Html

<div class="counters">

- +

<button onclick="intervalCounter(-1)"> - </button>

<button onclick="intervalCounter(1)"> + </button>

</div>

<div class="counters">

- +

<button onclick="warmupCounter(-30)"> - </button>

<button onclick="warmupCounter(30)"> + </button>

</div>

associated JavaScript

// meditation settings

function intervalCounter(click) {

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

const sumvalue = parseInt(intervalClicks.innerText) + click;

console.log(sumvalue + click);

intervalClicks.innerText = sumvalue;

// timer between values 0 - 5 (bells)

if(sumvalue < 0) {

intervalClicks.innerText = 0;

}

if(sumvalue > 5) {

intervalClicks.innerText = 5;

}

}

function warmupCounter(click) {

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

const sumvalue = parseInt(totalClicksWarmup.innerText) + click;

console.log(sumvalue + click);

totalClicksWarmup.innerText = sumvalue;

// timer between values 0 - 300 (seconds)

if(sumvalue < 0) {

totalClicksWarmup.innerText = 0;

}

if(sumvalue > 300) {

totalClicksWarmup.innerText = 300;

}

}