Progess Bar:

1. First you have to create the state variable with value ‘0’ and should increase that variable for 100 seconds for that use setInterval inside the useEffect with empty dependency array, That interval should keep on incrementing after the component renders first time

 useEffect(()=>{

     setInterval(()=>{

       setValue(pre=>pre+1) // if you have used setInterval

use callback function inside set function

     },100)

  },[]);

1. When the value changes you need to compare that changed value with maximum value 100 and minimum value 0, For that use useEffect with dependency array with value
2. For that create one more state variable to that value

useEffect(() => {

    setPercent(Math.min(100, Math.max(value, 0)));

  }, [value]);

If the value less than 0 maximum value will be 0 so 0 it will take and compare with min function, if value if more than 100, it will take 100 only

1. Based on the value implement design, as the percentage increases color also should increase, so when you are giving width to div give width as percentage so when percentage changes like that color also changes

 <div className="color" style={{ width: `${percent}%` }} />

For main containr give width and height ,border and inside that add percentage and inside that create one more div to give color as variable changes.