<!DOCTYPE html>

<html lang="en">

<head>

   <meta charset="UTF-8">

   <meta name="viewport" content="width=device-width,

   initial-scale=1.0">

   <title>Run Buddy</title>

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

</head>

<body>

 <!-- navigation -->

 <header>

  <h1>

      <a href="/">

          RUN BUDDY

      </a>

  </h1>

  <nav>

      <!-- unordered list element -->

      <ul>

          <!-- list item element -->

          <li>

              <!-- anchor element -->

              <a href="#what-we-do">What We Do</a>

          </li>

          <li>

              <a href="#what-you-do">What You Do</a>

          </li>

          <li>

              <a href="#your-trainers">Your Trainers</a>

          </li>

          <li>

              <a href="#reach-out">Reach Out</a>

          </li>

      </ul>

  </nav>

</header>

 <!-- hero/jumbotron -->

  <section class="hero">

  <div class="hero-form">

    <h3> Get started Today</h3>

    <p> Fill out this form and one of our trainers will scheful a consult</p>

  <!-- ADD Sign Up "CTA" form element-->

  <form>

    <label for="name">Enter full name</lable>

    <input type= "text" placeholder="Enter Your Name" name="name" id="name" class="form-input">

    <label for=" email"> Enter email <address> </address></label>

    <input type= " text" placeholder="Enter Email Adress" name="name" id="name" class="form-input">

    </label for="tel"> Enter Telephone Number></lable>

    <input type= " text" placeholder="Enter a Phone Number " name="tel" id="tel" class="form-input">

    <p>

      have you worked out with a trainer before?

      <input type="radio" nmae=" trainer-comfirm" id=" trainer-yes" >

       <label for= " trainer-yes">Yes</label>

    <input type="radio" nmae=" trainer-comfirm" id=" trainer-no">

       <label for= " trainer-no">no</label>

       </p>

  <p>

    <label for= " checkbox"> I acknowledge that I am at leat 18 years of age </label>

  <input type="checkbox" name= "checkpoint" id="checkbox"/>

  </p>

  <button type="submit">Get Running!</button>

  </form>

</div>

  </section>

 <!-- "what we do" section -->

 <section id="what-we-do" class="intro">

  <h2 class="section-title primary-border">What We Do</h2>

   <p>

    butcher selfies chambray shabby chic gentrify readymade yr Echo Park XOXO Tumblr normcore Banksy direct trade Blue Bottle chillwave

    you probably haven't heard of them single-origin coffee Vice fanny pack fixie Odd Future Austin fingerstache pickled twee synth Wes

    Anderson Thundercats viral bitters flannel meggings narwhal Marfa Schlitz sustainable Intelligentsia umami deep v craft

  </p>

 </section>

 <!-- "what you do" section -->

 <section id="what-you-do" class="steps">

   <h2> class="section-title secondary-border" What You Do</h2>

   <div>

    <img src="./assets/images/step-1.svg" alt="steps-1 image">

    <h3>Step 1: Fill Out the Form Above.</h3>

    <p>You're already here, so why not?</p>

  </div>

  <div>

    <img src="./assets/images/step-2.svg" alt="step-2 image">

    <h3>Step 2: Consult with One of Our Trainers.</h3>

    <p>Are you here to build muscle, lose weight, or just feel good?</p>

  </div>

  <div>

    <img src="./assets/images/step-3.svg" alt="step-3 image">

    <h3>Step 3: Get Running.</h3>

    <p>Hit the ground running (literally) once your trainer lays out your plan.</p>

  </div>

  <div>

    <img src="./assets/images/step-4.svg" alt="step-4 image">

    <h3>Step 4: See Results.</h3>

    <p>Bi-weekly checkins with your trainer will keep you focused</p>

  </div>

 </section>

 <!-- "meet the trainers" section -->

 <section>

   <h2>Meet The Trainers</h2>

 </section>

 <!-- "reach out" section -->

 <section>

   <h2>Reach Out</h2>

 </section>

 <!-- footer -->

 <footer>

   <h2>Made with ❤️ love by Run Buddy.</h2>

   <div>

    <a href="#"> Read Our Privacy Policy</a><br>

    &copy; 2024 Run Buddy,Inc.

   </div>

 </footer>

</body>

</html>