**Website Index**

<!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>Healthy Hustle - Eat Healthy To Get Better Life</title>

  <!--

    - favicon

  -->

  <link rel="shortcut icon" href="./assets/images/favicon.png" type="image/png+xml">

  <!--

    - custom css link

  -->

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

  <!--

    - google font link

  -->

  <link rel="preconnect" href="https://fonts.googleapis.com">

  <link rel="preconnect" href="https://fonts.gstatic.com" crossorigin>

  <link

    href="https://fonts.googleapis.com/css2?family=Catamaran:wght@600;700;800;900&family=Rubik:wght@400;500;800&display=swap"

    rel="stylesheet">

  <!--

    - preload images

  -->

  <link rel="preload" as="image" href="./assets/images/hero-banner.png">

  <link rel="preload" as="image" href="./assets/images/hero-circle-one.png">

  <link rel="preload" as="image" href="./assets/images/hero-circle-two.png">

  <link rel="preload" as="image" href="./assets/images/heart-rate.svg">

  <link rel="preload" as="image" href="./assets/images/calories.svg">

</head>

<body id="top">

  <!--

    - #HEADER

  -->

  <header class="header" data-header>

    <div class="container">

      <a href="#" class="logo">

        <ion-icon name="heart" aria-hidden="true"></ion-icon>

        <span class="span">Healthy Hustle</span>

      </a>

      <nav class="navbar" data-navbar>

        <button class="nav-close-btn" aria-label="close menu" data-nav-toggler>

          <ion-icon name="close-sharp" aria-hidden="true"></ion-icon>

        </button>

        <ul class="navbar-list">

          <li>

            <a href="#home" class="navbar-link active" data-nav-link>Home</a>

          </li>

          <li>

            <a href="#about" class="navbar-link" data-nav-link>About Us</a>

          </li>

          <li>

            <a href="#offering" class="navbar-link" data-nav-link>offering</a>

          </li>

          <li>

            <a href="#blog" class="navbar-link" data-nav-link>Blog</a>

          </li>

          <li>

            <a href="#ContactUs" class="navbar-link" data-nav-link>Contact Us</a>

          </li>

        </ul>

      </nav>

      <a href="assets/form/formindex.html" class="btn btn-secondary">Join Now</a>

      <button class="nav-open-btn" aria-label="open menu" data-nav-toggler>

        <span class="line"></span>

        <span class="line"></span>

        <span class="line"></span>

      </button>

    </div>

  </header>

  <main>

    <article>

      <!--

        - #HERO

      -->

      <section class="section hero bg-dark has-after has-bg-image" id="home" aria-label="hero" data-section

        style="background-image: url('./assets/images/hero-bg.png')">

        <div class="container">

          <div class="hero-content">

            <p class="hero-subtitle">

              <strong class="strong">The Best</strong>Dietician

            </p>

            <h1 class="h1 hero-title">Nutrition is the Key to Your Wellness</h1>

            <p class="section-text">

              Achieve long-term wellness through simple, powerful, and holistic changes in your nutrition and eating habits.

            </p>

            <a href="./assets/form/formindex.html" class="btn btn-primary">Get Started</a>

          </div>

          <div class="hero-banner">

            <img src="./assets/images/hero-banner.png" width="660" height="753" alt="hero banner" class="w-100">

            <img src="./assets/images/hero-circle-one.png" width="666" height="666" aria-hidden="true" alt=""

              class="circle circle-1">

            <img src="./assets/images/hero-circle-two.png" width="666" height="666" aria-hidden="true" alt=""

              class="circle circle-2">

            <img src="./assets/images/heart-rate.svg" width="255" height="270" alt="heart rate"

              class="abs-img abs-img-1">

            <img src="./assets/images/calories.svg" width="348" height="224" alt="calories" class="abs-img abs-img-2">

          </div>

        </div>

      </section>

      <!--

        - #ABOUT

      -->

      <section class="section about" id="about" aria-label="about">

        <div class="container">

          <div class="about-banner has-after">

            <img src="./assets/images/about-banner.png" width="660" height="648" loading="lazy" alt="about banner"

              class="w-100">

            <img src="./assets/images/about-circle-one.png" width="660" height="534" loading="lazy" aria-hidden="true"

              alt="" class="circle circle-1">

            <img src="./assets/images/about-circle-two.png" width="660" height="534" loading="lazy" aria-hidden="true"

              alt="" class="circle circle-2">

            <img src="./assets/images/fitness.png" width="650" height="154" loading="lazy" alt="fitness"

              class="abs-img w-100">

          </div>

          <div class="about-content">

            <p class="section-subtitle">About Us</p>

            <h2 class="h2 section-title">Welcome to Healthy Living Consultancy </h2>

            <p class="section-text">

              Your personalized path to a balanced lifestyle! Our team of certified diet consultants offers science-based, customized meal plans and ongoing support to help you achieve your health goals. Whether you need weight management, nutrition for specific health conditions, sports nutrition, family nutrition, or corporate wellness programs, we're here to guide you on your journey to better health. Start your transformation today - contact us for a consultation!

            </p>

            <div class="wrapper">

              <div class="about-Dietician">

                <figure class="Dietician-avatar">

                  <img src="./assets/images/DIETICIAN.jpeg" width="65" height="65" loading="lazy" alt="DIETICIAN">

                </figure>

                <div>

                  <h3 class="h3 Dietician-name">Krutanjeli Kamble</h3>

                  <p class="Dietician-title">Our Dietician</p>

                </div>

              </div>

              <a href="#" class="btn btn-primary">Explore More</a>

            </div>

          </div>

        </div>

      </section>

      <!--

        - #VIDEO

      -->

      <section class="section video" aria-label="video">

        <div class="container">

          <div class="video-card has-before has-bg-image"

            style="background-image: url('./assets/images/healthy-foods.webp')">

            <h2 class="h2 card-title">Explore Healthy Life</h2>

            <button class="play-btn" aria-label="play video" onclick="watchVideo()">

              <ion-icon name="play-sharp" aria-hidden="true"></ion-icon>

            </button>

            <a href="https://www.youtube.com/playlist?list=PL3Y-WS55oH3lC-EYi1kW7Wi74Wy3a92Ey" class="btn-link has-before">Watch More</a>

          </div>

        </div>

      </section>

      <!--

        - #offering

      -->

      <section class="section class bg-dark has-bg-image" id="offering" aria-label="offering"

        style="background-image: url('./assets/images/classes-bg.png')">

        <div class="container">

          <p class="section-subtitle">Offering</p>

          <h2 class="h2 section-title text-center">YOUR INTREST</h2>

          <ul class="class-list has-scrollbar">

            <li class="scrollbar-item">

              <div class="class-card">

                <figure class="card-banner img-holder" style="--width: 416; --height: 240;">

                  <img src="./assets/images/class-1.jpg" width="416" height="240" loading="lazy" alt="Weight loss"

                    class="img-cover">

                </figure>

                <div class="card-content">

                  <div class="title-wrapper">

                    <img src="./assets/images/class-icon-6.png" width="52" height="52" aria-hidden="true" alt=""

                      class="title-icon">

                    <h3 class="h3">

                      <a href="#" class="card-title">Clients</a>

                    </h3>

                  </div>

                  <p class="card-text">

                    Transform your life with weight loss - boost health, confidence, energy, mood, and inspire others through your journey!

                  </p>

                  <div class="card-progress">

                    <div class="progress-wrapper">

                      <p class="progress-label">Clients</p>

                      <span class="progress-value">85%</span>

                    </div>

                    <div class="progress-bg">

                      <div class="progress-bar" style="width: 85%"></div>

                    </div>

                  </div>

                </div>

              </div>

            </li>

            <li class="scrollbar-item">

              <div class="class-card">

                <figure class="card-banner img-holder" style="--width: 416; --height: 240;">

                  <img src="./assets/images/class-2.jpg" width="416" height="240" loading="lazy" alt="Cardio & Strenght"

                    class="img-cover">

                </figure>

                <div class="card-content">

                  <div class="title-wrapper">

                    <img src="./assets/images/class-icon-2.png" width="52" height="52" aria-hidden="true" alt=""

                      class="title-icon">

                    <h3 class="h3">

                      <a href="#" class="card-title">Weight gain</a>

                    </h3>

                  </div>

                  <p class="card-text">

                    Embrace the journey of healthy weight gain: Unleash strength,confidence, inspiring yourself .

                  </p>

                  <div class="card-progress">

                    <div class="progress-wrapper">

                      <p class="progress-label">Clients</p>

                      <span class="progress-value">70%</span>

                    </div>

                    <div class="progress-bg">

                      <div class="progress-bar" style="width: 70%"></div>

                    </div>

                  </div>

                </div>

              </div>

            </li>

            <li class="scrollbar-item">

              <div class="class-card">

                <figure class="card-banner img-holder" style="--width: 416; --height: 240;">

                  <img src="./assets/images/class-3.jpg" width="416" height="240" loading="lazy" alt="Power Yoga"

                    class="img-cover">

                </figure>

                <div class="card-content">

                  <div class="title-wrapper">

                    <img src="./assets/images/class-icon-3.png" width="52" height="52" aria-hidden="true" alt=""

                      class="title-icon">

                    <h3 class="h3">

                      <a href="#" class="card-title">Pcod\pcos management</a>

                    </h3>

                  </div>

                  <p class="card-text">

                    Reclaim control over PCOD/PCOS: Achieve balance, well-being, and inspire positive change in your life.

                  </p>

                  <div class="card-progress">

                    <div class="progress-wrapper">

                      <p class="progress-label">Clients</p>

                      <span class="progress-value">90%</span>

                    </div>

                    <div class="progress-bg">

                      <div class="progress-bar" style="width: 90%"></div>

                    </div>

                  </div>

                </div>

              </div>

            </li>

            <li class="scrollbar-item">

              <div class="class-card">

                <figure class="card-banner img-holder" style="--width: 416; --height: 240;">

                  <img src="./assets/images/class-5.jpeg" width="416" height="240" loading="lazy" alt="The Fitness Pack"

                    class="img-cover">

                </figure>

                <div class="card-content">

                  <div class="title-wrapper">

                    <img src="./assets/images/class-icon-4.png" width="52" height="52" aria-hidden="true" alt=""

                      class="title-icon">

                    <h3 class="h3">

                      <a href="#" class="card-title">Diabetic management</a>

                    </h3>

                  </div>

                  <p class="card-text">

                    Master diabetes management: Control blood sugar, transform your lifestyle, inspire others.

                  </p>

                  <div class="card-progress">

                    <div class="progress-wrapper">

                      <p class="progress-label">Clients</p>

                      <span class="progress-value">45%</span>

                    </div>

                    <div class="progress-bg">

                      <div class="progress-bar" style="width: 45%"></div>

                    </div>

                  </div>

                </div>

              </div>

            </li>

            <li class="scrollbar-item">

              <div class="class-card">

                <figure class="card-banner img-holder" style="--width: 416; --height: 240;">

                  <img src="./assets/images/class-6.jpg" width="416" height="240" loading="lazy" alt="The Fitness Pack"

                    class="img-cover">

                </figure>

                <div class="card-content">

                  <div class="title-wrapper">

                    <img src="./assets/images/class-icon-7.png" width="52" height="52" aria-hidden="true" alt=""

                      class="title-icon">

                    <h3 class="h3">

                      <a href="#" class="card-title">Thyroid management</a>

                    </h3>

                  </div>

                  <p class="card-text">

                    Take charge of your thyroid health: Manage symptoms, restore balance, and unleash your full potential.

                  </p>

                  <div class="card-progress">

                    <div class="progress-wrapper">

                      <p class="progress-label">Clients</p>

                      <span class="progress-value">75%</span>

                    </div>

                    <div class="progress-bg">

                      <div class="progress-bar" style="width: 75%"></div>

                    </div>

                  </div>

                </div>

              </div>

            </li>

            <li class="scrollbar-item">

              <div class="class-card">

                <figure class="card-banner img-holder" style="--width: 416; --height: 240;">

                  <img src="./assets/images/class-4.jpg" width="416" height="240" loading="lazy" alt="The Fitness Pack"

                    class="img-cover">

                </figure>

                <div class="card-content">

                  <div class="title-wrapper">

                    <img src="./assets/images/class-icon-5.png" width="52" height="52" aria-hidden="true" alt=""

                      class="title-icon">

                    <h3 class="h3">

                      <a href="#" class="card-title">Weight management</a>

                    </h3>

                  </div>

                  <p class="card-text">

                    Achieve optimal weight with thyroid management: Regain balance, transform your body, and inspire lasting wellness.

                  </p>

                  <div class="card-progress">

                    <div class="progress-wrapper">

                      <p class="progress-label">Clients</p>

                      <span class="progress-value">60%</span>

                    </div>

                    <div class="progress-bg">

                      <div class="progress-bar" style="width: 60%"></div>

                    </div>

                  </div>

                </div>

              </div>

            </li>

          </ul>

        </div>

      </section>

      <!--

        - #BLOG

      -->

      <section class="section blog" id="blog" aria-label="blog">

        <div class="container">

          <p class="section-subtitle">Our News</p>

          <h2 class="h2 section-title text-center">Latest Blog Feed</h2>

          <ul class="blog-list has-scrollbar">

            <li class="scrollbar-item">

              <div class="blog-card">

                <div class="card-banner img-holder" style="--width: 440; --height: 270;">

                  <img src="./assets/images/blog-1.jpg" width="440" height="270" loading="lazy"

                    alt="Going to the gym for the first time" class="img-cover">

                  <time class="card-meta" datetime="2023-07-07">7 July 2023</time>

                </div>

                <div class="card-content">

                  <h3 class="h3">

                    <a href="#" class="card-title">Personalized Meal Plans for Optimal Health</a>

                  </h3>

                  <p class="card-text">

                    Discover the power of personalized meal plans crafted by our diet consultants, tailored to your unique needs, ensuring better weight management and overall well-being.

                  </p>

                  <a href="#" class="btn-link has-before">Read More</a>

                </div>

              </div>

            </li>

            <li class="scrollbar-item">

              <div class="blog-card">

                <div class="card-banner img-holder" style="--width: 440; --height: 270;">

                  <img src="./assets/images/blog-2.jpg" width="440" height="270" loading="lazy"

                    alt="Parturient accumsan cacus pulvinar magna" class="img-cover">

                  <time class="card-meta" datetime="2023-07-13">13 July 2023</time>

                </div>

                <div class="card-content">

                  <h3 class="h3">

                    <a href="#" class="card-title">Special Health Conditions and Nutrition</a>

                  </h3>

                  <p class="card-text">

                    Explore how our diet consultants provide science-based support to manage health conditions like diabetes, hypertension, and food allergies through personalized dietary strategies.

                  </p>

                  <a href="#" class="btn-link has-before">Read More</a>

                </div>

              </div>

            </li>

            <li class="scrollbar-item">

              <div class="blog-card">

                <div class="card-banner img-holder" style="--width: 440; --height: 270;">

                  <img src="./assets/images/blog-3.jpg" width="440" height="270" loading="lazy"

                    alt="Risus purus namien parturient accumsan cacus" class="img-cover">

                  <time class="card-meta" datetime="2023-07-19">19 July 2023</time>

                </div>

                <div class="card-content">

                  <h3 class="h3">

                    <a href="#" class="card-title">The Truth About Fad Diets: Sustainable Weight Loss</a>

                  </h3>

                  <p class="card-text">

                    Learn why fad diets fall short and how our diet consultants offer evidence-based approaches to achieve sustainable weight loss and maintain a healthy lifestyle.

                  </p>

                  <a href="#" class="btn-link has-before">Read More</a>

                </div>

              </div>

            </li>

          </ul>

        </div>

      </section>

    </article>

  </main>

<!--

    - #FOOTER

  -->

  <footer class="footer" id="ContactUs" aria-label="ContactUs">

    <div class="section footer-top bg-dark has-bg-image" style="background-image: url('./assets/images/footer-bg.png')">

      <div class="container">

        <div class="footer-brand">

          <a href="#" class="logo">

            <ion-icon name="heart" aria-hidden="true"></ion-icon>

            <span class="span">Healthy Hustle</span>

          </a>

          <p class="footer-brand-text">

            Nutrition is the Key to Your Wellness

          </p>

          <div class="wrapper">

            <img src="./assets/images/footer-clock.png" width="34" height="34" loading="lazy" alt="Clock">

            <ul class="footer-brand-list">

              <li>

                <p class="footer-brand-title">Monday - Friday</p>

                <p>7:00Am - 10:00Pm</p>

              </li>

              <li>

                <p class="footer-brand-title">Saturday - Sunday</p>

                <p>7:00Am - 2:00Pm</p>

              </li>

            </ul>

          </div>

        </div>

        <ul class="footer-list">

          <li>

            <p class="footer-list-title has-before">Our Links</p>

          </li>

          <li>

            <a href="#home" class="footer-link">Home</a>

          </li>

          <li>

            <a href="#about" class="footer-link">About Us</a>

          </li>

          <li>

            <a href="#offering" class="footer-link">offering</a>

          </li>

          <li>

            <a href="#blog" class="footer-link">Blog</a>

          </li>

          <li>

            <a href="./assets/form/formindex.html" class="footer-link">Contact Us</a>

          </li>

        </ul>

        <ul class="footer-list">

          <li>

            <p class="footer-list-title has-before">Contact Us</p>

          </li>

          <li class="footer-list-item">

            <div class="icon">

              <ion-icon name="location" aria-hidden="true"></ion-icon>

            </div>

            <address class="address footer-link">

              1447/Plot No. 45, 10th Phase, Colony, Kukatpally, Mumbai

            </address>

          </li>

          <li class="footer-list-item">

            <div class="icon">

              <ion-icon name="call" aria-hidden="true"></ion-icon>

            </div>

            <div>

              <a href="tel:180012312312" class="footer-link">1800-123-12312</a>

              <a href="tel:+915551231234" class="footer-link">+91 555 123-1234</a>

            </div>

          </li>

          <li class="footer-list-item">

            <div class="icon">

              <ion-icon name="mail" aria-hidden="true"></ion-icon>

            </div>

            <div>

              <a href="mailto:info@healthyhustle.com" class="footer-link">info@healthyhustle.com</a>

              <a href="mailto:services@healthyhustle.com" class="footer-link">services@healthyhustle.com</a>

            </div>

          </li>

        </ul>

        <ul class="footer-list">

          <li>

            <p class="footer-list-title has-before">Our Newsletter</p>

          </li>

          <li>

            <form action="" class="footer-form">

              <input type="email" name="email\_address" aria-label="email" placeholder="Email Address" required

                class="input-field">

              <button type="submit" class="btn btn-primary" aria-label="Submit">

                <ion-icon name="chevron-forward-sharp" aria-hidden="true"></ion-icon>

              </button>

            </form>

          </li>

          <li>

            <ul class="social-list">

              <li>

                <a href="#" class="social-link">

                  <ion-icon name="logo-facebook"></ion-icon>

                </a>

              </li>

              <li>

                <a href="#" class="social-link">

                  <ion-icon name="logo-instagram"></ion-icon>

                </a>

              </li>

              <li>

                <a href="#" class="social-link">

                  <ion-icon name="logo-twitter"></ion-icon>

                </a>

              </li>

            </ul>

          </li>

        </ul>

      </div>

    </div>

    <div class="footer-bottom">

      <div class="container">

        <p class="copyright">

          &copy; 2023 Healthy Hustle. All Rights Reserved By <a href="#" class="copyright-link">Aryan Lasure.</a>

        </p>

        <ul class="footer-bottom-list">

          <li>

            <a href="#" class="footer-bottom-link has-before">Privacy Policy</a>

          </li>

          <li>

            <a href="#" class="footer-bottom-link has-before">Terms & Condition</a>

          </li>

        </ul>

      </div>

    </div>

  </footer>

  <!--

    - #BACK TO TOP

  -->

  <a href="#top" class="back-top-btn" aria-label="back to top" data-back-top-btn>

    <ion-icon name="caret-up-sharp" aria-hidden="true"></ion-icon>

  </a>

  <!--

    - custom js link

  -->

  <script src="./assets/js/script.js" defer></script>

  <!--

    - ionicon link

  -->

  <script type="module" src="https://unpkg.com/ionicons@5.5.2/dist/ionicons/ionicons.esm.js"></script>

  <script nomodule src="https://unpkg.com/ionicons@5.5.2/dist/ionicons/ionicons.js"></script>

</body>

</html>

**Website Style**

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

  #style.css

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

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

  #CUSTOM PROPERTY

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

:root {

  /\*\*

   \* colors

   \*/

  --rich-black-fogra-29\_50: hsl(210, 26%, 11%, 0.5);

  --rich-black-fogra-29-1: hsl(210, 26%, 11%);

  --rich-black-fogra-29-2: hsl(210, 50%, 4%);

  --silver-metallic: hsl(212, 9%, 67%);

  --coquelicot\_20: hsla(12, 98%, 52%, 0.2);

  --coquelicot\_10: hsla(12, 98%, 52%, 0.1);

  --sonic-silver: hsl(0, 0%, 47%);

  --cadet-gray: hsl(214, 15%, 62%);

  --light-gray: hsl(0, 0%, 80%);

  --coquelicot: hsl(12, 98%, 52%);

  --gainsboro: hsl(0, 0%, 88%);

  --white\_20: hsl(0, 0%, 100%, 0.2);

  --white\_10: hsl(0, 0%, 100%, 0.1);

  --black\_10: hsl(0, 0%, 0%, 0.1);

  --white: hsl(0, 0%, 100%);

  /\*\*

   \* typography

   \*/

  --ff-catamaran: 'Catamaran', sans-serif;

  --ff-rubik: 'Rubik', sans-serif;

  --fs-1: 3.8rem;

  --fs-2: 3rem;

  --fs-3: 2.5rem;

  --fs-4: 2rem;

  --fs-5: 1.8rem;

  --fs-6: 1.5rem;

  --fw-900: 900;

  --fw-800: 800;

  --fw-700: 700;

  --fw-500: 500;

  /\*\*

   \* spacing

   \*/

  --section-padding: 80px;

  /\*\*

   \* shadow

   \*/

  --shadow-1: 0 0 20px var(--black\_10);

  --shadow-2: 0px 10px 24px var(--coquelicot\_20);

  /\*\*

   \* border radius

   \*/

  --radius-10: 10px;

  --radius-8: 8px;

  --radius-5: 5px;

  /\*\*

   \* transition

   \*/

  --transition-1: 0.25s ease;

  --transition-2: 0.5s ease;

  --cubic-in: cubic-bezier(0.51, 0.03, 0.64, 0.28);

  --cubic-out: cubic-bezier(0.33, 0.85, 0.4, 0.96);

}

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

  #RESET

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

\*,

\*::before,

\*::after {

  margin: 0;

  padding: 0;

  box-sizing: border-box;

}

li { list-style: none; }

a {

  text-decoration: none;

  color: inherit;

}

a,

img,

span,

input,

button,

strong,

ion-icon { display: block; }

img { height: auto; }

input,

button {

  background: none;

  border: none;

  font: inherit;

}

input { width: 100%; }

button { cursor: pointer; }

ion-icon { pointer-events: none; }

address { font-style: normal; }

html {

  font-family: var(--ff-rubik);

  font-size: 10px;

  scroll-behavior: smooth;

}

body {

  background-color: var(--white);

  color: var(--sonic-silver);

  font-size: 1.6rem;

  line-height: 1.6;

}

:focus-visible { outline-offset: 4px; }

::-webkit-scrollbar { width: 5px; }

::-webkit-scrollbar-track { background-color: var(--light-gray); }

::-webkit-scrollbar-thumb { background-color: var(--coquelicot); }

::-webkit-scrollbar-thumb:hover { background-color: var(--rich-black-fogra-29-1); }

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

  #REUSED STYLE

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

.container { padding-inline: 15px; }

.section { padding-block: var(--section-padding); }

.bg-dark {

  background-color: var(--rich-black-fogra-29-1);

  color: var(--silver-metallic);

}

.has-bg-image {

  background-repeat: no-repeat;

  background-position: top left;

}

.has-before,

.has-after {

  position: relative;

  z-index: 1;

}

.has-before::before,

.has-after::after {

  content: "";

  position: absolute;

}

.h1,

.h2,

.h3 {

  font-family: var(--ff-catamaran);

  line-height: 1.25;

}

.h1 {

  color: var(--white);

  font-size: var(--fs-1);

  font-weight: var(--fw-900);

}

.h2,

.h3 {

  color: var(--rich-black-fogra-29-1);

  font-weight: var(--fw-800);

}

.h2 { font-size: var(--fs-2); }

.h3 { font-size: var(--fs-4); }

.section-text { font-size: var(--fs-6); }

.btn {

  max-width: max-content;

  font-size: var(--fs-6);

  text-transform: uppercase;

  font-weight: var(--fw-500);

  padding: 15px 35px;

  border-radius: var(--radius-8);

  transition: var(--transition-1);

}

.btn-primary {

  background-color: var(--coquelicot);

  color: var(--white);

}

.btn-primary:is(:hover, :focus) {

  background-color: var(--white);

  color: var(--coquelicot);

  box-shadow: var(--shadow-2);

}

.btn-secondary {

  background-color: var(--white);

  color: var(--coquelicot);

}

.btn-secondary:is(:hover, :focus) { background-color: var(--rich-black-fogra-29-1); }

.w-100 { width: 100%; }

.circle,

.abs-img { position: absolute; }

.circle {

  top: 50%;

  left: 50%;

  transform: translate(-50%, -56%);

  width: 100%;

  z-index: -1;

  animation: rotate360 15s linear infinite;

}

@keyframes rotate360 {

  0% { transform: translate(-50%, -56%) rotate(0); }

  100% { transform: translate(-50%, -56%) rotate(1turn); }

}

.circle-2 { animation-direction: reverse; }

.hero-subtitle,

.section-subtitle {

  font-family: var(--ff-catamaran);

  font-weight: var(--fw-700);

  text-transform: uppercase;

  max-width: max-content;

}

.section-subtitle {

  background-color: var(--coquelicot\_10);

  color: var(--coquelicot);

  padding: 8px 20px;

  border-radius: var(--radius-8);

}

.section-title { margin-block: 18px 35px; }

.btn-link {

  --color: var(--white);

  color: var(--color);

  font-size: var(--fs-6);

  font-weight: var(--fw-500);

  text-transform: uppercase;

  max-width: max-content;

  transition: var(--transition-1);

}

.btn-link::before {

  bottom: 0;

  left: 0;

  width: 100%;

  height: 2px;

  background-color: var(--color);

  transition: var(--transition-1);

}

.btn-link:is(:hover, :focus) { --color: var(--coquelicot); }

.text-center { text-align: center; }

.img-holder {

  aspect-ratio: var(--width) / var(--height);

  background-color: var(--light-gray);

  overflow: hidden;

}

.img-cover {

  width: 100%;

  height: 100%;

  object-fit: cover;

}

.has-scrollbar {

  display: flex;

  gap: 25px;

  overflow-x: auto;

  padding-block-end: 30px;

  scroll-snap-type: inline mandatory;

}

.scrollbar-item {

  min-width: 100%;

  scroll-snap-align: start;

}

.has-scrollbar::-webkit-scrollbar { height: 10px; }

.has-scrollbar::-webkit-scrollbar-track,

.has-scrollbar::-webkit-scrollbar-thumb { border-radius: 50px; }

.has-scrollbar::-webkit-scrollbar-thumb:hover { background-color: var(--coquelicot); }

.has-scrollbar::-webkit-scrollbar-button { width: calc(25% - 25px); }

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

  #HEADER

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

.header .btn { display: none; }

.header {

  background-color: var(--white);

  position: fixed;

  top: 0;

  left: 0;

  width: 100%;

  padding-block: 10px;

  box-shadow: var(--shadow-1);

  z-index: 4;

}

.header > .container {

  display: flex;

  justify-content: space-between;

  align-items: center;

}

.logo {

  color: var(--rich-black-fogra-29-1);

  font-family: var(--ff-catamaran);

  font-size: 3.5rem;

  font-weight: var(--fw-900);

  display: flex;

  align-items: center;

  margin-inline-start: -8px;

}

.logo ion-icon {

  color: var(--coquelicot);

  font-size: 40px;

  transform: rotate(90deg) translate(-2px, -5px);

}

.nav-open-btn {

  background-color: var(--coquelicot);

  padding: 20px 15px;

  border-radius: var(--radius-8);

}

.nav-open-btn .line {

  background-color: var(--white);

  width: 30px;

  height: 3px;

}

.nav-open-btn .line:not(:last-child) { margin-block-end: 6px; }

.nav-open-btn .line:nth-child(2) {

  width: 25px;

  margin-inline-start: auto;

}

.navbar {

  background-color: var(--coquelicot);

  color: var(--white);

  position: fixed;

  top: 100%;

  left: 0;

  width: 100%;

  height: 100%;

  display: grid;

  place-content: center;

  visibility: hidden;

  transition: 0.25s var(--cubic-in);

}

.navbar.active {

  visibility: visible;

  transform: translateY(-100%);

  transition: 0.5s var(--cubic-out);

}

.nav-close-btn {

  position: absolute;

  top: 10px;

  right: 15px;

  background-color: var(--rich-black-fogra-29-1);

  color: var(--white);

  font-size: 40px;

  padding: 10px;

  border-radius: var(--radius-8);

}

.navbar-link {

  font-family: var(--ff-catamaran);

  font-size: var(--fs-4);

  text-align: center;

  padding-block: 10px;

  margin-block-end: 20px;

  transition: var(--transition-1);

}

.navbar-link:is(:hover, :focus, .active) { color: var(--rich-black-fogra-29-1); }

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

  #HERO

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

.hero {

  color: var(--cadet-gray);

  text-align: center;

  padding-block-start: calc(var(--section-padding) + 80px);

  padding-block-end: 0;

  overflow: hidden;

}

.hero::after {

  bottom: 0;

  left: 0;

  width: 100%;

  height: 240px;

  background-color: var(--coquelicot);

  z-index: -1;

}

.hero-content { margin-block-end: 90px; }

.hero-subtitle {

  background-color: var(--white\_10);

  color: var(--white);

  margin-inline: auto;

  padding: 5px;

  padding-inline-end: 15px;

  border-radius: var(--radius-8);

}

.hero-subtitle .strong {

  display: inline-block;

  background-color: var(--coquelicot);

  padding: 2px 15px;

  margin-inline-end: 15px;

  border-radius: var(--radius-5);

}

.hero-title { margin-block: 30px 8px; }

.hero .section-text { margin-block-end: 40px; }

.hero .btn { margin-inline: auto; }

.hero-banner { position: relative; }

.abs-img-1 {

  top: 20px;

  right: -50px;

  width: 190px;

}

.abs-img-2 {

  bottom: -50px;

  left: -40px;

  width: 280px;

}

.hero .abs-img { animation: move 3s linear infinite alternate; }

@keyframes move {

  0% { transform: translate(0, 0); }

  50% { transform: translate(-5px, 10px); }

  100% { transform: translate(5px, 20px); }

}

.hero .abs-img-2 { animation-direction: alternate-reverse; }

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

  #ABOUT

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

.about { overflow: hidden; }

.about-banner { margin-block-end: 50px; }

.about-banner::after {

  bottom: 0;

  left: 0;

  width: 100%;

  height: 50%;

  background-color: var(--coquelicot);

  border-radius: var(--radius-10);

  z-index: -2;

}

.about-banner .abs-img {

  bottom: 0;

  left: 0;

  z-index: -1;

  animation: moveUp 2.5s ease infinite;

}

@keyframes moveUp {

  0%,

  30%,

  60%,

  100% { transform: translateY(0); }

  20% { transform: translateY(-30px); }

  40% { transform: translateY(-15px); }

}

.about .section-text:not(:last-of-type) { margin-block-end: 15px; }

.about .wrapper { margin-block-start: 30px; }

.about-Dietician {

  display: flex;

  align-items: center;

  gap: 20px;

  margin-block-end: 30px;

}

.about .Dietician-avatar {

  overflow: hidden;

  border-radius: 50%;

}

.about .Dietician-name {

  font-weight: var(--fw-700);

  margin-block-end: 5px;

}

.about .Dietician-title { font-size: var(--fs-6); }

.about .btn-primary:is(:hover, :focus) {

  background-color: var(--rich-black-fogra-29-1);

  color: var(--white);

  box-shadow: none;

}

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

  #VIDEO

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

.video {

  padding-block: 0;

  margin-block-end: -250px;

}

.video-card {

  background-color: var(--light-gray);

  background-size: cover;

  background-position: center;

  height: 500px;

  border-radius: var(--radius-10);

  display: flex;

  flex-direction: column;

  justify-content: center;

  align-items: center;

  overflow: hidden;

}

.video-card::before {

  top: 0;

  left: 0;

  bottom: 0;

  right: 0;

  background-color: var(--rich-black-fogra-29\_50);

  z-index: -1;

}

.video-card .card-title {

  color: var(--white);

  font-size: var(--fs-3);

}

.play-btn {

  background-color: var(--coquelicot);

  color: var(--white);

  width: max-content;

  font-size: 30px;

  padding: 25px;

  border-radius: 50%;

  margin-block: 25px 35px;

  animation: pulse 2s ease infinite;

}

@keyframes pulse {

  0% { box-shadow: 0 0 0 0 var(--coquelicot); }

  100% { box-shadow: 0 0 0 40px transparent; }

}

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

  #Offer

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

.class { padding-block-start: calc(var(--section-padding) + 250px); }

.class .section-subtitle { margin-inline: auto; }

.class .section-title { color: var(--white); }

.class-card {

  background-color: var(--white);

  border-radius: var(--radius-10);

  height: 100%;

  overflow: hidden;

}

.class-card .card-banner img { transition: var(--transition-2); }

.class-card:is(:hover, :focus-within) .card-banner img {

  transform: scale(1.1);

}

.class-card .card-content { padding: 24px; }

.class-card .title-wrapper {

  display: flex;

  align-items: center;

}

.class-card .title-icon {

  padding-inline-end: 20px;

  margin-inline-end: 20px;

  min-width: max-content;

  border-inline-end: 1px solid var(--gainsboro);

}

.class-card .card-title { transition: var(--transition-1); }

.class-card .card-title:is(:hover, :focus) { color: var(--coquelicot); }

.class-card .card-text {

  color: var(--sonic-silver);

  font-size: var(--fs-6);

  margin-block: 16px 12px;

}

.class-card .progress-wrapper {

  display: flex;

  justify-content: space-between;

  align-items: center;

  font-family: var(--ff-catamaran);

  color: var(--rich-black-fogra-29-1);

  font-size: var(--fs-6);

  font-weight: var(--fw-800);

  margin-block-end: 8px;

}

.class-card .progress-bg {

  background-color: var(--coquelicot\_10);

  border-radius: 50px;

}

.class-card .progress-bar {

  background-color: var(--coquelicot);

  height: 10px;

  border-radius: inherit;

}

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

  #BLOG

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

.blog .section-subtitle { margin-inline: auto; }

.blog-card {

  background-color: var(--white);

  border: 1px solid var(--light-gray);

  border-radius: var(--radius-10);

  height: 100%;

  overflow: hidden;

}

.blog-card .card-banner { position: relative; }

.blog-card .card-banner img { transition: var(--transition-2); }

.blog-card:is(:hover, :focus) .card-banner img {

  transform: scale(1.1);

}

.blog-card .card-meta {

  background-color: var(--coquelicot);

  color: var(--white);

  position: absolute;

  bottom: 0;

  left: 0;

  padding: 8px 20px;

  font-size: var(--fs-6);

  font-weight: var(--fw-500);

  text-transform: uppercase;

}

.blog-card .card-content { padding: 25px; }

.blog-card .card-title { transition: var(--transition-1); }

.blog-card .card-title:is(:hover, :focus) { color: var(--coquelicot); }

.blog-card .card-text {

  font-size: var(--fs-6);

  margin-block: 8px 12px;

}

.blog-card .btn-link { --color: var(--coquelicot); }

.blog-card .btn-link:is(:hover, :focus) { --color: var(--rich-black-fogra-29-1); }

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

  #FOOTER

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

.footer { font-size: var(--fs-6); }

.footer-top .container {

  display: grid;

  gap: 50px;

}

.footer .logo {

  color: var(--white);

}

.footer-brand-text { margin-block: 25px; }

.footer-top .wrapper {

  display: flex;

  justify-content: flex-start;

  align-items: flex-start;

  gap: 20px;

}

.footer-brand-list li:not(:last-child) { margin-block-end: 15px; }

.footer-brand-title,

.footer-list-title {

  color: var(--white);

  font-family: var(--ff-catamaran);

}

.footer-list-title {

  font-size: var(--fs-4);

  font-weight: var(--fw-800);

  margin-block-end: 28px;

}

.footer-list-title::before {

  bottom: 0;

  width: 70px;

  height: 1px;

  background-color: var(--coquelicot);

}

.footer-list > li:not(:first-child) { margin-block-start: 12px; }

.footer-link { transition: var(--transition-1); }

.footer-link:not(.address):is(:hover, :focus) { color: var(--coquelicot); }

.footer-list-item {

  display: flex;

  justify-content: flex-start;

  align-items: center;

  gap: 20px;

}

.footer-list-item .icon {

  background-color: var(--coquelicot);

  color: var(--white);

  font-size: 24px;

  padding: 8px;

  border-radius: 50px;

}

.footer-form {

  position: relative;

  margin-block-end: 30px;

}

.footer-form .input-field {

  background-color: var(--white);

  color: var(--rich-black-fogra-29-1);

  padding-block: 18px;

  padding-inline: 30px 80px;

  border-radius: var(--radius-10);

}

.footer-form .btn {

  position: absolute;

  top: 5px;

  right: 5px;

  bottom: 5px;

  padding: 0;

  font-size: 26px;

  padding-inline: 12px;

}

.footer-form .btn-primary:is(:hover, :focus) {

  background-color: var(--rich-black-fogra-29-1);

  color: var(--white);

  box-shadow: none;

}

.social-list {

  display: flex;

  gap: 15px;

}

.social-link {

  background-color: var(--white\_20);

  color: var(--white);

  padding: 13px;

  border-radius: 50%;

  transition: var(--transition-1);

}

.social-link:is(:hover, :focus) { background-color: var(--coquelicot); }

.footer-bottom {

  background-color: var(--rich-black-fogra-29-2);

  color: var(--white);

  text-align: center;

  padding-block: 15px;

}

.copyright-link {

  display: inline-block;

  color: var(--coquelicot);

}

.footer-bottom-list {

  display: flex;

  justify-content: center;

  gap: 15px;

  margin-block-start: 10px;

}

.footer-bottom-link {

  padding-inline-start: 20px;

  transition: var(--transition-1);

}

.footer-bottom-link::before {

  top: 50%;

  transform: translateY(-50%);

  left: 0;

  width: 10px;

  height: 10px;

  background-color: var(--coquelicot);

  border-radius: 50%;

}

.footer-bottom-link:is(:hover, :focus) { color: var(--coquelicot); }

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

  #BACK TO TOP

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

.back-top-btn {

  position: fixed;

  bottom: 20px;

  right: 40px;

  background-color: var(--coquelicot);

  color: var(--rich-black-fogra-29-1);

  font-size: 20px;

  padding: 11px;

  border-radius: 50%;

  border: 2px solid var(--rich-black-fogra-29-1);

  visibility: hidden;

  opacity: 0;

  transition: var(--transition-1);

  z-index: 4;

}

.back-top-btn.active {

  visibility: visible;

  opacity: 1;

  transform: translateY(-10px);

}

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

  #MEDIA QUERIES

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

/\*\*

 \* responsive for larger than 575px screen

 \*/

@media (min-width: 575px) {

  /\*\*

   \* CUSTOM PROPERTY

   \*/

  :root {

    /\*\*

     \* typography

     \*/

    --fs-1: 5.8rem;

    --fs-2: 4rem;

  }

  /\*\*

   \* REUSED STYLE

   \*/

  .container {

    max-width: 540px;

    width: 100%;

    margin-inline: auto;

  }

  .hero-subtitle,

  .section-subtitle { font-size: var(--fs-5); }

  /\*\*

   \* HEADER

   \*/

  .header .container {

    max-width: unset;

    padding-inline: 30px;

  }

  /\*\*

   \* HERO

   \*/

  .hero-content { padding-inline: 40px; }

  .hero-subtitle .strong { padding-block: 6px; }

  .hero::after { height: 340px; }

  .abs-img-1 {

    top: 130px;

    right: -10px;

    width: 230px;

  }

  .abs-img-2 {

    bottom: 20px;

    left: -40px;

    width: 310px;

  }

  /\*\*

   \* ABOUT

   \*/

  .about .wrapper {

    display: flex;

    justify-content: flex-start;

    align-items: center;

    gap: 40px;

  }

  .about-Dietician { margin-block-end: 0; }

  /\*\*

   \* VIDEO

   \*/

  .video-card .card-title { --fs-3: 3.5rem; }

  /\*\*

   \* FOOTER

   \*/

  .footer-top .container {

    grid-template-columns: 1fr 1fr;

    column-gap: 25px;

  }

}

/\*\*

 \* responsive for larger than 768px screen

 \*/

@media (min-width: 768px) {

  /\*\*

   \* CUSTOM PROPERTY

   \*/

  :root {

    /\*\*

     \* typography

     \*/

    --fs-2: 4.5rem;

  }

  /\*\*

   \* REUSED STYLE

   \*/

  .container { max-width: 720px; }

  .scrollbar-item { min-width: calc(50% - 12.5px); }

  /\*\*

   \* HERO

   \*/

  .hero-banner {

    max-width: max-content;

    margin-inline: auto;

  }

  .abs-img-1 {

    top: 140px;

    right: 50px;

  }

  /\*\*

   \* FOOTER

   \*/

  .footer-bottom .container {

    display: flex;

    justify-content: space-between;

    align-items: center;

  }

  .footer-bottom-list { margin-block-start: 0; }

}

/\*\*

 \* responsive for larger than 992px screen

 \*/

@media (min-width: 992px) {

  /\*\*

   \* REUSED STYLE

   \*/

  .container,

  .header .container { max-width: 960px; }

  /\*\*

   \* HEADER

   \*/

  .nav-open-btn,

  .nav-close-btn { display: none; }

  .header .btn { display: block; }

  .header {

    background-color: transparent;

    box-shadow: none;

    padding-block: 30px;

    transition: var(--transition-1);

  }

  .header.active {

    transform: translateY(-100%);

    background-color: var(--white);

    padding-block: 20px;

    box-shadow: var(--shadow-1);

    animation: slideIn 0.5s ease forwards;

  }

  @keyframes slideIn {

    0% { transform: translateY(-100%); }

    100% { transform: translateY(0); }

  }

  .header .container { gap: 30px; }

  .header .logo { color: var(--white); }

  .header.active .logo { color: var(--rich-black-fogra-29-1); }

  .navbar,

  .navbar.active {

    all: unset;

    margin-inline-start: auto;

  }

  .navbar-list {

    display: flex;

    gap: 10px;

  }

  .navbar-link {

    color: var(--white);

    font-size: unset;

    padding: 0 10px;

    margin-block-end: 0;

  }

  .header.active .navbar-link { color: var(--rich-black-fogra-29-1); }

  .header .navbar-link:is(:hover, :focus, .active) { color: var(--coquelicot); }

  .header.active .btn {

    background-color: var(--coquelicot);

    color: var(--white);

  }

  .header.active .btn:is(:hover, :focus) { background-color: var(--rich-black-fogra-29-1); }

  /\*\*

   \* HERO

   \*/

  .hero {

    background-size: contain;

    text-align: left;

  }

  .hero::before {

    content: "";

    position: absolute;

    top: -1000px;

    left: -500px;

    width: 1500px;

    height: 1500px;

    background-image: radial-gradient(circle, var(--coquelicot\_20) 20%, transparent 70% 100%);

    z-index: -1;

  }

  .hero .container {

    display: grid;

    grid-template-columns: 1fr 1fr;

    align-items: center;

    gap: 25px;

  }

  .hero-content {

    padding-inline: 0;

    margin-block-end: 0;

  }

  .hero-subtitle,

  .hero .btn { margin-inline: 0; }

  .hero::after {

    width: 330px;

    height: 100%;

    left: auto;

    right: 0;

  }

  /\*\*

   \* ABOUT

   \*/

  .about .container {

    display: grid;

    grid-template-columns: 1fr 1fr;

    align-items: center;

    gap: 50px;

  }

  .about-banner { margin-block-end: 0; }

  .about .wrapper { gap: 30px; }

  /\*\*

   \* FOOTER

   \*/

  .footer-top .container {

    grid-template-columns: 0.85fr 0.5fr 1fr 0.85fr;

    column-gap: 50px;

  }

}

/\*\*

 \* responsive for larger than 1200px screen

 \*/

@media (min-width: 1200px) {

  /\*\*

   \* CUSTOM PROPERTY

   \*/

  :root {

    /\*\*

     \* typography

     \*/

    --fs-1: 7rem;

    --fs-2: 5.5rem;

    --fs-4: 2.2rem;

    --fs-5: 2rem;

    /\*\*

     \* spacing

     \*/

    --section-padding: 120px;

  }

  /\*\*

   \* REUSED STYLE

   \*/

  .container,

  .header .container { max-width: 1140px; }

  .btn {

    padding: 18px 45px;

    border-radius: var(--radius-10);

  }

  .section-subtitle { --fs-5: 2.2rem; }

  .has-scrollbar { gap: 30px; }

  .scrollbar-item { min-width: calc(33.33% - 20px); }

  /\*\*

   \* HEADER

   \*/

  .header .container { padding-inline: 0; }

  /\*\*

   \* HERO

   \*/

  .hero::after { width: 420px; }

  .hero .section-text { --fs-6: 1.8rem; }

  .abs-img-1 {

    top: 170px;

    right: -30px;

    width: 260px;

  }

  .abs-img-2 {

    bottom: 60px;

    left: -80px;

    width: 360px;

  }

  /\*\*

   \* ABOUT

   \*/

  .about .wrapper { gap: 40px; }

  /\*\*

   \* Offer, BLOG

   \*/

  :is(.class-card, .blog-card) .card-content { padding: 30px; }

  .blog-card .card-meta { padding: 15px 30px; }

  /\*\*

   \* FOOTER

   \*/

  .footer-top .container { grid-template-columns: 1fr 0.6fr 0.9fr 1fr; }

}

**Form Index**

<!DOCTYPE html>

<html lang="en">

<head>

  <meta charset="UTF-8">

  <meta name="viewport" content="width=device-width, initial-scale=1.0">

  <title>FITNESS FORM</title>

  <link rel="shortcut icon" href="../images/favicon.png" type="image/png+xml">

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

</head>

<body>

  <div class="container">

    <h2>FITNESS FORM</h2>

    <form onsubmit="sendEmail();reset();return false" aria-label="joinNow" >

      <h3>PERSONAL INFORMATION:</h3>

      <div class="form-group">

        <label for="name">Name:</label>

        <input type="text" id="name" name="name" required>

      </div>

      <div class="form-group">

        <label for="email">Email:</label>

        <input type="text" id="email" name="email" required>

      </div>

      <div class="form-group">

        <label for="age">Age:</label>

        <input type="number" id="age" name="age" required>

      </div>

      <div class="form-group">

        <label for="location">Place, State, Country:</label>

        <input type="text" id="location" name="location" required>

      </div>

      <div class="form-group">

        <label for="contact">Contact No.:</label>

        <input type="tel" id="contact" name="contact" required>

      </div>

      <div class="form-group">

        <label for="profession">Profession:</label>

        <input type="text" id="profession" name="profession" required>

      </div>

      <div class="form-group">

        <label for="working\_hours">Working Hours/Shifts:</label>

        <input type="text" id="working\_hours" name="working\_hours" required>

      </div>

      <h3>HEALTH INFORMATION:</h3>

      <div class="form-group">

        <label for="weight">Weight:</label>

        <input type="number" id="weight" name="weight" required>

      </div>

      <div class="form-group">

        <label>BP:</label>

        <input type="radio" id="bp\_yes" name="bp" value="yes">

        <label for="bp\_yes">Yes</label>

        <input type="radio" id="bp\_no" name="bp" value="no">

        <label for="bp\_no">No</label>

      </div>

      <div class="form-group">

        <label>Thyroid:</label>

        <input type="radio" id="thyroid\_yes" name="thyroid" value="yes">

        <label for="thyroid\_yes">Yes</label>

        <input type="radio" id="thyroid\_no" name="thyroid" value="no">

        <label for="thyroid\_no">No</label>

      </div>

      <h3>MY INTEREST</h3>

      <div class="form-group">

        <label for="interest">Select What are you looking for?</label>

        <select id="interest" name="interest" required>

          <option value="">Select an option</option>

          <option value="Weight loss">Weight loss</option>

          <option value="Weight gain">Weight gain</option>

          <option value="Pcod/pcos management">Pcod/pcos management</option>

          <option value="Diabetic management">Diabetic management</option>

          <option value="Thyroid management">Thyroid management</option>

          <option value="Weight management">Weight management</option>

        </select>

      </div>

      <h3>WHAT YOU WILL GET:</h3>

      <ul class="form-list">

        <li>1 ON 1 CONSULTATION</li>

        <li>PERSONALISED DIET PLAN</li>

        <li>WORKOUT PLAN</li>

        <li>DIET RECIPES</li>

        <li>WHATSAPP SERVICE</li>

      </ul>

      <h3>NUTRITIONAL INFORMATION:</h3>

      <div class="form-group">

        <label for="consulted\_dietitian">Consulted any Dietitian before this?</label>

        <input type="radio" id="consulted\_yes" name="consulted\_dietitian" value="yes">

        <label for="consulted\_yes">Yes</label>

        <input type="radio" id="consulted\_no" name="consulted\_dietitian" value="no">

        <label for="consulted\_no">No</label>

      </div>

      <div class="form-group">

        <label>YOU WILL GET AN UPDATE WITH OUR NUTRITIONIST WITHIN NEXT 24 HRS.</label>

      </div>

      <div class="form-group">

        <button type="submit">Submit</button>

      </div>

    </form>

  </div>

  <script src="https://smtpjs.com/v3/smtp.js"></script>

  <script>

    function sendEmail(){

        Email.send({

            Host : "smtp.elasticemail.com",

            Username : "dietconsultant237@gmail.com",

            Password : "F51413E61309920ED5E8387C31402F0D6351",

            To : 'dietconsultant237@gmail.com',

            From : document .getElementById("email").value,

            Subject : "This is the subject",

            Body : "And this is the body"

        }).then(

          message => alert(message)

        );

    }

  </script>

</body>

</html>

**Form Style**

body {

    font-family: Arial, sans-serif;

    margin: 0;

    padding: 0;

    background-color:  hsl(210, 26%, 11%);

    background-image: url(../images/hero-bg.png);

  }

  .container {

    max-width: 600px;

    margin: 80px auto;

    background-color: #fff;

    padding: 20px;

    border-radius: 5px;

    box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);

  }

  h2, h3 {

    text-align: center;

    margin-bottom: 20px;

  }

  .form-group {

    margin-bottom: 15px;

  }

  label {

    display: block;

    margin-bottom: 5px;

  }

  input[type="text"],

  input[type="number"],

  input[type="tel"],

  select {

    width: 100%;

    padding: 10px;

    border: 1px solid #ccc;

    border-radius: 4px;

    box-sizing: border-box;

  }

  input[type="radio"] {

    margin-right: 5px;

  }

  .form-list {

    list-style-type: none;

    padding: 0;

    margin: 0;

  }

  button {

    background-color: #007bff;

    color: #fff;

    border: none;

    padding: 10px 20px;

    border-radius: 4px;

    cursor: pointer;

    width: 100%;

  }

  button:hover {

    background-color: #141516;

  }

  @media (max-width: 768px){

    .container {

      max-width: 59%;

      margin: 17% auto;

    }

  }

**JavaScript**

'use strict';

/\*\* Video \*/

function watchVideo() {

 var youtubeURL = 'https://www.youtube.com/watch?v=mtGiVFgi\_qI';

  window.location.href = youtubeURL;

}

/\*\*

 \* add event on element

 \*/

const addEventOnElem = function (elem, type, callback) {

  if (elem.length > 1) {

    for (let i = 0; i < elem.length; i++) {

      elem[i].addEventListener(type, callback);

    }

  } else {

    elem.addEventListener(type, callback);

  }

}

/\*\*

 \* navbar toggle

 \*/

const navbar = document.querySelector("[data-navbar]");

const navTogglers = document.querySelectorAll("[data-nav-toggler]");

const navLinks = document.querySelectorAll("[data-nav-link]");

const toggleNavbar = function () { navbar.classList.toggle("active"); }

addEventOnElem(navTogglers, "click", toggleNavbar);

const closeNavbar = function () { navbar.classList.remove("active"); }

addEventOnElem(navLinks, "click", closeNavbar);

/\*\*

 \* header & back top btn active

 \*/

const header = document.querySelector("[data-header]");

const backTopBtn = document.querySelector("[data-back-top-btn]");

window.addEventListener("scroll", function () {

  if (window.scrollY >= 100) {

    header.classList.add("active");

    backTopBtn.classList.add("active");

  } else {

    header.classList.remove("active");

    backTopBtn.classList.remove("active");

  }

});