

# **FuelUp** **Fitness Website**

**Mini-Project Report of**  
**Web Programming**

*Submitted by*

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*In partial fulfillment of the award of the degree of*  
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**COMPUTER ENGINEERING**

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**MANAGEMENT & ENGINEERING**

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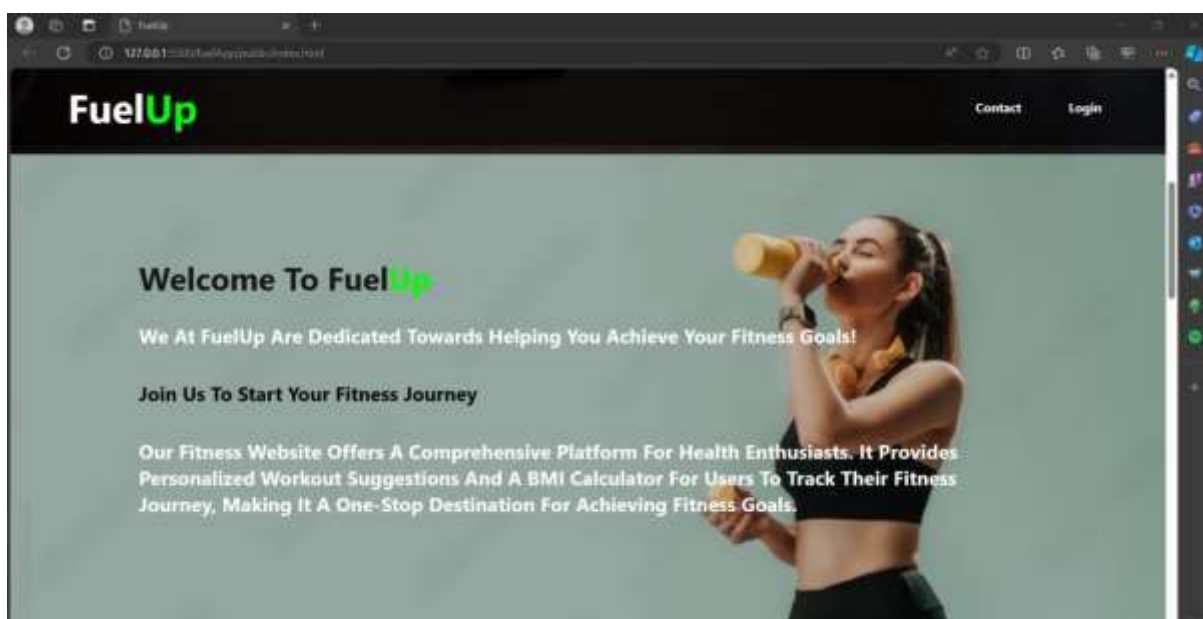
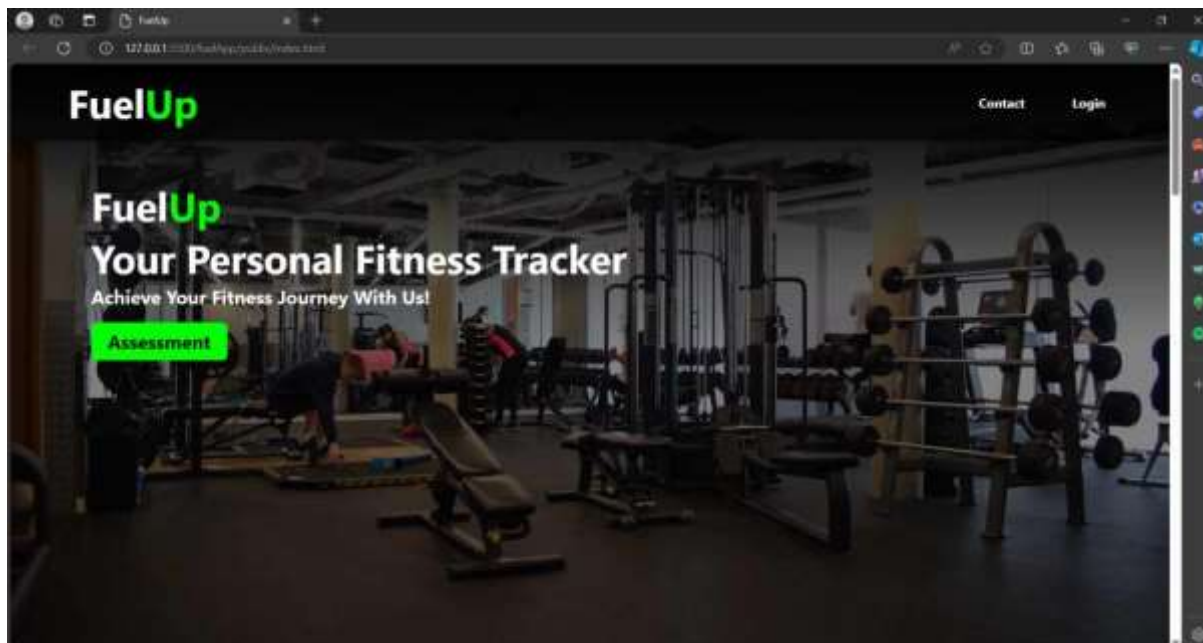
## **INTRODUCTION**

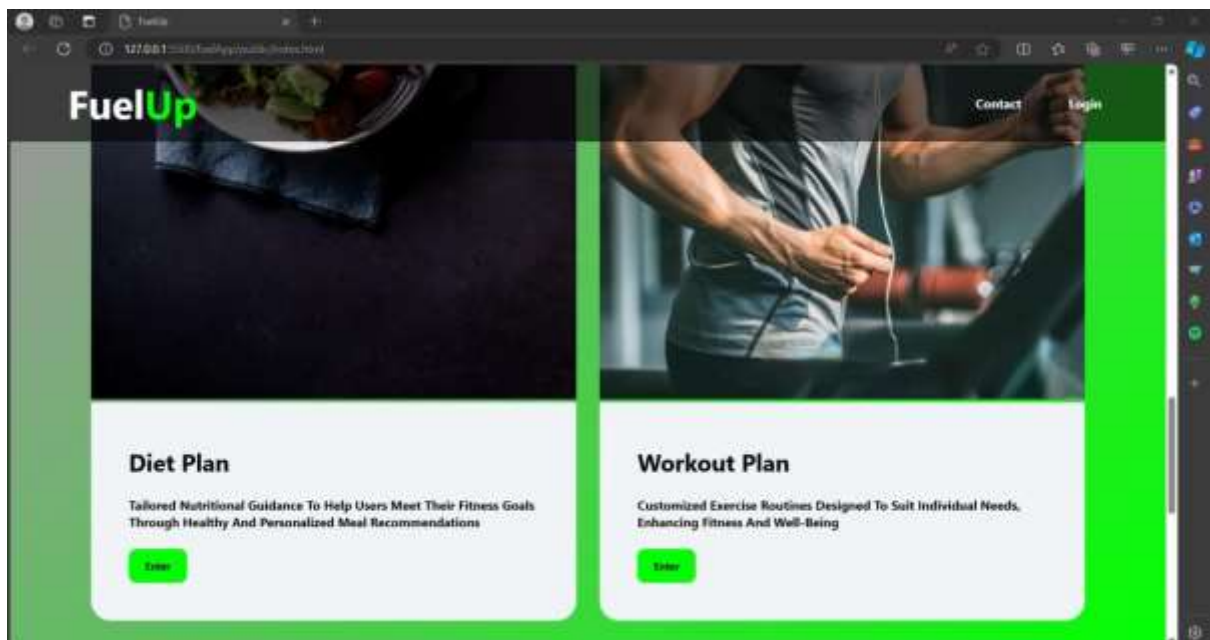
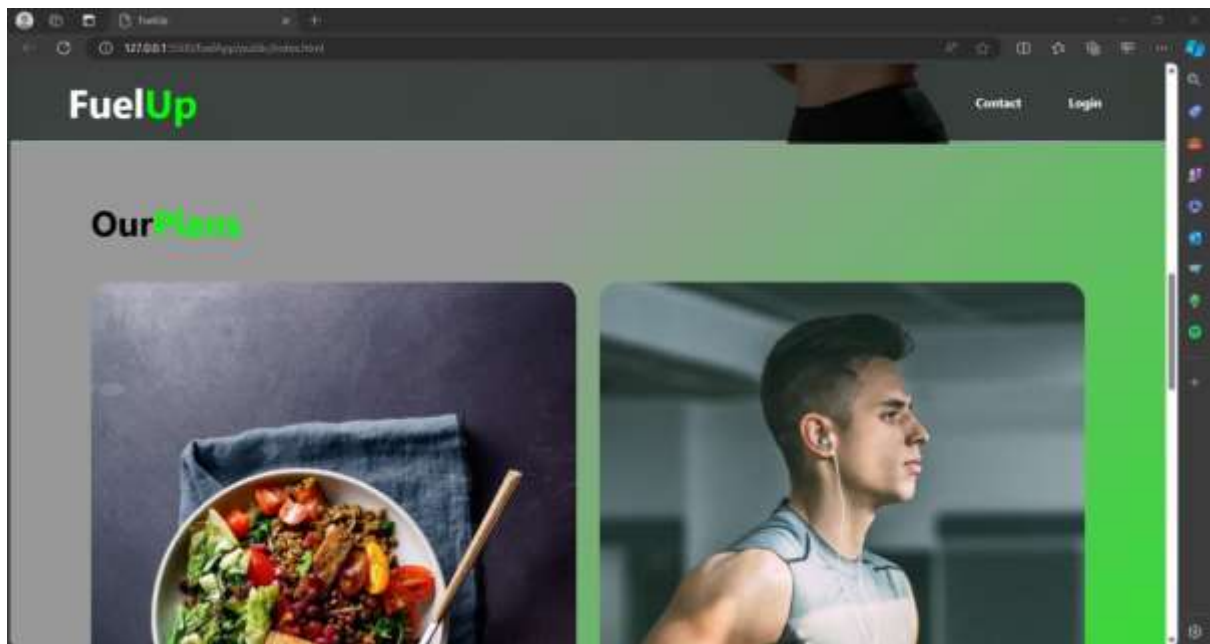
In an era where health and fitness are becoming increasingly prioritized, technological advancements have paved the way for innovative solutions to support individuals in achieving their wellness goals. Among these solutions, mobile applications and websites have emerged as powerful tools, providing users with personalized guidance, tracking capabilities, and motivation at their fingertips. One such website making waves in the fitness sphere is "FuelUp".

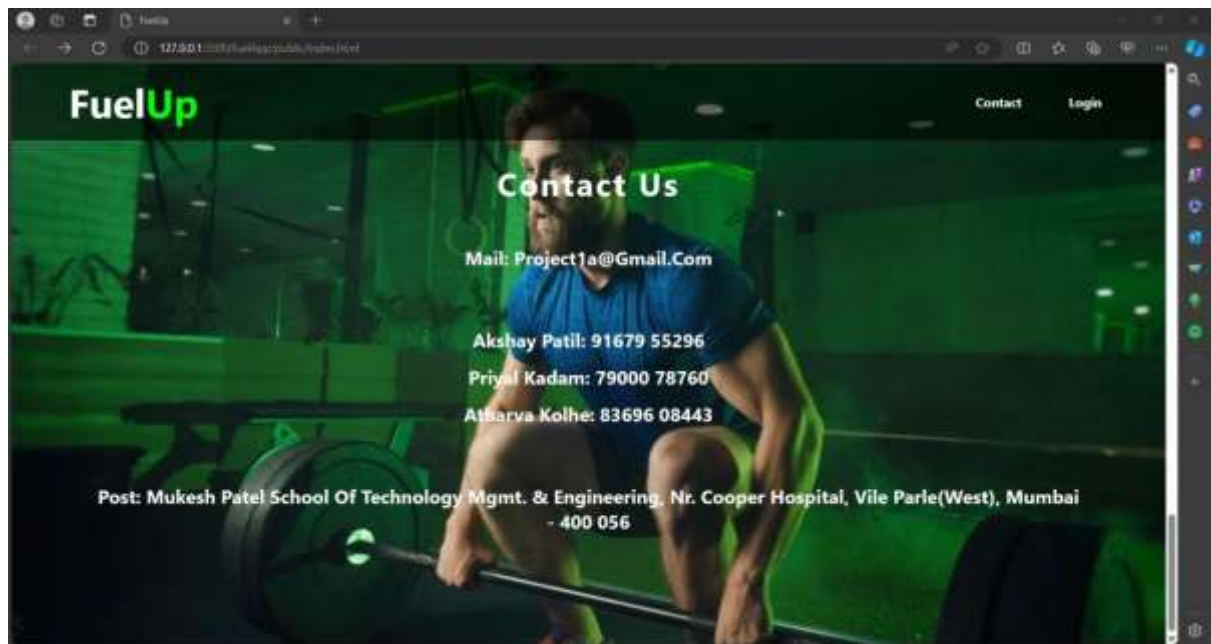
"FuelUp" is more than just a fitness website; it's a comprehensive wellness companion designed to empower users on their journey to a healthier lifestyle. With its intuitive interface, extensive features, and seamless integration into daily routines, FuelUp stands out as a beacon of support for individuals seeking to optimize their fitness, nutrition, and overall well-being.

This report delves into the intricacies of FuelUp, exploring its key features, user benefits, technological innovations, and its impact on fostering healthier habits. From its robust workout tracking capabilities to its personalized nutrition plans and motivational tools, FuelUp encapsulates the essence of modern fitness technology, catering to users of all fitness levels and aspirations.

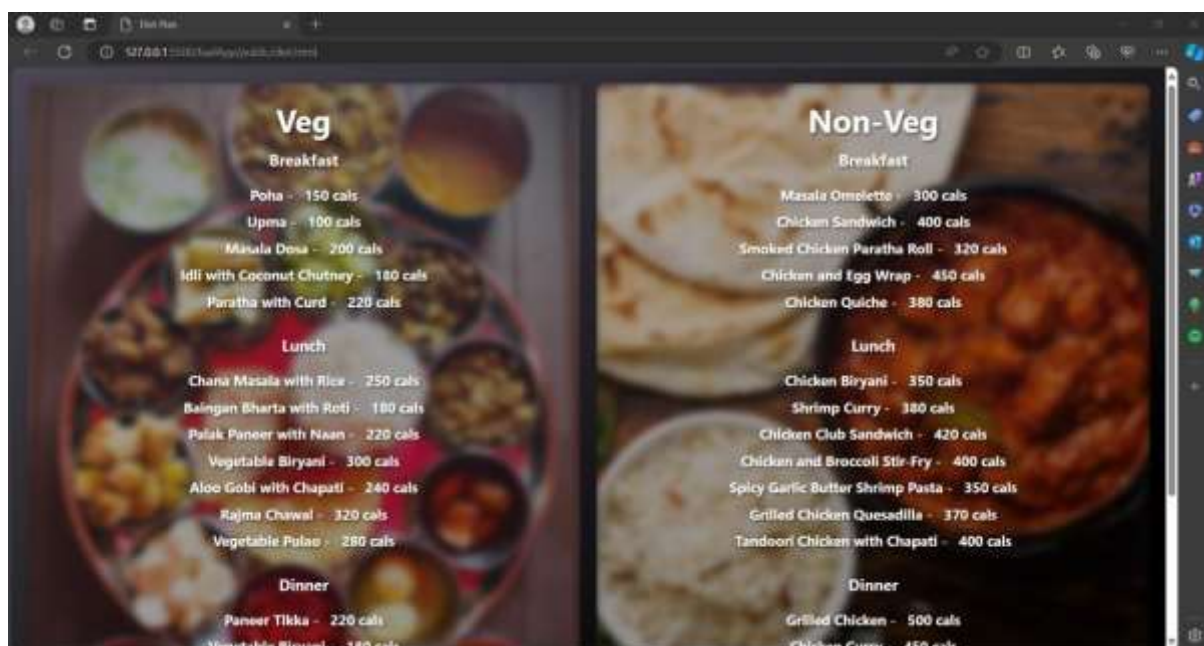
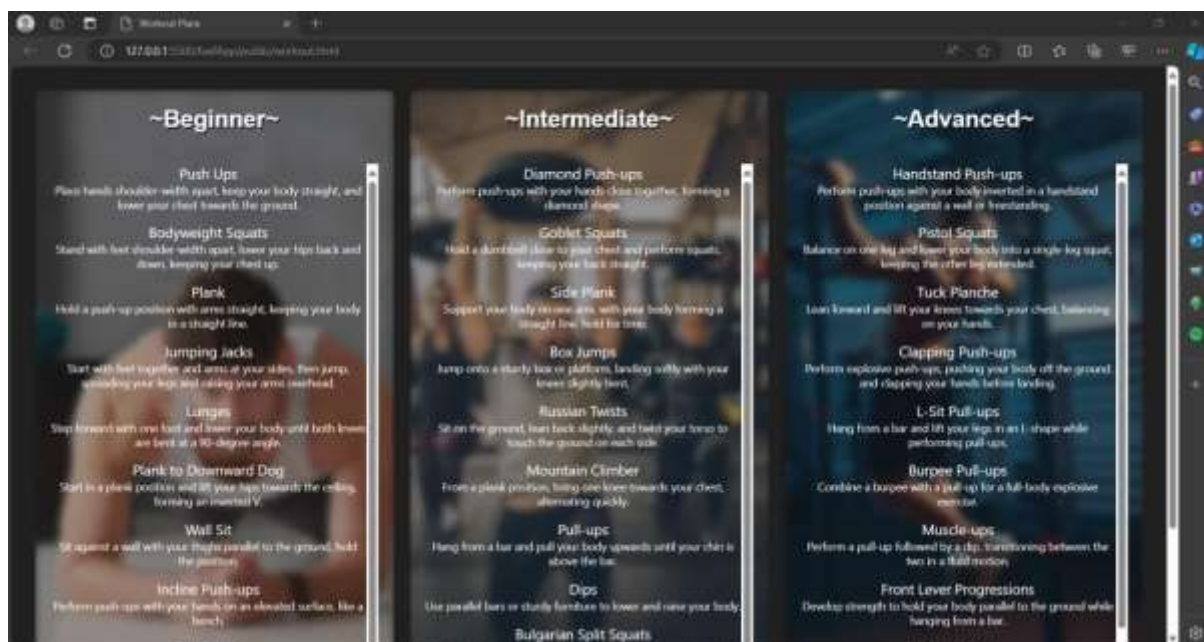
## HOME PAGE







## OTHER PAGES





## SOURCE CODE

### HTML:

```
<!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>FuelUp</title>

    <link rel="stylesheet" href="fontawesome-free-5.15.3-
web/css/all.min.css">

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

    <style>

        html{

            scroll-behavior: smooth;

        }

        .home-link {

            margin-right: auto;

        }

        .contact-link {

            margin-left: auto;

        }

    </style>

</head>

<body>

    <header class="header">
```



```

    <h1>Fuel<span>Up</span></h1>

    <nav class="navigation">

        <a href="#bottom" class="contact-link">Contact</a>

        <a href="login.html">Login</a>

    </nav>

</header>


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

<script                                     type="module"
src="https://unpkg.com/ionicons@7.1.0/dist/ionicons/ionicons.esm.js"></
script>

<script                                     nomodule
src="https://unpkg.com/ionicons@7.1.0/dist/ionicons/ionicons.js"></scri
pt>


<div class="home">

    <div class="main-home">

        <div class="inner-content">

            <h1>Fuel<span>Up</span><br>    Your    personal    fitness
tracker </h1>

            <p>Achieve your fitness journey with us!</p>

            <div class="body-btn">

                <a href="bmi.html">Assessment</a>

            </div>

        </div>

    </div>

</div>

<div class="welcome">

```

```

<div class="main-welcome">

    <div class="inner-content-welcome">

        <div class="inner-content-welcome-inner">

            <h1>welcome to Fuel<span>Up</span></h1>

            <p class="desc1">We at FuelUp are dedicated towards
helping you achieve your fitness goals!</p>

            <p class="desc">Join us to start your fitness journey
</p>

            <p class="desc1">Our Fitness Website Offers A
Comprehensive Platform For Health Enthusiasts. It Provides Personalized
Workout Suggestions And A BMI Calculator For Users To Track Their Fitness
Journey, Making It A One-Stop Destination For Achieving Fitness Goals.
</p>

        </div>

    </div>

</div>

<div class="fitness-services" id="plans">

    <div class="fitness-heading">

        <h1>Our<span>Plans</span></h1>

    </div>

    <div class="fitness-main-service">

        <div class="fitness-inner-content">

            <div class="fitness-images">

            </div>

            <div class="fitness-inner-headings">

                <h1>Diet Plan</h1>

                <p>Tailored nutritional guidance to help users meet
their fitness goals through healthy and personalized meal
recommendations</p>

```

```

        <a href="diet.html">

            <button class="fitness-btn">Enter</button>

        </a>

    </div>

</div>

<div class="fitness-inner-content">

    <div class="fitness-images">

    </div>

    <div class="fitness-inner-headings">

        <h1>Workout Plan</h1>

        <p>Customized exercise routines designed to suit
individual needs, enhancing fitness and well-being</p>

        <a href="workout.html">

            <button class="fitness-btn">Enter</button>

        </a>

    </div>

</div>

</div>

</div>

<div class="trained" id="bottom">

    <div class="trained-content">

        <h1>Contact Us</h1><br>

        <p>Mail: project1a@gmail.com</p><br><br>

        <p>Akshay Patil: 91679 55296</p>

        <p>Priyal Kadam: 79000 78760</p>

        <p>Atharva Kolhe: 83696 08443</p><br><br>

        <p>Post: Mukesh Patel School Of Technology Mgmt. &
Engineering, Nr. Cooper Hospital, Vile Parle (West), Mumbai - 400 056</p>

```

```
        </div>

    </div>

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

</body>

</html>
```

## CSS:

```
root {

    --first-color: lime;

    --footer-color: #161418;

    --box-shadow: 0 .5rem 1rem rgba(0, 0, 0, .1);

}

* {

    padding: 0;

    margin: 0;

    box-sizing: border-box;

    outline: none;

    text-transform: capitalize;

    transition: 0.2s;

    text-decoration: none;

    font-family: system-ui, -apple-system, BlinkMacSystemFont, 'Segoe UI', Roboto, Oxygen, Ubuntu, Cantarell, 'Open Sans', 'Helvetica Neue', sans-serif;

    font-weight: bold;

}

body{

    width: 100%;
```

```
background-color: #828588;
}

.header {
  padding: 1rem 5%;
  position: fixed;
  left: 0;
  right: 0;
  display: flex;
  justify-content: space-between;
  align-items: center;
  background: rgba(0, 0, 0, .6);
  background-size: cover;
  background-position: center;
  z-index: 100;
  width: 100%;
}

.header h1{
  color: white;
  font-size: 50px;
}

.header h1 span{
  color: var(--first-color);
}

.navigation a{
  color: white;
```

```
padding: 0.5rem;

margin-left: 40px;

position: relative;
}

.navigation a:hover{

    color: var(--first-color);
}

.navigation a::after{

    content: "";

    background-color: var(--first-color);

    width: 0;

    height: 2px;

    position: absolute;

    top: 100%;

    bottom: -6px;

    left: 0;

    transition: .5s;
}

.navigation a:hover::after{

    width: 100%;
}

.icons div{

    color: white;

    font-size: 18px;

    display: none;
}
```

```
.icons a{

    color: white;

    border: 1px solid white;

    padding: 0.5rem;

    transition: .5s;

}

.icons a:hover{

    background: var(--first-color);

    border-radius: 10px;

}

.icons #loginbtn{

    background: var(--first-color);

    padding: 0.5rem 1.5rem;

}

/* login form designing here */
.login-form{

    width: 100%;

    height: 100vh;

    background: rgba(255, 255, 255, 0.5);

    position: absolute;

    left: -100%;

    top: 0;

    display: flex;
```



```

        justify-content: center;

        align-items: center;
    }

    .login-form.active{

        left: 0;
    }

    .login-form form{

        margin: 2rem;

        text-align: center;

        padding: 2rem;

        width: 40rem;

        border-radius: .5rem;

        box-shadow: var(--box-shadow);

        border: var(--border);

        background: #fa8944;
    }


    .form-content{

        margin: .7rem 0;

        width: 100%;

        font-size: 1.6rem;

        color: var(--black);

        text-transform: none;

        border: var(--border);

        padding: 1rem 1.2rem;

        border-radius: .5rem;
    }

    .form-content input{

        padding: 0.5rem 1rem;
    }

```

```

margin: 0.5rem;

outline: none;

transition: 0.3s;

}

.form-content input:focus{

padding: 0.4rem;

border-radius: 3px;

border: none;

}

.loginhead{

font-size: 30px !important;

}

.login-form #closeloginform{

position: absolute;

top: 100px;

right:100px;

font-size: 30px;

cursor: pointer;

}

#logo{

display: none;

}

/* home design */

.home{

padding: 1rem 7%;

background-image: url(kettlebell-g9cc9f83e4_1920.jpg);

background-size: cover;

```

```
background-position: center;

min-height: 100vh;

background-repeat: no-repeat;

}

.main-home{

display: flex;

justify-content: center;

align-items: center;

gap: 15px;

flex-wrap: wrap;

}

.inner-content{

flex: 1 1 45rem;

flex-wrap: wrap;

}

.inner-content h1{

margin-top: 130px;

color: white;

font-size: 50px;

}

.inner-content h1 span{

color: var(--first-color);

}

.inner-content p{

color: white;

font-size: 1.5rem;

margin-bottom: 25px;

}
```

```

.body-btn a{

    padding: 0.5rem 1.3rem;

    border-radius: 7px;

    background-color: var(--first-color);

    color: black;

    font-size: 1.5rem;

    transition: 0.5s;

}

.body-btn a:hover{

    padding: 0.5rem 1.5rem;

    border-radius: 10px;

}

/* Welcome css */

.welcome{

    padding: 0.5rem 7%;

    padding: 100px;

    background-image: url(Orangelady.png);

    background-position: center;

    background-size: cover;

    background-repeat: no-repeat;

    display: flex;

    justify-content: center;

    align-items: center;

}

.main-welcome{

    display: flex;

    justify-content: center;

```

```
        align-items: center;
    }

    .inner-content-welcome{

        flex: 1 1 45rem;

        gap: 30px;

        flex-wrap: wrap;
    }

    .inner-content-welcome h1{

        color: var(--footer-color);

        margin-bottom: 30px;

        font-size: 40px;
    }

    .inner-content-welcome h1 span{

        color: var(--first-color);
    }

    .inner-content-welcome p{

        font-size: 25px;

    }

    .desc1{

        color: white;

        font-weight: bold !important;

        font-size: 20px;

        margin-bottom: 40px;

        text-align: left;
    }
```

```
.desc{

    margin-bottom: 40px !important;

    color: black;

    font-weight: bold;

    text-align: left;

}

.inner-content-welcome h1{

    margin-top: 30px;

}

.inner-content-welcome img{

    width: 90%;

    text-align: center;

    align-items: center;

    margin-left: 55px;

    margin-top: 100px;

}

.inner-content-welcome-inner{

    padding: 0 4rem;

}

.body-btn-welcome a{

    padding: 0.5rem 1.3rem;

    background-color: var(--first-color);

    color: white;

    font-size: 1.5rem;

    transition: 0.5s;

}

.body-btn-welcome a:hover{
```

```
padding: 0.5rem 1.5rem;

border-radius: 10px;
}

.fitness-services{

padding: 3rem 7%;

background-image: linear-gradient(315deg, var(--first-color) 0%,
#989898 74%);

}

.fitness-heading{

padding-top: 1rem;

padding-bottom: 2rem;
}

.fitness-heading h1{

font-size: 45px;

margin: 5px 0;

margin-bottom: 15px;
}

.fitness-heading h1{

margin-bottom: 15px;
}

.fitness-heading h1 span{

color: var(--first-color);
}
```



```

.fitness-main-service{

    display: flex;

    align-items: center;

    justify-content: center;

    flex-wrap: wrap;

    gap: 30px;

}

.fitness-inner-content{

    flex: 1 1 300px;

}

.fitness-images img{

    width: 100%;

    height: 100%;

    transition: 0.5s;

    align-items: center;

    border-radius: 25px 25px 0px 0px;

}

.fitness-images img:hover{

    transform: translateY(-10px);

}

.fitness-inner-headings{

    border-radius: 0px 0px 25px 25px;

    background: #f1f4f6 ;

    padding: 3rem;

}

.fitness-inner-headings h1{

    font-size: 30px !important;

    padding: 0.5rem 0;

}

```

```
.fitness-inner-headings p{
    font-size: 1rem;
    padding: 1rem 0;
}

.fitness-inner-headings button{

    padding: 0.8rem 1.3rem;
    background-color: var(--first-color) ;
    color: black;
    border-radius: 10px;
    transition: 0.5s;
    border: none;
    margin-top: 8px;
}

.fitness-inner-headings button:hover{
    cursor: pointer;
    padding: 0.5rem 1.5rem;
    border-radius: 0;
}

.trained{
    padding: 1rem 7%;
    background: url(Contactus.png);
    width: 100%;
    height: 100vh;
    background-repeat: no-repeat;
    background-size: cover;
    background-position: center;
    display: flex;
    align-items: center;
```

```
        justify-content: center;
    }

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

    .trained-content p{

        color: white;

        font-size: 1.5rem;

        margin: 15px 0;
    }

    .trained-content h1{

        color: white;

        font-size: 40px;

        margin-bottom: 15px;

        letter-spacing: 3px;
    }

    .trained-content button{

        padding: 0.8rem 1.3rem;

        background-color: var(--first-color);

        color: white;

        border-radius: 10px;

        transition: 0.5s;

        border: none;

        margin-top: 12px;

    }
```

```
.trained-content button a{  
    color: white;  
}  
  
.trained-content button:hover{  
    cursor: pointer;  
    padding: 0.5rem 1.5rem;  
    border-radius: 0;  
}
```

```
@media (max-width:900px) {  
    .header{  
        padding: 2rem;  
    }  
    .header h1{  
        font-size: 45px;  
    }  
    .icons a{  
        padding: 0.5rem 5px;  
    }  
}
```

```
@media (max-width:767px) {  
  
    html{  
        font-size: 55%;  
    }  
}
```

```
}

.header{
    padding: 1rem 4rem;
}

.header h1{
    font-size: 40px;
}

.icons div{
    display: initial;
}

.navigation.active{
    left: 0;
}

.navigation a{
    padding: 1rem;
    margin-top: 10px;
    font-size: 18px;
}

.icons div{
    margin-right: 10px;
}

.icons a{
    font-size: 1rem;
}

.login-form #closeloginform{
    position: absolute;
    top: 100px;
```

```
        right:30px;

        font-size: 30px;

        cursor: pointer;
    }

    .inner-content h1{

        font-size: 40px;

    }

    .inner-content p{

        margin-bottom: 18px;

    }

    #logo{

        display: initial !important;

        margin-top: 18px;

        margin-left: -25px;

    }

    .header #firstlogo{

        opacity: 0;

    }

    .main-welcome{

        display: flex;

        justify-content: center;

        align-items: center;

        gap: 15px;

        flex-wrap: wrap;

    }

    .inner-content-welcome{
```

```

        width: 100%;

        text-align: center;
    }

    .inner-content-welcome img{

        margin-top: 30px;

        width: 100%;

    }

    .inner-content-welcome img{

        margin: 0 auto;

    }

}

```

## JS

```

let menubar = document.querySelector('#menubar');
let mynav = document.querySelector('.navbar');

menubar.onclick = () =>{

    menubar.classList.toggle('fa-times')

    mynav.classList.toggle('active')

}

document.querySelector('#loginbtn').onclick = () =>{

    document.querySelector('.login-form').classList.toggle('active');

}

document.querySelector('#closeloginform').onclick = () =>{

    document.querySelector('.login-form').classList.remove('active');

}

```



## CODE FOR OTHER PAGES

### Diet:

```
<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

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

    <title>Diet Plan</title>

    <style>

        body {

            font-family: system-ui, -apple-system, BlinkMacSystemFont,
'Segoe UI', Roboto, Oxygen, Ubuntu, Cantarell, 'Open Sans', 'Helvetica
Neue', sans-serif;

            font-weight: bold;

            font-size: 20px;

            text-shadow: 2px 2px 4px rgba(0, 0, 0, 0.5);

            margin: 0;

            align-items: center;

            background-image: linear-gradient(147deg, #4d4855 0%,
#000000 74%);

            width: 100%;

            padding: 0;

            color: #fff;

        }

        .meal-container {

            display: flex;

            justify-content: space-around;

            padding: 10px;
```

```

}

.meal-section {
    flex: 1;
    text-align: center;
    position: relative;
    overflow: hidden; /* Ensure the blur doesn't spill outside
the container */
    padding: 20px;
    border-radius: 10px;
    box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
    margin: 10px;
}

.meal-section::before {
    content: '';
    position: absolute;
    top: 0;
    left: 0;
    width: 100%;
    height: 100%;
    background-size: cover;
    background-position: center;
    filter: blur(5px); /* Apply a blur effect */
    z-index: -1; /* Send the background image behind the content
*/
    opacity: 0.6;
}

.meal-header {

```

```

        font-size: 40px;

        font-weight: bold;

        margin-bottom: 10px;

        position: relative; /* Ensure text is above the blurred image
*/

        z-index: 1;
    }

    .food-list {

        list-style-type: none;

        padding: 0;

        max-height: 400px;

        z-index: 1;

        overflow-y: auto; /* Ensure text is above the blurred image
*/

    }

    .food-item {

        font-size: 18px;

        margin-bottom: 10px;

    }

    .calories {

        font-weight: bold;

        margin-left: 10px;

    }

    /* Background images */

    .veg-background::before {

        background-image: url(vegfood.jpg);

```

```

        background-position: center;

        background-repeat: no-repeat;

        background-size: cover;

    }

    .non-veg-background::before {

        background-image: url(nonveg.jpg);

        background-position: center;

        background-repeat: no-repeat;

        background-size: cover;

    }

</style>
</head>
<body>

    <div class="meal-container">

        <!-- Vegetarian Section -->

        <div class="meal-section veg-background">

            <div class="meal-header">Veg</div>

            <!-- Breakfast List -->

            <div>

                <div>Breakfast</div>

                <ul class="food-list">

                    <li class="food-item">Poha - <span
class="calories">150 cal</span></li>

                    <li class="food-item">Upma - <span
class="calories">100 cal</span></li>

                    <li class="food-item">Masala Dosa - <span
class="calories">200 cal</span></li>

```

```

        <li class="food-item">Idli with Coconut Chutney -
<span class="calories">180 cals</span></li>

        <li class="food-item">Paratha with Curd - <span
class="calories">220 cals</span></li>

        <!-- Add more breakfast items as needed -->

    </ul>

</div>

<!-- Lunch List -->

<div>

    <div>Lunch</div>

    <ul class="food-list">

        <li class="food-item">Chana Masala with Rice - <span
class="calories">250 cals</span></li>

        <li class="food-item">Baingan Bharta with Roti -
<span class="calories">180 cals</span></li>

        <li class="food-item">Palak Paneer with Naan - <span
class="calories">220 cals</span></li>

        <li class="food-item">Vegetable Biryani - <span
class="calories">300 cals</span></li>

        <li class="food-item">Aloo Gobi with Chapati - <span
class="calories">240 cals</span></li>

        <li class="food-item">Rajma Chawal - <span
class="calories">320 cals</span></li>

        <li class="food-item">Vegetable Pulao - <span
class="calories">280 cals</span></li>

        <!-- Add more lunch items as needed -->

    </ul>

</div>

<!-- Dinner List -->

<div>

```

```

        <div>Dinner</div>

        <ul class="food-list">

            <li class="food-item">Paneer Tikka - <span
class="calories">220 cal</span></li>

            <li class="food-item">Vegetable Biryani - <span
class="calories">180 cal</span></li>

            <li class="food-item">Aloo Paratha - <span
class="calories">260 cal</span></li>

            <li class="food-item">Chole Bhature - <span
class="calories">320 cal</span></li>

            <li class="food-item">Palak Paneer with Naan - <span
class="calories">220 cal</span></li>

            <li class="food-item">Dal Makhani with Rice - <span
class="calories">300 cal</span></li>

            <li class="food-item">Gobi Manchurian - <span
class="calories">250 cal</span></li>

            <!-- Add more dinner items as needed -->

        </ul>

    </div>

</div>

<!-- Non-Vegetarian Section -->

<div class="meal-section non-veg-background">

    <div class="meal-header">Non-Veg</div>

    <!-- Breakfast List -->

    <div>

        <div>Breakfast</div>

        <ul class="food-list">

            <li class="food-item">Masala Omelette - <span
class="calories">300 cal</span></li>

```

```

        <li class="food-item">Chicken Sandwich - <span
class="calories">400 cals</span></li>

        <li class="food-item">Smoked Chicken Paratha Roll -
<span class="calories">320 cals</span></li>

        <li class="food-item">Chicken and Egg Wrap - <span
class="calories">450 cals</span></li>

        <li class="food-item">Chicken Quiche - <span
class="calories">380 cals</span></li>

        <!-- Add more breakfast items as needed -->

    </ul>

</div>

<!-- Lunch List -->

<div>

    <div>Lunch</div>

    <ul class="food-list">

        <li class="food-item">Chicken Biryani - <span
class="calories">350 cals</span></li>

        <li class="food-item">Shrimp Curry - <span
class="calories">380 cals</span></li>

        <li class="food-item">Chicken Club Sandwich - <span
class="calories">420 cals</span></li>

        <li class="food-item">Chicken and Broccoli Stir-Fry
- <span class="calories">400 cals</span></li>

        <li class="food-item">Spicy Garlic Butter Shrimp
Pasta - <span class="calories">350 cals</span></li>

        <li class="food-item">Grilled Chicken Quesadilla -
<span class="calories">370 cals</span></li>

        <li class="food-item">Tandoori Chicken with Chapati
- <span class="calories">400 cals</span></li>

        <!-- Add more lunch items as needed -->

    </ul>

</div>

```



```

        <!-- Dinner List -->

        <div>

            <div>Dinner</div>

            <ul class="food-list">

                <li class="food-item">Grilled Chicken - <span
class="calories">500 cal</span></li>

                <li class="food-item">Chicken Curry - <span
class="calories">450 cal</span></li>

                <li class="food-item">Vegetable Biryani - <span
class="calories">480 cal</span></li>

                <li class="food-item">Fish Curry - <span
class="calories">550 cal</span></li>

                <li class="food-item">Tandoori Fish - <span
class="calories">300 cal</span></li>

                <li class="food-item">Chicken Curry with Apples -
<span class="calories">370 cal</span></li>

                <li class="food-item">Shrimp Curry with Rice - <span
class="calories">410 cal</span></li>

                <!-- Add more dinner items as needed -->

            </ul>

        </div>

    </div>

</body>

</html>

```

## Workout:

```

<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

```

```

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

    <title>Workout Plans</title>

    <style>

        body {

            font-family: 'Segoe UI', Tahoma, Geneva, Verdana, sans-serif;

            margin: 0;

            padding: 0;

            background-color: #202020;

            color: #fff;

        }

        .workout-container {

            display: flex;

            justify-content: space-around;

            padding: 20px;

        }

        .workout-section {

            flex: 1;

            text-align: center;

            position: relative;

            overflow: hidden; /* Ensure the blur doesn't spill outside
the container */

            padding: 20px;

            border-radius: 10px;

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

            margin: 10px;

            min-height: 90vh; /* Stretch to fit the entire page */

        }

```

```

        .workout-section::before {

            content: '';

            position: absolute;

            top: 0;

            left: 0;

            width: 100%;

            height: 100%;

            background-size: cover;

            background-position: center;

            /* Apply a blur effect only to the background */

            backdrop-filter: blur(10px);

            /* Set the background color with opacity */

            background-color: rgba(0, 0, 0, 0.7); /* Adjust the last
value (0.7) for opacity */

            z-index: -1;

            /* Apply opacity directly to the background image */

            opacity: 0.6; /* Adjust the value for image opacity */

            filter: blur(5px);

        }

```

```

        .workout-header {

            font-size: 24px;

            font-weight: bold;

            margin-bottom: 40px;

            position: relative; /* Ensure text is above the blurred image
*/

            z-index: 1;

```

```

}

.title{
    /* text-decoration: underline; */

    font-size: 30px;

    text-shadow: 2px 2px 2px rgba(0, 0, 0, 0.7);

    font-family: Arial, Helvetica, sans-serif;
}

.exercise-list {
    list-style-type: none;

    padding: 0;

    z-index: 1; /* Ensure text is above the blurred image */

    max-height: 720px; /* Set a maximum height for the list */

    overflow: auto; /* Enable vertical scrollbar when content
exceeds max height */

}

.exercise-item {

    font-size: 18px;

    margin-bottom: 15px; /* Add more space between exercises */

    color: #ffffff; /* Set text color */

}

.exercise-description {

    font-size: 14px;

    margin-bottom: 10px;

}

```

```

/* Background images */

.beginner-background::before {
    background-image: url(plank.jpg);
}

.intermediate-background::before {
    background-image: url(inter.jpg);
}

.advanced-background::before {
    background-image: url(pullups.jpg);
}

a {
    color: #ffffff; /* Change this to the color of your choice */
    text-decoration: none; /* Remove underline if you don't want it */
    position: relative;
}

/* Create the sliding underline effect */
a::after {
    content: '';
    display: block;
    height: 2px; /* Adjust the thickness of the underline */
    width: 0;
    background-color: #ffffff; /* Match the link color */
    position: absolute;
    bottom: 0;

```

```

        left: 0;

        transition: width 0.3s; /* Adjust the transition duration */
    }

    /* Expand the underline on hover */
    a:hover::after {
        width: 100%;
    }
</style>
</head>
<body>

    <div class="workout-container">

        <!-- Beginner Section -->

        <div class="workout-section beginner-background">

            <div class="workout-header"><div
class="title">~Beginner~</div></div>

            <!-- Exercise List -->

            <div>

                <ul class="exercise-list">

                    <li class="exercise-item">

                        <a
href="https://youtu.be/FaIpD_zfrJI?feature=shared">Push Ups</a>

                        <div class="exercise-description">Place hands
shoulder-width apart, keep your body straight, and lower your chest
towards the ground.</div>

                    </li>

                    <li class="exercise-item">

                        <a
href="https://youtu.be/m0GcZ24pK6k?feature=shared">Bodyweight
Squats</a>

```

```

        <div class="exercise-description">Stand with
feet shoulder-width apart, lower your hips back and down, keeping your
chest up.</div>

    </li>

    <li class="exercise-item">

        <a
href="https://youtu.be/Ym35c5pKRDo?feature=shared">Plank</a>

        <div class="exercise-description">Hold a push-up
position with arms straight, keeping your body in a straight line.</div>

    </li>

    <li class="exercise-item">

        <a
href="https://youtu.be/iSSAk4XCsRA?feature=shared">Jumping Jacks</a>

        <div class="exercise-description">Start with
feet together and arms at your sides, then jump, spreading your legs and
raising your arms overhead.</div>

    </li>

    <li class="exercise-item">

        <a
href="https://youtu.be/VwEnBfluxlo?feature=shared">Lunges</a>

        <div class="exercise-description">Step forward
with one foot and lower your body until both knees are bent at a 90-
degree angle.</div>

    </li>

    <li class="exercise-item">

        <a
href="https://youtu.be/5FcS9IOWpSo?feature=shared">Plank to Downward
Dog</a>

        <div class="exercise-description">Start in a
plank position and lift your hips towards the ceiling, forming an inverted
V.</div>

    </li>

    <li class="exercise-item">

```

```

        <a                                href="https://youtu.be/-
cdph8hv000?feature=shared">Wall Sit</a>

        <div class="exercise-description">Sit against a
wall with your thighs parallel to the ground, hold the position.</div>

    </li>

    <li class="exercise-item">

        <a                                href="https://youtu.be/E--
Ls5QtFqI?feature=shared">Incline Push-ups</a>

        <div class="exercise-description">Perform push-
ups with your hands on an elevated surface, like a bench.</div>

    </li>

    <li class="exercise-item">

        <a
href="https://youtu.be/rMEPHwNhQfo?feature=shared">Box Squats</a>

        <div class="exercise-description">Squat onto a
box or bench, then stand back up.</div>

    </li>

    <li class="exercise-item">

        <a
href="https://youtu.be/pyBHPoC8Nzo?feature=shared">Bent-over Rows</a>

        <div class="exercise-description">Bend at the
hips and knees, then row a weight towards your chest.</div>

    </li>

    <li class="exercise-item">

        <a
href="https://youtu.be/l4kQd9eWclE?feature=shared">Leg Raises</a>

        <div class="exercise-description">Lie on your
back and lift your legs towards the ceiling, then lower them without
touching the ground.</div>

    </li>

    <!-- Add more beginner exercises as needed -->

</ul>

</div>

```



```

</div>

<!-- Intermediate Section -->

<div class="workout-section intermediate-background">

    <div                                class="workout-header"><div
class="title">~Intermediate~</div></div>

    <!-- Exercise List -->

    <div>

        <ul class="exercise-list">

            <li class="exercise-item">

                <a
href="https://youtu.be/pD3mD6WgykM?feature=shared">Diamond Push-ups</a>

                <div class="exercise-description">Perform push-
ups with your hands close together, forming a diamond shape.</div>

            </li>

            <li class="exercise-item">

                <a
href="https://youtu.be/CkFzgR55gho?feature=shared">Goblet Squats</a>

                <div class="exercise-description">Hold a
dumbbell close to your chest and perform squats, keeping your back
straight.</div>

            </li>

            <li class="exercise-item">

                <a
href="https://youtu.be/9dNL_mtObGQ?feature=shared">Side Plank</a>

                <div class="exercise-description">Support your
body on one arm, with your body forming a straight line, hold for
time.</div>

            </li>

            <li class="exercise-item">

```

```

<a href="https://youtu.be/NBY9-
kTuHEk?feature=shared">Box Jumps</a>

<div class="exercise-description">Jump onto a
sturdy box or platform, landing softly with your knees slightly
bent.</div>

</li>

<li class="exercise-item">

<a
href="https://youtu.be/wkD8rjkodUI?feature=shared">Russian Twists</a>

<div class="exercise-description">Sit on the
ground, lean back slightly, and twist your torso to touch the ground on
each side.</div>

</li>

<li class="exercise-item">

<a
href="https://youtu.be/nmwgirgXLYM?feature=shared">Mountain Climber</a>

<div class="exercise-description">From a plank
position, bring one knee towards your chest, alternating quickly.</div>

</li>

<li class="exercise-item">

<a
href="https://youtu.be/aAggnpPyR6E?feature=shared">Pull-ups</a>

<div class="exercise-description">Hang from a
bar and pull your body upwards until your chin is above the bar.</div>

</li>

<li class="exercise-item">

<a href="https://youtu.be/2z8JmcrW-
As?feature=shared">Dips</a>

<div class="exercise-description">Use parallel
bars or sturdy furniture to lower and raise your body.</div>

</li>

<li class="exercise-item">

```

```

        <a
href="https://youtu.be/7Aqeb8UHl4k?feature=shared">Bulgarian Split
Squats</a>

        <div class="exercise-description">Stand a few
feet in front of a bench, with one foot resting behind you on the bench,
lower your body into a lunge.</div>

    </li>

    <li class="exercise-item">

        <a
href="https://youtu.be/_1zjaBLTFhU?feature=shared">Plank with Knee to
Elbow</a>

        <div class="exercise-description">From a plank
position, bring one knee towards the corresponding elbow, alternating
sides.</div>

    </li>

    <li class="exercise-item">

        <a
href="https://youtu.be/3VcKaXpzqRo?feature=shared">Lateral Raises</a>

        <div class="exercise-description">Hold weights
at your sides and lift them out to the sides until your arms are parallel
to the ground.</div>

    </li>

    <!-- Add more intermediate exercises as needed -->
</ul>

</div>

</div>

<!-- Advanced Section -->

<div class="workout-section advanced-background">

    <div class="workout-header"><div
class="title">~Advanced~</div></div>

    <!-- Exercise List -->

```

```

<div>

    <ul class="exercise-list">

        <li class="exercise-item">

            <a
href="https://youtu.be/oTy2ORF_NC4?feature=shared">Handstand          Push-
ups</a>

                <div class="exercise-description">Perform push-
ups with your body inverted in a handstand position against a wall or
freestanding.</div>

            </li>

            <li class="exercise-item">

                <a
href="https://youtu.be/qDcniqddTeE?feature=shared">Pistol Squats</a>

                    <div class="exercise-description">Balance on one
leg and lower your body into a single-leg squat, keeping the other leg
extended.</div>

                </li>

                <li class="exercise-item">

                    <a
href="https://youtu.be/YHkHgJOAe9A?feature=shared">Tuck Planche</a>

                        <div class="exercise-description">Lean forward
and lift your knees towards your chest, balancing on your hands.</div>

                    </li>

                    <li class="exercise-item">

                        <a
href="https://youtu.be/k53ogCacHIQ?feature=shared">Clapping          Push-
ups</a>

                            <div
                                class="exercise-description">Perform
explosive push-ups, pushing your body off the ground and clapping your
hands before landing.</div>

                        </li>

                        <li class="exercise-item">

                            <a
                                href="https://youtu.be/wEahB-
TjjaY?feature=shared">L-Sit Pull-ups</a>

```

```

        <div class="exercise-description">Hang from a
bar and lift your legs in an L-shape while performing pull-ups.</div>

    </li>

    <li class="exercise-item">

        <a
href="https://youtu.be/jVzrLDIRqnE?feature=shared">Burpee Pull-ups</a>

        <div class="exercise-description">Combine a
burpee with a pull-up for a full-body explosive exercise.</div>

    </li>

    <li class="exercise-item">

        <a
href="https://youtu.be/_iYvlSMgUGE?feature=shared">Muscle-ups</a>

        <div class="exercise-description">Perform a
pull-up followed by a dip, transitioning between the two in a fluid
motion.</div>

    </li>

    <li class="exercise-item">

        <a
href="https://youtu.be/AGhb8V8M758?feature=shared">Front Lever
Progressions</a>

        <div class="exercise-description">Develop
strength to hold your body parallel to the ground while hanging from a
bar.</div>

    </li>

    <li class="exercise-item">

        <a href="https://youtu.be/pvz7k5gO-
DE?feature=shared">Dragon Flags</a>

        <div class="exercise-description">Lie on your
back and lift your legs towards the ceiling, then lower them back down
without touching the ground.</div>

    </li>

    <li class="exercise-item">

        <a
href="https://youtu.be/xpltgjT_3k0?feature=shared">One-Arm Push-ups</a>

```

```

        <div class="exercise-description">Perform push-
ups with one hand placed in the center of your chest and the other behind
your back.</div>

    </li>

    <li class="exercise-item">

        <a
href="https://youtu.be/jiA3RnMxFU0?feature=shared">Archer Pushups</a>

        <div class="exercise-description">In a push-up
position, bring the body down on the right side by bending the right
elbow and straightening the left arm out to the left side and vice
versa.</div>

    </li>

    <!-- Add more advanced exercises as needed -->

</ul>

</div>

</div>

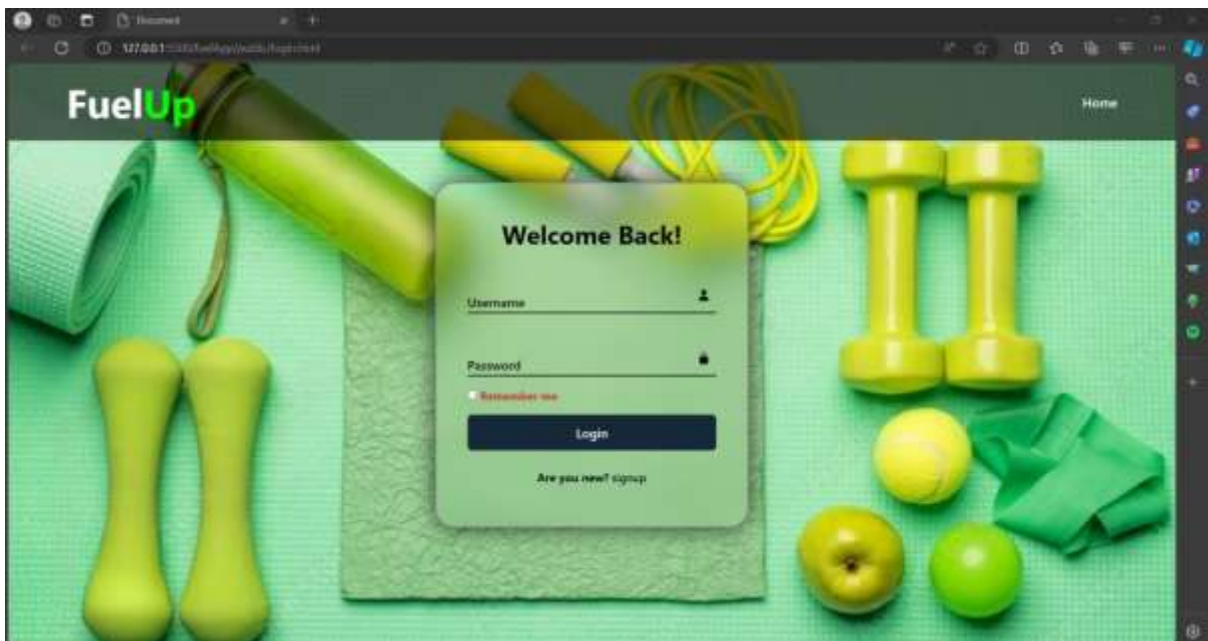
</div>

</body>

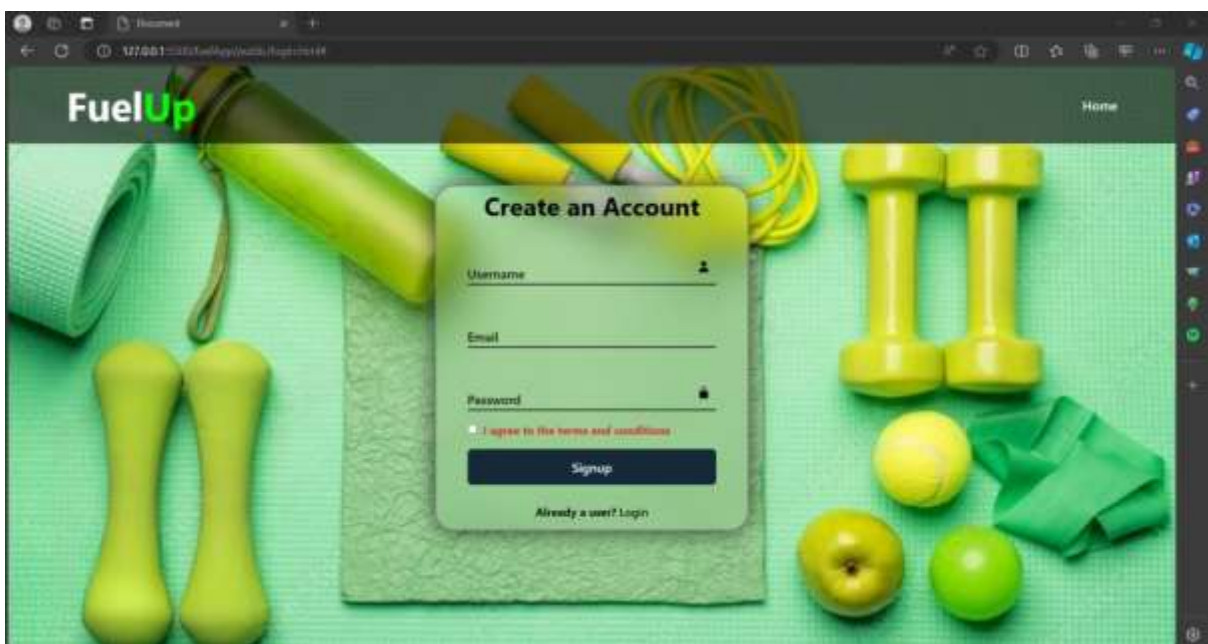
</html>

```

## LOGIN PAGE

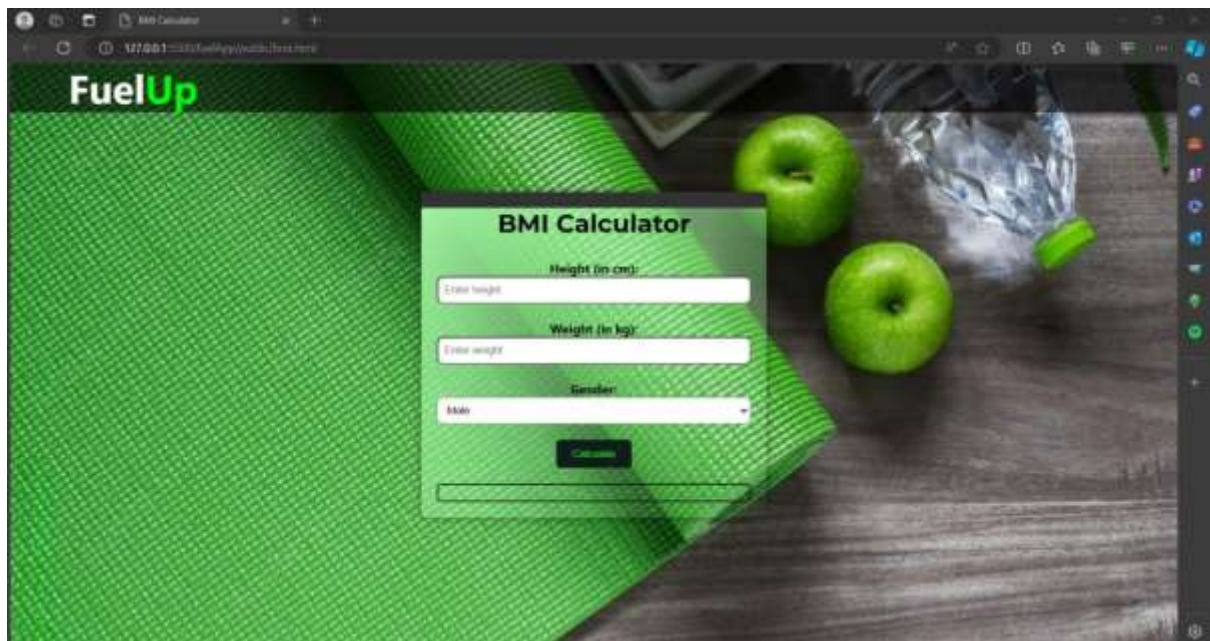


## SIGN UP PAGE

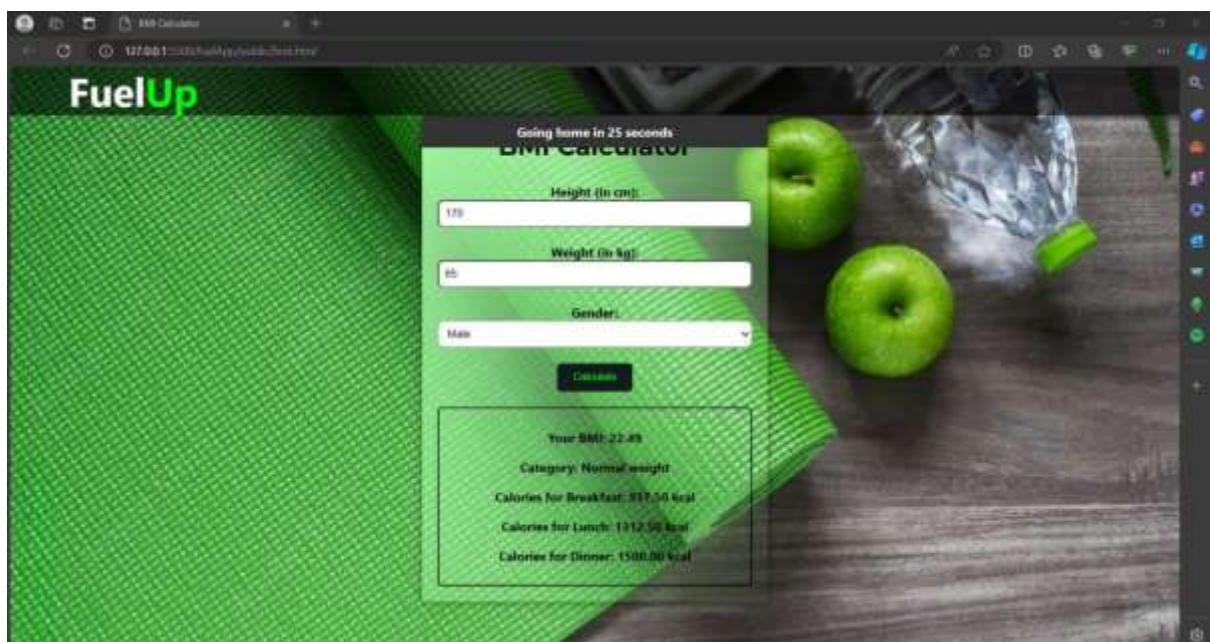




## BMI CALCULATOR



## ADDING VALUES





# LOGIN PAGE CODE

## HTML

```
<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

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

    <title>Document</title>

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

    <script
src="https://ajax.googleapis.com/ajax/libs/jquery/3.6.4/jquery.min.js">
</script>

</head>

<body>

    <header class="header">

        <h1>Fuel<span>Up</span></h1>

        <nav class="navigation">

            <a href="index.html">Home</a>

        </nav>

    </header>


    <div class="wrapper">

        <div class="form-box login" id="login">

            <h2>Welcome Back!</h2>

            <form action="/login" method="post">

                <div class="input-box">

                    <span class="icon"><ion-icon
name="person"></ion-icon></span>
```

```

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

        <label>Username</label>

    </div>

    <div class="input-box">

        <span      class="icon"><ion-icon      name="lock-
closed"></ion-icon></span>

        <input      type="password"      name="loginPassword"
required>

        <label>Password</label>

    </div>

    <div class="remember-forgot">

        <label><input      type="checkbox">Remember
me</label>

    </div>

    <button      type="submit"      name="login"
class="btn">Login</button>

    <div class="login-register">

        <p>Are you new? <a href="#" id="lnksignup"
class="register-link">signup</a></p>

    </div>

</form>

</div>

<div class="form-box signup hide" id="signup">

    <h2>Create an Account</h2>

    <form action="/signup" method="post">

        <div class="input-box">

            <span class="icon">

                <ion-icon name="person"></ion-icon>

            </span>


```

```

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

        <label>Username</label>

    </div>

    <div class="input-box">

        <span class="icon"><ion-icon name="email"></ion-
icon></span>

        <input type="email" name="Email" required>

        <label>Email</label>

    </div>

    <div class="input-box">

        <span      class="icon"><ion-icon      name="lock-
closed"></ion-icon></span>

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

        <label>Password</label>

    </div>

    <div class="remember-forgot">

        <label><input type="checkbox"> I agree to the
terms and conditions</label>

    </div>

    <button      type="submit"      name="signup"
class="btn">Signup</button>

    <div class="login-register">

        <p>Already a user? <a href="#" id="lnklogin"
class="login-link">Login</a></p>

    </div>

</form>

</div>

</div>

<script src="login.js"></script>

```

```

        <script                                type="module"
src="https://unpkg.com/ionicons@7.1.0/dist/ionicons/ionicons.esm.js"></
script>

        <script                                nomodule
src="https://unpkg.com/ionicons@7.1.0/dist/ionicons/ionicons.js"></scri
pt>

</body>

</html>

```

## CSS

```

:root {

    --first-color: lime;

    --footer-color: #161418;

    --box-shadow: 0 .5rem 1rem rgba(0, 0, 0, .1);

}

* {

    margin: 0;

    padding: 0;

    box-sizing: border-box;

    font-family: system-ui, -apple-system, BlinkMacSystemFont, 'Segoe
UI', Roboto, Oxygen, Ubuntu, Cantarell, 'Open Sans', 'Helvetica Neue',
sans-serif;

    font-weight: bold;

}

.hide{

    display: none;

}

body {

```

```
display: flex;

justify-content: center;

min-height: 100vh;

align-items: center;

background: url("Login.png");

background-size: cover;

background-position: center;

}

.header {

  position: fixed;

  top: 0;

  left: 0;

  width: 100%;

  padding: 1rem 5%;

  display: flex;

  justify-content: space-between;

  align-items: center;

  z-index: 99;

  background: rgba(0, 0, 0, .6);

  background-size: cover;

  background-position: center;

}

.header h1{

  color: white;

  font-size: 50px;

}

.header h1 span{
```

```
    color: var(--first-color);
}

.logo {
    font-size: 10em;
    color: rgb(75, 59, 59);
    text-align: left;
}

.navigation a {
    font-size: 1em;
    position: relative;
    color: white;
    font-weight: 500;
    text-decoration: none;
    margin-left: 40px;
}

.navigation a:hover {
    color: var(--first-color);
}

.navigation a::after {
    content: '';
    position: absolute;
    left: 0;
    bottom: -6px;
    width: 100%;
```

```
height: 3px;

background: white;

background-color: var(--first-color);

border-radius: 5px;

transform: scaleX(0);

transition: transform 0.5s;

}
```

```
.navigation a:hover::after {

    transform: scaleX(1);

}
```

```
.navigation .btnlogin-popup {

    width: 130px;

    height: 50px;

    background: transparent;

    border: 2px solid white;

    border-radius: 6px;

    cursor: pointer;

    font-size: 1em;

    color: white;

    font-weight: 500;

    margin-left: 40px;

    transition: 0.5s;

}
```

```
.navigation .btnlogin-popup:hover {

    background: white;

    color: black;
```

```
}

.wrapper {
  position: relative;
  width: 400px;
  height: 440px;
  background: transparent;
  border: 2px solid grey;
  border-radius: 25px;
  backdrop-filter: blur(20px);
  box-shadow: 0 0 30px rgba(0, 0, 0, 0.75);
  display: flex;
  justify-content: center;
  align-items: center;
  overflow: hidden;

  transition: transform 0.5s ease, height 0.2s ease;
}

.wrapper.active-popup {
  transform: scale(1);
}

.wrapper.active {
  height: 520px;
}

.wrapper .form-box {
  width: 100%;
```



```
padding: 40px;

}

.wrapper .form-box .login {

  transition: transform .18s ease;

  transform: translateX(0);

}

.wrapper.active .form-box .login {

  transition: none;

  transform: translateX(-400px);

}

.wrapper .form-box .signup {

  position: absolute;

  transition: none;

  transform: translate(400px);

}

.wrapper.active .form-box .signup {

  transition: transform 0.18s ease;

  transform: translateX(0);

}

.form-box h2 {

  font-size: 2em;

  color: black;

  text-align: center;

}
```

```
.input-box {  
    position: relative;  
    width: 100%;  
    height: 50px;  
    border-bottom: 2px solid black;  
    margin: 30px 0;  
}
```

```
.input-box label {  
    position: absolute;  
    top: 50%;  
    left: 0;  
    font-size: 1em;  
    color: #000;  
    font-weight: 500;  
    pointer-events: none;  
}
```

```
.input-box input:focus~label,  
.input-box input:valid~label {  
    top: -5px;  
}
```

```
.input-box input {  
    width: 100%;  
    height: 100%;  
    background: transparent;  
    border: none;
```

```
outline: none;

font-size: 1em;

color: black;

font-weight: 600;

padding: 0 35px 0 5px;
}

.input-box .icon {

position: absolute;

right: 8px;

font-size: 1em;

color: black;

line-height: 57px;
}

.remember-forgot {

font-size: 0.9em;

color: rgb(215, 44, 44);

font-weight: 500;

margin: -15px 0 15px;

display: flex;

justify-content: space-between;
}

.remember-forgot label input {

accent-color: #162938;

margin-right: 3px;
}
```

```
.remember-forgot a {  
  
    color: #162938;  
  
    text-decoration: none;  
  
}  
  
.remember-forgot a:hover {  
  
    text-decoration: underline;  
  
}  
  
.btn {  
  
    width: 100%;  
  
    height: 45px;  
  
    background: #162938;  
  
    border: none;  
  
    outline: none;  
  
    border-radius: 6px;  
  
    cursor: pointer;  
  
    font-size: 1em;  
  
    color: azure;  
  
    font-weight: 500;  
  
}  
  
.login-register {  
  
    font-size: 0.9em;  
  
    color: black;  
  
    text-align: center;  
  
    font-weight: 500;  
  
    margin: 25px 0 10px 0;  
  
}
```

```
.login-register p a {  
  color: black;  
  text-decoration: none;  
  font-weight: 600;  
}  
  
.login-register p a:hover {  
  text-decoration: underline;  
}
```

## JS

```
document.addEventListener("DOMContentLoaded", function() {  
  const wrapper = document.querySelector('.wrapper');  
  const loginLink = document.querySelector('.login-link');  
  const signupLink = document.querySelector('.register-link');  
  const btnPopup = document.querySelector('.btnlogin-popup');  
  const iconClose = document.querySelector('.icon-close');  
  const loginForm = document.getElementById('login');  
  const signupForm = document.getElementById('signup');  
  
  loginLink.addEventListener('click', () => {  
    wrapper.classList.add('active-popup');  
    loginForm.classList.remove('hide');  
    signupForm.classList.add('hide');  
  });  
  
  signupLink.addEventListener('click', () => {  
    signupForm.classList.remove('hide');  
    loginForm.classList.add('hide');  
  });  
});
```

```

});

btnPopup.addEventListener('click', () => {
    wrapper.classList.add('active-popup');
    loginForm.classList.remove('hide');
    signupForm.classList.add('hide');
});

iconClose.addEventListener('click', () => {
    wrapper.classList.remove('active-popup');
});

document.getElementById("lnksignup").addEventListener("click",
function() {
    signupForm.classList.remove("hide");
    loginForm.classList.add("hide");
});

document.getElementById("lnklogin").addEventListener("click",
function() {
    loginForm.classList.remove("hide");
    signupForm.classList.add("hide");
});
});

```

# DATABASE CREATION

## My SQL Database Code

```
create database fuel_up_db;

CREATE TABLE users (

  id INT AUTO_INCREMENT PRIMARY KEY,

  username VARCHAR(255) NOT NULL UNIQUE,

  email VARCHAR(255) NOT NULL UNIQUE,

  password CHAR(60) NOT NULL

);
```

	id	username	email	password
▶	1	atharva	atharva@gmail.com	12345678
	3	Lewis_44	lewismerc@gmail.com	mercedes@8
	5	max20	redbullmax@gmail.com	max@20
•	HULL	HULL	HULL	HULL

# DATABASE OPERATION

## Server file using javascript

```
const express = require('express');

const mysql = require('mysql2');

const path = require('path');

const app = express();

app.use(express.urlencoded({extended: true}));

app.use(express.static(path.join(__dirname, 'public')));

const connection = mysql.createConnection({

  host: 'localhost',

  user: 'root',
```

```

password: 'atharva04',

database: 'fuel_up_db'
});

connection.connect(function(err) {

  if (err) {

    console.error('Error connecting to database: ' + err.stack);

    return;

  }

  console.log('Connected to database');

});

app.get('/', (req, res) => {

  res.sendFile(path.join(__dirname, 'login.html'));

});

app.post('/login', (req, res) => {

  const username = req.body.loginUsername;

  const password = req.body.loginPassword;


  connection.query('SELECT * FROM users WHERE username = ? AND password = ?', [username, password], (err, results) => {

    if (err) {

      console.error(err);

      res.sendStatus(500); // Internal server error

      return;

    }

  });

```



```

    }

    if (results.length > 0) {
        //res.send('Login successful');

        res.redirect('/success.html?username=' + username);
    } else {
        res.send('Invalid username or password');
    }
});

});

app.listen(3000, () => console.log('Server listening on port 3000'));

app.post('/signup', (req, res) => {

    const username = req.body.username;
    const email = req.body.Email;
    const password = req.body.password;


    connection.query('INSERT INTO users (username, email, password)
VALUES (?, ?, ?)', [username, email, password], (err, result) => {

        if (err) {

            console.error(err);

            res.sendStatus(500); // Internal server error

            return;
        }
    }
});

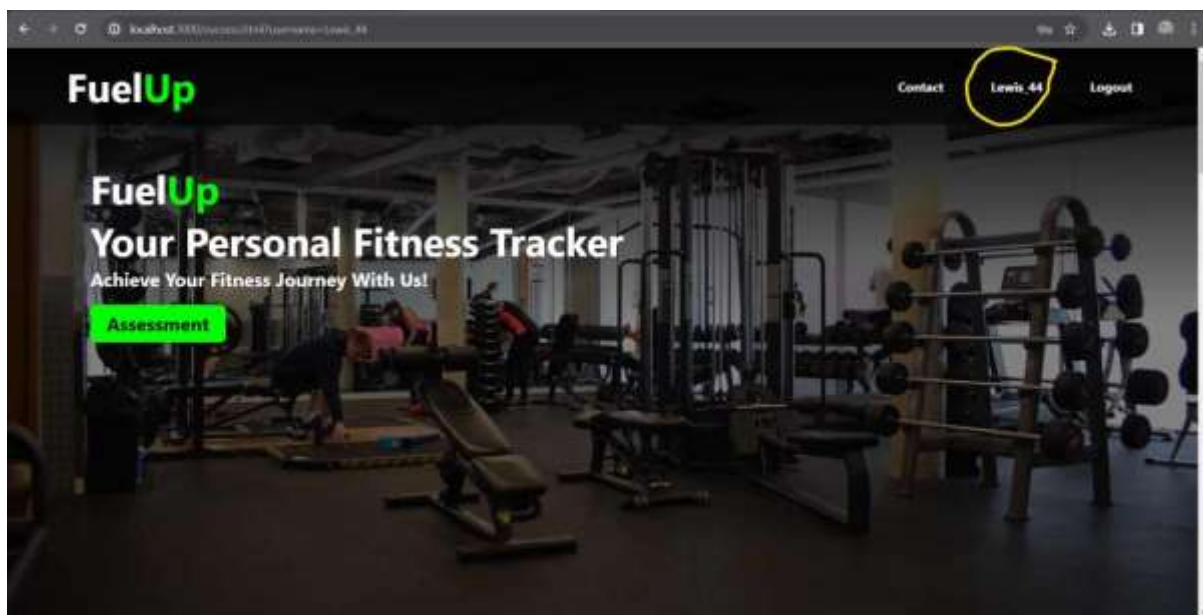
```

```
if (result.affectedRows > 0) {  
  
    //res.send('Signup successful');  
    res.redirect('/login.html');  
} else {  
    res.send('Signup failed');  
}  
});  
});
```

# DATABASE CONNECTIVITY

```
PROBLEMS OUTPUT DEBUG CONSOLE TERMINAL PORTS

PS C:\Users\athar\Desktop\Work\WP\project> cd fuelApp
PS C:\Users\athar\Desktop\Work\WP\project\fuelApp> node server.js
Server listening on port 3000
Connected to database
█
```



## HTML:

```
<!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>FuelUp</title>

  <link rel="stylesheet" href="fontawesome-free-5.15.3-web/css/all.min.css">
```

```

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

<style>

    html{

        scroll-behavior: smooth;

    }

    .home-link {

        margin-right: auto;

    }

    .contact-link {

        margin-left: auto;

    }

</style>
</head>
<body>

    <header class="header">

        <h1>Fuel<span>Up</span></h1>

        <nav class="navigation">

            <a href="#bottom" class="contact-link">Contact</a>

            <span id="username" class="username"></span>

            <a href="login.html">Logout</a>

        </nav>

    </header>

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

    <script
                                                                    type="module"
src="https://unpkg.com/ionicons@7.1.0/dist/ionicons/ionicons.esm.js"></
script>

```

```

<script                                                                    nomodule
src="https://unpkg.com/ionicons@7.1.0/dist/ionicons/ionicons.js"></scri
pt>

<div class="home">

    <div class="main-home">

        <div class="inner-content">

            <h1>Fuel<span>Up</span><br>    Your    personal    fitness
tracker </h1>

            <p>Achieve your fitness journey with us!</p>

            <div class="body-btn">

                <a href="bmi.html">Assessment</a>

            </div>

        </div>

    </div>

</div>

<div class="welcome">

    <div class="main-welcome">

        <div class="inner-content-welcome">

            <div class="inner-content-welcome-inner">

                <h1>welcome to Fuel<span>Up</span></h1>

                <p class="desc1">We at FuelUp are dedicated towards
helping you achieve your fitness goals!</p>

                <p class="desc">Join us to start your fitness journey
</p>

                <p class="desc1">Our Fitness Website Offers A
Comprehensive Platform For Health Enthusiasts. It Provides Personalized
Workout Suggestions And A BMI Calculator For Users To Track Their Fitness

```

Journey, Making It A One-Stop Destination For Achieving Fitness Goals.

```
</p>

    </div>

</div>

</div>

</div>

<div class="fitness-services" id="plans">

    <div class="fitness-heading">

        <h1>Our<span>Plans</span></h1>

    </div>

    <div class="fitness-main-service">

        <div class="fitness-inner-content">

            <div class="fitness-images">

            </div>

            <div class="fitness-inner-headings">

                <h1>Diet Plan</h1>

                <p>Tailored nutritional guidance to help users meet
their fitness goals through healthy and personalized meal
recommendations</p>

                <a href="diet.html">

                    <button class="fitness-btn">Enter</button>

                </a>

            </div>

        </div>

    </div>

    <div class="fitness-inner-content">

        <div class="fitness-images">

        </div>

    </div>

</div>
```

```

        <div class="fitness-inner-headings">

            <h1>Workout Plan</h1>

            <p>Customized exercise routines designed to suit
individual needs, enhancing fitness and well-being</p>

            <a href="workout.html">

                <button class="fitness-btn">Enter</button>

            </a>

        </div>

    </div>

</div>

</div>

</div>

<div class="trained" id="bottom">

    <div class="trained-content">

        <h1>Contact Us</h1><br>

        <p>Mail: project1a@gmail.com</p><br><br>

        <p>Akshay Patil: 91679 55296</p>

        <p>Priyal Kadam: 79000 78760</p>

        <p>Atharva Kolhe: 83696 08443</p><br><br>

        <p>Post: Mukesh Patel School Of Technology Mgmt. &
Engineering, Nr. Cooper Hospital, Vile Parle (West), Mumbai - 400 056</p>

    </div>

</div>

<script src="success.js"></script>

<script>

    const urlParams = new URLSearchParams(window.location.search);

    const username = urlParams.get('username');

    // Display username in the navigation bar

    const usernameElement = document.getElementById('username');

```

```

        if (usernameElement && username) {

            usernameElement.textContent = username;

        }

    </script>

</body>

</html>

```

## CSS:

```

:root {

    --first-color: lime;

    --footer-color: #161418;

    --box-shadow: 0 .5rem 1rem rgba(0, 0, 0, .1);

}

* {

    padding: 0;

    margin: 0;

    box-sizing: border-box;

    outline: none;

    text-transform: capitalize;

    transition: 0.2s;

    text-decoration: none;

    font-family: system-ui, -apple-system, BlinkMacSystemFont, 'Segoe
UI', Roboto, Oxygen, Ubuntu, Cantarell, 'Open Sans', 'Helvetica Neue',
sans-serif;

    font-weight: bold;

}

body{

```



```
width: 100%;

background-color: #828588;
}

.header {
  padding: 1rem 5%;
  position: fixed;
  left: 0;
  right: 0;
  display: flex;
  justify-content: space-between;
  align-items: center;
  background: rgba(0, 0, 0, .6);
  background-size: cover;
  background-position: center;
  z-index: 100;
  width: 100%;
}

.header h1{
  color: white;
  font-size: 50px;
}

.header h1 span{
  color: var(--first-color);
}

.username{
```

```
    color: white;

    padding: 0.5rem;

    margin-left: 40px;

    position: relative;
}

.navigation a{

    color: white;

    padding: 0.5rem;

    margin-left: 40px;

    position: relative;
}

.navigation a:hover{

    color: var(--first-color);
}

.navigation a::after{

    content: "";

    background-color: var(--first-color);

    width: 0;

    height: 2px;

    position: absolute;

    top: 100%;

    bottom: -6px;

    left: 0;

    transition: .5s;
}

.navigation a:hover::after{

    width: 100%;
```

```

}

.icons div{
    color: white;
    font-size: 18px;
    display: none;
}

.icons a{
    color: white;
    border: 1px solid white;
    padding: 0.5rem;
    transition: .5s;
}

.icons a:hover{
    background: var(--first-color);
    border-radius: 10px;
}

.icons #loginbtn{
    background: var(--first-color);
    padding: 0.5rem 1.5rem;
}

/* login form designing here */
.login-form{

```

```
width: 100%;

height: 100vh;

background: rgba(255, 255, 255, 0.5);

position: absolute;

left: -100%;

top: 0;


display: flex;

justify-content: center;

align-items: center;
}

.login-form.active{

left: 0;
}

.login-form form{

margin: 2rem;

text-align: center;

padding: 2rem;

width: 40rem;

border-radius: .5rem;

box-shadow: var(--box-shadow);

border: var(--border);

background: #fa8944;
}

.form-content{

margin: .7rem 0;

width: 100%;

font-size: 1.6rem;
```

```
    color:var(--black);

    text-transform: none;

    border:var(--border);

    padding:1rem 1.2rem;

    border-radius: .5rem;
}

.form-content input{

    padding: 0.5rem 1rem;

    margin: 0.5rem;

    outline: none;

    transition: 0.3s;

}

.form-content input:focus{

    padding: 0.4rem;

    border-radius: 3px;

    border: none;

}

.loginhead{

    font-size: 30px !important;

}

.login-form #closeloginform{

    position: absolute;

    top: 100px;

    right:100px;

    font-size: 30px;

    cursor: pointer;

}

#logo{
```

```
display: none;
}

/* home design */
.home{
  padding: 1rem 7%;
  background-image: url(kettlebell-g9cc9f83e4_1920.jpg);
  background-size: cover;
  background-position: center;
  min-height: 100vh;
  background-repeat: no-repeat;
}

.main-home{
  display: flex;
  justify-content: center;
  align-items: center;
  gap: 15px;
  flex-wrap: wrap;
}

.inner-content{
  flex: 1 1 45rem;
  flex-wrap: wrap;
}

.inner-content h1{
  margin-top: 130px;
  color: white;
  font-size: 50px;
}
```

```

.inner-content h1 span{
    color: var(--first-color);
}

.inner-content p{
    color: white;
    font-size: 1.5rem;
    margin-bottom: 25px;
}

.body-btn a{
    padding: 0.5rem 1.3rem;
    border-radius: 7px;
    background-color: var(--first-color);
    color: black;
    font-size: 1.5rem;
    transition: 0.5s;
}

.body-btn a:hover{
    padding: 0.5rem 1.5rem;
    border-radius: 10px;
}

/* Welcome css */

.welcome{
    padding: 0.5rem 7%;
    padding: 100px;
    background-image: url(Orangelady.png);
    background-position: center;
    background-size: cover;
}

```

```

background-repeat: no-repeat;

display: flex;

justify-content: center;

align-items: center;
}

.main-welcome{

display: flex;

justify-content: center;

align-items: center;
}

.inner-content-welcome{

flex: 1 1 45rem;

gap: 30px;

flex-wrap: wrap;
}

```

## JAVASCRIPT

```

let menubar = document.querySelector('#menubar');
let mynav = document.querySelector('.navbar');

menubar.onclick = () =>{
    menubar.classList.toggle('fa-times')
    mynav.classList.toggle('active')
}

document.querySelector('#loginbtn').onclick = () =>{
    document.querySelector('.login-form').classList.toggle('active');
}

document.querySelector('#closeloginform').onclick = () =>{

```



```
document.querySelector('.login-form').classList.remove('active');  
}
```

## QUERIES

Select from users ;

	id	username	email	password
▶	1	atharva	atharva@gmail.com	12345678
	3	Lewis_44	lewismerc@gmail.com	mercedes@8
	5	max20	redbullmax@gmail.com	max@20
•	NULL	NULL	NULL	NULL