<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<title>FitZone Gym Admission Form</title>

<style>

body { background: #efb821; font-family: Roboto, sans-serif; margin:0; padding:0; }

.container { max-width: 650px; margin: 40px auto; padding: 25px 30px; background: #fff; border-radius: 10px; box-shadow: 0 8px 20px #ccc; }

.info-box { background: #faf3e8; border: 1.5px solid #daa520; color: #333; text-align: center; font-size: 1.07em; margin-bottom: 18px; padding: 10px 14px; border-radius: 7px; font-weight: bold; letter-spacing: 1px;}

h2 { text-align: center; margin-bottom: 28px; }

label { font-weight: bold; margin-bottom: 5px; display: block; }

input, select { width: 100%; padding: 8px; box-sizing: border-box; border-radius: 5px; margin-bottom: 5px; border: 2px solid #d8d8d8; transition: border-color 0.3s; }

.field-group { margin-bottom:20px; }

.error { color: #e12d3a; font-size:0.95em; }

.valid { color: #16a34a; font-size:0.95em; }

.preview-box { border:1.5px solid #bbb; background:#fafafa; padding:15px; margin:20px 0; border-radius: 5px; }

.btn-container { display:flex; gap:15px; justify-content:center; }

button:disabled { background: #ccc; color: #fff; }

input.valid-input { border-color: #16a34a; }

input.invalid-input { border-color: #e12d3a; }

input.partial-input { border-color: #eab308; }

select.valid-input, select.invalid-input { border-width:2px; }

.check-mark { font-size: 1em; }

</style>

</head>

<body>

<section class="container">

<div class="info-box">

Name: Shantanu &nbsp; | &nbsp; PRN: 23070521134

</div>

<h2><b>🏋️‍♂️ FitZone Gym Admission Form</b></h2>

<form id="gymForm" name="gymForm" autocomplete="off" enctype="multipart/form-data" novalidate>

<div class="field-group">

<label for="fullName">Full Name:</label>

<input type="text" id="fullName" name="fullName" minlength="3" required autocomplete="off">

<span id="fullNameMsg"></span>

</div>

<div class="field-group">

<label for="email">Email:</label>

<input type="email" id="email" name="email" required autocomplete="off">

<span id="emailMsg"></span>

</div>

<div class="field-group">

<label for="age">Age:</label>

<input type="number" id="age" name="age" min="18" max="60" required>

<span id="ageMsg"></span>

</div>

<div class="field-group">

<label>Gender:</label>

<input type="radio" name="gender" value="Male" id="genderM">

<label for="genderM" style="font-weight:normal;">Male</label>

<input type="radio" name="gender" value="Female" id="genderF">

<label for="genderF" style="font-weight:normal;">Female</label>

<input type="radio" name="gender" value="Other" id="genderO">

<label for="genderO" style="font-weight:normal;">Other</label>

<span id="genderMsg"></span>

</div>

<div class="field-group">

<label for="membership">Membership Type:</label>

<select id="membership" name="membership" required>

<option value="">--Select--</option>

<option value="Monthly">Monthly</option>

<option value="Quarterly">Quarterly</option>

<option value="Yearly">Yearly</option>

</select>

<span id="membershipMsg"></span>

</div>

<div class="field-group">

<label for="password">Password:</label>

<input type="password" id="password" name="password" required>

<span id="passwordMsg"></span>

</div>

<div class="field-group">

<label for="confirmPassword">Confirm Password:</label>

<input type="password" id="confirmPassword" name="confirmPassword" required>

<span id="confirmPasswordMsg"></span>

</div>

<div class="field-group">

<label for="phone">Phone:</label>

<input type="text" id="phone" name="phone" maxlength="10" required>

<span id="phoneMsg"></span>

</div>

<div class="field-group">

<label for="dob">Date of Birth:</label>

<input type="date" id="dob" name="dob" required>

<span id="dobMsg"></span>

</div>

<div class="field-group">

<label for="photo">Profile Photo (.jpg/.png ≤1MB):</label>

<input type="file" id="photo" name="photo" accept=".jpg,.jpeg,.png" required>

<span id="photoMsg"></span>

</div>

<div class="field-group">

<input type="checkbox" id="tnc" name="tnc" required>

<label for="tnc" style="display:inline;">I agree to the terms & conditions</label>

<span id="tncMsg"></span>

</div>

<div class="btn-container">

<button id="submitBtn" type="submit" disabled>Submit</button>

<button type="reset" id="resetBtn">Reset</button>

</div>

<div id="formMsg" style="margin-top:16px;text-align:center;"></div>

<div id="previewBox" class="preview-box" style="display:none;">

<h3>Confirmation Preview</h3>

<div>Name: <span id="prevName"></span></div>

<div>Email: <span id="prevEmail"></span></div>

<div>Membership: <span id="prevMembership"></span></div>

</div>

<div style="margin-top:20px;font-size:0.97em;color:#777;">

Total elements: <span id="elementsCount"></span>

</div>

</form>

</section>

<script>

// Form reference using document.forms

const gymForm = document.forms['gymForm'];

const submitBtn = document.getElementById('submitBtn');

const resetBtn = document.getElementById('resetBtn');

const formMsg = document.getElementById('formMsg');

const previewBox = document.getElementById('previewBox');

const elementsCount = document.getElementById('elementsCount');

function isAlpha(str) { return /^[A-Za-z ]+$/.test(str.trim()); }

function isEmail(str) { return /^[^\s@]+@[^\s@]+\.[^\s@]+$/.test(str.trim()); }

function isPhone(str) { return /^\d{10}$/.test(str.trim()); }

function isPassword(str) { return /^(?=.\*[a-z])(?=.\*[A-Z])(?=.\*\d)(?=.\*[\W\_]).{8,}$/.test(str); }

function isValidFileType(file) { return file && (file.type === 'image/jpeg' || file.type === 'image/png'); }

elementsCount.innerText = gymForm.length;

//--- Validation Functions ---

function validateName() {

const el = gymForm['fullName'];

const msg = document.getElementById('fullNameMsg');

let valid = true;

let error = '';

const v = el.value.trim();

if (!v) { error = "Required"; valid=false;}

else if (v.length < 3) { error = "Minimum 3 characters"; valid=false;}

else if (!isAlpha(v)) { error = "Only alphabets allowed"; valid=false;}

el.classList.remove("invalid-input","valid-input");

el.classList.add(valid ? "valid-input" : "invalid-input");

msg.textContent = valid ? "✅ Looks good" : `❌ ${error}`;

el.setCustomValidity(valid ? "" : error);

return valid;

}

function validateEmail() {

const el = gymForm['email'];

const msg = document.getElementById('emailMsg');

let valid = true;

let error = '';

const v = el.value.trim();

if (!v) { error = "Required"; valid=false;}

else if (!isEmail(v)) { error = "Invalid format"; valid=false;}

el.classList.remove("invalid-input","valid-input");

el.classList.add(valid ? "valid-input" : "invalid-input");

msg.textContent = valid ? "✅ Valid email address" : `❌ ${error}`;

el.setCustomValidity(valid ? "" : error);

return valid;

}

function validateAge() {

const el = gymForm['age'];

const msg = document.getElementById('ageMsg');

let valid = true;

let error = '';

let age = parseInt(el.value,10);

if (!el.value.trim()) { error = "Required"; valid=false;}

else if (isNaN(age) || age < 18 || age > 60){ error="Age must be between 18 and 60"; valid=false;}

el.classList.remove("invalid-input","valid-input");

el.classList.add(valid ? "valid-input" : "invalid-input");

msg.textContent = valid ? "✅ Valid age" : `❌ ${error}`;

el.setCustomValidity(valid?"":error);

return valid;

}

function validateGender() {

const els = gymForm['gender'];

const msg = document.getElementById('genderMsg');

let valid = document.querySelector('input[name="gender"]:checked');

msg.textContent = valid ? "✅ Gender selected" : "❌ Please select gender";

return !!valid;

}

function validateMembership() {

const el = gymForm['membership'];

const msg = document.getElementById('membershipMsg');

let valid = true;

let error = '';

if (!el.value) { error = "Select membership"; valid=false;}

el.classList.remove("invalid-input","valid-input");

el.classList.add(valid ? "valid-input" : "invalid-input");

msg.textContent = valid ? "✅ Membership selected" : `❌ ${error}`;

el.setCustomValidity(valid?"":error);

return valid;

}

function validatePassword() {

const el = gymForm['password'];

const msg = document.getElementById('passwordMsg');

let v = el.value;

let valid = true;

let error = '';

if (!v) { error="Required"; valid=false;}

else if (v.length < 8) { error="Too short"; valid=false; el.classList.add("partial-input");}

else if (!/[A-Z]/.test(v)||!/[a-z]/.test(v)||!/\d/.test(v)||!/[\W\_]/.test(v)) { error= "Include uppercase, lowercase, number, special char"; valid=false;}

el.classList.remove("invalid-input","valid-input","partial-input");

el.classList.add(valid ? "valid-input" : v.length<8 ? "partial-input" : "invalid-input");

msg.textContent = valid ? "✅ Strong password" : `❌ ${error}`;

el.setCustomValidity(valid?"":error);

return valid;

}

function validateConfirmPassword() {

const el = gymForm['confirmPassword'];

const msg = document.getElementById('confirmPasswordMsg');

let valid = true;

let error = '';

if (!el.value) { error="Required"; valid=false;}

else if (el.value !== gymForm['password'].value) { error="Passwords do not match"; valid=false;}

el.classList.remove("invalid-input","valid-input");

el.classList.add(valid ? "valid-input" : "invalid-input");

msg.textContent = valid ? "✅ Passwords match" : `❌ ${error}`;

el.setCustomValidity(valid?"":error);

return valid;

}

function validatePhone() {

const el = gymForm['phone'];

const msg = document.getElementById('phoneMsg');

let valid=true,error='';

let v=el.value.trim();

if(!v) {error="Required";valid=false;}

else if(!isPhone(v)){error="Exactly 10 digits";valid=false;}

el.classList.remove("invalid-input","valid-input");

el.classList.add(valid?"valid-input":"invalid-input");

msg.textContent=valid?"✅ Valid phone":"❌ "+error;

el.setCustomValidity(valid?"":error);

return valid;

}

function validateDOB(){

const el=gymForm['dob'];

const msg=document.getElementById('dobMsg');

let valid=true,error='';

let v=new Date(el.value);

let today= new Date();

if(!el.value) {error="Required";valid=false;}

else if(v>today){error="Cannot be future date";valid=false;}

el.classList.remove("invalid-input","valid-input");

el.classList.add(valid?"valid-input":"invalid-input");

msg.textContent=valid?"✅ Valid date":"❌ "+error;

el.setCustomValidity(valid?"":error);

return valid;

}

function validatePhoto(){

const el=gymForm['photo'];

const msg=document.getElementById('photoMsg');

let valid=true,error='';

let file=el.files[0];

if(!file){error="Required";valid=false;}

else if(!isValidFileType(file)){error="Only JPG/PNG allowed";valid=false;}

else if(file.size>1024\*1024){error="File size exceeds 1MB";valid=false;}

el.classList.remove("invalid-input","valid-input");

el.classList.add(valid?"valid-input":"invalid-input");

msg.textContent=valid?"✅ Profile photo accepted":"❌ "+error;

el.setCustomValidity(valid?"":error);

return valid;

}

function validateTnC(){

const el=gymForm['tnc'];

const msg=document.getElementById('tncMsg');

let valid=el.checked;

msg.textContent=valid?"✅ Accepted":"❌ Please accept terms";

el.setCustomValidity(valid?"":"Please accept terms");

return valid;

}

gymForm['fullName'].oninput=validateName;

gymForm['email'].oninput=validateEmail;

gymForm['age'].oninput=validateAge;

gymForm['password'].oninput=validatePassword;

gymForm['confirmPassword'].oninput=validateConfirmPassword;

gymForm['phone'].oninput=validatePhone;

gymForm['dob'].oninput=validateDOB;

gymForm['photo'].onchange=validatePhoto;

gymForm['fullName'].onblur=validateName;

gymForm['email'].onblur=validateEmail;

gymForm['phone'].onblur=validatePhone;

gymForm['age'].onblur=validateAge;

gymForm['password'].onblur=validatePassword;

gymForm['confirmPassword'].onblur=validateConfirmPassword;

gymForm['dob'].onblur=validateDOB;

gymForm['photo'].onblur=validatePhoto;

Array.from(document.querySelectorAll('input[name="gender"]')).forEach(e=>e.onchange=validateGender);

gymForm['membership'].onchange=validateMembership;

gymForm['tnc'].onchange=validateTnC;

resetBtn.onclick=function(){

Array.from(document.querySelectorAll('span[id$="Msg"]')).forEach(e=>e.textContent="");

Array.from(gymForm.elements).forEach(e=>{e.classList.remove("valid-input","invalid-input","partial-input");e.setCustomValidity("");});

previewBox.style.display="none";

formMsg.textContent="";

submitBtn.disabled=true;

}

function validateAll(){

let valids = [

validateName(), validateEmail(), validateAge(), validateGender(),

validateMembership(), validatePassword(), validateConfirmPassword(),

validatePhone(), validateDOB(), validatePhoto(), validateTnC()

];

let allValid = valids.every(Boolean);

submitBtn.disabled=!allValid;

if(allValid){

document.getElementById('prevName').innerText=gymForm['fullName'].value;

document.getElementById('prevEmail').innerText=gymForm['email'].value;

document.getElementById('prevMembership').innerText=gymForm['membership'].value;

previewBox.style.display="block";

}else{

previewBox.style.display="none";

}

}

Array.from(gymForm.elements).forEach(e=>{

let events=["input","change","blur"];

events.forEach(ev=>e.addEventListener(ev,validateAll));

});

gymForm.onsubmit=function(e){

validateAll();

if(submitBtn.disabled){

e.preventDefault();

formMsg.textContent="❌ Please correct errors before submitting.";

formMsg.style.color="#e12d3a";

return false;

}else{

e.preventDefault();

formMsg.textContent="✅ Form submitted successfully! Welcome to FitZone Gym.";

formMsg.style.color="#16a34a";

previewBox.style.display="none";

gymForm.reset();

submitBtn.disabled=true;

window.scrollTo({top:0,behavior:"smooth"});

return false;

}

};

</script>

</body>

</html>

