

```

1
2 <!DOCTYPE HTML>
3 <html>
4 <head>
5 <style>
6 .error {color: #FF0000;}
7 </style>
8
9 <!-- css file link (main.css) -->
10 <link rel="stylesheet" href="css/main.css">
11
12 </head>
13 <body>
14
15 <!--Navbar-->
16 <!--title with image and background colour-->
17 <nav class="navbar fixed-top navbar-expand-lg navbar-light bg-light"> <a class=
"navbar-brand" href="#"> <img src = "images/logo.PNG" width = "50px" height = "auto"
alt = ""/> The Health Advice Group</a>
18 <button class="navbar-toggler" type="button" data-toggle="collapse" data-target=
"#navbarSupportedContent1" aria-controls="navbarSupportedContent1" aria-expanded=
"false" aria-label="Toggle navigation"></button>
19 <!--div class to align nav links-->
20 <div class="collapse navbar-collapse" id="navbarSupportedContent1">
21 <ul class="navbar-nav mr-auto">
22
23 <!--Nav links to other pages-->
24 <li class="nav-item active"><a class="nav-link" href="user_page.php">Home
|<span class="sr-only">(current)</span></a></li>
25 <li class="nav-item active"> <a class="nav-link" href="logout.php">Logout
<span class="sr-only">(current)</span></a> </li>
26 </ul>
27 </div>
28 <!--End of Navbar-->
29 </nav>
30 <br><br><br><br>
31
32 <!--container to hold contact form-->
33 <div class="form-container">
34
35 <form action="" method="post">
36 <br>
37
38 <!--title and logo with css-->
39 <center> <h1 style="color: #333; font-family: Poppins, sans-serif;"><img src =
"images/logo.PNG" height = "60px" width = "60px" alt = "">The Health Advice
Group</h1></center>
40 <h3>Contact Us</h3>
41
42
43 <?php
44 // define variables and set to empty values
45 $nameErr = $emailErr = $genderErr = $websiteErr = "";
46 $name = $email = $gender = $comment = $website = "";
47
48 /*NAME VALIDATION*/
49 if ($_SERVER["REQUEST_METHOD"] == "POST") {
50     if (empty($_POST["name"])) {
51
52         /*validation for empty space*/
53         $nameErr = "Name is required";
54     } else {
55         $name = test_input($_POST["name"]);
56
57         // check if name only contains letters and whitespace
58         if (!preg_match("/^[a-zA-Z-' ]*$/", $name)) {
59             $nameErr = "Only letters and white space allowed";
60         }
61     }
62     /*EMAIL VALIDATION*/
63     if (empty($_POST["email"])) {
64         $emailErr = "Email is required";

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65     } else {
66         $email = test_input($_POST["email"]);
67         // check if e-mail address is well-formed
68         if (!filter_var($email, FILTER_VALIDATE_EMAIL)) {
69             $emailErr = "Invalid email format";
70         }
71     }
72
73     /*COMMENT VALIDATION*/
74     if (empty($_POST["comment"])) {
75         $comment = "";
76     } else {
77         $comment = test_input($_POST["comment"]);
78     }
79
80
81 }
82 /*removing whitespace from inputs*/
83 function test_input($data) {
84     $data = trim($data);
85     $data = stripslashes($data);
86     $data = htmlspecialchars($data);
87     return $data;
88 }
89 ?>
90
91 <!--html code-->
92     <!--valdiation for required fields-->
93 <p><span class="error">* required field</span></p>
94 <form method="post" action="<?php echo htmlspecialchars($_SERVER["PHP_SELF"]);?>">
95
96     <!--name input box-->
97     Name: <input type="text" name="name" value="">
98     <span class="error">*</span>
99     <br><br>
100
101     <!--email input box-->
102     E-mail: <input type="text" name="email" value="">
103     <span class="error">* <?php echo $emailErr;?></span>
104     <br><br>
105
106     <!--comment input box-->
107     Comment: <textarea name="comment" rows="3" cols="40"><?php echo $comment;?>
108     </textarea>
109     <br><br>
110
111     <!--submit button with linked CSS-->
112     <br><br>
113     <input type="submit" name="submit" value="Submit" class="form-btn">
114 </form>
115 </body>
116 </html>

```