JAVASCRIPT CODE:

```javascript
// === Cycle Tracker Script ===

document.getElementById("calculateBtn").addEventListener("click", calculateNextPeriod);


function calculateNextPeriod() {
  const lastPeriod = document.getElementById("lastPeriod").value;
  const cycleLength = parseInt(document.getElementById("cycleLength").value);
  const resultDiv = document.getElementById("result");


  if (!lastPeriod || !cycleLength) {
    resultDiv.innerHTML = "▯ Please enter all fields.";
    return;
  }


  const lastDate = new Date(lastPeriod);
  const nextPeriod = new Date(lastDate);
  nextPeriod.setDate(lastDate.getDate() + cycleLength);


  const today = new Date();
  const diffTime = nextPeriod - today;
  const daysLeft = Math.ceil(diffTime / (1000 * 60 * 60 * 24));


  let message = `
   <p>▯ <strong>Next Period Date:</strong>
   <span class="highlight">${nextPeriod.toDateString()}</span></p>
  `;


  if (daysLeft > 0) {
```

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    message += `<p>⬛ <strong>${daysLeft}</strong> days left until your next period.</p>`;

  } else {

    message += `<p>⬛ Your next period may have already started or is due soon.</p>`;

  }


  resultDiv.innerHTML = message;

}


// === Quiz Script ===
const quizData = [

  {question:"1. What is menstruation?", options:["A disease","A natural monthly process","A sign of weakness","An allergic reaction"], answer:1},

  {question:"2. Normal menstrual cycle lasts:",options:["10–15 days","21–35 days","40–50 days","7 days"],answer:1},

  {question:"3. Which organ is responsible?",options:["Lungs","Stomach","Uterus","Liver"],answer:2},

  {question:"4. Average bleeding duration:",options:["1–2 days","3–7 days","10 days","15 days"],answer:1},

  {question:"5. Good hygiene practice:",options:["Use clean pads/cups","Use same pad all day","Avoid bathing","Never change undergarments"],answer:0},

  {question:"6. Important nutrient during period:",options:["Calcium","Iron","Vitamin C","Protein"],answer:1},

  {question:"7. Relieve cramps naturally:",options:["Drink water & exercise","Skip meals","Sleep all day","Drink coffee"],answer:0},

  {question:"8. Safe to exercise?",options:["Yes, light exercise helps","No, rest only","Heavy workouts","Never"],answer:0},

  {question:"9. PMS stands for:",options:["Period Menstrual System","Premenstrual Syndrome","Painful Menstrual Sickness","Post Menstrual Stage"],answer:1},

  {question:"10. True statement:",options:["It's shameful","Normal healthy process","Girls should be isolated","Periods make girls weak"],answer:1}

  ];


  let currentQ = 0;
```

```javascript
let score = 0;
let selectedAnswers = Array(quizData.length).fill(null);


const quizEl = document.getElementById("quiz-content");

const resultEl = document.getElementById("quiz-result");

const nextBtn = document.getElementById("nextBtn");

const prevBtn = document.getElementById("prevBtn");


function loadQuestion() {
  const q = quizData[currentQ];
  quizEl.innerHTML = `
    <div class="question">${q.question}</div>
    <div class="options">
     ${q.options.map((opt, i) =>
       `<button class="option-btn ${selectedAnswers[currentQ] === i ? 'selected' : ''}"
onclick="selectOption(${i}, this)">${opt}</button>`
     ).join('')}
    </div>
  `;


  prevBtn.style.display = currentQ === 0 ? "none" : "inline-block";
  nextBtn.textContent = currentQ === quizData.length - 1 ? "Submit" : "Next";
}

function selectOption(selected, button) {
  selectedAnswers[currentQ] = selected;
  const buttons = document.querySelectorAll(".option-btn");
  buttons.forEach(btn => btn.classList.remove("selected"));
  button.classList.add("selected");
```

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      }

      function nextQuestion() {
        if (selectedAnswers[currentQ] === null) {
          alert("Please select an answer before proceeding.");
          return;
        }
        if (currentQ < quizData.length - 1) {
          currentQ++;
          loadQuestion();
        } else {
          showResult();
        }
      }

      function previousQuestion() {
        if (currentQ > 0) {
          currentQ--;
          loadQuestion();
        }
      }

      function showResult() {
        score = selectedAnswers.filter((ans, i) => ans === quizData[i].answer).length;
        quizEl.style.display = "none";
        nextBtn.style.display = "none";
        prevBtn.style.display = "none";
        resultEl.style.display = "block";
        resultEl.innerHTML = `
```

```
      🩸 You scored <strong>${score}</strong> out of <strong>${quizData.length}</strong>!<br><br>

      ${score >= 7 ? "🎉 Great job! You know a lot about menstrual health!" : "📚 Keep learning — menstrual
health awareness is power!"}

      <br><br>

      <button class="btn" onclick="restartQuiz()">Restart Quiz</button>

    `;

  }


  function restartQuiz() {
    currentQ = 0;
    score = 0;
    selectedAnswers.fill(null);
    quizEl.style.display = "block";
    nextBtn.style.display = "inline-block";
    prevBtn.style.display = "none";
    resultEl.style.display = "none";
    loadQuestion();
  }


  loadQuestion();
```