<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8" />

<meta name="viewport" content="width=device-width, initial-scale=1.0" />

<title>Book Appointment | Nutritionist Sana Naeem</title>

<style>

body {

font-family: 'Poppins', sans-serif;

background-color: #f8fff9;

color: #333;

margin: 0;

padding: 0;

display: flex;

justify-content: center;

align-items: center;

flex-direction: column;

}

.container {

max-width: 450px;

width: 90%;

background: white;

margin-top: 40px;

border-radius: 20px;

box-shadow: 0 5px 20px rgba(0,0,0,0.1);

padding: 25px;

text-align: center;

}

h1 {

color: #006b4f;

font-size: 1.8rem;

margin-bottom: 10px;

}

p {

color: #555;

font-size: 0.95rem;

}

input, select, textarea, button {

width: 100%;

padding: 10px;

margin: 8px 0;

border-radius: 8px;

border: 1px solid #ccc;

font-size: 1rem;

}

button {

background-color: #009970;

color: white;

border: none;

cursor: pointer;

font-weight: bold;

transition: 0.3s;

}

button:hover {

background-color: #007a58;

}

a {

color: #009970;

text-decoration: none;

font-weight: 600;

}

</style>

</head>

<body>

<div class="container">

<h1>Book Your Nutrition Consultation</h1>

<p>with <strong>Nutritionist Sana Naeem</strong></p>

<form action="https://formspree.io/f/yourFormID" method="POST">

<input type="text" name="name" placeholder="Full Name" required />

<input type="text" name="whatsapp" placeholder="WhatsApp Number" required />

<input type="email" name="email" placeholder="Email (optional)" />

<input type="text" name="datetime" placeholder="Preferred Date & Time" />

<select name="consultation" required>

<option value="">Select Consultation Type</option>

<option>Weight Loss</option>

<option>Weight Gain</option>

<option>Medical Nutrition (IBS, Diabetes, PCOS, etc.)</option>

</select>

<textarea name="notes" rows="4" placeholder="Your health concerns..."></textarea>

<button type="submit">Submit Appointment Request</button>

</form>

<p>📩 You’ll be contacted via Instagram:

<a href="https://www.instagram.com/healthybite.guie099" target="\_blank">@healthybite.guie099</a>

</p>

</div>

</body>

</html>