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<!DOCTYPE html>
<html lang="en">
<head>
<meta charset="UTF-8" />
<meta name="viewport" content="width=device-width, initial-scale=1.0" />
<title>Posture Track Pro</title>
<link href="https://fonts.googleapis.com/css2?family=Broadway&display=swap" rel="stylesheet" />
<style>
body {
margin: 0;
font-family: Blackletter, sans-serif;
background: linear-gradient(135deg, #ff6666, #ffab66, #ff7f66, #baff66, #70ff66, #66ffc2, #6696ff, #a166ff, #eb66ff, #ff66d9);
min-height: 100vh;
overflow-x: hidden;
color: #333;
animation: fadeInBody 0.8s ease-in-out;
}
@keyframes fadeInBody { from {opacity: 0;} to {opacity: 1;} }

.title, .subtitle { text-align: center; animation: slideDown 1s ease forwards; }
@keyframes slideDown { from {transform: translateY(-20px); opacity: 0;} to {transform: translateY(0); opacity: 1;} }

.title {
font-family: "Blackletter", cursive;
font-size: 2.5em;
margin: 1em;
text-transform: uppercase;
color: #000000;
}
.subtitle { font-size: 1.2em; color: #000000; }

nav {
display: flex;
justify-content: center;
background-color: rgba(0, 0, 0, 0.6);
padding: 1em;
position: sticky;
top: 0;
z-index: 10;
}
nav button {
color: white;
background: transparent;
border: 1px solid white;
padding: 0.5em 1.5em;
margin: 0 1em;
font-size: 1em;
cursor: pointer;
border-radius: 8px;
transition: background 0.3s, transform 0.2s;
animation: pulse 2s infinite;
}
@keyframes pulse { 0%, 100% { transform: scale(1); } 50% { transform: scale(1.05); } }
nav button:hover { background-color: white; color: black; transform: scale(1.1); }

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.page {
  display: none;
  padding: 2em;
  animation: fadeInScale 0.6s ease;
}

.page.active { display: block; }
@keyframes fadeInScale { from { opacity: 0; transform: scale(0.95); } to { opacity: 1; transform: scale(1); } }

.buttons { text-align: center; margin: 1em; }
.buttons button {
  margin: 0.3em;
  padding: 1em 2em;
  font-size: 1em;
  cursor: pointer;
  border: none;
  border-radius: 10px;
  background-color: #fff;
  box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);
  transition: transform 0.2s;
  animation: popUp 0.5s ease forwards;
}
@keyframes popUp { from { transform: translateY(10px); opacity: 0; } to { transform: translateY(0); opacity: 1; } }
.buttons button:hover { transform: scale(1.05); }

#limitSelected { text-align: center; margin-top: 1em; font-weight: bold; font-size: 2em; color: #333; }
#summary { text-align: center; animation: fadeInUp 0.5s ease forwards; }
@keyframes fadeInUp { from { opacity: 0; transform: translateY(15px); } to { opacity: 1; transform: translateY(0); } }

.learn-content ul { list-style-type: square; padding-left: 2em; }

/* LOGIN & SIGNUP STYLES */
.auth-container {
  display: flex;
  flex-direction: column;
  align-items: center;
  justify-content: center;
  min-height: 100vh;
  text-align: center;
}
.auth-box {
  background: rgba(255, 255, 255, 0.8);
  padding: 2em;
  border-radius: 15px;
  box-shadow: 0 0 20px rgba(0, 0, 0, 0.2);
  max-width: 300px;
  width: 90%;
  animation: fadeInScale 0.6s ease;
}
.auth-box input {
  display: block;
  width: 90%;
  margin: 0.5em auto;
}

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padding: 0.7em;
border-radius: 8px;
border: 1px solid #aaa;
}
.auth-box button {
margin-top: 1em;
padding: 0.7em 2em;
border: none;
background: black;
color: white;
font-size: 1em;
border-radius: 8px;
cursor: pointer;
transition: transform 0.2s;
}
.auth-box button:hover { transform: scale(1.05); background: #333; }
.switch-link { margin-top: 1em; font-size: 0.9em; cursor: pointer; color: blue; text-decoration: underline; }
</style>
</head>
<body>
<!-- LOGIN PAGE -->
<div id="loginPage" class="auth-container">
<div class="auth-box">
<h1 class="title">Login</h1>
<input type="text" id="loginEmail" placeholder="Email" />
<input type="password" id="loginPassword" placeholder="Password" />
<button onclick="login()">Login</button>
<div class="switch-link" onclick="showSignup()">Don't have an account? Sign up</div>
</div>
</div>

<!-- SIGNUP PAGE -->
<div id="signupPage" class="auth-container" style="display:none;">
<div class="auth-box">
<h1 class="title">Sign Up</h1>
<input type="text" id="signupEmail" placeholder="Email" />
<input type="password" id="signupPassword" placeholder="Password" />
<button onclick="signup()">Sign Up</button>
<div class="switch-link" onclick="showLogin()">Already have an account? Login</div>
</div>
</div>

<!-- MAIN APP -->
<div id="mainApp" style="display:none;">
<nav>
<button onclick="showPage('dashboard')">Dashboard</button>
<button onclick="showPage('analyze')">Analyze</button>
<button onclick="showPage('learn')">Learn</button>
</nav>

<section id="dashboard" class="page active">
<h1 class="title">WELCOME TO POSTURE TRACK PRO</h1>
<p class="subtitle">Set your bad posture limit:</p>
<div class="buttons">

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<button onclick="selectLimit('10%')">10%</button>
<button onclick="selectLimit('20%')">20%</button>
<button onclick="selectLimit('30%')">30%</button>
<button onclick="selectLimit('40%')">40%</button>
<button onclick="selectLimit('50%')">50%</button>
</div>
<div id="limitSelected"></div>
</section>
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<section id="analyze" class="page">
<h2>Camera & Analysis</h2>
<video id="camera" width="320" height="240" autoplay muted></video>
<div class="buttons">
<button onclick="startCamera()">Start Camera</button>
<button onclick="stopCamera()">Stop Camera</button>
<button onclick="startAnalysis()">Start Analysis</button>
<button onclick="stopAnalysis()">Stop Analysis</button>
</div>
<div id="summary"></div>
</section>
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<section id="learn" class="page">
<h2>Learn About Good Posture</h2>
<div class="learn-content">
<p><strong>Maintaining good posture</strong> involves keeping your body aligned to minimize strain.</p>
<ul>
<strong>Standing:</strong>
<li>Stand tall with shoulders relaxed.</li>
<li>Engage your core and keep your head level.</li>
<li>Feet shoulder-width apart.</li>
<strong>Sitting:</strong>
<li>Back straight in a supportive chair.</li>
<li>Feet flat on the floor, knees 90 degrees.</li>
<li>Avoid crossing legs or ankles.</li>
<strong>General Tips:</strong>
<li>Stretch regularly and take breaks.</li>
<li>Strengthen core muscles.</li>
<li>Make ergonomic workspace adjustments.

</li>
</ul>
</li>
<a href="https://1drv.ms/w/c/f4f893de8d21c179/EfgxBni2M-ZHuvnf9YqYurYBaITu0ZxoUzPtTACuHyvV5Q?e=E0VAnv"
target="_blank">
<img alt="document icon" data-bbox="181 738 196 753"/> Discover the secret to better posture</a>
</li>
<a href="https://1drv.ms/w/c/f4f893de8d21c179/EfITi3f6wMxCggPiuk3uL-IBFA6a2evaibGjMFOQOeoChA?e=9ID7Vo"
target="_blank" class="posture-link">
<img alt="person icon" data-bbox="63 806 78 821"/> Straighten up—click to explore the posture article
</a>
</li>
</ul>
</div>
</section>
</div>
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<script>
function showPage(id) {
document.querySelectorAll(".page").forEach(page => page.classList.remove("active"));
document.getElementById(id).classList.add("active");
}

function selectLimit(limit) {
document.getElementById("limitSelected").innerText = `Selected Limit: ${limit}`;
}

let stream;
function startCamera() {
navigator.mediaDevices.getUserMedia({ video: true }).then((s) => {
stream = s;
document.getElementById("camera").srcObject = s;
});
}
function stopCamera() {
if (stream) {
stream.getTracks().forEach((track) => track.stop());
document.getElementById("camera").srcObject = null;
}
}
function startAnalysis() {
document.getElementById("summary").innerText = "Analyzing posture...";
}
function stopAnalysis() {
const good = Math.floor(70 + Math.random() * 15);
const bad = 100 - good;
document.getElementById("summary").innerHTML = `<strong>Posture Summary:</strong><br>Correct:
${good}%<br>Incorrect: ${bad}%`;
}

// Login/Signup Logic (Simple Frontend Demo)
function login() {
const email = document.getElementById("loginEmail").value;
const password = document.getElementById("loginPassword").value;
if (email && password) {
document.getElementById("loginPage").style.display = "none";
document.getElementById("mainApp").style.display = "block";
} else {
alert("Please enter Email and Password!");
}
}

function signup() {
const email = document.getElementById("signupEmail").value;
const password = document.getElementById("signupPassword").value;
if (email && password) {
alert("Account created! Please login.");
showLogin();
} else {
alert("Please enter Email and Password!");
}
}

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}
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function showSignup() {  
  document.getElementById("loginPage").style.display = "none";  
  document.getElementById("signupPage").style.display = "flex";  
}
```

```
function showLogin() {  
  document.getElementById("signupPage").style.display = "none";  
  document.getElementById("loginPage").style.display = "flex";  
}  
</script>  
</body>  
</html>
```