



**VIT**<sup>®</sup>  
**Vellore Institute of Technology**  
(Deemed to be University under section 3 of UGC Act, 1956)

**ITE1002-WEB TECHNOLOGIES**

**FALL SEMESTER:2021-22**

**FACULTY: Prof. Vijayan R.**

## **PROJECT TITLE: NURTURE**

### **ABOUT:**

Nurture is a website built to spread awareness about the importance of proper nutrition, to end hunger and achieve food security, thereby also promoting sustainable agriculture. The website also accepts donations from people willing to help, so that the money may be used to support agriculture and NGOs which aim to provide 'food for all'.

“NURTURE” is a Single Page Application targeting various areas related to health and nutrition. It provides services like weight loss plans, workout programs, help in management of lifestyle diseases and support for a healthy lifestyle management. The website also comes with essential health-related calculators like water intake calculator, Body mass index(BMI) calculator, Ideal weight calculator and Basal Metabolic Rate (BMR) calculator.

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## **CONTENTS:**

### **1.HTML CODES**

- index.html
- donate.html

### **2.CSS CODES**

- style.css
- style-mobile.css

### **3.JAVASCRIPT CODES**

- index.js
- calculators.js

### **4.OUTPUTS**

- Home
- About Us
- Services
- Health Calculators
- Health Tips
- FAQ
- Donate
- Thank You Page
- Individual Calculators Working

# HTML CODES

## index.html

```
<!DOCTYPE html>
<html lang="en" ng-app>

<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <meta http-equiv="X-UA-Compatible" content="ie=edge">
  <meta http-equiv="ScreenOrientation" content="autoRotate:disabled">
  <meta name="description"
    content="End hunger, achieve food security and improved nutrition, and
promote sustainable agriculture.">

  <title>Nuture</title>

  <script src="https://code.jquery.com/jquery-3.3.1.slim.min.js"
    integrity="sha384-
q8i/X+965Dz00rT7abK41JStQIAqVgRVzpbzo5smXKp4YfRvH+8abtTE1Pi6jizo"
crossorigin="anonymous">
  </script>
  <script
src="https://stackpath.bootstrapcdn.com/bootstrap/4.2.1/js/bootstrap.min.js"
    integrity="sha384-
B0UglyR+jN6CkvvICOB2joaf5I4l3gm9GU6Hc1og6Ls7i6U/mkkaduKaBhlAXv9k"
crossorigin="anonymous">
  </script>
  <script
src="https://ajax.googleapis.com/ajax/libs/angularjs/1.7.8/angular.min.js"></scri
pt>

  <link rel="icon" href="/static/images/favicon.png" type="image/x-icon">

  <link href="https://fonts.googleapis.com/css?family=Nunito+Sans&display=swap"
rel="stylesheet">
  <link rel="stylesheet"
href="https://maxcdn.bootstrapcdn.com/bootstrap/4.0.0/css/bootstrap.min.css"
    integrity="sha384-
Gn5384xqQ1a0wXA+058RXPxPg6fy4IWvTNh0E263XmFcJlSAwiGgFAW/dAiS6JXm"
crossorigin="anonymous">
  <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/4.7.0/css/font-awesome.min.css">
  <link rel="stylesheet" href="/static/css/style.css">
```

```

<link rel="stylesheet" href="/static/css/style-mobile.css" media="screen and
(orientation: portrait)">

<style>
  @keyframes blink {
    0% {
      opacity: .2;
    }

    20% {
      opacity: 1;
    }

    100% {
      opacity: .2;
    }
  }

  .saving span {
    animation-name: blink;
    animation-duration: 1.4s;
    animation-iteration-count: infinite;
    animation-fill-mode: both;
  }

  .saving span:nth-child(2) {
    animation-delay: .2s;
  }

  .saving span:nth-child(3) {
    animation-delay: .4s;
  }
</style>

</head>

<body>

  <div style="width: 100vw; height: 100vh; overflow-y: hidden;" class="load">
    <div
      style="margin: auto; line-height: 100vh; text-align: center; font-family:
'Nunito Sans', sans-serif; font-weight: bold;font-size: 3rem; letter-spacing:
3px; color:rgba(255,10,0, 0.7)">
      LOADING <span class="saving"><span>.</span>
        <span>.</span>

```

```

        <span>.</span></span></div>
        

    </div>

    <div style="display: none;" class="main">
        <nav class="navbar navbar-expand-lg navbar-light bg-light">
            <a class="navbar-brand" href="#home"></a>
            <button class="navbar-toggler" type="button" data-toggle="collapse" data-
target="#navbarNav"
                aria-controls="navbarNav" aria-expanded="false" aria-label="Toggle
navigation">
                <span class="navbar-toggler-icon"></span>
            </button>
            <div class="collapse navbar-collapse" id="navbarNav">
                <ul class="navbar-nav">
                    <li class="nav-item active">
                        <a class="nav-link" href="#home">HOME</a>
                    </li>
                    <li class="nav-item">
                        <a class="nav-link" href="#aboutus">ABOUT US</a>
                    </li>
                    <li class="nav-item">
                        <a class="nav-link" href="#services">SERVICES</a>
                    </li>
                    <li class="nav-item">
                        <a class="dropdown-item nav-link" href="#health-calc">HEALTH
CALCULATORS</a>
                    </li>
                    <li class="nav-item">
                        <div class="nav-link dropdown" href="#health-calc">
                            <a class="more" data-toggle="dropdown" aria-haspopup="true" aria-
expanded="false">
                                MORE <i class="fa fa-angle-down"></i>
                            </a>
                            <div class="dropdown-menu" aria-labelledby="dropdownMenuButton">
                                <a class="dropdown-item nav-link" href="#health-facts">HEALTH
TIPS</a>
                                <a class="dropdown-item nav-link" href="#faq">FAQ</a>
                            </div>
                        </div>
                    </li>
                </ul>
            </div>
        </nav>
    </div>

```

```

        <li class="nav-item">
            <a class="nav-link bookapp" href="#bookapp">&nbsp;&nbsp;DONATE&nbsp;&nbsp;</a>
        </li>
    </ul>
</div>
</nav>

<hr>

<div style="position: absolute" id="home">
    <div class="contain">
        

        <div class="header">
            <p>
                LET'S BEGIN<br>
                A HEALTHY<br>
                JOURNEY,<br>
                TOGETHER.
            </p>
            
            <button data-hash="bookapp" class="button get-started-m"
type="button">GET STARTED <i
                class="fa fa-angle-right"></i></button>
            </div>
        </div>
    </div>

    <div class="bottomText">
        <div class="bottomT">Managing your health can prove daunting<span
class="remove-mobile">, between understanding
            your health and actually doing the work</span>.</div>
        <div class="topT">Let us conquer this task together.</div>
        <button data-hash="bookapp" class="button get-started" type="button"><span
class="get-start-text">GET STARTED <i
            class="fa fa-angle-right"></i></span></button>
        </div>
        <div class="bottomArrowContainer">
            <a class="bottomArrow" onclick="createDynamicURL()">
                <i class="fa fa-angle-down"></i>
            </a>
        </div>

        <div class="empty-space" id="aboutus"></div>
        <div class="about-contain">

```

```

<div class="about">
  <hr>
  <div class="spaciousText">About Us</div>
</div>



<div class="about-content">
  <div class="spaciousText">Nurture</div>
  <p class="about-text">
    We at Nurture aim not only to provide improved nutrition for all, but
also promote sustainable growth for agriculture.
    Our main goal is to serve people their right to clean food and proper
nutrition, improve food security and help promote
    healthy habits which will last lifelong.<br><br>

    Support Nurture with your valuable donations! Remember, every penny
counts.
  </p>

  <button class="bookapp button" data-hash="bookapp"
type="button">&nbsp;DONATE&nbsp;</button>
</div>
</div>

<div class="empty-space" id="services"></div>
<hr>

<div class="services">
  <div class="spaciousText">Services</div>
  <div class="services-img">
    
  </div>
  <div class="services-img-m">
    
  </div>
</div>

<div class="empty-space" id="health-calc"></div>
<hr>
<div class="health-calc">
  <div class="spaciousText">Health Calculators</div>
  <div class="topT">Know your body better.</div>

  <div class="health-calc-container">

```

```




<div class="health-calc-content">
  <div class="wi">
    <button class="btn" data-toggle="modal" data-target="#waterIntake"><i
class="fa fa-tint"></i> Water
    Intake</button>
    <div class="text">
      Approximate amount of water you<br>
      need to consume.
    </div>
  </div>
  <div class="iw">
    <button class="btn" data-toggle="modal" data-
target="#idealWeight">
    Ideal Weight</button>
    <div class="text">
      Estimate ideal healthy bodyweight based on age, gender, height.
    </div>
  </div>
  <div class="bmi" data-toggle="modal" data-target="#bodyMassIndex">
    <button class="btn"><i class="fa fa-child"></i> BMI</button>
    <div class="text">
      Body mass index is a measure of body fat based on your height and
weight.
    </div>
  </div>
  <div class="bmr" data-toggle="modal" data-target="#basalMetabolicRate">
    <button class="btn"><i class="fa fa-bolt"></i> BMR</button>
    <div class="text">
      Basal Metabolic Rate is the amount of energy expended while at
rest.
    </div>
  </div>
</div>

<!-- Water Intake -->
<div class="modal fade" id="waterIntake" tabindex="-1" role="dialog" aria-
labelledby="waterIntakeTitle"
  aria-hidden="true">
  <div class="modal-dialog modal-dialog-centered" role="document">
    <div class="modal-content">
      <div class="modal-header">

```



```

        <h5 class="modal-title pl-4" id="waterIntakeTitle">Water
Intake</h5>
        <button type="button" class="close" data-dismiss="modal" aria-
label="Close">
            <span aria-hidden="true">&times;</span>
        </button>
    </div>
    <div class="modal-body pl-4">
        <input class="mb-3 mt-2 pl-3" name="weight" type="text" id="WI-
weight" placeholder="Weight (kg)"><br>
        <input class="mb-3 mt-2 pl-3" name="duration" type="text" id="WI-
duration"
            placeholder="Duration of Workout (min)"><br>
        <input class="mb-3 mt-2" type="submit" value="Calculate"
onclick="calcWI()">
        <div class="result-WI"></div>
    </div>
</div>
</div>

<!-- Ideal Weight -->

    <div class="modal fade" id="idealWeight" tabindex="-1" role="dialog" aria-
labelledby="idealWeightTitle"
        aria-hidden="true">
        <div class="modal-dialog modal-dialog-centered" role="document">
            <div class="modal-content">
                <div class="modal-header pl-4">
                    <h5 class="modal-title" id="idealWeightTitle">Ideal Weight</h5>
                    <button type="button" class="close" data-dismiss="modal" aria-
label="Close">
                        <span aria-hidden="true">&times;</span>
                    </button>
                </div>
                <div class="modal-body pl-4">
                    <label for="sex">Sex: </label>
                    <input class="mb-3 mt-2" type="radio" name="sex" value="M"> Male
                    <input class="mb-3 mt-2" type="radio" name="sex" value="F">
Female<br>
                    <input class="mb-3 mt-2 pl-3" type="text" id="IW-height"
placeholder="Height (cm)"><br>
                    <input class="mb-3 mt-2" type="submit" value="Calculate"
onclick="calcIW()">
                    <div class="result-IW"></div>

```

```

        </div>
    </div>
</div>
</div>

<!-- BMI -->

    <div class="modal fade" id="bodyMassIndex" tabindex="-1" role="dialog"
aria-labelledby="bodyMassIndexTitle"
    aria-hidden="true">
        <div class="modal-dialog modal-dialog-centered" role="document">
            <div class="modal-content">
                <div class="modal-header pl-4">
                    <h5 class="modal-title" id="bodyMassIndexTitle">Body Mass
Index</h5>
                    <button type="button" class="close" data-dismiss="modal" aria-
label="Close">
                        <span aria-hidden="true">&times;</span>
                    </button>
                </div>
                <div class="modal-body pl-4">
                    <input class="mb-3 mt-2 pl-3" name="weight" type="text" id="BMI-
weight" placeholder="Weight (kg)"><br>
                    <input class="mb-3 mt-2 pl-3" name="duration" type="text" id="BMI-
height" placeholder="Height (cm)"><br>
                    <input class="mb-3 mt-2" type="submit" value="Calculate"
onclick="calcBMI()">
                    <div class="result-BMI"></div>
                </div>
            </div>
        </div>
    </div>

<!-- BMR -->
    <div class="modal fade" id="basalMetabolicRate" tabindex="-1" role="dialog"
aria-labelledby="basalMetabolicRateTitle" aria-hidden="true">
        <div class="modal-dialog modal-dialog-centered" role="document">
            <div class="modal-content">
                <div class="modal-header pl-4">
                    <h5 class="modal-title" id="basalMetabolicRateTitle">Basal
Metabolic Rate</h5>
                    <button type="button" class="close" data-dismiss="modal" aria-
label="Close">
                        <span aria-hidden="true">&times;</span>
                    </button>
                </div>
            </div>
        </div>
    </div>

```

```

        </div>
        <div class="modal-body pl-4">
            <input class="mb-3 mt-2 pl-3" type="text" name="age" id="BMR-age"
placeholder="Age"><br>
            <label for="BMR-sex">Sex: </label>
            <input type="radio" name="BMR-sex" value="M">Male
            <input class="mb-3 mt-2" type="radio" name="BMR-sex"
value="F">Female<br>
            <input class="mb-3 mt-2 pl-3" name="weight" type="text" id="BMR-
weight" placeholder="Weight (kg)"><br>
            <input class="mb-3 mt-2 pl-3" name="duration" type="text" id="BMR-
height" placeholder="Height (cm)"><br>
            <input class="mb-3 mt-2" type="submit" value="Calculate"
onclick="calcBMR()">
            <div class="result-BMR"></div>
        </div>
    </div>
</div>

<div class="empty-space" id="health-facts"></div>
<hr>

<div class="health-facts">
    <div class="spaciousText">Health Tips</div>
    <div class="topT">Apply the Science of Nutrition</div>
    <div class="health-facts-container">
        <div class="health-facts-content">
            
            
            <div class="card">
                <div class="card-body">
                    <strong>1. Optimism may help you live longer</strong> <br><br>

                    Can seeing the glass half full help you live longer? Studies have
found that there is a correlation
                    between increasing levels of optimism with decreasing levels of
death from cancer, disease, infection
                    and stroke. This is particularly true for cases of cardiovascular
disease. Those that had the highest
                    levels of optimism had an almost 40% lower risk of heart disease.

```

```
<div class="ques-seperator">
  <div class="sep-line"></div>
</div>
```

```
<strong>2. Bananas can help improve your mood</strong> <br><br>
```

A banana has approximately 30% of your daily recommended intake of vitamin B6. Vitamin B6 helps the brain produce serotonin, which is considered a mood stabilizer. Serotonin impacts your motor skills and emotions. It is also the chemical that helps you sleep and digest food. Eating a banana can help relieve depression and anxiety by stimulating the serotonin levels in your body.

```
<div class="ques-seperator">
  <div class="sep-line"></div>
</div>
```

```
<strong>3. Cold temperature can be good for your health
<br><br></strong>
```

If you live in Canada, you know all about cold weather. But did you know that colder temperatures can benefit your health? Colder temperatures may help reduce allergies and inflammation and research has shown that it can help you think more clearly and perform daily tasks better. The cold can also help lower the risk of disease; mosquitoes that carry diseases such as Zika, West Nile virus and malaria are not around during the winter season.

```
<div class="ques-seperator">
  <div class="sep-line"></div>
</div>
```

```
<strong>4. If you are tired, exercise will help</strong> <br><br>
```

If you are physically tired, the best thing to do is exercise as it will give you more energy than sitting. Studies have found that the blood and oxygen flow through the body will give you more energy and improve your mood. The increase in endorphin levels can contribute to a feeling of well-being.

```
<div class="ques-seperator">
  <div class="sep-line"></div>
</div>
```

**5. Cholesterol-free can be bad for your cholesterol** <br><br>

Food labels may say that it is cholesterol-free, however, that does not mean that the food is good for your cholesterol levels. Trans fats, which are cholesterol-raising, naturally have no cholesterol but can be detrimental to your cholesterol levels. Trans fats can be found in many fried foods and baked goods. Trans fat, such as partially hydrogenated vegetable oils, and saturated fats are not good for your cholesterol levels and should be avoided as much as possible.  
<br><br>

```
<div class="ques-seperator">
  <div class="sep-line"></div>
</div>
```

**6. Eat a variety of foods** <br><br>

For good health, we need more than 40 different nutrients, and no single food can supply them all. It is not about a single meal, it is about a balanced food choice over time that will make a difference!  
<br><br>A high-fat lunch could be followed by a low-fat dinner.<br>After a large meat portion at dinner, perhaps fish should be the next day's choice?<br><br>

```
<div class="ques-seperator">
  <div class="sep-line"></div>
</div>
```

**7. Enjoy plenty of fruits and vegetables** <br><br>

Fruits and vegetables are among the most important foods for giving us enough vitamins, minerals and fibre. We should try to eat at least 5 servings a day. For example, a glass of fresh fruit juice at

breakfast, perhaps an apple and a piece of watermelon as snacks,  
and a good portion of different  
vegetables at each meal. <br><br>

```
<div class="ques-seperator">  
  <div class="sep-line"></div>  
</div>
```

<strong>8. Drink plenty of fluids</strong> <br><br>

Adults need to drink at least 1.5 litres of fluid a day! Or more if  
it's very hot or they are physically  
active. Water is the best source, of course, and we can use tap or  
mineral water, sparkling or  
non-sparkling, plain or flavoured. Fruit juices, tea, soft drinks,  
milk and other drinks, can all be  
okay - from time to time.<br><br>

```
<div class="ques-seperator">  
  <div class="sep-line"></div>  
</div>
```

<strong>9. Replace saturated with unsaturated fat</strong> <br><br>

Fats are important for good health and proper functioning of the  
body. However, too much of it can  
negatively affect our weight and cardiovascular health. Different  
kinds of fats have different health  
effects, and some of these tips could help us keep the balance  
right:

```
<br><br>  
<ul>  
  <li>We should limit the consumption of total and saturated fats  
(often coming from foods of animal  
    origin),  
    and completely avoid trans fats; reading the labels helps to  
    identify the sources.</li>  
  <li>Eating fish 2-3 times a week, with at least one serving of  
    oily fish, will contribute to our right  
    intake of unsaturated fats.</li>  
  <li>When cooking, we should boil, steam or bake, rather than  
    frying, remove the fatty part of meat,  
    use  
    vegetable oils.</li>  
</ul><br>
```

```

    <div class="ques-seperator">
      <div class="sep-line"></div>
    </div>

    <strong>10. Start now! And keep changing gradually.</strong>
<br><br>

    Gradual changes in our lifestyle are easier to maintain than major
    changes introduced all at once. For
      three days, we could write down the foods and drinks we consume
    throughout the day, and make a note of
      the amount of movement we made. It won't be difficult to spot where
    we could improve:
      <br><br>
      <ul>
        <li>
          Skipping breakfast? A small bowl of muesli, a piece of bread or
          fruit, could help slowly introduce it
            into our routine</li>
        <li>Too few fruits and vegetables? To start with, we can
          introduce one extra piece a day.</li>
        <li>Favourite foods high in fat? Eliminating them abruptly could
          fire back, and make us return to the
            old
              habits. We can choose low fat options instead, eat them less
          frequently, and in smaller portions.</li>
        <li>Too little activity? Using the stairs daily could be a great
          first move.</li>
      </ul><br>
    </div>
  </div>
</div>
<hr>
</div>

<div class="empty-space" id="faq"></div>
<hr>

<div class="faq">
  <div class="spaciousText">FAQ</div>
  <div class="topT">How can we help you?</div>
  <div class="faq-container">
    <div class="faq-content">

```

```



<div class="card">
  <div class="card-body">

    <b>Q.</b>
    <div class="questions">
      From which foods can we get carbohydrates?
    </div>
    <div class="small-space"></div>
    <b>A.</b>
    <div class="questions">Milk products and fruits, whole grain breads
and cereals, table
      sugar, starchy vegetables, and legumes. Carbohydrates are called
"simple" or "complex," depending on
      how
      fast your body digests and absorbs the sugar. You get simple
carbohydrates from fruits, milk products,
      and
      table sugar. Complex carbohydrates include whole grain breads and
cereals, starchy vegetables, and
      legumes.</div>

    <div class="ques-seperator">
      <div class="sep-line"></div>
    </div>
  </div>

  <b>Q.</b>
  <div class="questions">
    How much water should we drink in a day?
  </div>
  <div class="small-space"></div>
  <b>A.</b>
  <div class="questions">
    Generally, nutritionists recommend we follow the "8x8" rule, which
is to drink eight 8-ounce glasses
    of
    water per day. Drinking more water does indeed boost metabolism -
especially if your glass is icy
    cold.
    Your body must work to warm the water up, burning a few extra
calories in the process. As for other
    benefits of water, 85% of your brain tissue is water, which means
that if you're dehydrated, both your

```



```

    body and your mind will be stressed.
</div>

<div class="ques-seperator">
    <div class="sep-line"></div>
</div>

<b>Q.</b>
<div class="questions">
    People with a body mass index (BMI) value of what or more are
considered obese?
</div>
<div class="small-space"></div>
<b>A.</b>
<div class="questions">
    30. BMI values between 18.5 and 24.9 are considered to be a
“normal” or “healthy” weight. BMI values
    between 25 and 29.9 are considered “overweight,” while BMI values
of 30 and above are considered
    “obese.”
    BMIs above 25 are unhealthy and have been shown to increase the
risk of certain chronic diseases. BMIs
    under 18.5 are considered “underweight.”
</div>

<div class="ques-seperator">
    <div class="sep-line"></div>
</div>

<b>Q.</b>
<div class="questions">
    What is a "healthy diet"?
</div>
<div class="small-space"></div>
<b>A.</b>
<div class="questions">
    A healthy eating pattern is one that provides enough of each
essential nutrient from nutrient-dense
    foods,
    contains a variety of foods from all of the basic food groups, and
focuses on balancing calories
    consumed
    with calories expended to help you achieve and sustain a healthy
weight. This eating pattern limits
    intake

```

```

        of solid fats, sugar, salt (sodium) and alcohol. Create a healthy
        eating pattern to reduce the risk of
        chronic diseases such as diabetes, cancer, and osteoporosis.
    </div>

    </div>
</div>
</div>
<hr>
</div>
</div>

<div class="empty-space" id="bookapp"></div>
<hr>

<div class="book-appoint">
    <div class="spaciousText">Donate for Good</div>
    <div class="book-appt-container">
        
        <div class="card book-appt-content donate-card">
            <button class="contact-email" onclick="replaceCard()">Donate</button>
            <div class="contact-name"><i class="fa fa-user"></i> Nurture</div>
            <a class="contact-phone" href="tel:+919831191518"><i class="fa fa-
phone"></i> +91 7980619447</a>
            <div class="contact-address"><i class="fa fa-building"></i> Vellore
Institute of Technology,<br>Tamil Nadu - 632014</div>
        </div>
    </div>
</div>

<div class="footer">
    <div class="footer-content">
        <ul class="links">
            <li><a href="#home">Home</a></li>
            <li><a href="#aboutus">About Us</a></li>
            <li><a href="#services">Services</a></li>
            <li><a href="#health-calc">Health Calculators</a></li>
            <li><a href="#health-facts">Health Tips</a></li>
            <li><a href="#faq">FAQ</a></li>
        </ul>
        
        
    </div>

```

```

    <div class="branding">Made with &nbsp;  
by <a href="https://github.com/AniruddhUpadhyay"
    target="none"><u> SAMIKSHYA, RISHI, KRINA & ASMITA</u></a>.
    </div>
</div>

</body>

<script
src="https://ajax.googleapis.com/ajax/libs/jquery/3.4.1/jquery.min.js"></script>
<script src="/static/javascript/index.js"></script>
<script src="/static/javascript/calculators.js"></script>

<script>
    $(window).on('load', () => {
        setTimeout(() => {
            $(".load").hide();
            $(".main").fadeIn();
            $(".main").show();
        }, 500);
    });
</script>

</html>

```

## donate.html

```

<!DOCTYPE html>
<html lang="en">

<!-- SAMIKSHYA SARANGI 20BIT0071 -->

<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <meta http-equiv="X-UA-Compatible" content="ie=edge">
    <title>Thank you!</title>

    <script src="https://code.jquery.com/jquery-3.3.1.slim.min.js"
        integrity="sha384-
q8i/X+965Dz00rT7abK41JStQIAqVgRVzpbzo5smXKp4YfRvH+8abtTE1Pi6jizo"
        crossorigin="anonymous">
    </script>

```

```

    <script
src="https://cdnjs.cloudflare.com/ajax/libs/popper.js/1.14.6/umd/nuturepopper.min.js"
    integrity="sha384-
wHAiFFr1MFy6i5SRaxvfOCifBUQy1xHdJ/yoi7FRNXMRBu5WHdZYu1hA6ZOblgut"
crossorigin="anonymous">
    </script>
    <script
src="https://stackpath.bootstrapcdn.com/bootstrap/4.2.1/js/bootstrap.min.js"
    integrity="sha384-
B0UglyR+jN6CkvvICOB2joaf5I4l3gm9GU6Hc1og6Ls7i6U/mkkaduKaBhlAXv9k"
crossorigin="anonymous">
    </script>

    <link rel="icon" href="/static/images/favicon.png" type="image/x-icon">

    <link href="https://fonts.googleapis.com/css?family=Nunito+Sans&display=swap"
rel="stylesheet">
    <link rel="stylesheet"
href="https://maxcdn.bootstrapcdn.com/bootstrap/4.0.0/css/bootstrap.min.css"
    integrity="sha384-
Gn5384xqQ1aoWXA+058RXPxPg6fy4IWvTNh0E263XmFcJlSAwiGgFAW/dAiS6JXm"
crossorigin="anonymous">
    <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/4.7.0/css/font-awesome.min.css">
    <link rel="stylesheet" href="/static/css/style.css">
    <link rel="stylesheet" href="/static/css/style-mobile.css" media="screen and
(orientation: portrait)">
</head>

<body>
    <div class="book-appoint">
        <div class="spaciousText">Donate for Good</div>
        <div class="book-appt-container">
            
            <div class="card book-appt-content donate-card">
                <h1>Thank You!</h1>
                <div>Thank you for your great generosity! We, at Nurture, greatly
appreciate your donation, and your
                    sacrifice.</div>
                <div>Click <a href="/">here</a> to go back.</div>
            </div>
        </div>
    </div>

```

```

<div class="footer">
  <div class="footer-content">
    <ul class="links">
      <li><a href="/">Home</a></li>
      <li><a href="/">About Us</a></li>
      <li><a href="/">Services</a></li>
      <li><a href="/">Health Calculators</a></li>
      <li><a href="/">Health Tips</a></li>
      <li><a href="/">FAQ</a></li>
    </ul>
    
    
  </div>
</div>

</body>
<script>
  setTimeout(() => {
    window.location.href='/';
  }, 10000);
</script>
<script src="/static/javascript/index.js"></script>

</html>

```

## CSS CODE

### style.css

```

html {
  font-size: 0.75vw;
  overflow-x: hidden;
  width: 100vw;
  max-width: 100vw;
}

body {
  width: 100vw;
  min-height: 100vh;
  max-width: 100vw;
  overflow-x: hidden;
}

```

```

    font-family: 'Nunito Sans', sans-serif;
    background-color: #FBFBFB;
}

button:focus {
    outline: 0;
}

button:hover {
    cursor: pointer;
}

.navbar {
    height: 13vh;
    width: 100vw;

    position: fixed;
    z-index: 10;

    border-bottom: 0.1px solid #e2e2e2;

    background-color: #FBFBFB !important;
}

.navbar-brand {
    margin: -0.5vw 5vw 0 5vw;
}

.navbar-brand img {
    width: 15vw;
}

.nav-link {
    color: #393939 !important;
}

.nav-item {
    margin-left: 5vw;
    text-align: center;
    letter-spacing: 0.184rem;
}

.nav-item .bookapp {
    color: #7E9B45 !important;
}

```

```

border-color: #7E9B45;

background-color: #FBFBFB !important;
}

.more:hover {
  cursor: pointer;
}

.dropdown-item:link {
  color: green;
}

.bookapp {
  font-size: 1.153rem;
  font-weight: bold;
  letter-spacing: 0.184rem;

  border-style: solid;
  border-width: 3px;

  min-width: 7vw;
}

hr {
  margin: 0 0 0 0;
}

.contain {
  margin-top: 13vh;
  width: 100vw;
  position: relative;
}

.decoration-img {
  -webkit-transform: scaleX(-1);
  transform: scaleX(-1);

  width: 78vw;
  float: right;
}

.land-m {
  display: none;
}

```

```

.header {
  position: absolute;

  letter-spacing: 0.4375rem;

  margin: 10vh 0 0 9vw;

  color: #393939;
}

.header>p {
  font-size: 3.5rem;
  font-weight: bold;

  line-height: 7.8vh;
}

.header>button {
  width: 13.7vw;
  height: 7.6vh;

  margin-top: 4vh;

  border-style: solid;
  border-width: 3px;
  border-color: #4DD662;
  border-radius: 2vw;

  background-color: #FBFBFB;

  font-size: 1.7rem;
  letter-spacing: 0.125rem;
  opacity: 0.8;
  outline: none;
}

.header>button:hover {
  cursor: pointer;
}

.bottomText {
  position: relative;
  text-align: center;
}

```



```

margin-top: 73vh;

line-height: 6vh;
letter-spacing: 0.1125rem;
}

.topT {
  text-align: center;
  font-size: 2.3rem;
  letter-spacing: 0.1125rem;
}

.bottomText .bottomT {
  font-size: 1.8rem;
  opacity: 0.8;
}

.get-started {
  display: none;
}

.bottomArrowContainer {
  width: 100vw;

  display: flex;
  justify-content: center;

  background: none;
}

.bottomArrow:hover {
  cursor: pointer;
  color: #212529;
}

.bottomArrow {
  width: 45px;
  height: 45px;

  margin-top: 4vh;
  font-size: 30px;
  text-align: center;

  border-style: solid;
  border-color: #4DD662;
}

```

```

border-width: 3px;
border-radius: 50%;

position: fixed;
color: #212529;
background-color: #FBFBFB;

z-index: 10;
}

.empty-space {
  height: 13vh;
}

.about>hr {
  bottom: 0;
  margin-bottom: 5vh;
}

.spaciousText {
  font-size: 2rem;
  font-weight: 600;
  letter-spacing: 0.25rem;

  width: 12vw;

  margin: 0 auto;

  text-align: center;

  position: relative;
}

.spaciousText::after {
  content: '';

  width: 35%;
  position: absolute;

  margin: auto;
  bottom: -10px;
  left: 0;
  right: 0;

  border-bottom: 6px solid #79CD7F;

```

```
    border-radius: 10px;
}

.about-contain {
    position: relative;
}

.about-image {
    width: 100vw;
}

.about-content {
    position: absolute;

    top: 15vh;
    right: 18vw;

    text-align: center;
}

.about-content .about-text {
    margin-top: 4vh;
    font-size: 1.6rem;
    width: 23vw;
}

.about-content .spaciousText {
    width: 8vw;
}

.about-content .bookapp {
    height: 3.7vh;
    width: 16vw;

    background: none;

    border-color: #79CD7F;
    border-width: 2px;
    border-radius: 5px;

    opacity: 0.9;

    color: #79CD7F;
    letter-spacing: 0.2vw;
}
```

```

    font-weight: 900;
    text-shadow: 1px 0 #79CD7F;
    font-size: 1.2rem;

    cursor: pointer;
    outline: none;
}

.services>hr {
    bottom: 0px;
}

.services {
    margin-top: 5vh;
}

.services .spaciousText::after {
    border-bottom-color: #FB6A96;
}

.services img {
    margin-top: 3vh;
    width: 100vw;
}

.services .services-img-m {
    display: none;
}

.services>hr {
    bottom: 0;
}

.testimonials {
    margin-top: 5vh;
}

.testimonials .spaciousText::after {
    border-bottom-color: #E85751;
}

.testimonials-content {
    width: 100vw;
    height: 74vh;
    margin-top: 4vh;
}

```

```

        background-color: #F1F1F1;

        padding-top: 2vh;

        text-align: center;
    }

    .testimonials .card {
        background-color: #FBFBFB;
        border-radius: 30px;
    }

    .left-content {
        width: 60vw;
        height: 70vh;
        margin: 0 auto;
        padding: 2vw;
        text-align: center;
    }

    .right-content {
        width: 55vw;
        height: 70vh;
        margin: 0 auto;

        padding: 5vw;
        padding-top: 3vh;

        text-align: center;
    }

    .left-content .left-card {
        height: 55%;
        width: 85%;
        margin: auto;
        margin-top: 2vh;
        display: flex;
        flex-direction: column;
        justify-content: center;
    }

    .left-card .left-card-content {
        padding: 2vw;
        padding-bottom: 0;
    }

```

```

    font-size: 1.7rem;
    text-align: left;
    margin-bottom: 1vw;
}

.left-card .left-card-content .card::-webkit-scrollbar-track {
    display: none;
}

.left-card .left-card-content .author {
    width: inherit;
    margin: 0.8vw;
    text-align: right;
}

.left-content .carouselButtons {
    position: absolute;
    left: 0;
    width: 100vw;
    height: 30px;
    margin-left: -2vw;
    text-align: center;
}

.right-content {
    width: 80vw;
}

.right-content .right-card {
    height: 100%;
    width: 60vw;
    margin: auto;
    margin-top: 2vh;
}

.right-content .mySlides {
    margin: 0 auto;
    padding: 3%;
    height: 100%;
    border-radius: 50px;
    max-width: 100%;
}

.right-card .carouselLeft {
    position: absolute;

```

```

    top: 50%;
    margin-left: 1%;
}

.right-card .carouselRight {
    position: absolute;
    top: 50%;
    right: 0;
    margin-right: 1%;
}

.left-content .carouselButton {
    position: absolute;
    margin-top: 1vh;
}

.left-content .carouselRight {
    margin-left: 2.5vw;
}

.testimonials .carouselButton {
    background: none;
    border: none;
    border-radius: 50%;
    height: 30px;
    width: 30px;
}

.transformations-content {
    display: flex;
    flex-direction: column;
    justify-content: space-between;
}

.transformations-content .blank-div {
    height: 10vh;
}

.health-calc {
    margin-top: 5vh;
}

.health-calc .spaciousText {
    width: 25vw;
}

```

```

.health-calc .spaciousText::after {
  border-bottom-color: #4DD662;
}

.health-calc .topT {
  padding: 3vh;
}

.health-calc .calc-m {
  display: none;
}

.health-calc .health-calc-container>img {
  width: 100vw;
}

.health-calc-container {
  position: relative;
}

.health-calc-content {
  position: absolute;
  top: 13%;
  left: 10%;
}

.health-calc-content>* {
  height: 6vw;
  font-size: 1.4rem;
  font-weight: bold;
}

.health-calc-content .btn {
  color: white;
}

.health-calc-content *>div {
  float: right;
  width: 20vw;
  margin-left: 3vw;
}

.health-calc-content .bmi>div,
.health-calc-content .bmr>div {

```



```

    margin-right: 4.3vw;
}

.health-calc-content .wi {
    color: #42A5F5;
}

.health-calc-content .wi .btn {
    height: 3vw;
    width: 11vw;
    font-size: 1.8rem;
    border-radius: 8px;
    font-weight: bold;
    background-color: #42A5F5;
}

.health-calc-content .iw {
    color: #E85751;
}

.health-calc-content .iw .btn {
    height: 3vw;
    width: 11vw;
    font-size: 1.8rem;
    border-radius: 8px;
    font-weight: bold;
    background-color: #E85751;
}

.health-calc-content .iw .btn>img {
    width: 20px;
}

.health-calc-content .bmi {
    color: #F48329;
}

.health-calc-content .bmi .btn {
    height: 3vw;
    width: 6vw;
    font-size: 1.8rem;
    border-radius: 8px;
    font-weight: bold;
    background-color: #F48329;
}

```

```

}

.health-calc-content .bmr {
  color: #4DD662;
}

.health-calc-content .bmr .btn {
  height: 3vw;
  width: 6vw;
  font-size: 1.8rem;
  border-radius: 8px;
  font-weight: bold;
  background-color: #4DD662;
}

.health-calc .modal-header .modal-title {
  font-size: 1.5rem;
  font-weight: 600;
}

.health-calc .modal input {
  border-radius: 10px;
  background-color: #E5E5E5;
}

.health-calc .modal input[type=text] {
  width: 70%;
  box-shadow: 1px 2px #2d262e;
}

.health-calc .modal input[type=submit] {
  background-color: #FEDCEF;
}

.health-calc .modal-content {
  font-size: 1.5rem;
  border-radius: 20px;
}

.gallery {
  height: 83vh;
}

.gallery .spaciousText {
  margin-top: 5vh;
}

```

```

    width: 8vw;
}

.gallery .spaciousText::after {
    border-color: purple;
}

.gallery .topT {
    padding: 2vh;
}

.gallery-container {
    margin: 0 auto;
    text-align: center;
    height: 65vh;
    width: 90vw;
    overflow-y: scroll;
    background-color: #F1F1F1;
    border-radius: 2vw;
    padding: 3.5vw;
    border: 1px solid rgba(128, 0, 128, 0.198);
    border-right: none;
}

.gallery-container::-webkit-scrollbar {
    background-color: rgba(128, 0, 128, 0.363);
    border-radius: 10px;
}

.gallery-container::-webkit-scrollbar-thumb {
    background-color: purple;
    border-radius: 10px;
}

.gallery .img-responsive {
    width: 25vw;
}

.port-image {
    width: 100%;
}

.gallery_product {

```

```

    margin-bottom: 30px;
}

.faq {
    margin-top: 5vh;
    max-height: 83vh;
}

.faq .faq-container {
    position: relative;
}

.faq .faq-container .faq-content>img {
    width: 100vw;
    max-height: 67vh;
}

.faq .topT {
    padding: 2vh;
}

.faq .spaciousText {
    width: 4.5vw;
}

.faq .spaciousText::after {
    border-bottom-color: #FB6A9C;
}

.faq .faq-img-m {
    display: none;
}

.faq .questions {
    float: right;
    width: 97%;
}

.small-space {
    height: 1vh;
}

.ques-seperator {
    height: 7vh;
    width: 5vw;
}

```

```

margin-left: 2vw;
display: flex;
flex-direction: column;
justify-content: center;
}

.ques-seperator .sep-line {
  height: 2px;
  background-color: #FB6A96;
}

.faq .card {
  position: absolute;
  top: 8vh;
  bottom: 8vh;
  left: 6vw;
  right: 6vw;

  overflow-y: scroll;

  border-radius: 1.5vw;
  background-color: #FBFBFB;
  padding-left: 2vw;
  padding-right: 2vw;
  padding-top: 2vh;
  padding-bottom: 2vh;

  font-size: 1.5rem;
  letter-spacing: 0.05vw;
}

.faq .card::-webkit-scrollbar-track {
  border-radius: 10px;
  background-color: rgb(243, 202, 248);
}

.faq .card::-webkit-scrollbar {
  width: 10px;
  border-radius: 10px;
  background-color: rgb(223, 121, 233);
}

.faq .card::-webkit-scrollbar-thumb {
  background-color: #FB6A96;
}

```

```

    border-radius: 10px;
}

.health-facts {
    margin-top: 5vh;
    max-height: 83vh;
}

.health-facts .health-facts-container {
    position: relative;
}

.health-facts .health-facts-container .health-facts-content>img {
    width: 100vw;
    max-height: 67vh;
}

.health-facts .topT {
    padding: 2vh;
}

.health-facts .spaciousText {
    width: 14vw;
}

.health-facts .spaciousText::after {
    border-bottom-color: #FB002B;
}

.health-facts .health-facts-img-m {
    display: none;
}

.health-facts .questions {
    float: right;
    width: 97%;
}

.small-space {
    height: 1vh;
}

.ques-seperator {
    height: 7vh;
}

```

```

width: 5vw;
margin-left: 2vw;
display: flex;
flex-direction: column;
justify-content: center;
}

.ques-seperator .sep-line {
  height: 2px;
  background-color: rgb(195, 19, 19);
}

.health-facts .card {
  position: absolute;
  top: 8vh;
  bottom: 8vh;
  left: 6vw;
  right: 6vw;

  overflow-y: scroll;

  border-radius: 1.5vw;
  background-color: #FBFBFB;
  padding-left: 2vw;
  padding-right: 2vw;
  padding-top: 2vh;
  padding-bottom: 2vh;

  font-size: 1.5rem;
  letter-spacing: 0.05vw;
}

.health-facts .card::-webkit-scrollbar-track {
  border-radius: 10px;
  background-color: rgb(245, 168, 168);
}

.health-facts .card::-webkit-scrollbar {
  width: 10px;
  border-radius: 10px;
  background-color: rgb(250, 174, 174);
}

.health-facts .card::-webkit-scrollbar-thumb {

```

```

background-color: rgb(212, 22, 22);
border-radius: 10px;
}

.book-appoint {
  margin-top: 5vh;
  margin-bottom: 12vh;
  max-height: 72vh;
  max-width: 100vw;
}

.book-appoint .spaciousText {
  width: 20vw;
}

.book-appoint .spaciousText::after {
  border-bottom-color: #F9CB81;
}

.book-appoint img {
  width: 100%;
  height: 56.25%;
}

.book-appt-container {
  position: relative;
  display: flex;
  justify-content: center;
}

.book-appt-content {
  width: 26vw;
  height: 80%;
  max-width: 26vw;
  max-height: 47vh;

  position: absolute;
  margin-top: 5vh;

  text-align: center;
  padding: 2.1vw;

  display: flex;
  flex-direction: column;
  justify-content: space-around;
}

```



```

    font-size: 1.8rem;

    border-radius: 40px;
}

.book-appoint input[type=text] {
    border-radius: 10px;
}

.contact-email {
    background-color: #F9CB81;
    color: #FFFFFF;
    width: 13.5vw;
    height: 20%;
    max-height: 7vh;
    margin: 0 auto;
    margin-top: -2vh;

    outline: none;

    border-radius: 10px;
    font-weight: bolder;
    font-size: 2rem;

    letter-spacing: 0.12vw;
    text-shadow: 1px 0 #FFFFFF;

    text-align: center;
    border: none;

    box-shadow: 1px 2px #b89113;
}

.contact-email:hover {
    cursor: pointer;
    border: 1px solid #393939;
}

.contact-phone:link {
    color: #393939;
    text-decoration: underline;
    text-decoration-color: rgb(231, 231, 231);
}

.footer {

```

```
width: 100vw;
margin-top: 5vh;
background: #212529;
color: white;
}

.footer-content {
  top: 10vh;
  display: flex;
  justify-content: space-around;
  padding: 3vw;
}

.footer a {
  color: #FBFBFB;
}

.footer .leaves {
  max-height: 20vh;
  margin-left: 5vw;
  height: 7%;
}

.footer .nurture {
  width: 18%;
  height: 7%;

  margin-top: 6vh;
}

.footer .nurture:hover {
  cursor: pointer;
}

.footer .links {
  color: #FBFBFB;
  font-size: 1.4rem;
  padding-top: 2vh;
  display: flex;
  flex-direction: column;
  justify-content: center;
}

.branding {
  text-align: center;
```

```
padding: 4px;
}

.branding>img {
  width: 20px;
}
```

## style-mobile.css

```
@media (max-width: 1000px) {
  html {
    font-size: 10px;
  }

  .navbar-brand>img {
    width: 40vw;
  }

  .navbar-nav {
    background-color: #FBFBFB;
    text-align: center;
    border: 1px solid #0000001c;
    border-top: none;
    padding: 2vw;
    height: 35vh;
    font-size: 1.1rem;
    margin-top: 3vh;
  }

  .nav-item {
    margin: 0;
  }

  .navbar-toggler {
    margin-right: 4vw;
  }

  .nav-link {
    height: 5vh;
    font-size: 1.5rem;
  }

  .nav-link .dropdown-item {
```

```

        text-align: center;
    }

    .nav-link .dropdown-menu {
        border-top: none;
    }

    .header {
        width: 100vw;
        margin: 0;
        margin-top: 5vh;
        text-align: center;
    }

    .header>p {
        font-size: 4vh;
        line-height: 5.3vh;
    }

    .decoration-img {
        display: none;
    }

    .land-m {
        display: block;
        margin: 0 auto;
        width: 80vw;
        margin-top: -2vh;
    }

    .bottomText .bottomT {
        font-size: 1.5rem;
        margin-top: -5vh;
        line-height: 3vh;

        background-color: #FBFBFB;
    }

    .bottomText .topT {
        margin-top: 2vh;
        line-height: 5vh;

        font-size: 1.8rem;
    }

```

```

.about-contain .about hr {
  bottom: 0;
}

.about-contain .about-text {
  width: 80vw;
  margin: 0 auto;
  margin-top: 6vh;
}

.remove-mobile {
  display: none;
}

.bottomArrow {
  width: 35px;
  height: 35px;
  bottom: 3.7vh;
  right: 8vw;

  font-size: 2rem;
}

.about-contain {
  height: 77vh;
}

.get-started-m {
  display: none;
}

.get-started {
  display: block;
  height: 5vh;

  margin: 0 auto;
  margin-top: 3.5vh;
  margin-bottom: 3vh;

  border-style: solid;
  border-width: 3px;
  border-color: #4DD662;
  border-radius: 6vw;

  background-color: #FBFBFB;
}

```

```

    font-size: 1.2rem;
    letter-spacing: 0.125rem;
    opacity: 0.8;
    outline: none;

    line-height: 1vh;
    padding-left: 4vw;
    padding-right: 4vw;
}

.about-image {
    display: none;
}

.about-text {
    height: 30vh;
    overflow: scroll;
}

.about .spaciousText {
    width: 35vw;
}

.about-content .spaciousText {
    width: 50vw;
}

.about-content .nutr-img {
    width: 30vw;
}

.about-content {
    width: 100vw;
    right: 0;
}

.about-content .bookapp {
    width: 68vw;
    text-align: center;
    letter-spacing: 1vw;
    font-size: 1.5rem;
    margin-top: 5vh;
    min-height: 30px;
    min-width: 250px;
}

```

```

}

.services .spaciousText {
  width: 30vw;
}

.services .services-img {
  display: none;
}

.services .services-img-m {
  display: block;
  margin-top: 10vh;
  height: 56vh;
}

.services .services-img-m>img {
  max-height: 53vh;
  float: right;
  max-width: 100vw;
}

.testimonials .spaciousText {
  width: 50vw;
}

.testimonials-content .topT {
  font-size: 1.7rem;
}

.testimonials-content .left-content {
  float: none;
  width: 100vw;
  height: 48vh;
}

.testimonials-content .left-content .nutr-img {
  width: 20vw;
}

.testimonials-content .left-content .left-card {
  height: 100%;
  overflow-y: auto;
}

```

```

.left-card .left-card-content {
  padding-top: 2vh;
  padding-left: 4vh;
  padding-right: 4vh;
  margin-bottom: 2vh;
  font-size: 1.5rem;
}

.left-content .carouselLeft {
  margin-left: -14px;
}

.left-content .carouselRight {
  margin-left: 14px;
}

.right-content .mySlides {
  padding: 10%;
}

.testimonials-content .right-content {
  width: 100vw;
  height: 100vw;
}

.testimonials-content .right-content .right-card {
  height: 100%;
  width: 100%;
}

.testimonials .leaves {
  display: none;
}

.health-calc {
  height: 69vh;
}

.health-calc .spaciousText {
  width: 80vw;
}

```



```

.health-calc .topT {
  font-size: 1.7rem;
}

.health-calc .health-calc-container .calc {
  display: none;
}

.health-calc .calc-m {
  display: block;
  max-width: 100vw;
  margin-top: 3vh;
}

.health-calc .health-calc-content .text {
  display: none;
}

.health-calc .health-calc-container {
  height: 53vh;
}

.health-calc .health-calc-content {
  height: 50vh;
  left: 27vw;
  top: 0;
}

.health-calc-content>* {
  height: 13vh;
}

.health-calc-content .wi .btn {
  width: 48vw;
  height: 5.5vh;
  font-size: 2.3rem;
}

.health-calc-content .iw .btn {
  width: 48vw;
  height: 5.5vh;
  font-size: 2.3rem;
}

.health-calc-content .iw .btn>img {

```

```

        width: 15px;
        margin-top: -0.8vh;
    }

    .health-calc-content .bmi .btn {
        width: 48vw;
        height: 5.5vh;
        font-size: 2.3rem;
    }

    .health-calc-content .bmr .btn {
        width: 48vw;
        height: 5.5vh;
        font-size: 2.3rem;
    }

    .gallery .spaciousText {
        width: 20vw;
    }

    .gallery .gallery-container {
        padding-top: 5vh;
    }

    .gallery .gallery-container .gallery_product .img-responsive {
        width: 65vw;
    }

    .faq {
        height: 70vh;
    }

    .faq .spaciousText {
        width: 11vw;
    }

    .faq .topT {
        font-size: 1.7rem;
    }

    .faq .faq-container {
        height: 70vh;
    }

    .faq-container .card {

```

```

        top: 2vh;
    }

    .faq .faq-img {
        display: none;
    }

    .faq .faq-img-m {
        display: block;
        height: 68vh;
    }

    .faq .questions {
        width: 100%;
        padding-left: 10%;
        z-index: 10;
        float: none;
        margin-top: -22px;
    }

    .health-facts {
        height: 70vh;
    }

    .health-facts .spaciousText {
        width: 40vw;
    }

    .health-facts .topT {
        font-size: 1.7rem;
    }

    .health-facts .health-facts-container {
        height: 70vh;
    }

    .health-facts-container .card {
        top: 2vh;
    }

    .health-facts .health-facts-img {
        display: none;
    }

    .health-facts .health-facts-img-m {

```

```

    display: block;
    height: 68vh;
}

.health-facts .questions {
    width: 100%;
    padding-left: 10%;
    z-index: 10;
    float: none;
    margin-top: -22px;
}

.book-appoint {
    height: 68vh;
}

.book-appoint .spaciousText {
    width: 80vw;
}

.book-appt-container {
    height: 80vh;
}

.book-appoint .book-appt-container .book-appt-content {
    height: 60vh;
    width: 80vw;
    max-width: none;
    padding: 4vh;
    max-height: none;
}

.contact-email {
    width: 60vw;
}

.footer-content .links {
    padding-left: 2vw;
}

.footer-content .leaves {
    display: none;
}

```

```

.footer-content .nurture {
    width: 35vw;
    margin-top: 7.8vh;
}

.branding>img {
    width: 15px;
}
}

```

## JAVASCRIPT CODES:

### index.js

```

$(document).ready(function () {

    $("a").on('click', function (event) {

        if (this.hash !== "") {
            event.preventDefault();

            var hash = this.hash;

            $('html, body').animate({
                scrollTop: $(hash).offset().top
            }, 800, function () {

                window.location.hash = hash;
            });
        }
    });

    $("button.button").on('click', function (event) {
        var hash = $(this).data("hash");
        if (hash) {
            $('html, body').animate({
                scrollTop: $(document.getElementById(hash)).offset().top
            }, 800, function () {
                window.location.hash = hash;
            });
        }
    });
});

```

```

var nextHash = "";

function createDynamicURL() {
    if (currentHash === "" || currentHash === "#home") {
        nextHash = "aboutus"
    } else if (currentHash === "#aboutus") {
        nextHash = "services"
    } else if (currentHash === "#services") {
        nextHash = "health-calc"
    } else if (currentHash === "#health-calc") {
        nextHash = "health-facts"
    } else if (currentHash === "#health-facts") {
        nextHash = "faq"
    } else if (currentHash === "#faq") {
        nextHash = "bookapp"
    }

    if (nextHash) {
        $('html, body').animate({
            scrollTop: $(document.getElementById(nextHash)).offset().top
        }, 800, function () {
            window.location.hash = nextHash;
        });
    }
}

function isOnScreen(elem) {
    if (elem.length == 0) {
        return;
    }
    var $window = jQuery(window)
    var viewport_top = $window.scrollTop()
    var viewport_height = $window.height()
    var viewport_bottom = viewport_top + viewport_height
    var $elem = jQuery(elem)
    var top = $elem.offset().top
    var height = $elem.height()
    var bottom = top + height

    return (top >= viewport_top && top < viewport_bottom) ||
        (bottom > viewport_top && bottom <= viewport_bottom) ||
        (height > viewport_height && top <= viewport_top && bottom >=
viewport_bottom)
}

```

```

}

var currentHash = "";

jQuery(document).ready(function () {
    window.addEventListener('scroll', function (e) {
        if (isOnScreen(jQuery('#home')))) {
            currentHash = "#home";
        } else if (isOnScreen(jQuery('#aboutus')))) {
            currentHash = "#aboutus";
        } else if (isOnScreen(jQuery('#services')))) {
            currentHash = "#services";
        } else if (isOnScreen(jQuery('#health-calc')))) {
            currentHash = "#health-calc";
        } else if (isOnScreen(jQuery('#health-facts')))) {
            currentHash = "#health-facts";
        } else if (isOnScreen(jQuery('#faq')))) {
            currentHash = "#faq";
        } else if (isOnScreen(jQuery('#bookapp')))) {
            currentHash = "#bookapp";
        }

        if (isOnScreen(jQuery('.contact-address')))) {
            $(".bottomArrow").hide();
        } else {
            $(".bottomArrow").show();
        }
    });
});

function replaceCard() {
    const donationForm = `<form action="/donate" method="POST">
        <input name="name" type="text" class="m-4 pl-2"
placeholder="Name">
        <input name="phone" id="phone"
onfocusout="validate()" type="text" class="m-4 pl-2" placeholder="Contact
No."><br>
        <input name="amount" type="text" class="m-4 pl-2"
placeholder="Amount">
        <input type="submit" value="Submit" class="mt-4
contact-email">
        <div class="p-2 error-msg"></div>
    </form>`;

    $(".donate-card").html(donationForm);
}

```

```

}

function validate() {
    const phone = $("#phone").val();
    var xmlhttp = window.XMLHttpRequest ? new XMLHttpRequest() : new
ActiveXObject("Microsoft.XMLHTTP");

    xmlhttp.open("POST", "/validate", true);
    xmlhttp.setRequestHeader('Content-Type', 'application/x-www-form-
urlencoded');

    xmlhttp.onreadystatechange = function () {
        const field = $(".error-msg");
        if (xmlhttp.readyState == 4 && xmlhttp.status == 200) {
            field.html(xmlhttp.responseText);
        } else {
            field.html("Error Occurred. Please reload.");
        }
    }
    xmlhttp.send(encodeURIComponent(`phone=${phone}`));
}

```

## Calculators.js

```

function calcWI() {
    var weight = $("#WI-weight").val();
    var duration = $("#WI-duration").val();
    var result = ((weight * 2/3) + (duration/30) * 12) * 0.0295735 * 2;
    result = Math.round(result*100)/100;
    $(".result-WI").html(`${result} litres`);
}

function calcIW() {
    var sex = $("input[name='sex']:checked").val();
    var height = $("#IW-height").val();
    var result = 0;
    if (sex === "M") { result = 56.2 + 1.41* (height-152.4)/2.54 }
    if (sex === "F") { result = 53.1 + 1.36* (height-152.4)/2.54 }
    result = Math.round(result*100)/100;
    $(".result-IW").html(`${result} kg`);
}

function calcBMI() {

```



```

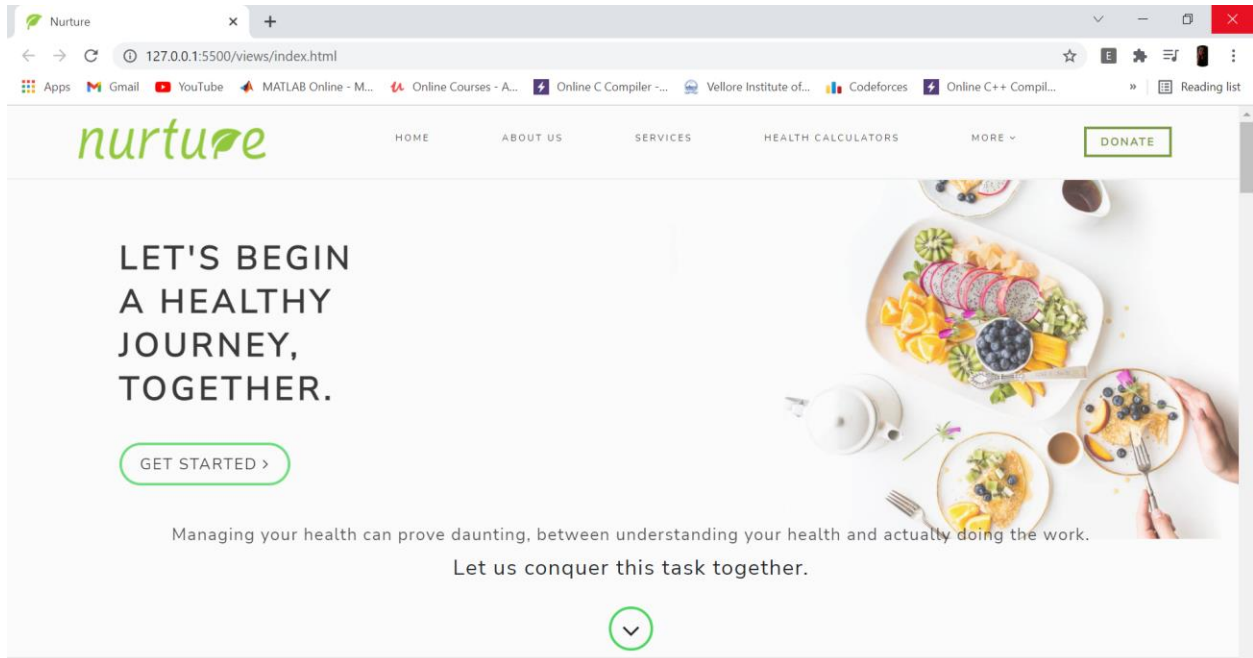
    var height = $("#BMI-height").val() / 100;
    var weight = $("#BMI-weight").val();
    var result = weight/(height*height);
    result = Math.round(result*100)/100;
    $(".result-BMI").html(`${result}`);
}

function calcBMR() {
    var weight = $("#BMR-weight").val();
    var height = $("#BMR-height").val();
    var age = $("#BMR-age").val();
    var sex = $("input[name='BMR-sex']:checked").val();
    var result = 0;
    if (sex==="M") { result = 10*weight + 6.25*height - 5*age + 5 }
    else if (sex==="F") { result = 10*weight + 6.25*height - 5*age - 161 }
    result = Math.round(result*100)/100;
    $(".result-BMR").html(`${result}`);
}

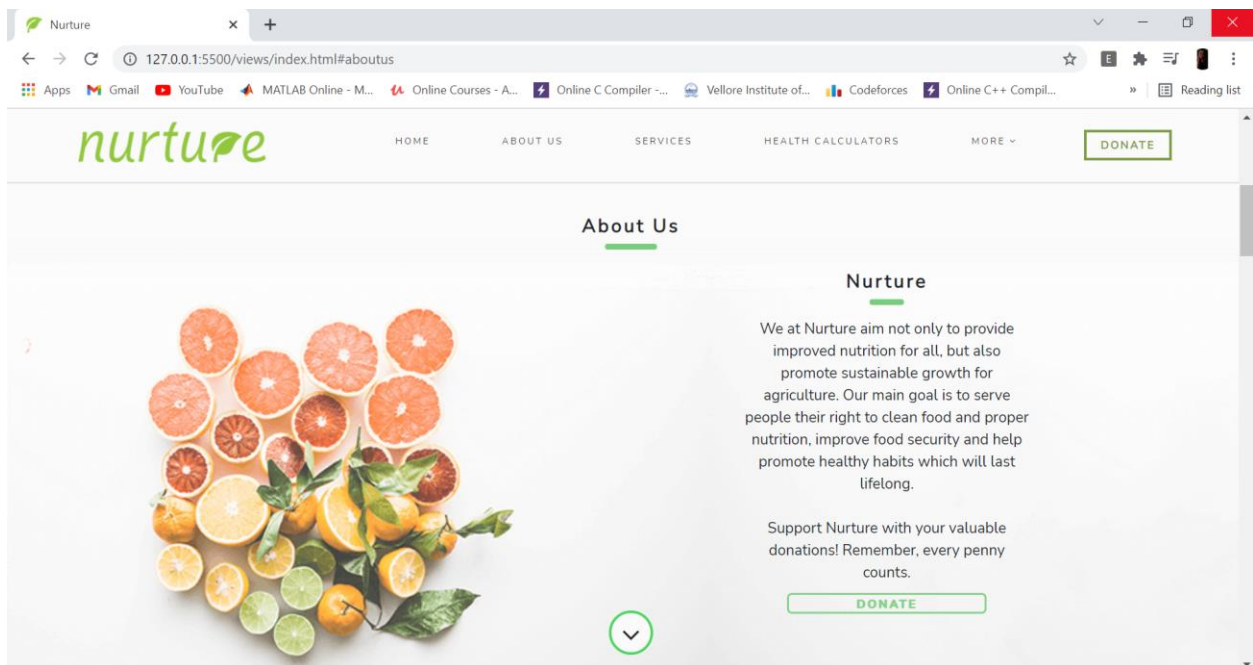
```

## OUTPUTS:

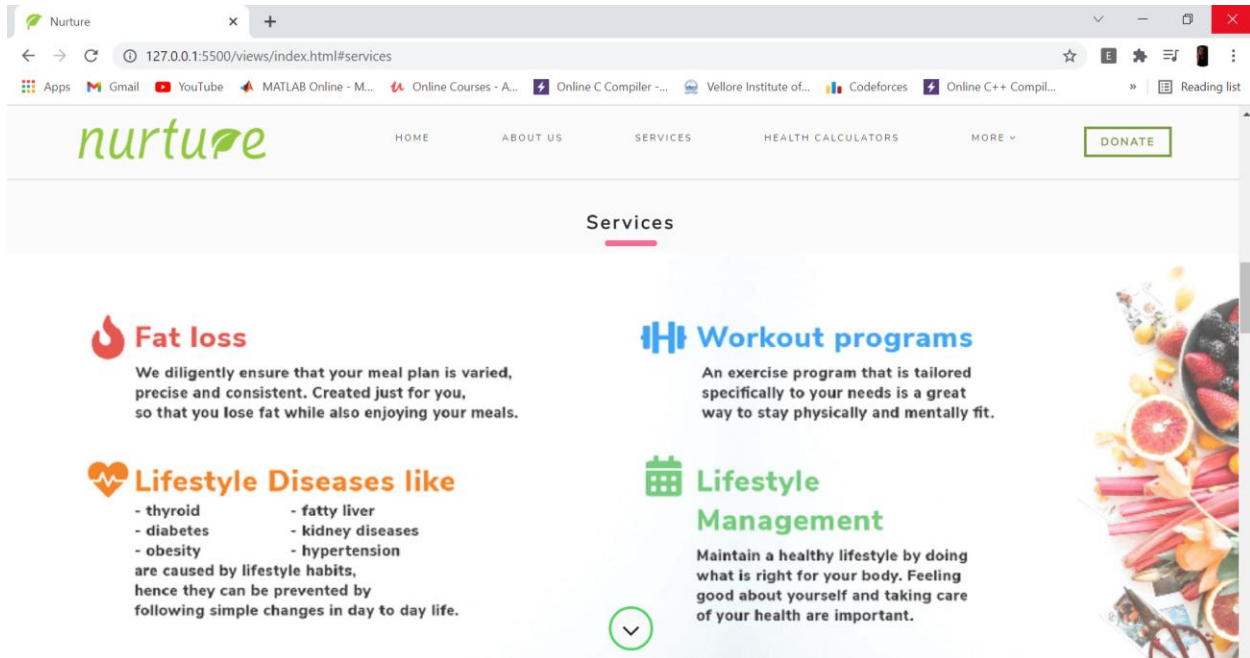
### HOME:



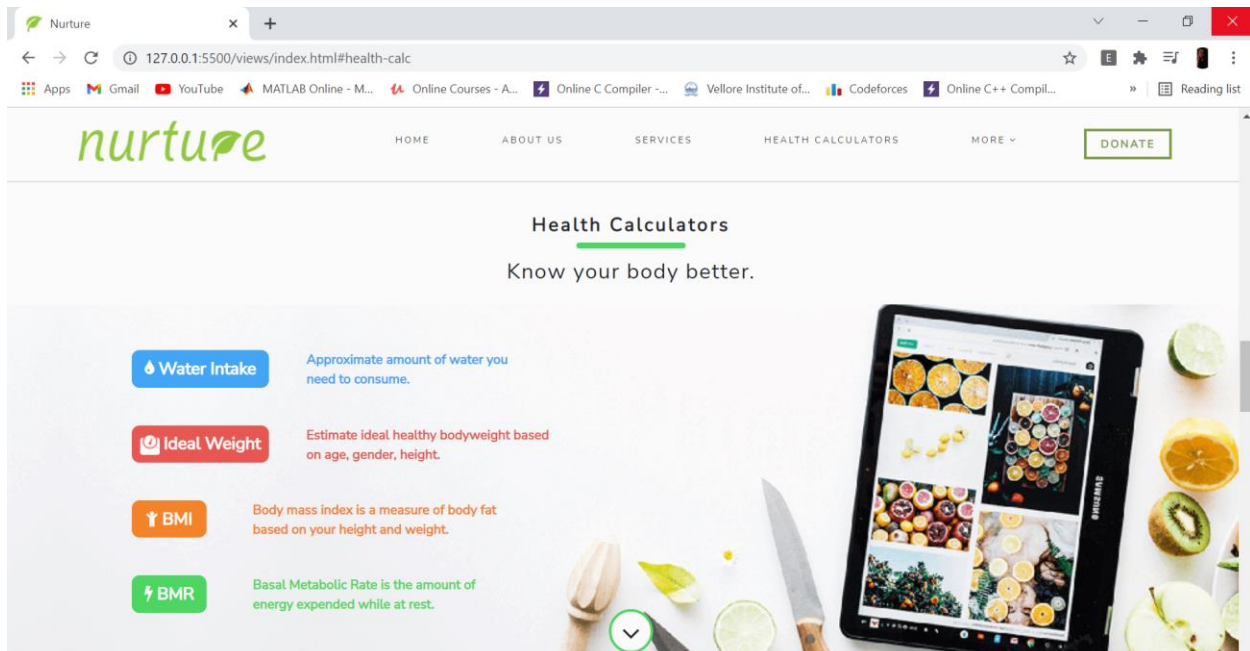
## ABOUT US:



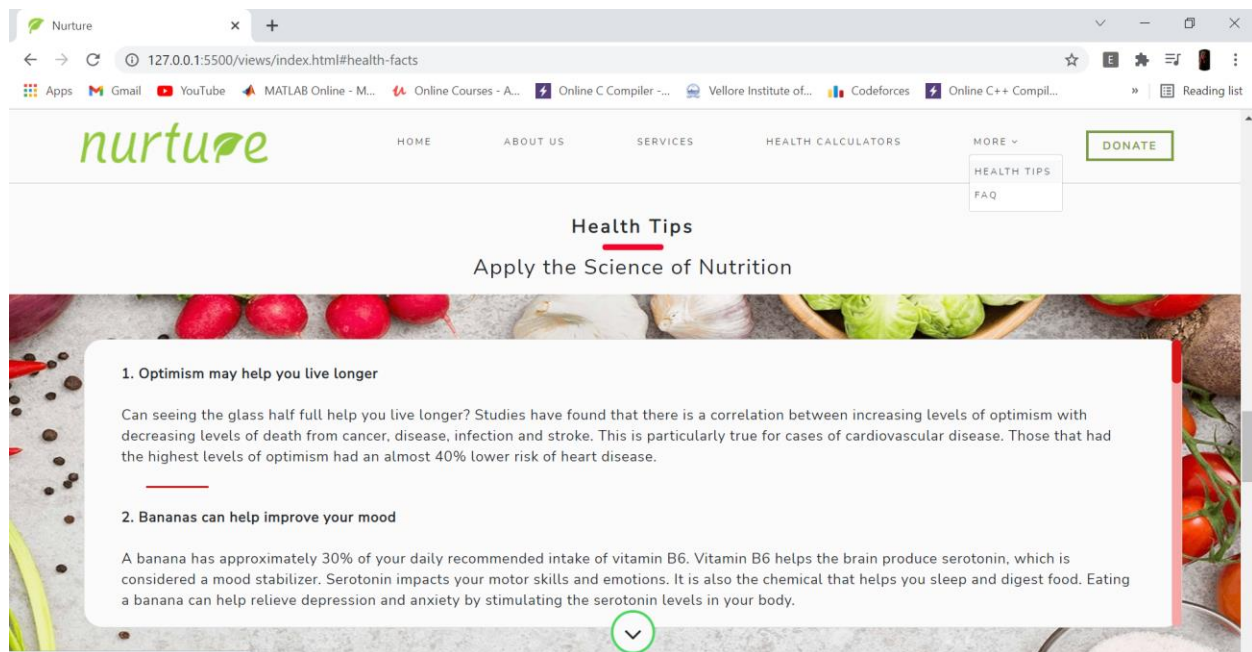
## SERVICES:



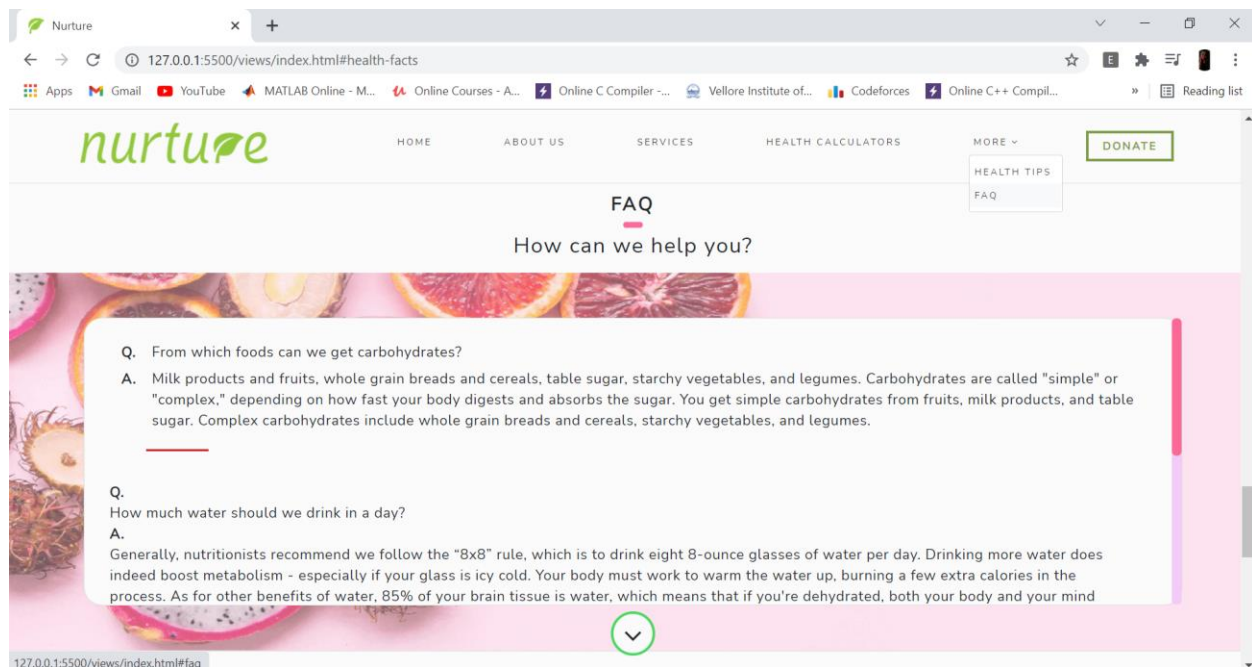
## HEALTH CALCULATORS:



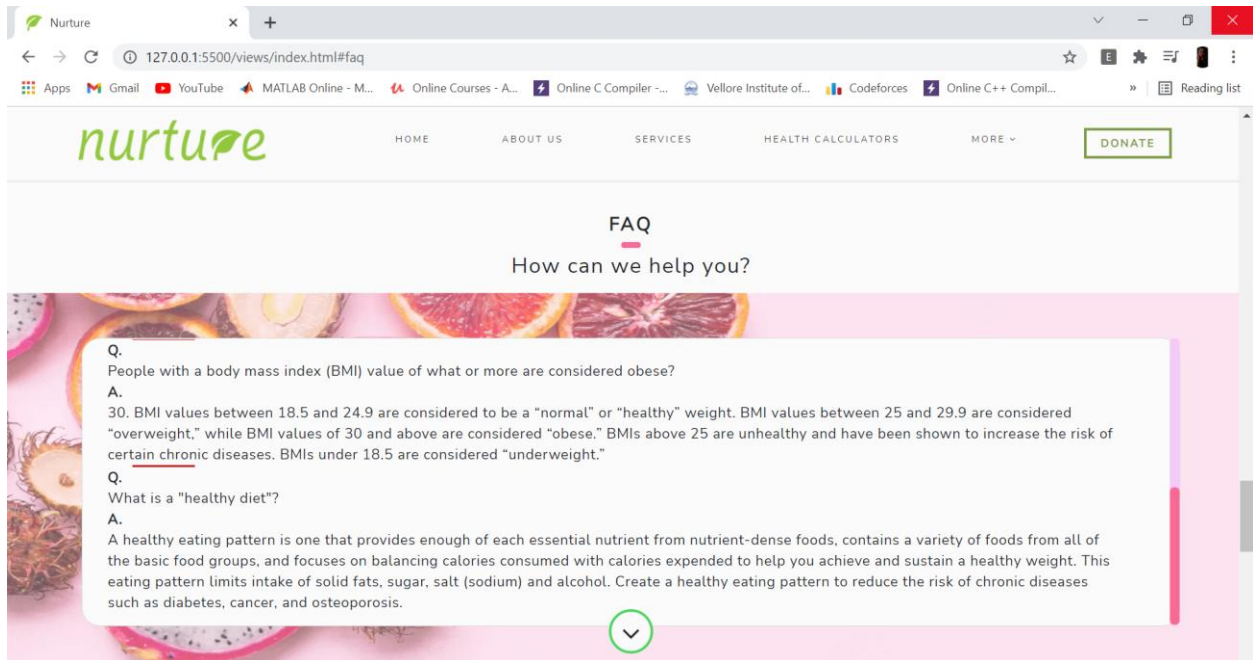
## HEALTH TIPS:



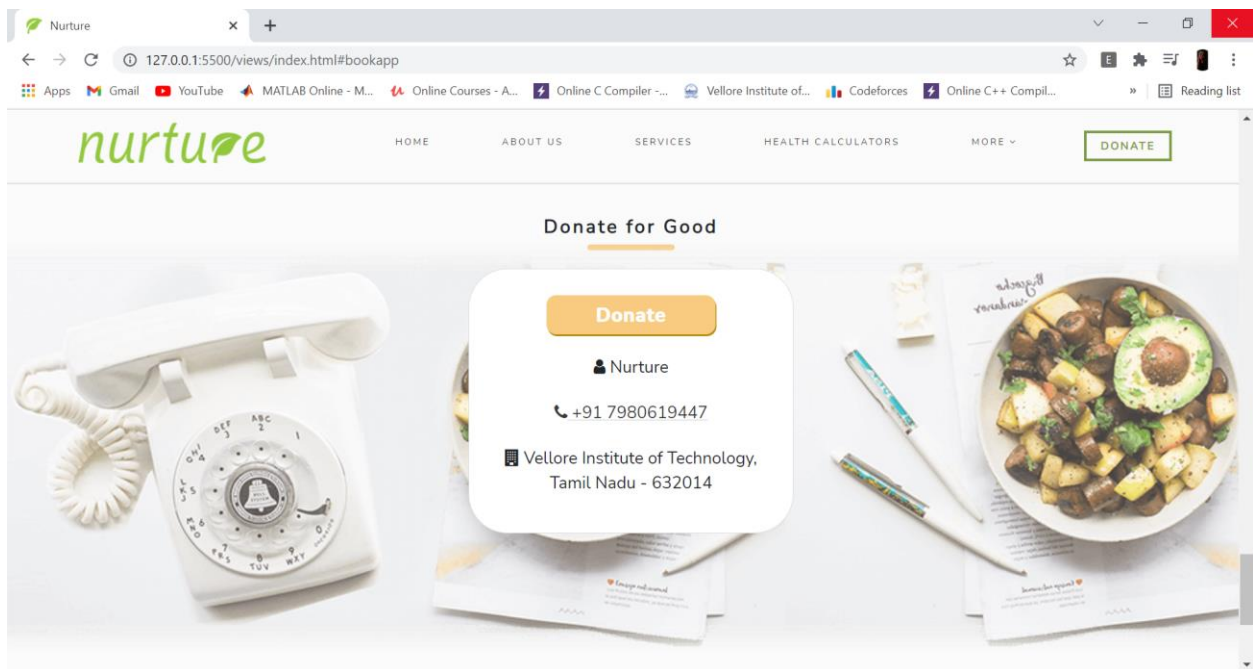
## FAQ:



{MORE QUESTIONS UNDER FAQ SECTION}

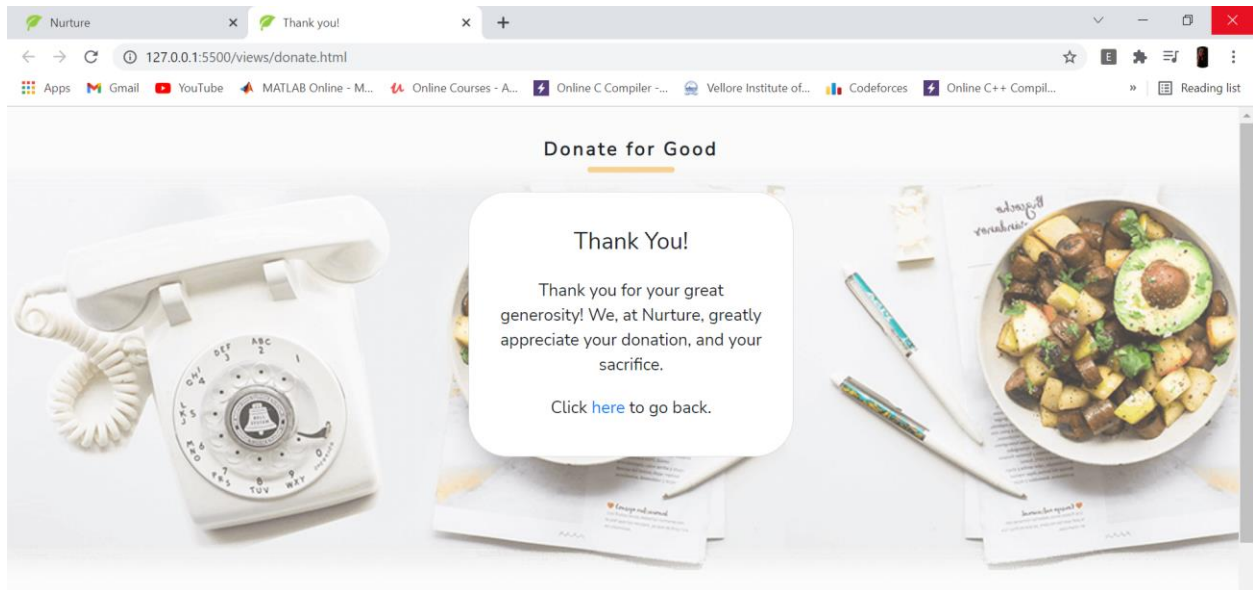


## DONATE:

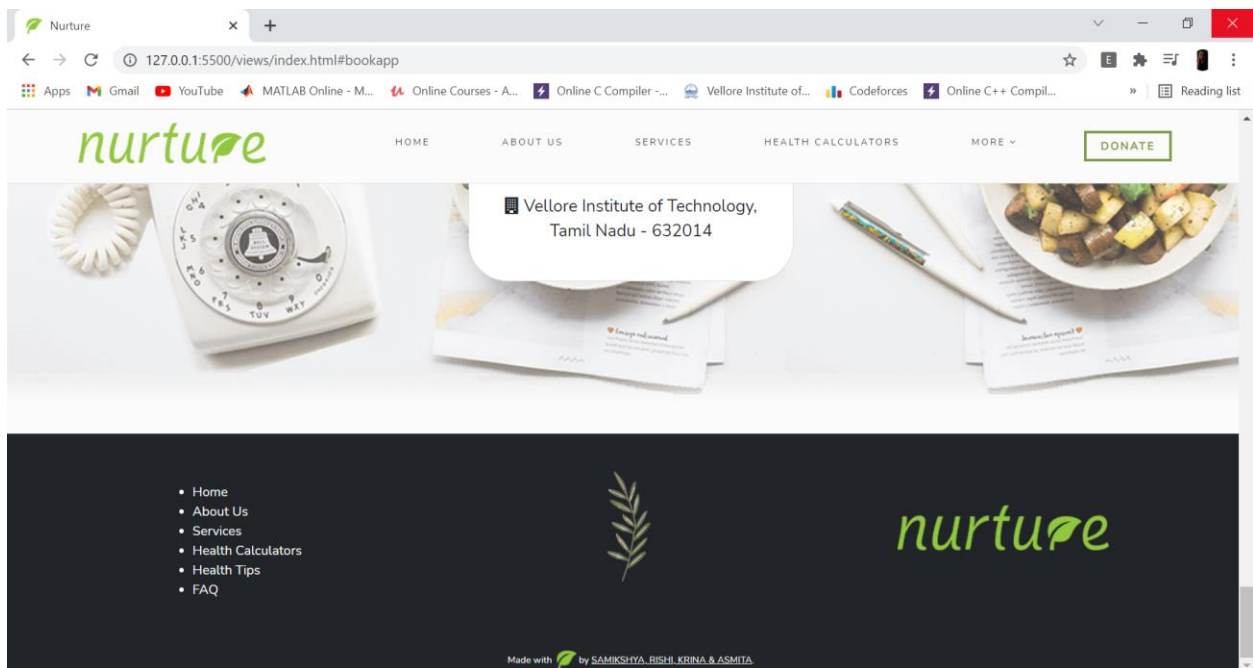


## THANK YOU PAGE AFTER DONATION:





## FOOTER:



## WORKING OF CALCULATORS:

# WATER INTAKE

The screenshot shows a web browser window with the URL 127.0.0.1:5500/views/index.html. The website is titled 'nurture' and has a navigation bar with links: HOME, ABOUT US, SERVICES, HEALTH CALCULATORS, MORE, and a DONATE button. The main heading is 'Health Calculators' with the tagline 'Know your body better.' Below this, there are four calculator options: Water Intake (highlighted), Ideal Weight, BMI, and BMR. The Water Intake calculator is a modal form with two input fields: 'Weight (kg)' and 'Duration of Workout (min)'. A 'Calculate' button is at the bottom of the form. The background of the website features a collage of various fruits like lemons, kiwis, and apples.

Water Intake

Weight (kg)

Duration of Workout (min)

Calculate

## {AFTER CALCULATION}

This screenshot is identical to the one above, but the 'Water Intake' modal form now contains numerical values. The 'Weight (kg)' field is filled with '60' and the 'Duration of Workout (min)' field is filled with '30'. The 'Calculate' button remains at the bottom of the form. The website's layout and background are the same as in the previous image.

Water Intake

60

30

Calculate

# IDEAL WEIGHT:

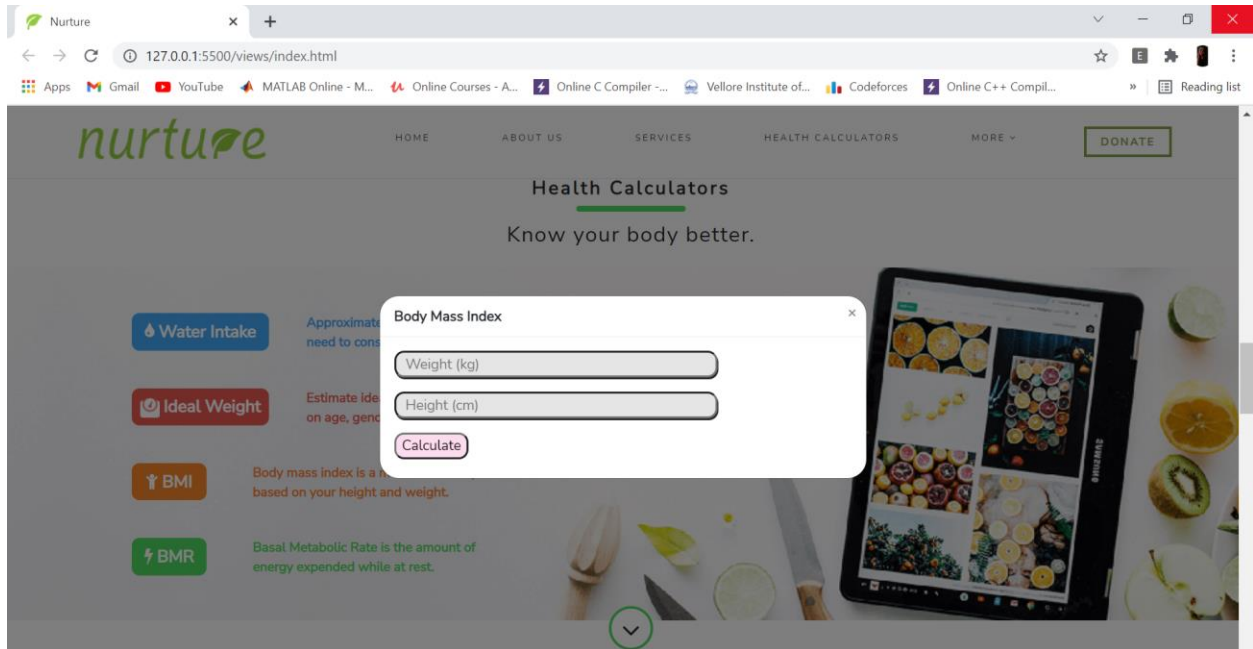
The screenshot shows the Nurture website's 'Health Calculators' section. A modal form titled 'Ideal Weight' is open. It contains a 'Sex' field with radio buttons for 'Male' and 'Female', a 'Height (cm)' input field, and a 'Calculate' button. The background of the website shows various health calculator options like Water Intake, BMI, and BMR, along with a 'DONATE' button.

## {AFTER CALCULATION}

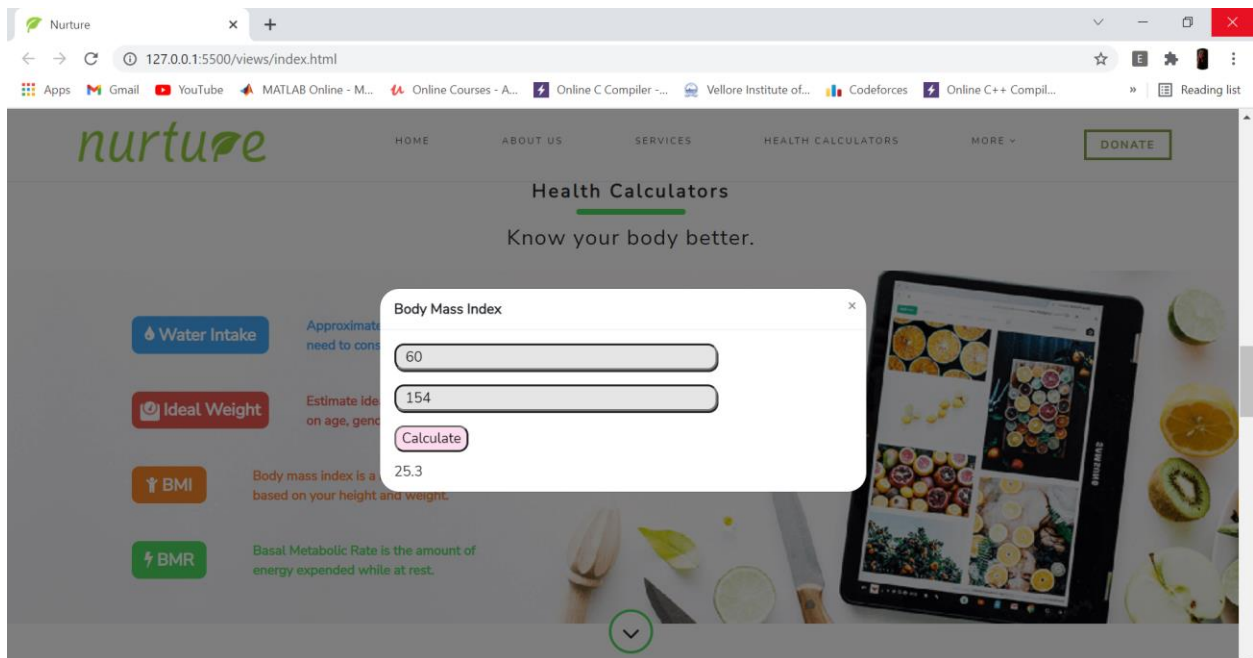
This screenshot shows the same 'Ideal Weight' modal form after a calculation. The 'Sex' field now has 'Male' selected. The 'Height (cm)' input field contains the value '171'. Below the input field, the calculated result '66.53 kg' is displayed. The 'Calculate' button remains visible.

## BMI (BODY MASS INDEX)

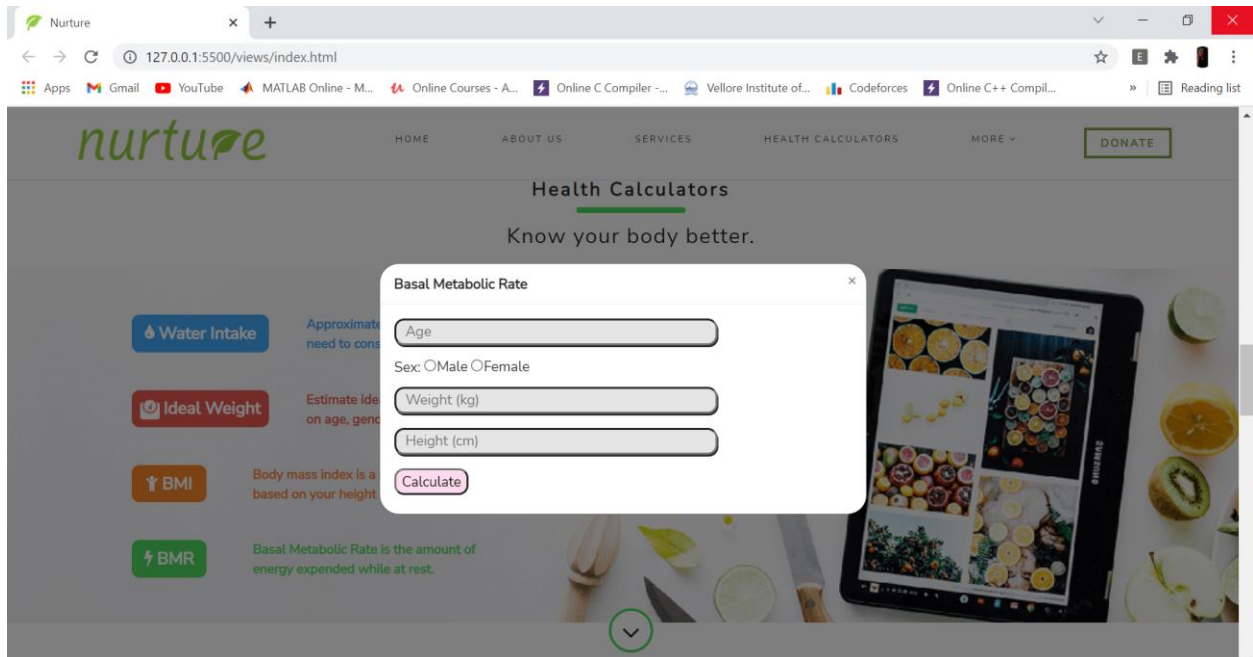




**{AFTER CALCULATION}**



**BASAL METABOLIC RATE:**



## {AFTER CALCULATION}

