1st question

Html file:

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<!Doctype Html>
<html>
<head>
      <title>(1st) Lift Tracker</title>
      <script src="https://ajax.googleapis.com/ajax/libs/angularjs/1.6.9/angular.min.js"></script>
</head>
<body>
<div ng-app="aapp" ng-controller="add">
      <form name="lift track" style="border-style: solid;width: 600px;height: 200px; margin:</pre>
auto;margin-top: 150px;" ng-submit="send()">
      <br>
      <br>
      <label>Enter the type of lift:</label>
      <input type="Text" name="type" ng-model="formdetails.lift_type"><br><br>
      <label>Enter the number of weights (in Kgs): </label>
      <input type="text" name="weight" ng-model="formdetails.no_of_weight"><br><br><br>
      <label>Enter the Date:</label>
      <input type="button" name="submit" value="Add" ng-click="send()">
      </form>
       Type of lift &nbsp &nbsp
                    Number of weights 
                    Date 
            {{user.type of lift}}
      {{user.no of weight}}
      {{user.Date_of_lift}}
  </div>
<script>
      var app=angular.module("aapp",[]);
      app.controller("add",function($scope,$http){
             $scope.formdetails={};
             $scope.send=function(){
                   $http({method:"POST",url:"lift.php",data:$scope.formdetails});
             $http({method:"GET",url:"get.php"})
                   .then(function successcallback(response){ $scope.users = response.data;});
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});
</script>
</body>
</html>
Lift.php
<?php
$conn =mysqli_connect("localhost","root","","weight_lift");
$form_data=json_decode(file_get_contents("php://input"));
$lift_type = mysqli_real_escape_string($conn,$form_data->lift_type);
$no of weight = mysqli real escape string($conn,$form data->no of weight);
$Date_of_lift = mysqli_real_escape_string($conn,$form_data->Date_of_lift);
$sql="INSERT into lift_track VALUES ('$lift_type','$no_of_weight','$Date_of_lift')";
mysqli_query($conn,$sql);
?>
GET.PHP
<?php
$conn =mysqli_connect("localhost","root","","weight_lift");
$sql1=mysqli_query($conn,"SELECT * from lift_track");
$data=array();
while ($row = mysqli_fetch_array($sql1)) {
$data[] =
array("type_of_lift"=>$row['type_of_lift'],"no_of_weight"=>$row['weight_valu
e'],"Date_of_lift"=>$row['ddate']);
}
echo json encode($data);
?>
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Table name:

| # | Name | Туре | Collation | Attribu |
|---|--------------|----------|--------------------|---------|
| 1 | type_of_lift | text | utf8mb4_general_ci | |
| 2 | weight_value | int(200) | | |
| 3 | ddate 🔑 | date | | |