<!DOCTYPE html>  
<html lang="it">  
<head>  
  <meta charset="UTF-8">  
  <title>Programma Allenamenti</title>  
  <style>  
    body {  
      font-family: Arial, sans-serif;  
      margin: 30px;  
      background-color: #f9f9f9;  
    }  
  
    h1 {  
      text-align: center;  
      color: #333;  
    }  
  
    .day {  
      margin-bottom: 20px;  
      background: #fff;  
      padding: 15px;  
      border-radius: 8px;  
      box-shadow: 0 0 5px rgba(0,0,0,0.1);  
    }  
  
    textarea {  
      width: 100%;  
      height: 100px;  
      font-size: 16px;  
      padding: 10px;  
      box-sizing: border-box;  
      margin-top: 10px;  
    }  
  
    button {  
      padding: 10px 15px;  
      font-size: 16px;  
      margin-top: 10px;  
      background: #4CAF50;  
      color: white;  
      border: none;  
      border-radius: 5px;  
      cursor: pointer;  
    }  
  
    button:hover {  
      background: #45a049;  
    }  
  </style>  
</head>  
<body>  
  
  <h1>Programma Allenamenti - Lunedì a Venerdì</h1>  
  
  <div id="week">  
    <!-- Giorni -->  
    <div class="day">  
      <h2>Lunedì</h2>  
      <textarea id="monday"></textarea>  
    </div>  
    <div class="day">  
      <h2>Martedì</h2>  
      <textarea id="tuesday"></textarea>  
    </div>  
    <div class="day">  
      <h2>Mercoledì</h2>  
      <textarea id="wednesday"></textarea>  
    </div>  
    <div class="day">  
      <h2>Giovedì</h2>  
      <textarea id="thursday"></textarea>  
    </div>  
    <div class="day">  
      <h2>Venerdì</h2>  
      <textarea id="friday"></textarea>  
    </div>  
  </div>  
  
  <button onclick="saveData()">💾 Salva</button>  
  <button onclick="clearData()">🗑️ Cancella Tutto</button>  
  
  <script>  
    function saveData() {  
      localStorage.setItem("monday", document.getElementById("monday").value);  
      localStorage.setItem("tuesday", document.getElementById("tuesday").value);  
      localStorage.setItem("wednesday", document.getElementById("wednesday").value);  
      localStorage.setItem("thursday", document.getElementById("thursday").value);  
      localStorage.setItem("friday", document.getElementById("friday").value);  
      alert("Allenamenti salvati!");  
    }  
  
    function loadData() {  
      document.getElementById("monday").value = localStorage.getItem("monday") || "";  
      document.getElementById("tuesday").value = localStorage.getItem("tuesday") || "";  
      document.getElementById("wednesday").value = localStorage.getItem("wednesday") || "";  
      document.getElementById("thursday").value = localStorage.getItem("thursday") || "";  
      document.getElementById("friday").value = localStorage.getItem("friday") || "";  
    }  
  
    function clearData() {  
      if (confirm("Sei sicuro di voler cancellare tutti gli allenamenti?")) {  
        localStorage.clear();  
        loadData();  
      }  
    }  
  
    // Carica i dati al primo avvio  
    window.onload = loadData;  
  </script>  
  
</body>  
</html>