Source code- Fitflex :Your personal fitness companion

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8" />

<title>Custom Fitness Plan</title>

<style>

body {

font-family: Arial, sans-serif;

max-width: 900px;

margin: auto;

padding: 20px;

background-color: #f9f9f9;

text-align: center;

}

h1 {

color: #2c3e50;

}

input[type="text"] {

width: 60%;

padding: 10px;

margin: 10px;

border: 1px solid #ccc;

border-radius: 5px;

}

button {

padding: 10px 20px;

background-color: #27ae60;

color: white;

border: none;

border-radius: 5px;

cursor: pointer;

}

.section {

margin-top: 30px;

background-color: white;

padding: 20px;

border-radius: 10px;

box-shadow: 0 2px 8px rgba(0,0,0,0.1);

text-align: left;

}

ul {

padding-left: 20px;

}

.gallery {

display: flex;

flex-wrap: wrap;

justify-content: center;

gap: 20px;

margin-top: 20px;

}

.gallery img, .gallery iframe {

width: 280px;

border-radius: 10px;

box-shadow: 0 2px 5px rgba(0,0,0,0.1);

}

</style>

</head>

<body>

<h1>💪 Create Your Custom Fitness Plan</h1>

<input type="text" id="nutritionInput" placeholder="Enter Nutrition Goal (e.g., gain muscle)" />

<input type="text" id="dietInput" placeholder="Enter Diet Preference (e.g., vegetarian)" />

<input type="text" id="workoutInput" placeholder="Enter Workout Goal (e.g., fat loss)" />

<input type="text" id="yogaInput" placeholder="Enter Yoga Goal (e.g., improve flexibility)" />

<br />

<button onclick="generatePlan()">Submit</button>

<div id="planOutput" style="display:none;">

<!-- Nutrition Plan -->

<div class="section">

<h2>🥗 Nutrition Plan</h2>

<ul id="nutritionList"></ul>

<div class="gallery" id="nutritionMedia"></div>

</div>

<!-- Workout Plan -->

<div class="section">

<h2>💪 Workout Plan</h2>

<ul id="workoutList"></ul>

<div class="gallery" id="workoutMedia"></div>

</div>

<!-- Yoga Plan -->

<div class="section">

<h2>🧘 Yoga Plan</h2>

<ul id="yogaList"></ul>

<div class="gallery" id="yogaMedia"></div>

</div>

</div>

<script>

function generatePlan() {

const nutrition = document.getElementById("nutritionInput").value;

const workout = document.getElementById("workoutInput").value;

const yoga = document.getElementById("yogaInput").value;

document.getElementById("planOutput").style.display = "block";

// Nutrition Plan Output

document.getElementById("nutritionList").innerHTML = `

<li><strong>Goal:</strong> ${nutrition}</li>

<li>Include complex carbs, lean proteins, healthy fats</li>

<li>Hydrate well and eat whole foods</li>

`;

document.getElementById("nutritionMedia").innerHTML = `

<img src="https://images.pexels.com/photos/1640777/pexels-photo-1640777.jpeg" alt="Nutrition 1" />

<img src="https://images.pexels.com/photos/1640771/pexels-photo-1640771.jpeg" alt="Nutrition 2" />

<img src="https://images.pexels.com/photos/1435895/pexels-photo-1435895.jpeg" alt="Nutrition 3" />

<iframe src="https://www.youtube.com/embed/2tM1LFFxeKg" allowfullscreen></iframe>

<iframe src="https://www.youtube.com/embed/aUaInS6HIGo" allowfullscreen></iframe>

`;

// Workout Plan Output

document.getElementById("workoutList").innerHTML = `

<li><strong>Goal:</strong> ${workout}</li>

<li>Include strength, cardio, and flexibility</li>

<li>Track progress weekly</li>

`;

document.getElementById("workoutMedia").innerHTML = `

<img src="https://images.pexels.com/photos/1552249/pexels-photo-1552249.jpeg" alt="Workout 1" />

<img src="https://images.pexels.com/photos/1552106/pexels-photo-1552106.jpeg" alt="Workout 2" />

<img src="https://images.pexels.com/photos/416778/pexels-photo-416778.jpeg" alt="Workout 3" />

<iframe src="https://www.youtube.com/embed/ml6cT4AZdqI" allowfullscreen></iframe>

<iframe src="https://www.youtube.com/embed/U0bhE67HuDY" allowfullscreen></iframe>

<iframe src="https://www.youtube.com/embed/50kH47ZztHs" allowfullscreen></iframe>

`;

// Yoga Plan Output

document.getElementById("yogaList").innerHTML = `

<li><strong>Goal:</strong> ${yoga}</li>

<li>Start with beginner-friendly poses like Downward Dog, Child’s Pose</li>

<li>Practice mindfulness and controlled breathing</li>

`;

document.getElementById("yogaMedia").innerHTML = `

<img src="https://images.pexels.com/photos/3822190/pexels-photo-3822190.jpeg" alt="Yoga 1" />

<img src="https://images.pexels.com/photos/317157/pexels-photo-317157.jpeg" alt="Yoga 2" />

<img src="https://images.pexels.com/photos/2908175/pexels-photo-2908175.jpeg" alt="Yoga 3" />

<iframe src="https://www.youtube.com/embed/v7AYKMP6rOE" allowfullscreen></iframe>

<iframe src="https://www.youtube.com/embed/oBu-pQG6sTY" allowfullscreen></iframe>

`;

}

</script>

</body>

</html>