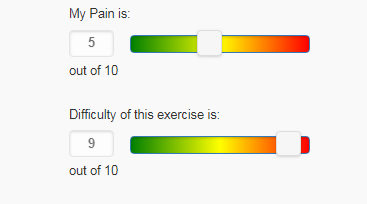
* Font Family:
* P tags: Lato, Arial, sans-serif
* Header Tags: Merriweather, Times, serif
* Color schema: Morning Sky #CAE4DB, Honey #DCAE1D, Cerulean #00303F, Mist #7A9D96
* Background color:
* Link color:
* Buttons
* Sliders - Pain and Difficulty Done
* Dropdowns

**Slider**

****

**Layout page:**

<link rel="stylesheet" href="https://code.jquery.com/mobile/1.4.5/jquery.mobile-1.4.5.min.css" />

<link rel="stylesheet" href="https://maxcdn.bootstrapcdn.com/bootstrap/3.3.7/css/bootstrap.min.css" />

<script src="https://code.jquery.com/jquery-1.11.3.min.js"></script>

<script src="https://code.jquery.com/mobile/1.4.5/jquery.mobile-1.4.5.min.js"></script>

**HTML:**

<div class="slidecontainer">

My Pain is:<input type="range" min="1" max="10" value="5" class="slider" id="myRange">

<p> out of 10<span id="demo"></span></p>

</div>

<div class="slidecontainer">

Difficulty of this exercise is: <input type="range" min="1" max="10" value="5" class="slider" id="myRange">

out of 10<span id="demo"></span></p>

</div>

**JAVASCRIPT:**

// Slider

var slider = document.getElementById("myRange");

var output = document.getElementById("demo");

output.innerHTML = slider.value;

slider.oninput = function () {

output.innerHTML = this.value;

}

**CSS:**

/\*SLIDER EXAMPLE\*/

.ui-bar-a, .ui-page-theme-a .ui-bar-inherit, html .ui-bar-a .ui-bar-inherit, html .ui-body-a .ui-bar-inherit, html body .ui-group-theme-a .ui-bar-inherit {

background: linear-gradient(to right, green, yellow, red); /\* Standard syntax (must be last) \*/

border-color: #337ab7;

color: #a94442;

text-shadow: 0 1px 0 #31708f;

font-weight: 700;

height: 20px;

width: 200px;

}

.slider {

height: 300px;

}

.slidecontainer {

width: 300px;

}

.slider {

-webkit - appearance: none;

width: 300px;

height: 45px;

outline: none;

opacity: 0.7;

-webkit - transition: .2s;

transition: opacity .2s;

}

.slider: hover {

opacity: 1;

}

.slider:: -webkit - slider - thumb {

-webkit - appearance: none;

appearance: none;

width: 50px;

height: 50px;

cursor: pointer;

}

.slider:: -moz - range - thumb {

width: 50px;

height: 50px;

cursor: pointer;

}

// **END SLIDER EXAMPLE**