

login:

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>Login</title>
  <style>
    body, html {
      margin: 0;
      padding: 0;
      box-sizing: border-box;
      font-family: 'Arial', sans-serif;
      background: linear-gradient(to right, #6a11cb, #2575fc);
      height: 100vh;
      display: flex;
      justify-content: center;
      align-items: center;
      color: #fff;
    }
    .container {
      background: rgba(255, 255, 255, 0.15);
      padding: 2rem;
      border-radius: 10px;
      box-shadow: 0 4px 10px rgba(0, 0, 0, 0.25);
      text-align: center;
      width: 300px;
    }
    form { display: flex; flex-direction: column; }
    label { margin-top: 1rem; font-size: 1rem; }
    input {
      margin-top: 0.5rem;
      padding: 0.8rem;
      font-size: 1rem;
      border: none;
      border-radius: 5px;
      outline: none;
      background: rgba(255, 255, 255, 0.8);
      color: #333;
    }
    button {
      margin-top: 1.5rem;
      padding: 0.8rem;
      font-size: 1rem;
```

```

border: none;
border-radius: 5px;
background: #2575fc;
color: #fff;
cursor: pointer;
transition: background 0.3s;
}
button:hover { background: #6a11cb; }
.forgot-password {
margin-top: 1rem;
font-size: 0.9rem;
color: #fff;
text-decoration: none;
}
.forgot-password:hover { color: #ffcc00; }
</style>
</head>
<body>
<div class="container">
<h1>Login</h1>
<form id="loginForm" action="home.html" method="GET">
<label for="username">Username:</label>
<input type="text" id="username" name="username" placeholder="Enter your username"
required>
<label for="password">Password:</label>
<input type="password" id="password" name="password" placeholder="Enter your
password" required>
<button type="submit">Login</button>
</form>
<a href="#" class="forgot-password">Forgot Password?</a>
</div>
</body>
</html>

```

home:

```

<!DOCTYPE html>
<html lang="en">
<head>
<meta charset="UTF-8">
<meta name="viewport" content="width=device-width, initial-scale=1.0">
<title>Health Tracker - Home</title>
<style>
body {

```

```
margin: 0;
font-family: Arial, sans-serif;
background: #f4f4f4;
color: #333;
}
```

```
header {
  background: #0073e6;
  color: white;
  padding: 1rem 0;
  text-align: center;
  box-shadow: 0 4px 6px rgba(0, 0, 0, 0.1);
}
```

```
nav ul {
  list-style: none;
  padding: 0;
  margin: 0;
  display: flex;
  justify-content: center;
  gap: 20px;
}
```

```
nav ul li a {
  color: white;
  text-decoration: none;
  font-size: 1rem;
  font-weight: bold;
}
```

```
nav ul li a:hover {
  text-decoration: underline;
}
```

```
.hero {
  display: flex;
  align-items: center;
  justify-content: space-between;
  padding: 20px;
  background: linear-gradient(to right, #0073e6, #00c6ff);
  color: white;
  text-align: center;
}
```

```
.hero img {  
  max-width: 50%;  
  height: auto;  
  border-radius: 10px;  
  box-shadow: 0 4px 10px rgba(0, 0, 0, 0.2);  
}
```

```
.hero-content {  
  max-width: 40%;  
}
```

```
.hero-content h1 {  
  font-size: 2.5rem;  
  margin-bottom: 1rem;  
}
```

```
.hero-content p {  
  font-size: 1.2rem;  
  margin-bottom: 1rem;  
}
```

```
.section {  
  padding: 20px;  
  max-width: 800px;  
  margin: 20px auto;  
  background: white;  
  border-radius: 10px;  
  box-shadow: 0 4px 10px rgba(0, 0, 0, 0.1);  
  text-align: center;  
}
```

```
form {  
  display: flex;  
  flex-direction: column;  
  align-items: center;  
  gap: 10px;  
}
```

```
form input, form select, form button {  
  width: 100%;  
  max-width: 300px;  
  padding: 10px;  
  border: 1px solid #ddd;  
  border-radius: 5px;
```

```
    font-size: 1rem;
}

form button {
    background: #0073e6;
    color: white;
    border: none;
    cursor: pointer;
    font-weight: bold;
}

form button:hover {
    background: #005bb5;
}

footer {
    text-align: center;
    padding: 10px 0;
    background: #f4f4f4;
    margin-top: 20px;
    box-shadow: 0 -4px 6px rgba(0, 0, 0, 0.1);
}

footer p {
    font-size: 0.9rem;
}

.nav-links {
    text-align: center;
    margin-bottom: 20px;
}

.nav-links a {
    color: #0073e6;
    text-decoration: none;
    font-weight: bold;
    margin: 0 10px;
}

.nav-links a:hover {
    text-decoration: underline;
}
</style>
</head>
```

```
<body>
  <header>
    <h1>Health Tracker</h1>
    <nav>
      <ul>
        <li><a href="#home">Home</a></li>
        <li><a href="#help">Help</a></li>
        <li><a href="#about">About Us</a></li>
        <li><a href="#contact">Contact</a></li>
        <li><a href="bmi.html">BMI Calculator</a></li>
      </ul>
    </nav>
  </header>

  <div class="hero" id="home">
    <div class="hero-content">
      <h1>Welcome to the Health Tracker</h1>
      <p>Track your health and achieve your fitness goals. Let's start your journey towards a
healthier lifestyle.</p>
    </div>
    
  </div>

  <div class="section">
    <h2>Get Started with Your Details</h2>
    <form id="personal-details-form">
      <input type="text" id="full-name" placeholder="Full Name" required>
      <input type="email" id="email" placeholder="Email" required>
      <select id="age-group" required>
        <option value="" disabled selected>Age Group</option>
        <option value="under-18">Under 18</option>
        <option value="18-25">18-25</option>
        <option value="26-35">26-35</option>
        <option value="36-50">36-50</option>
        <option value="50+">50+</option>
      </select>
      <button type="submit">Submit</button>
    </form>
    <p id="form-message"></p>
  </div>

  <div class="section" id="help">
    <h2>Help</h2>
```

<p>Need assistance? Explore our FAQs or contact us directly through the Contact section below.</p>
</div>

<div class="section" id="about">
 <h2>About Us</h2>
 <p>Health Tracker is dedicated to helping individuals monitor their health, stay fit, and achieve a balanced lifestyle. We believe that health is wealth, and our tools are designed to make your journey simple and effective.</p>
</div>

<div class="section" id="contact">
 <h2>Contact Us</h2>
 <p>Email: support@healthtracker.com</p>
 <p>Phone: +123-456-7890</p>
 <p>Address: 123 Fitness Street, Healthy City</p>
</div>

<footer>
 <p>© 2025 Health Tracker. All rights reserved.</p>
</footer>

<script>
 document.getElementById('personal-details-form').addEventListener('submit', function (e) {
 e.preventDefault();
 const fullName = document.getElementById('full-name').value;
 const email = document.getElementById('email').value;
 const ageGroup = document.getElementById('age-group').value;

 const message = document.getElementById('form-message');
 if (fullName && email && ageGroup) {
 message.textContent = `Thank you, \${fullName}, for providing your details!`;
 message.style.color = "green";
 } else {
 message.textContent = "Please fill in all fields.";
 message.style.color = "red";
 }
 });
</script>
</body>
</html>

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>BMI Calculator</title>
  <style>
    body, html {
      margin: 0;
      padding: 0;
      box-sizing: border-box;
      font-family: 'Arial', sans-serif;
      background: linear-gradient(to right, #6a11cb, #2575fc);
      height: 100vh;
      display: flex;
      justify-content: center;
      align-items: center;
      color: #fff;
    }
    .container {
      background: rgba(255, 255, 255, 0.15);
      padding: 2rem;
      border-radius: 10px;
      box-shadow: 0 4px 10px rgba(0, 0, 0, 0.25);
      text-align: center;
      width: 350px;
    }
    input, button {
      width: 100%;
      padding: 0.8rem;
      font-size: 1rem;
      border-radius: 5px;
      margin: 0.5rem 0;
      outline: none;
    }
    button {
      background: #2575fc;
      color: #fff;
      border: none;
      cursor: pointer;
    }
    button:hover { background: #6a11cb; }
    #result { margin-top: 1rem; font-size: 1.2rem; font-weight: bold; }
  </style>
```



```

</head>
<body>
  <div class="container">
    <h1>BMI Calculator</h1>
    <div class="input-container">
      <label for="height">Height (cm):</label>
      <input type="number" id="height" placeholder="Enter height">
    </div>
    <div class="input-container">
      <label for="weight">Weight (kg):</label>
      <input type="number" id="weight" placeholder="Enter weight">
    </div>
    <button onclick="calculateBMI()">Calculate BMI</button>
    <div id="result"></div>
  </div>
  <script>
    const params = new URLSearchParams(window.location.search);
    const username = params.get('username');
    if (username) {
      const container = document.querySelector('.container');
      const welcomeMessage = document.createElement('p');
      welcomeMessage.textContent = `Welcome, ${username}!`;
      container.insertBefore(welcomeMessage, container.firstChild);
    }
    function calculateBMI() {
      const height = parseFloat(document.getElementById('height').value) / 100;
      const weight = parseFloat(document.getElementById('weight').value);
      if (height > 0 && weight > 0) {
        const bmi = (weight / (height * height)).toFixed(2);
        let category = bmi < 18.5 ? "Underweight" : bmi < 24.9 ? "Normal weight" : bmi < 29.9 ?
"Overweight" : "Obese";
        document.getElementById('result').textContent = `Your BMI is ${bmi} (${category}).`;
      } else {
        document.getElementById('result').textContent = "Please enter valid height and weight.";
      }
    }
  </script>
</body>
</html>

```