**Lab Practicum 1**

**Helios Link**

<https://helios.vse.gmu.edu/~bali7/IT207/LABP1/candyresults.php>

<https://helios.vse.gmu.edu/~bali7/IT207/LABP1/form1.html>

<https://helios.vse.gmu.edu/~bali7/IT207/LABP1/form2.html>

<https://helios.vse.gmu.edu/~bali7/IT207/LABP1/formresults1.php>

<https://helios.vse.gmu.edu/~bali7/IT207/LABP1/formresults2.php>

<https://helios.vse.gmu.edu/~bali7/IT207/LABP1/labp1.php>

<https://helios.vse.gmu.edu/~bali7/IT207/LABP1/labp1pt2.php>

<https://helios.vse.gmu.edu/~bali7/IT207/css/labp1style.php>

**labp1.php**

<!DOCTYPE html>

<!-- Created by Basil Ali on 06/27/2023 for IT-207 / Lab Practicum -->

<html xmlns="http://www.w3.org/1999/xhtml" lang="en">

<head>

<meta charset="utf-8">

<title>Practicum 1</title>

<link rel="stylesheet" href="/~bali7/IT207/css/labp1style.css" type="text/css">

</head>

<body>

<div class="row">

<div class="side">

<!-- Adds menu include script -->

<?php include ('../menu.php') ?>

</div>

<div class="main">

<div class="maintwo">

<div>

<div class="box-1">

<!-- Adds course include script -->

<?php include ('../course.php') ?>

</div>

<div class="box-4">

<!-- Adds name information include script -->

<?php include ('../name.php') ?>

</div>

</div>

</div>

<div class="mainthree">

<div>

<?php include ('form1.html') ?>

</div>

</div>

<div class="mainfooter">

<div>

<!-- Adds footer script -->

<?php include ('../footer.php') ?>

</div>

</div>

</div>

</div>

</body>

</html>

**metresults.php**

<!DOCTYPE html>

<!-- Created by Basil Ali on 06/27/2023 for IT-207 / Lab Practicum -->

<html xmlns="http://www.w3.org/1999/xhtml" lang="en">

<head>

<meta charset="utf-8">

<title>Practicum 1</title>

<link rel="stylesheet" href="/~bali7/IT207/css/labp1style.css" type="text/css">

</head>

<body>

<div class="row">

<div class="side">

<!-- Adds menu include script -->

<?php include ('../menu.php') ?>

</div>

<div class="main">

<div class="maintwo">

<div>

<div class="box-1">

<!-- Adds course include script -->

<?php include ('../course.php') ?>

</div>

<div class="box-4">

<!-- Adds name information include script -->

<?php include ('../name.php') ?>

</div>

</div>

</div>

<div class="mainthree">

<div>

<?php include ('formresults1.php') ?>

</div>

</div>

<div class="mainfooter">

<div>

<!-- Adds footer script -->

<?php include ('../footer.php') ?>

</div>

</div>

</div>

</div>

</body>

</html>

**Formresults1.php**

<?php

$weight = $\_GET['weight'];

$runningDuration = $\_GET['runningDuration'];

$basketballDuration = $\_GET['basketballDuration'];

$sleepDuration = $\_GET['sleepDuration'];

$totalCal = 0;

Function hoursToMin($hours){

$result = $hours \* 60;

return $result;

}

Function calculateMET($weight, $duration, $met){

$kg = $weight \* 0.454;

$result1 = 0.0175 \* $met \* $kg;

$result2 = $result1 \* $duration;

return $result2;

}

$sleepDurationConvert = hoursToMin($sleepDuration);

?>

<form>

<div class="form-header">

<b>Metabolic Equivalents Energy Expender</b>

</div>

<div class="form-body">

<p>For a <?php echo $weight ?> pound person, it is estimated that:</p>

<p><?php $runCal = ceil(calculateMET($weight, $runningDuration, 10)); $totalCal += $runCal; echo $runCal;?> calories were burned running</p>

<p><?php $basketCal = ceil(calculateMET($weight, $basketballDuration, 8)); $totalCal += $basketCal; echo $basketCal; ?> calories were burned playing basketball</p>

<p><?php $sleepCal = ceil(calculateMET($weight, $sleepDurationConvert, 1)); $totalCal += $sleepCal; echo $sleepCal;?> calories were burned sleeping</p>

</div>

<div class="form-footer">

Total calories burned: <?php echo $totalCal ?>

</div>

<div class="back-button">

<input type="button" value="Back" onclick="history.back()">

</div>

</form>

**Form1.html**

<form action="metresults.php" method="GET">

<h3>Metabolic Equivalents Energy Expender</h3>

<div class="form-body">

<p>Weight: <input type="text" name="weight" /> pounds</p>

<p>Running (@6mph)</p>

<p>Duration: <input type="text" name="runningDuration" /> minutes</p>

<p>Basketball</p>

<p>Duration: <input type="text" name="basketballDuration" /> minutes</p>

<p>Sleep</p>

<p>Duration: <input type="text" name="sleepDuration" /> hours</p>

</div>

<div class="form-footer">

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

</div>

<div class="back-button">

<input type="button" value="Part 2" onclick="window.location.href='labp1pt2.php';">

</div>

</form>

**Labp1pt2.php**

<!DOCTYPE html>

<!-- Created by Basil Ali on 06/27/2023 for IT-207 / Lab Practicum -->

<html xmlns="http://www.w3.org/1999/xhtml" lang="en">

<head>

<meta charset="utf-8">

<title>Practicum 1</title>

<link rel="stylesheet" href="/~bali7/IT207/css/labp1style.css" type="text/css">

</head>

<body>

<div class="row">

<div class="side">

<!-- Adds menu include script -->

<?php include ('../menu.php') ?>

</div>

<div class="main">

<div class="maintwo">

<div>

<div class="box-1">

<!-- Adds course include script -->

<?php include ('../course.php') ?>

</div>

<div class="box-4">

<!-- Adds name information include script -->

<?php include ('../name.php') ?>

</div>

</div>

</div>

<div class="mainthree">

<div>

<?php include ('form2.html') ?>

</div>

</div>

<div class="mainfooter">

<div>

<!-- Adds footer script -->

<?php include ('../footer.php') ?>

</div>

</div>

</div>

</div>

</body>

</html>

**Labp1pt2.php**

<!DOCTYPE html>

<!-- Created by Basil Ali on 06/27/2023 for IT-207 / Lab Practicum -->

<html xmlns="http://www.w3.org/1999/xhtml" lang="en">

<head>

<meta charset="utf-8">

<title>Practicum 1</title>

<link rel="stylesheet" href="/~bali7/IT207/css/labp1style.css" type="text/css">

</head>

<body>

<div class="row">

<div class="side">

<!-- Adds menu include script -->

<?php include ('../menu.php') ?>

</div>

<div class="main">

<div class="maintwo">

<div>

<div class="box-1">

<!-- Adds course include script -->

<?php include ('../course.php') ?>

</div>

<div class="box-4">

<!-- Adds name information include script -->

<?php include ('../name.php') ?>

</div>

</div>

</div>

<div class="mainthree">

<div>

<?php include ('form2.html') ?>

</div>

</div>

<div class="mainfooter">

<div>

<!-- Adds footer script -->

<?php include ('../footer.php') ?>

</div>

</div>

</div>

</div>

</body>

</html>

**Form2.html**

<form action="candyresults.php" method="GET">

<h3>Midway Coupon Distribution</h3>

<div class="form-body">

<p>Total Number of Coupons: <input type="text" name="coupons" /></p>

</div>

<div class="form-footer">

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

</div>

<div class="back-button">

<input type="button" value="Part 1" onclick="window.location.href='labp1.php';">

</div>

</form>

**Candyresults.php**

<!DOCTYPE html>

<!-- Created by Basil Ali on 06/27/2023 for IT-207 / Lab Practicum -->

<html xmlns="http://www.w3.org/1999/xhtml" lang="en">

<head>

<meta charset="utf-8">

<title>Practicum 1</title>

<link rel="stylesheet" href="/~bali7/IT207/css/labp1style.css" type="text/css">

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<div class="box-1">

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<?php include ('../course.php') ?>

</div>

<div class="box-4">

<!-- Adds name information include script -->

<?php include ('../name.php') ?>

</div>

</div>

</div>

<div class="mainthree">

<div>

<?php include ('formresults2.php') ?>

</div>

</div>

<div class="mainfooter">

<div>

<!-- Adds footer script -->

<?php include ('../footer.php') ?>

</div>

</div>

</div>

</div>

</body>

</html>

**Formresults2.php**

<?php

$coupons = $\_GET['coupons'];

Function calculateCandyBars($coupons){

$result = floor($coupons / 10);

return $result;

}

Function modCoupons1($coupons){

$result = $coupons % 10;

return $result;

}

Function calculateGumBalls($modCoupons){

$result = floor($modCoupons / 3);

return $result;

}

Function leftoverCoupons1($modCoupons){

$result = $modCoupons % 3;

return $result;

}

Function displayCoupons($number){

$count = 1;

while ($count <= $number){

echo "o ";

++$count;

}

}

?>

<form>

<div class="form-header">

<b>Coupon Distribution Results</b>

</div>

<div class="form-body">

<p>For <?php echo $coupons ?> you can get:</p>

<p><?php $candybars = calculateCandyBars($coupons); $modCoupons = modCoupons1($coupons); echo $candybars; ?> candy bars</p>

<p><?php displayCoupons($candybars); ?></p>

<p><?php $gumballs = calculateGumBalls($modCoupons); echo $gumballs; ?> gumballs</p>

<p style="count"><?php displayCoupons($gumballs); ?></p>

<p><?php $leftover = leftoverCoupons1($modCoupons); echo $leftover; ?> coupons leftover</p>

<p style="count"><?php displayCoupons($leftover); ?></p>

</div>

<div class="form-footer">

Legend: Candy Bar = 10 | Gumball = 3

</div>

<div class="back-button">

<input type="button" value="Back" onclick="history.back()">

</div>

</form>

**Labp1style.css**

/\* Created by Basil Ali on 06/27/2023 for IT-207 / Lab Practicum \*/

\* {

box-sizing: border-box;

}

body {

font-family: Arial;

margin: 0;

}

.row {

display: flex;

flex-wrap: wrap;

margin: 1%;

}

.side {

flex: 10%;

background-color: #f1f1f1;

padding: 20px;

border-width: 5px;

border-color: black;

border-style: solid;

}

.main {

flex: 80%;

border-color: black;

border-width: 5px;

border-top-style: solid;

border-left-style: hidden;

border-right-style: solid;

border-bottom-style: solid;

}

.maintwo{

border-color: black;

border-width: 5px;

border-bottom-style: solid;

}

.maintwo > div{

display: flex;

flex-wrap: wrap;

padding: 10px;

}

.mainthree{

border-color: black;

}

.mainthree > div{

display: flex;

flex-wrap: wrap;

padding: 10px;

}

.mainthree > div > form > h3{

font-size: 15px;

background-color: #dddddd;

border-style: hidden;

padding: 15px;

margin: 0px;

width: 500px;

}

.count > p {

color: white;

}

.form-body {

flex-wrap: wrap;

border-style: hidden;

background-color: #95a7c6;

padding-top: 1px;

padding-bottom: 1px;

padding-left: 15px;

flex: 1;

}

.form-body > p {

margin-top: 5px;

margin-bottom: 5px;

}

.form-footer{

flex-wrap: wrap;

flex: 1;

background-color: #dddddd;

text-align: right;

padding: 8px;

}

.form-header{

font-size: 15px;

background-color: #dddddd;

border-style: hidden;

padding: 15px;

margin: 0px;

width: 500px;

}

.back-button{

padding: 8px;

padding-left: 0px;

}

.mainfooter{

border-color: black;

border-bottom-style: hidden;

border-left-style: hidden;

border-right-style: hidden;

border-top-style: solid;

border-width: 5px;

}

.mainfooter > div{

padding: 5px;

text-align: center;

}

.box-1{

border-style: solid;

border-width: 1px;

border-color: black;

flex:1;

}

.box-5{

border-style: solid;

border-width: 1px;

border-color: black;

flex:1;

}

div.box-1 > \* {

text-align: center;

}

.box-2{

border-top-style: solid;

border-left-style: hidden;

border-right-style: hidden;

border-bottom-style: hidden;

border-width: 1px;

border-color: black;

flex:1;

}

.box-2 > h2 {

text-align: center;

}

.box-2 > h3, .box-2 > li {

padding-left: 25px;

}

.box-2 > h3 {

text-decoration-line: underline;

}

.box-2 > li {

text-indent: 5%;

}

.box-3{

border-top-style: solid;

border-left-style: hidden;

border-right-style: solid;

border-bottom-style: solid;

border-width: 1px;

border-color: black;

flex:1;

}

.box-3 > h2 {

text-align: center;

}

.box-3 > p {

padding: 10px;

}

.box-4{

border-top-style: solid;

border-left-style: hidden;

border-right-style: solid;

border-bottom-style: solid;

border-width: 1px;

border-color: black;

flex:1;

}

div.box-4 > \* {

text-align: center;

}

.h4{

text-align: center;

}

.h4 > li {

text-align: center;

}

img{

padding: 10px;

max-width: 30%;

height: auto;

border-radius: 10px;

display: block;

margin-left: auto;

margin-right: auto;

}

.grade > p > .up {

font-size:4em;

}

/\* Responsive layout - when the screen is less than 700px wide, make the two columns stack on top of each other instead of next to each other \*/

@media screen and (max-width: 700px) {

.row{

flex-direction: column;

}

}

Additional Notes:

N/A

Screenshots:

A screenshot of a computer

Description automatically generated with medium confidence

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