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<!DOCTYPE html>
<html>
  <head>
    <link rel="Stylesheet" href="static/Stylesheet.css">
    <title>Toka Fitness Squats</title>
    <h1 class="title">Squats</h1>
  </head>
  <div>
    <!--Java script function -->
    <script>
      var incremented = 0;
      function buttonClick() {
        incremented++;
        document.getElementById('increment').innerHTML = incremented;
      }
    </script>
    <!-- This js function has an increment variable named incremented = 0
    The function name is button clicked (means will be used onclick)
    The incremnt variable is getting incremented using ++ which will make it go
up by 1
    It is then getting then looking for element with an id of increment
    This will then increment the id by 1 once clicked-->

    <!--This is where function buttonclick will be activated (onclick)-->
    <button id = "squat_click" onclick="buttonClick();">Squat</button>
    <!--This is where incrementation will happen once clicked on suqats button-
->
    <p id = "increment">0</p>

    <button id = "save" onclick= saveButton()> Save Result</button>
    <!--XMLHttpRequest object to request data from a server.
    variable SquatsSave is getting the id increment (which contains the number)
    xhttp then opens a get request with the url including the ?increment (argum
ent/ this is received in controller)
    it then ands squatsSave to it and sends it off-->
    <script>
      function saveButton() {
        const xhttp = new XMLHttpRequest();
        var SquatSave = document.getElementById("increment").innerHTML
        xhttp.open("GET", "http://localhost:5000/savesquats?increment=" + SquatSave
, true);
        xhttp.send();
      }
    </script>
  </div>
</html>

```