<html>

<head>

<title>Weight Loss App</title>

<style>

.container {

Max-width: 400px;

Margin: 0 ;

Text-align: center;

}

.input-container {

Margin-bottom: 20px;

}

Input[type=”number”] {

Width: 100%;

Padding: 10px;

Font-size: 16px;

Border-radius: 5px;

Border: 1px solid pink;

}

Button {

Padding: 10px 20px;

Font-size: 16px;

Background-color: green;

Color: pink;

Border: none;

Border-radius: 5px;

}

Button:hover {

Background-color: white;

}

#result {

Margin-top: 20px;

Font-size: 18px;

}

#timetable {

Margin-top: 20px;

Text-align: left;

}

#timetable ul {

List-style-type: none;

Padding: 0;

}

#timetable ul li {

Margin-bottom: 10px;

}

</style>

</head>

<body>

<div class=”container”>

<h1>Weight Loss Tracker</h1>

Current-weight (lbs) <input type=” number”>

<input type=”number” id=”current-weight”>

</div>

<div class=”input-container”>

<label for=”target-weight”>Target Weight (lbs):</label>

<input type=”number” name=”target-weight”>

</div>

<button onclick=”calculate()”>Calculate</button>

<div id=”result”></div>

<div id=”timetable”></div>

</div>

<script>

Function calculate() {

Var currentWeight = document.getElementById(“current-weight”).value;

Var targetWeight = document.getElementById(“target-weight”).value;

If (currentWeight === “” || targetWeight === “”) {

Alert(“Please enter both current and target weight.”);

Return;

}

currentWeight = parseFloat(currentWeight);

targetWeight = parseFloat(targetWeight);

if (isNaN(currentWeight) || isNaN(targetWeight)) {

alert(“Please enter valid numbers for weight.”);

return;

}

Var weightToLose = currentWeight – targetWeight;

Var daysToReachGoal = Math.ceil(weightToLose / 1.5); // Assuming 1.5 lbs of weight loss per week

Document.getElementById(“result”).innerHTML = “You need to lose “ + weightToLose.toFixed(2) + “ lbs. It will take approximately “ + daysToReachGoal + “ days to reach your goal.”;

Var weeksToReachGoal = Math.ceil(daysToReachGoal / 7);

Var timetable = document.getElementById(“timetable”);

Timetable.innerHTML = “<h2>Timetable</h2>”;

Var timetableList = document.createElement(“ul”);

For (var I = 1; I <= weeksToReachGoal; i++) {

Var listItem = document.createElement(“li”);

Var weekMessage = “Week “ + I + “: “;

If (I % 2 === 0) {

weekMessage += “Focus on cardio exercises like running, cycling, or swimming. “;

} else {

weekMessage += “Incorporate strength training exercises such as weightlifting or bodyweight exercises. “;

}

If (I % 3 === 0) {

weekMessage += “Increase intake of vegetables, fruits, and lean proteins while reducing processed foods and sugary drinks.”;

} else {

weekMessage += “Follow a balanced diet with portion control and avoid high-calorie snacks.”;

}

listItem.textContent = weekMessage;

timetableList.appendChild(listItem);

}

Timetable.appendChild(timetableList);

}

</script>

</body>

</html>