

## CODE:

```
<!DOCTYPE html>

<html lang="en">

<head>

  <meta charset="UTF-8">

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

  <style>

    /* Reset some default styles and apply a modern
font */

    body, h1, h2, h3, p {
      margin: 0;
      padding: 0;
      font-family: 'Segoe UI', Tahoma, Geneva,
Verdana, sans-serif;
    }

    body {
      background-color: #f5f5f5;
      color: #333;
      line-height: 1.6;
```

```
}
```

```
/* Header styling */
```

```
header {
```

```
    background-color: #4CAF50;
```

```
    color: #fff;
```

```
    text-align: center;
```

```
    padding: 1em 0;
```

```
}
```

```
h1 {
```

```
    margin: 0;
```

```
    font-size: 2em;
```

```
}
```

```
/* Main content styling */
```

```
main {
```

```
    padding: 20px;
```

```
}
```

```
.section-title {  
    color: #4CAF50;  
}
```

```
/* Progress and fitness plan styling */  
.progress, .fitness-plan {  
    border: 1px solid #ddd;  
    padding: 20px;  
    margin-bottom: 20px;  
    background-color: #fff;  
    border-radius: 4px;  
    box-shadow: 0 0 10px rgba(0, 0, 0, 0.1);  
}
```

```
h3 {  
    color: #4CAF50;  
}
```

```
p {  
    line-height: 1.5;
```

```
}
```

```
/* Button styling */
```

```
button {
```

```
    padding: 10px;
```

```
    background-color: #4CAF50;
```

```
    color: #fff;
```

```
    border: none;
```

```
    border-radius: 4px;
```

```
    cursor: pointer;
```

```
}
```

```
button:hover {
```

```
    background-color: #45a049;
```

```
}
```

```
/* Footer styling */
```

```
footer {
```

```
    text-align: center;
```

```
    padding: 1em 0;
```

```
        background-color: #4CAF50;
        color: #fff;
    }
/* Image styling */
    img {
        width: 160px; /* Set the desired width */
        height: 170px; /* Set the desired height */
        display: block;
        margin: auto;
    }
</style>
<title>Health and Fitness Hub</title>
</head>
<body>
    <header>
        <h1>Health and Fitness Hub</h1>
    </header>
    <main>

        <section id="progressTracking">
```

```
<h2 class="section-title">Progress Tracking</h2>
```

```
<div class="progress">
```

```
  <h3>Weight Tracking</h3>
```

```
    <label for="weight">Enter your weight  
(kg):</label>
```

```
    <input type="number" id="weight"  
placeholder="Enter your weight">
```

```
    <button onclick="recordWeight()">Record  
Weight</button>
```

```
  </div>
```

```
<div class="progress">
```

```
  <h3>Workout Duration Tracking</h3>
```

```
    <label for="workoutDuration">Enter your  
workout duration (minutes):</label>
```

```
    <input type="number" id="workoutDuration"  
placeholder="Enter workout duration">
```

```
    <button  
onclick="recordWorkoutDuration()">Record Workout  
Duration</button>
```

```
  </div>
```

```
</section>
```

<section id="healthAndFitnessPlans">

<h2 class="section-title">Health and Fitness Plans</h2>

<div class="fitness-plan">

<h3>Weight Loss Plan</h3>

<p>A personalized plan to help you achieve your weight loss goals.<br></p>



<p>To achieve your weight loss goals, it's crucial to create a personalized plan

that encompasses both dietary and lifestyle changes. Start by setting realistic

and achievable weight loss targets, aiming for a gradual and sustainable approach.

Assess your current eating habits and gradually incorporate a well-balanced, nutrient-dense diet:<br>

<ul>

<li> plenty of fruits

<li> vegetables

<li> lean proteins

<li> whole grains.</ul>

Monitor portion sizes and practice mindful eating to foster a healthy relationship with food.

Integrate regular physical activity into your routine, incorporating a mix of:

<ul>

<li> cardio,

<li> strength training

<li> flexibility exercises.</ul> Prioritize:

<ul>

<li> sufficient sleep

<li> stress management

<li> hydration </ul> Seek accountability through a support system,

whether it's a friend, family member, or a fitness group. Regularly track your progress,



making adjustments as needed, and celebrate small victories along the way to

stay motivated on your weight loss journey.</p>

<p> Remember, consistency and patience are key elements in achieving lasting results.

</p>

</div>

<div class="fitness-plan">

<h3>Muscle Building Plan</h3>

<p>Gain strength and build muscle with our specialized workout routine.</p>



<p>To embark on a successful muscle-building journey, tailor a personalized plan that combines

strategic training and nutrition. Begin with a well-structured resistance training program

that targets:

major muscle groups, incorporating compound exercises like <ul>

<li>squats

<li> deadlifts

<li> bench presses.</ul> Focus on progressive overload by gradually increasing weights to stimulate muscle growth.

Ensure variety in your workouts to prevent plateaus and maintain motivation.

Prioritize adequate protein intake to support muscle repair and growth,

aiming for a protein-rich diet with lean meats, dairy, and plant-based sources.

Consume a balanced mix of carbohydrates and healthy fats to fuel workouts and sustain energy levels.

Implement proper recovery strategies, including:

<ul>

<li> rest days

<li> quality sleep

<li> and hydration.</ul>

Consistency is paramount, so adhere to your workout schedule and nutritional plan while

adjusting as needed based on progress. Track your muscle-building journey, celebrate achievements, and stay committed to the process for long-term success in achieving a strong and sculpted physique.</p>

</div>

<div class="fitness-plan">

### <h3>Fitness Maintenance Plan</h3>

<p>Maintain a healthy and active lifestyle with our maintenance plan.</p>



<p>Sustaining a healthy and fit lifestyle requires a thoughtful maintenance plan.

Maintain a consistent exercise routine that blends

<ul>

<li> cardiovascular activities

<li> strength training

<li> flexibility exercises.</ul> Embrace variety to keep workouts

engaging and prevent monotony. Prioritize a balanced diet rich in whole foods,

emphasizing portion control and mindful eating.

Incorporate rest days to allow

for proper recovery, and prioritize adequate sleep and hydration for overall well-being.

Cultivate a positive mindset, viewing fitness as a lifelong journey rather than a temporary goal.

Regular check-ins with progress and occasional adjustments to

your routine will contribute to sustained fitness and well-rounded health.</p>

</div>

</section>

<section id="workoutLibrary">

<h2 class="section-title">Workout Library</h2>

<div class="workout">

<h3>Cardio Workout</h3>

<p>Get your heart pumping with our cardio workout routine.<br>

Perfect amount of time for yoga on daily basis  
is 15-30 minutes</p>

</div>

<div class="workout">

<h3>Yoga</h3>

<p>Relax your mind and body with our yoga  
sessions.<br>

Perfect amount of time for yoga on daily basis  
is 15-60 minutes</p>

</div>

<div class="workout">

<h3>Skipping</h3>

<p>Jump rope exercises for agility and  
coordination.<br>

Perfect amount of time for skipping on daily  
basis is 5-10 minutes</p>

</div>

<div class="workout">

<h3>Walking</h3>

<p>Low-impact walking routine for overall  
fitness.<br>

Perfect amount of time for walk on daily basis  
is 30-45 minutes</p>

</div>

<div class="workout">

<h3>Running</h3>

<p>Improve your cardiovascular health with  
our running program.<br>

Perfect amount of time for running on daily  
basis is 30 minutes</p>

</div>

<div id="timer">

<label for="workoutSelect">Select  
Workout:</label>

<select id="workoutSelect">

<option value="0">Select</option>

<option value="300">Cardio  
Workout</option> <!-- 5 minutes -->

<option value="600">Yoga</option> <!-- 10  
minutes -->

<option value="900">Skipping</option> <!--  
15 minutes -->

```
        <option value="1200">Walking</option> <!--  
- 20 minutes -->
```

```
        <option value="1500">Running</option>  
<!-- 25 minutes -->
```

```
    </select>
```

```
        <button id="startTimerBtn"  
onclick="startTimer()">Start Timer</button>
```

```
        <button id="stopTimerBtn"  
onclick="stopTimer()" disabled>Stop Timer</button>
```

```
        <p>Timer: <span  
id="timerDisplay">00:00</span></p>
```

```
    </div>
```

```
</section>
```

```
</main>
```

```
<footer>
```

```
    <p>&copy; 2023 Health and Fitness Hub</p>
```

```
</footer>
```

```
<script>
```

```
    let timerInterval;
```

```
    let selectedWorkoutTime = 0;
```

```
function startTimer() {  
    const selectedWorkout =  
document.getElementById('workoutSelect').value;  
  
    if (selectedWorkout === "0") {  
        alert("Please select a workout.");  
        return;  
    }  
  
    selectedWorkoutTime =  
parseInt(selectedWorkout);  
  
    let seconds = 0;  
    timerInterval = setInterval(() => {  
        seconds++;  
  
        if (seconds >= selectedWorkoutTime) {  
            stopTimer();  
            alert("Workout completed!");  
        }  
    })  
}
```



```
const minutes = Math.floor(seconds / 60);  
const remainingSeconds = seconds % 60;
```

```
document.getElementById('timerDisplay').innerText =  
`${String(minutes).padStart(2,  
'0')}:${String(remainingSeconds).padStart(2, '0')}`;  
    }, 1000);
```

```
document.getElementById('startTimerBtn').disabled =  
true;
```

```
document.getElementById('stopTimerBtn').disabled =  
false;  
    }
```

```
function stopTimer() {  
    clearInterval(timerInterval);
```

```
document.getElementById('timerDisplay').innerText =  
'00:00';
```

```
document.getElementById('startTimerBtn').disabled =  
false;
```

```
document.getElementById('stopTimerBtn').disabled =  
true;
```

```
}
```

```
</script>
```

```
</body>
```

```
</html>
```