main objective of ‘About Fitness’ is to create awareness and to Co-ordinate the performance of body, mind and soul in a befitting manner, we are the winner, we don’t do different thing, we do things differently. Our goal is to be sensitive to our members needs and to fulfill fitness requirements. We ensure physical fitness and robust health to customers as we counsel, we assist, we motivate them to lead a joyous and meaningful results are bound to be positive as we put in our 200% to fulfill your needs.

    <br>

        <h2>Our vision</h2>

        Our vision is to maintain the standers of our fitness centre for our member’s well being, our members will have sound body and it will be maintained well when complimented by a health foods bar to nourish body’s daily fiber vitamin’s requirements.</p>

        <br>

        </div>

<script src="main.js"></script>

</body>

</html>

1. CONTACT.PHP

<?php

echo "

<html>

<head>

        <meta charset=UTF-8>

    <link rel=stylesheet href=style.css>

    <title>

        About Us

    </title>

</head>

<body>

<div class=banner>

        <div class=navbar>

            <h1> <a href=login.php class=gymlogo>Gym Management System</a> </h1>

                <ul>

                <li><a href=about.php>About</a></li>

                <li><a href=https://healthxp.in>Supplements</a></li>

                <li><a href=#>Contact</a></li>

                </ul>

        </div>

        <div class=contactus>

            <form class=contactinfo action=msgsent.php method=POST>

                <h1>Leave us a message</h1>

                <input type=text name=Email placeholder=Email id=Email>

                <input type=text name=Name placeholder=Name id=Name>

                <textarea name=message id=areatext placeholder=Message></textarea>

                <button type=submit name=Submitmsg id=submitmsg>Submit</button>

                <h3>Or contact us here<br>anurag123@gmail.com<br>9821724951</h3>

            </form>

        </div>

    </div>

</body>

</html>

";

?>

1. LOGIN.PHP

<?php

echo "<body>";

echo "<link rel=stylesheet type=text/css href=loginstyles.css>";

include ("header1.php"); //include header layout file

echo'

        <div class="signinform">

            <form action="signinval.php" method="POST">

            <h2><b>Sign In</b></h2>

            <input type="text" name="email" placeholder="Email" id="Email">

            <input type="Password" name="password" placeholder="Password" id="Password">

            <button type="submit" name="submit" value="login">Sign In</button>

            </form>

                <form id="already" method="post" action="signup.php">

                <button id="alreadytext">New Here? Click to Sign up!</button>

            </form>

        </div>';

echo "</body>"

?>

1. SIGNUP.PHP

<?php

$pagename="Sign Up"; //Create and populate a variable called $pagename

echo "<link rel=stylesheet type=text/css href=loginstyles.css>";

include("header1.php");

echo "<title>".$pagename."</title>"; //display name of the page as window title

echo "<body>";

echo'

    <section2>

        <div class="container1">

            <div class="cont">

                    <form action="signupval.php" method="POST">

                    <div class="formsign-up">

                        <h2><b>Sign up</b></h2>

                            <input type="text" required placeholder="Enter Name" name="fname">

                            <input type="email" required placeholder="Enter email address" name="email">

                            <input type="password" required placeholder="Enter password" name="password" >

                            <input type="password" required placeholder="Confirm Password" name="conPassword" >

                            <input type="number" required placeholder="Age" name="age">

                            <p class="oneofus">

                            One Of Us? <b><a href="login.php">LOGIN</a></b></p>

                        <button type="submit" class="submit">Sign Up</button>

                    </div>

                </form>

            </div>

        </div>

    </section2>';

echo "</body>";

?>

1. DASHBOARD.PHP

<script src=main.js></script>

<?php

echo "<head>

<link rel=stylesheet href=style.css>

<script src=https://weloveiconfonts.com/api/?family=fontawesome></script>

<title>Gym Management System</title>

</head>";

echo "<body>";

include ("header1.php");

echo "

        <div class=sidebar>

        <ul class=list>

            <li><a onclick=func()><span>My Profile</span></a></li>

            <li><a onclick=func1()><span>Members</span></a></li>

            <li><a onclick=func2()><span>Trainer</span></a></li>

            <li><a onclick=func3()><span>Attendance</span></a></li>

            <li><a onclick=func4()><span>Routine</span></a></li>

            <li><a onclick=func5()><span>BMI</span></a></li>

        </ul>

    </div>

";

                include "thisisdata.php";

        if(isset($\_SESSION["userid"])){

                $asql = "SELECT username FROM loginform WHERE user\_id='$\_SESSION[userid]'";

                $aquery = mysqli\_query($con,$asql);

                $arow=mysqli\_fetch\_array($aquery);

                $sql = "SELECT age FROM loginform WHERE user\_id='$\_SESSION[userid]'";

                $query = mysqli\_query($con,$sql);

                $row=mysqli\_fetch\_array($query);

                $bsql = "SELECT email FROM loginform WHERE user\_id='$\_SESSION[userid]'";

                $bquery = mysqli\_query($con,$bsql);

                $brow=mysqli\_fetch\_array($bquery);

                   echo  '

                   <div id=myprofile>

                        <div class=avatar>

                        <img src=https://www.pngarts.com/files/3/Avatar-PNG-Image.png class=pic>

                <p id=avatarname value=Name> '.$arow["username"]. '</p>

                <p id=avatarage value=Age>'.$row['age']. '</p>

                <p id=avataremail value=Email>'.$brow['email']. '</p>

            </div>

    </div>

';

    }

    else{header("location: dashboardext.php");}

    include("thisisdata.php");

        $ysql = "SELECT username FROM loginform";

        $yquery = mysqli\_query($con,$sql);

        $yrow=mysqli\_fetch\_array($query);

echo "

    <div id=members>

        <div id=memdiv>

            <ul id=memlist>

                <li><div class=memcard>Anurag</div></li>

                <li><div class=memcard>Pranav</div></li>

                <li><div class=memcard>Shreyans</div></li>

            </ul>

        </div>

    </div>

    <div id=trainers>

        <div class=avatar>

            <img src=https://www.pngarts.com/files/3/Avatar-PNG-Image.png class=pic>

            <p>Sharma</p>

                <p>27</p>

                <p>Pune, IN</p>

                <p>Sharma@gmail.com</p>

        </div>

    </div>

    <div id=attendance>

        <div>

            <div class=container>

                <div class=calendar>

                  <header>

                    <h2>September</h2>

                    <a class=btn-prev fontawesome-angle-left href=#></a>

                    <a class=btn-next fontawesome-angle-right href=#></a>

                  </header>

                  <table>

                    <thead>

                      <tr>

                        <td>Mo</td>

                        <td>Tu</td>

                        <td>We</td>

                        <td>Th</td>

                        <td>Fr</td>

                        <td>Sa</td>

                        <td>Su</td>

                      </tr>

                    </thead>

                    <tbody>

                      <tr>

                        <td class=prev-month>26</td>

                        <td class=prev-month>27</td>

                        <td class=prev-month>28</td>

                        <td class=prev-month>29</td>

                        <td class=prev-month>30</td>

                        <td class=prev-month>31</td>

                        <td>1</td>

                      </tr>

                      <tr>

                        <td>2</td>

                        <td>3</td>

                        <td>4</td>

                        <td>5</td>

                        <td>6</td>

                        <td>7</td>

                        <td>8</td>

                      </tr>

                      <tr>

                        <td>9</td>

                        <td class=event>10</td>

                        <td>11</td>

                        <td>12</td>

                        <td>13</td>

                        <td>14</td>

                        <td>15</td>

                      </tr>

                      <tr>

                        <td>16</td>

                        <td>17</td>

                        <td>18</td>

                        <td>19</td>

                        <td>20</td>

                        <td class=event>21</td>

                        <td>22</td>

                      </tr>

                      <tr>

                        <td class=current-day event>23</td>

                        <td>24</td>

                        <td>25</td>

                        <td>26</td>

                        <td>27</td>

                        <td>28</td>

                        <td>29</td>

                      </tr>

                      <tr>

                        <td>30</td>

                        <td class=next-month>1</td>

                        <td class=next-month>2</td>

                        <td class=next-month>3</td>

                        <td class=next-month>4</td>

                        <td class=next-month>5</td>

                        <td class=next-month>6</td>

                      </tr>

                    </tbody>

                  </table>

                </div> <!-- end calendar -->

              </div> <!-- end container -->

        </div>

    </div>

    <div id=routine>

    </div>

    ";

?>

    <div id="bmi">

        <div class="bmiform">

        <form onsubmit="return calcBMI();">

        System:

        <label>

          <input type="radio" id="bmi-metric" name="bmi-measure" onchange="measureBMI()" checked/> Metric

        </label>

        <label>

          <input type="radio" id="bmi-imperial" name="bmi-measure" onchange="measureBMI()"/> Imperial

        </label>

        <br><br>

        Weight:

        <input id="bmi-weight" type="number" min="1" max="635" required/>

        <span id="bmi-weight-unit">KG</span>

        <br><br>

        Height:

        <input id="bmi-height" type="number" min="54" max="272" required/>

        <span id="bmi-height-unit">CM</span>

        <br><br>

        <input type="submit" value="Calculate BMI"/>

        <input type="reset" value="Reset"/>

        <div id="bmi-results"></div>

      </form>

        </div>

</div>

</div>

</body>

</html>

1. SIGNINVAL.PHP

<?php

include("thisisdata.php");

$pagename="“Your Login Results"; //Create and populate a variable called $pagename

echo "<title>".$pagename."</title>"; //display name of the page as window title

echo "<body>";

echo "<link rel=stylesheet type=text/css href=loginstyles.css>";

include ("header1.php");

$email = $\_POST['email'];

$password = $\_POST['password'];

//echo $email." ".$password;

if(empty($email) || empty($password))

{

    echo "<div class=back>

    <div class=errordiv>

    <div class=errortex><p><b>Login failed</b><br>

    Your login form is incomplete<br>Make sure you provide all the reqired details.<br>

    Back to <a href='login.php'>login</a></p></div></div>";

}

else

{

    $SQL = "select \* from `loginform` where `email`='$email'";

    $result = mysqli\_query($con,$SQL);

    $data = mysqli\_fetch\_array($result);

    if($data['email'] != $email)

    {

        echo "<div class=errordiv><div class=errortex><p><b>Login failed</b></p>";

        echo "<p>The email you entered was not recognized.<p>";

        echo "<p>Back to <a href='login.php'>login</a></p></div></div>";

    }

    else if($data['password'] != $password)

    {

        echo "<div class=errordiv><div class=errortex><p><b>Login failed</b></p>";

        echo "<p>The password you entered is not valid.<p>";

        echo "<p>Back to <a href='login.php'>login</a></p></div></div>";

    }

    else

    {

         $\_SESSION['userid'] = $data['user\_id'];

         $\_SESSION['fname'] = $data['full\_name'];

         $\_SESSION['user\_name'] = $data['fname'];

         header("location: signinsuc.php");

    }

}

echo "</body>";

?>

1. SIGNINSUC.PHP

<?php

include("thisisdata.php");

$pagename="“Your Login Results"; //Create and populate a variable called $pagename

echo "<title>".$pagename."</title>"; //display name of the page as window title

echo "<body>";

echo "<link rel=stylesheet type=text/css href=loginstyles.css>";

include ("header1.php"); //include header layout file

echo "<div class='success'>

    <div class='text'>

    <p><b>Login Success!</b></p>

    <p>You have successfully logged in.</p>";

    include "thisisdata.php";

    if(isset($\_SESSION["userid"])){

       $sql = "SELECT username FROM loginform WHERE user\_id='$\_SESSION[userid]'";

       $query = mysqli\_query($con,$sql);

       $row=mysqli\_fetch\_array($query);

       echo 'Welcome '.$row["username"]. '';

    }

   else{ }

   echo '<br>

   <a href=dashboard.php>Continue</a>';

echo '</div>

</div>';

?>

1. SIGNUPVAL.PHP

<?php

include("thisisdata.php");

$pagename="Your Sign Up Results"; //Create and populate a variable called $pagename

echo "<title>".$pagename."</title>"; //display name of the page as window title

echo "<body>";

echo "<link rel=stylesheet type=text/css href=loginstyles.css>";

include("header1.php");

$isEmpty = empty($\_POST['fname']) || empty($\_POST['email']) || empty($\_POST['password']) || empty($\_POST['conPassword']) ;

if(!$isEmpty)

{

    $fname=$\_POST['fname'];

    $email=$\_POST['email'];

    $password=$\_POST['password'];

    $conPassword=$\_POST['conPassword'];

    $age=$\_POST['age'];

    if($password===$conPassword)

    {

        if (filter\_var($email, FILTER\_VALIDATE\_EMAIL))

        {

            $query="insert into `loginform` (`Username`,`Email`, `Password`, `age`)

            VALUES ('$fname','$email','$password','$age')";

            if(mysqli\_query($con, $query))

            {

                //SIGNUP SUCCESSFULL

                $\_SESSION['userid'] = $data['ID'];

                $\_SESSION['fname'] = $data['Username'];

                $\_SESSION['user\_name'] = $fname;

                header("location: signupsuc.php");

            }

            else

            {

                $errNo = mysqli\_errno($con);

                if($errNo == 1062)

                {

                    //EMAIL USED ERROR

                    echo "<div class=errordiv><p><b>Sign-up failed</b></p>";

                    echo "<p>Email already in use.<br>

                    You may be already registered or try another email address.</p>

                    Back to <a href='signup.php'>Sign up</a>.</div>";

                }

                else if($errNo==1064)

                {

                    //INVALID CHARACTERS ERROR

                    echo "<div class=errordiv><p><b>Sign-up failed</b></p>";

                    echo "<p>Invalid characters enterd in the form.<br>

                    Make sure you avoid the following characters: apostrophes like['] and backslashes[\].</p>

                    Back to <a href='signup.php'>Sign up</a>.</div>";

                }

            }

            // $result = mysqli\_query($ con, $query) or die (mysqli\_error($ con));

            // echo $result;

        }

        else

        {

            //INVALID EMAIL ID

            echo "<div class=errordiv><p><b>Sign-up failed</b></p>";

            echo "<p>Email not vlaid.<br>

            Make sure you enter a correct email address.</p>

            Back to <a href='signup.php'>Sign up</a>.</div>";

        }

    }

    else

    {

        //PASSWORDS DONT MATCH

        echo "<div class=errordiv><p><b>Sign-up failed</b></p>";

        echo "<p>The 2 passwords are not matching.<br>

            Make sure you entered them correctly.</p>

        Back to <a href='signup.php'>Sign up</a>.</div>";

    }

}

else

{

    //INCOMPLETE FORM

    echo "<div class=errordiv><p><b>Sign-up failed</b></p>";

    echo "<p>Your signup form is incomplete and all fields are mandatory<br>

    Make sure you provide all the required details.</p>

    Back to <a href='signup.php'>Sign up</a>.</div>";

}

echo "</body>";

?>

1. SIGNUPSUC.PHP

<?php

$pagename="“Your Login Results"; //Create and populate a variable called $pagename

echo "<title>".$pagename."</title>"; //display name of the page as window title

echo "<body>";

include("header1.php");

echo "<link rel=stylesheet type=text/css href=loginstyles.css>";

echo "<div class='success'>

     <div class='text'>

     <h2><b>SignUp Success</b></h2>

     <h4>You have successfully signed up.</h4>";

echo "<h4>Welcome ".$\_SESSION['user\_name'];

echo "<br>

     <a href='dashboard.php'>Continue</a>

     </div>

    </div>";

?>

1. MSGSENT.PHP

<?php

include("thisisdata.php");

include("header1.php");

echo "<link rel=stylesheet type=text/css href=loginstyles.css>";

$Email = $\_POST['Email'];

$Name = $\_POST['Name'];

$message = $\_POST['message'];

$SQL = "insert into `contactform` (`Email`,`Name`, `message`) VALUES ('$Email','$Name','$message')";

if(mysqli\_query($con,$SQL))

{

    echo "<div class=success><h2>Message Sent Successfully!</h2>

    <br><h2>Back to <a href=dashboard.php>Home</a></h2>

    </div>";

}

else{

    echo "<div class=errordiv><h2>Message not sent!</h2>";

    mysqli\_error($con);

    echo "

    <br><h2>Try Again -<a href=contact.php>Contact Us</a></h2>

    </div>";

}

?>

1. LOGOUT.PHP

<?php

session\_start();

unset($\_SESSION["userid"]);

unset($\_SESSION["fname"]);

$BackToMyPage = $\_SERVER['HTTP\_REFERER'];

if(isset($BackToMyPage)) {

    header('Location: '.$BackToMyPage);

} else {

    header('Location: dashboard.php'); // default page

}

?>

1. THISISDATA.PHP

<?php

$servername = "localhost";

$username = "root";

$password = "";

$db = "thisisdata";

// Create connection

$con = mysqli\_connect($servername, $username, $password, $db);

// Check connection

if (!$con) {

    die("Connection failed: " . mysqli\_connect\_error());

}

?>

1. STYLE.CSS

\*{

    font-family: "SF Pro Display", sans-serif;

    margin: 0;

    padding: 0;

}

.banner{

    background-image: linear-gradient(rgba(0,0,0,0.7),rgba(0,0,0,0.7)), url("wallpaper.jpg");

    width: 100%;

    height: 100vh;

    background-size: cover;

    background-position: center;

}

.gymlogo{

cursor: pointer;

text-decoration: none;

color: white;

}

.gymlogo:hover{

color: #fae9d7;

transition: 1s;

}

.navbar{

    width: 85%;

    margin: auto;

    padding: 35px 20px;

    display: flex;

    align-items: center;

    justify-content: space-between;

    color: white;

}

.navbar ul li{

    list-style: none;

    display: inline-block;

    margin: 0 20px;

    position: relative;

}

.navbar ul li a{

    text-decoration: none;

    text-transform: uppercase;

    color: white;

    font-weight: bold;

}

.navbar ul li::after{

    content: '';

    height: 3px;

    width: 0;

    background: #eb7d07;

    position: absolute;

    left: 0;

    bottom: -10px;

    transition: 0.5s;

}

.navbar ul li:hover:after{

    width: 100%;

}

.navbar{

    animation: fadeInLeftAnimationnav ease 1.5s;

    animation-iteration-count: 1;

    animation-fill-mode: forwards;

}

@keyframes fadeInLeftAnimationnav {

    0% {

        opacity: 0;

        padding-right: 20px;

    }

    100% {

        opacity: 1;

        padding-right: 0px;

    }

}

/\*

SIGN IN/ HOME PAGE

\*/

.signinform{

    display: flex;

    align-items: center;

    justify-content: center;

    flex-direction: column;

    height: 70vh;

    color: white;

}

.signinform{

    animation: fadeInLeftAnimation ease 1.5s;

    animation-iteration-count: 1;

    animation-fill-mode: forwards;

}

@keyframes fadeInLeftAnimation {

    0% {

        padding-right: 400px;

        opacity: 0;

    }

    100% {

        padding-right: 0px;

        opacity: 1;

    }

}

.signinform h2{

    margin-top: 10px;

}

input{

    display: block;

    width: 350px;

    height: 40px;

    margin: 20px;

    border: none;

    outline: none;

    font-size: 20px;

    color: white;

    border-bottom: 1px solid gray;

    background: transparent;

}

input:focus{

    border-bottom: 2px solid rgb(212, 212, 212);

}

button{

    width: 350px;

    height: 40px;

    margin: 20px;

    background-color: #fae9d8;

    font-size: 20px;

    border: none;

    border-radius: 10px;

    margin-top: 30px;

}

#alreadytext {

    margin-top: 10px;

    text-decoration: underline;

    background: transparent;

    color: white;

    cursor: pointer;

}

button:hover{

background-color: #eb7d07;

transition: 0.5s;

}

.signin h1{

    margin-bottom: 20px;

    margin-top: 10px;

}

/\*

SIGN UP PAGE

\*/

.signupform{

    display: flex;

    align-items: center;

    justify-content: center;

    flex-direction: column;

    height: 80vh;

    color: white;

}

.signupform{

    animation: fadeInLeftAnimation ease 1.5s;

    animation-iteration-count: 1;

    animation-fill-mode: forwards;

}

@keyframes fadeInLeftAnimation {

    0% {

        padding-right: 400px;

        opacity: 0;

    }

    100% {

        padding-right: 0px;

        opacity: 1;

    }

}

.signup{

    margin-top: 10px;

    text-align: center;

    background: rgba(0,0,0,0.3);

    box-shadow: 0px 0px 25px #eb7d07;

}

h1.signupform{

    margin-top: 10px;

}

input{

    display: block;

    width: 350px;

    height: 40px;

    margin: 20px;

    border: none;

    outline: none;

    font-size: 20px;

    color: white;

    border-bottom: 1px solid gray;

    background: transparent;

}

input:focus{

    border-bottom: 2px solid rgb(212, 212, 212);

}

button{

    width: 350px;

    height: 40px;

    margin: 20px;

    background-color: #fae9d8;

    font-size: 20px;

    border: none;

    border-radius: 10px;

    margin-top: 30px;

}

#alreadytext {

    margin-top: 10px;

    text-decoration: underline;

    background: transparent;

    color: #c9c9c9;

    cursor: pointer;

    font-size: 24px;

}

button:hover{

background-color: #eb7d07;

transition: 0.5s;

}

.signup h1{

    margin-bottom: 20px;

    margin-top: 10px;

}

/\*

CONTACT PAGE

\*/

.contactus {

    display: flex;

    align-items: center;

    justify-content: center;

    flex-direction: column;

    height: 80vh;

    color: white;

}

.contactinfo{

    margin-top: 10px;

    text-align: center;

}

input{

    display: block;

    width: 350px;

    height: 40px;

    margin: 20px;

    border: none;

    outline: none;

    font-size: 20px;

    color: white;

    border-bottom: 1px solid gray;

    background: transparent;

}

#submitmsg{

    width: 350px;

    height: 40px;

    margin: 20px;

    background-color: #fae9d8;

    font-size: 20px;

    border: none;

    border-radius: 10px;

    margin-top: 10px;

}

#areatext{

    color: white;

    font-size: 20px;

    width: 350px;

    height: 70px;

    margin: 20px;

    background: transparent;

    border: none;

    outline: none;

}

.contactus{

        animation: fadeInLeftAnimation ease 1.5s;

        animation-iteration-count: 1;

        animation-fill-mode: forwards;

}

/\*

ABOUT PAGE

\*/

#about{

    color: white;

    font-size: 20px;

    text-align: center;

    align-content: center;

}

.aboutdata {

    color: white;

    width: 70%;

    margin-left: 200px;

    font-size: 20px;

    text-align: center;

    align-content: center;

}

/\*

DASHBOARD PAGE

\*/

.sidebar{

    width: 5px;

    height: 300px;

    display: flex;

    align-items: center;

    background: #eb7d07;

    position: fixed;

    color: white;

    font-size: 22px;

    box-shadow: 0px 0px 25px #000000;

    justify-content: space-between;

    transition: ease 0.5s;

}

.sidebar .list{

    opacity: 0;

    padding: 70px 0;

}

.sidebar .list li{

    margin: 8px 0;

    list-style-type: none;

    display: inline-block;

    position: relative;

    cursor: pointer;

    user-select: none;

}

.sidebar .list li a{

    text-decoration: none;

    text-transform: uppercase;

    padding: 8px 16px;

    color: white;

    font-weight: bold;

}

.sidebar:hover{

    width: 14%;

    transition: ease 0.8s;

}

.sidebar .list:hover{

    transition: 0.5s;

    transition-delay: 0.3s;

    opacity: 100%;

}

.sidebar .list a:hover{

    color: wheat;

    transition: 0.2s;

}

button:hover{

transition: 0.5s;

background-color: #eb7d07;

transition: 0.5s ease;

}

#myprofile{

    margin-left: 250px;

    color: white;

    width: 800px;

    height: 450px;

    position: relative;

    display: flex;

    justify-content: center;

    align-items: center;

}

#myprofile, #trainers, #members, #attendance, #routine, #bmi, .navbar{

    animation: fadeInAnimation ease 1.5s;

    animation-iteration-count: 1;

    animation-fill-mode: forwards;

}

@keyframes fadeInAnimation {

    0% {

        opacity: 0;

    }

    100% {

        opacity: 1;

    }

}

.avatar{

    background: #fff;

    box-shadow: 0 0 25px black;

    height: 350px;

    width: 350px;

    display: flex;

    flex-direction: column;

    align-items: center;

    text-align: center;

    font-size: 22px;

    color: black;

}

.avatar .pic{

    display: block;

    margin-left: auto;

    margin-right: auto;

    margin-top: 60px;

    width: 80px;

    height: 80px;

}

#avatarform p{

    display:block;

    margin: 10px;

    width: 250px;

    height: 30px;

    font-size: 20px;

    background: none;

    border: none;

    outline: none;

}

#members{

    margin-left: 250px;

    background: #a1a1a1;

    box-shadow: 0 0 25px black;

    width: 800px;

    height: 450px;

    font-size: 20px;

    position: relative;

    display: none;

    justify-content: center;

    align-items: center;

}

#memdiv{

    width: 800px;

    height: 450px;

}

#memlist{

    width: 800px;

    height: 450px;

    display: grid;

    grid-template-columns: 30% 30% 30%;

    justify-content: space-between;

    overflow: auto;

    overflow-y: scroll;

    scrollbar-color:  transparent #a1a1a1;

    scrollbar-width: 20px;

}

#memlist li{

    text-decoration: none;

    list-style-type: none;

    font-size: 20px;

    display: block;

}

#memlist li .memcard{

    background: white;

    font-size: 24px;

    margin: 25px;

    height: 100px;

    width: 200px;

    box-shadow: 0 0 10px black;

    display: flex;

    justify-content: center;

    align-items: center;

}

#trainers{

    margin-left: 250px;

    background: transparent;

    width: 800px;

    height: 450px;

    position: relative;

    display: none;

    justify-content: center;

    align-items: center;

}

#attendance{

    margin-left: 250px;

    background: whitesmoke;

    box-shadow: 0 0 25px black;

    width: 800px;

    height: 450px;

    position: relative;

    display: none;

    justify-content: center;

    align-items: center;

}

#routine{

    margin-left: 250px;

    background: whitesmoke;

    box-shadow: 0 0 25px black;

    width: 900px;

    height: 450px;

    position: relative;

    display: none;

    justify-content: center;

    align-items: center;

}

#routine {

    background: url(https://images.squarespace-cdn.com/content/v1/58d2a0af5016e17768a5b6d7/1546492068212-VN314C48M58MVRGOJI02/ke17ZwdGBToddI8pDm48kB8PkaDLcRA0BPtzN76vEaEUqsxRUqqbr1mOJYKfIPR7LoDQ9mXPOjoJoqy81S2I8N\_N4V1vUb5AoIIIbLZhVYxCRW4BPu10St3TBAUQYVKceCekXzsUmoB4aApu4\_m2FNOLtX9RRcI1ekLyhjPRnitML0DTgJzAHRefhNm3JV58/Screen+Shot+2019-01-03+at+12.07.24+AM.png);

    background-size: contain;

    background-repeat: no-repeat;

}

#bmi{

    margin-left: 250px;

    background: whitesmoke;

    box-shadow: 0 0 25px black;

    width: 800px;

    height: 450px;

    position: relative;

    display: none;

    justify-content: center;

    align-items: center;

}

.bmiform input{

    display: block;

    width: 300px;

    height: 40px;

    margin: 2px;

    border: none;

    outline: none;

    font-size: 20px;

    color: black;

    border-bottom: 1px solid gray;

    background: transparent;

}

input[type=radio]{

    display: inline;

    margin: 0;

    padding: 0;

    width: 30px;

    height: 20px;

}

input[type=submit]{

    width: 150px;

    height: 30px;

    display: inline;

    background-color: rgb(188, 135, 238);

    font-size: 20px;

    border: none;

    cursor: pointer;

    border-radius: 10px;

}

input[type="reset"]{

    width: 150px;

    height: 30px;

    display: inline;

    background-color: rgb(188, 135, 238);

    font-size: 20px;

    border: none;

    cursor: pointer;

    border-radius: 10px;

}

#bmi-results{

    font-size: 30px;

}

/\* CALENDAARR\*/

\*[class\*="fontawesome-"]:before {

  font-family: 'FontAwesome', sans-serif;

}

/\* ---------- GENERAL ---------- \*/

body {

    background: #f9f9f9;

    color: #0e171c;

  display: grid;

    font: 300 100%/1.5em 'Lato', sans-serif;

    margin: 0;

  min-height: 100vh;

  place-items: center;

}

a {

    text-decoration: none;

}

h2 {

    font-size: 2em;

    line-height: 1.25em;

    margin: .25em 0;

}

h3 {

    font-size: 1.5em;

    line-height: 1em;

    margin: .33em 0;

}

table {

    border-collapse: collapse;

    border-spacing: 0;

}

.container {

    width: 500px;

}

/\* ---------- CALENDAR ---------- \*/

.calendar {

    text-align: center;

}

.calendar header {

    position: relative;

}

.calendar h2 {

    text-transform: uppercase;

}

.calendar thead {

    font-weight: 600;

    text-transform: uppercase;

}

.calendar tbody {

    color: #7c8a95;

}

.calendar tbody td:hover {

    border: 2px solid #00addf;

}

.calendar td {

    border: 2px solid transparent;

    border-radius: 50%;

    display: inline-block;

    height: 3em;

    line-height: 4em;

    text-align: center;

    width: 3em;

}

.calendar .prev-month,

.calendar .next-month {

    color: #cbd1d2;

}

.calendar .prev-month:hover,

.calendar .next-month:hover {

    border: 2px solid #cbd1d2;

}

.current-day {

    background: #00addf;

    color: #f9f9f9;

}

.event {

    cursor: pointer;

    position: relative;

}

.event:after {

    background: #00addf;

    border-radius: 50%;

    bottom: .5em;

    display: block;

    content: '';

    height: .4em;

    left: 50%;

    margin-bottom: 1em;

    position: absolute;

    width: .4em;

}

.event.current-day:after {

    background: #f9f9f9;

}

.btn-prev,

.btn-next {

    border: 2px solid #cbd1d2;

    border-radius: 50%;

    color: #cbd1d2;

    height: 3em;

    font-size: .75em;

    line-height: 2em;

    position: absolute;

    top: 50%;

    width: 3em;

}

.btn-prev:hover,

.btn-next:hover {

    background: #cbd1d2;

    color: #f9f9f9;

}

.btn-prev {

    left: 6em;

}

.btn-next {

    right: 6em;

}

1. LOGINSTYLES.CSS

\*{

    margin: 0;

    padding: 0;

    font-family: SF Pro Display,sans-serif;

}

.signinform{

    display: flex;

    align-items: center;

    justify-content: center;

    flex-direction: column;

    height: 70vh;

    color: white;

}

.signinform h2{

    margin-left: 20px;

}

.back{

    display: flex;

    align-items: center;

    justify-content: center;

}

.errordiv{

    background: rgb(158, 0, 0);

    line-height: 25px;

    margin-top: 20px;

    text-align: center;

    display: inline-block;

    align-items: center;

    justify-content: center;

    width: 40%;

}

.errortex{

    display: inline-block;

    justify-content: center;

    align-items: center;

}

.errordiv p{

    color: white;

    font-size: 20px;

}

.errordiv a{

    color: rgb(207, 164, 247);

    font-size: 20px;

}

.success {

    background: rgb(132, 236, 188);

    width: 400px;

    height: 100px;

    line-height: 25px;

    display: flex;

    text-align: center;

    align-items: center;

    justify-content: center;

    margin: 0 450px;

}

.success p {

    color: black;

    font-size: 20px;

}

.success a {

    color: rgb(77, 0, 150);

    font-size: 20px;

}

/\* SIGN UP \*/

section2 .container1{

    width: 100%;

    height: 80vh;

    display: flex;

    justify-content: center;

    align-items: center;

}

section2 .container1 .cont {

    color: white;

}

section2 .container1 .cont .formsign-up{

    width: 100%;

    height: 80vh;

    font-size: 20px;

}

section2 .container1 .cont .formsign-up input{

    height: 30px;

    margin-top:30px;

}

section2 .container1 .cont .formsign-up h2, p{

    margin-left: 20px;

}

section2 .container1 .cont .formsign-up .oneofus a{

    text-decoration: none;

    font-size: 20px;

    list-style-type: none;

    color:white;

}

1. EXTERNAL.CSS

.page{

    display: flex;

    height: 50vh;

}

.photo{

    display: flex;

    justify-content: center;

    align-items: center;

    width: 370px;

    height: 200px;

    background: url(https://www.fearlessmotivation.com/wp-content/uploads/2016/11/time-for-war-M-new-video-simple-750x400.jpg);

    background-size: contain;

}

.infocard{

    margin: 50px 50px;

    height: 350px;

    width: 380px;

    background: #ffab52;

}

.infocard p{

    color: black;

    font-size: 16px;

    margin-left: 10px;

}

.infocard h2{

    color: black;

    margin-left: 10px;

}

.infocard{

    animation: fadeInLeftAnimationnav ease 1.5s;

    animation-iteration-count: 1;

    animation-fill-mode: forwards;

}

@keyframes fadeInLeftAnimationnav {

    0% {

        padding-right: 40px;

        opacity: 0;

    }

    100% {

        padding-right: 0px;

        opacity: 1;

    }

}

1. MAIN.JS

//MAIN JS

//Listen for form submit

document.getElementById("signin").addEventListener("submit", submitForm);

document.getElementById("signup").addEventListener("submit", submitForm);

//get values

function submitForm(){

var Name = getInputVal("Name");

var Username = getInputVal("Username");

var Age = getInputVal("Age");

var Email = getInputVal("Email");

var Password = getInputVal("Password");

changename();

}

function changename(){

  document.getElementById("avatarname").innerHTML = document.getElementById("Name").innerHTML;

  document.getElementById("avatarage").innerHTML = document.getElementById("Age").innerHTML;

  document.getElementById("avataremail").innerHTML = document.getElementById("Email").innerHTML;

}

//DASHBOARD JS

function func(){

  document.getElementById("myprofile").style.display = "flex";

  document.getElementById("members").style.display = "none";

  document.getElementById("trainers").style.display = "none";

  document.getElementById("attendance").style.display = "none";

  document.getElementById("routine").style.display = "none";

  document.getElementById("bmi").style.display = "none";

}

function func1(){

  document.getElementById("myprofile").style.display = "none";

  document.getElementById("members").style.display = "flex";

  document.getElementById("trainers").style.display = "none";

  document.getElementById("attendance").style.display = "none";

  document.getElementById("routine").style.display = "none";

  document.getElementById("bmi").style.display = "none";

}

function func2(){

  document.getElementById("myprofile").style.display = "none";

  document.getElementById("members").style.display = "none";

  document.getElementById("trainers").style.display = "flex";

  document.getElementById("attendance").style.display = "none";

  document.getElementById("routine").style.display = "none";

  document.getElementById("bmi").style.display = "none";

}

function func3(){

  document.getElementById("myprofile").style.display = "none";

  document.getElementById("members").style.display = "none";

  document.getElementById("trainers").style.display = "none";

  document.getElementById("attendance").style.display = "flex";

  document.getElementById("routine").style.display = "none";

  document.getElementById("bmi").style.display = "none";

}

function func4(){

  document.getElementById("myprofile").style.display = "none";

  document.getElementById("members").style.display = "none";

  document.getElementById("trainers").style.display = "none";

  document.getElementById("attendance").style.display = "none";

  document.getElementById("routine").style.display = "flex";

  document.getElementById("bmi").style.display = "none";

}

function func5(){

  document.getElementById("myprofile").style.display = "none";

  document.getElementById("members").style.display = "none";

  document.getElementById("trainers").style.display = "none";

  document.getElementById("attendance").style.display = "none";

  document.getElementById("routine").style.display = "none";

  document.getElementById("bmi").style.display = "flex";

}

function func6(){

  document.getElementsByClassName("sidebar").style.display="none";

}

// BMI JAVASCRIPT

function measureBMI () {

  // true = metric, false = imperial

  let unit = document.getElementById("bmi-metric").checked,

      weight = document.getElementById("bmi-weight"),

      weightu = document.getElementById("bmi-weight-unit"),

      height = document.getElementById("bmi-height"),

      heightu = document.getElementById("bmi-height-unit");

  if (unit) {

    weightu.innerHTML = "KG";

    weight.min = 1;

    weight.max = 635;

    heightu.innerHTML = "CM";

    height.min = 54;

    height.max = 272;

  } else {

    weightu.innerHTML = "LBS";

    weight.min = 2;

    weight.max = 1400;

    heightu.innerHTML = "IN";

    height.min = 21;

    height.max = 107;

  }

}

function calcBMI () {

  // (A) Get elements

  let bmi = null,

      unit = document.getElementById("bmi-metric").checked, // true = metric, false = imperial

      weight = parseInt(document.getElementById("bmi-weight").value),

      height = parseInt(document.getElementById("bmi-height").value),

      results = document.getElementById("bmi-results");

  // (B) Calculate BMI

  // Metric BMI = Mass (kg) / Height (m) square

  if (unit) {

    height = height / 100;

    bmi = weight / (height \* height);

  }

  // Imperial BMI = 703 X Mass (lbs) / Height (in) square

  else {

    bmi = 703 \* (weight / (height \* height));

  }

  // Round off

  bmi = Math.round(bmi \* 100) / 100; // Round off 2 decimal places

  // (C) Show Results

  if (bmi < 18.5) {

    results.innerHTML = bmi + " - Underweight";

  } else if (bmi < 25) {

    results.innerHTML = bmi + " - Normal weight";

  } else if (bmi < 30) {

    results.innerHTML = bmi + " - Pre-obesity";

  } else if (bmi < 35) {

    results.innerHTML = bmi + " - Obesity class I";

  } else if (bmi < 40) {

    results.innerHTML = bmi + " - Obesity class II";

  } else {

    results.innerHTML = bmi + " - Obesity class III";

  }

  return false;

}

1. WALLPAPER.JPG

