<!DOCTYPE html PUBLIC "-//W3C//DTD XHTML 1.0 Strict//EN"

"http://www.w3.org/TR/xhtml1/DTD/xhtml1-strict.dtd">

<!--

IT 207 DL2

Kyoungjin Yoon

Lab practicum 1

Final

-->

<html xmlns="http://www.w3.org/1999/xhtml">

<head>

<title>Lab Practicum 1</title>

<link rel="stylesheet" href="Style.css" type="text/css"/>

</head>

<body>

<div class="leftNavigation">

<?php readfile("menu.inc") ?>

</div>

<div class = "instructorName">

<?php readfile("instructorName.php") ?>

</div>

<div class = "studentName">

<?php

include 'studentName.php';

?>

</div>

<div class="content">

<div class = "energyTitle">Metabolic Equivalents Energy Expanded</div>

<form method="post" action="result.php">

<div class = "energyForm">

Weight: &nbsp;&nbsp;<input type="text" name="weight"> pounds</br>

<a>Running (at 6mph)</a></br>

Duration: <input type="text" name="running"> minutes</br>

<a>Basketball</a></br>

Duration: <input type="text" name="basketball"> minutes</br>

<a>Sleep</a></br>

Duration: <input type="text" name="sleep"> hours</br>

</div>

<div class = "energySubmit"><input type="submit" value="Submit" /></div>

</form>

<p class="proceed">&nbsp;&nbsp;Proceed to <a href="partTwo.php">Part 2</a></p>

</div>

<div class = "copyright">

<?php readfile("copyright.inc"); ?>

</div>

</body>

</html>