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<!DOCTYPE html>

<html>
<head>
  <meta name="viewport" content="width=device-width, initial-scale=1">
  <title>Random Note Trainer</title>
  <style>
    body {
      font-family: Arial, sans-serif;
      text-align: center;
      margin-top: 30%;
      background: #111;
      color: white;
    }
    #note {
      font-size: 70px;
      margin: 20px;
    }
    button, input {
      font-size: 18px;
      padding: 10px 15px;
      margin: 5px;
      border-radius: 8px;
      border: none;
    }
    label {
      font-size: 16px;
    }
  </style>
</head>
<body>

<div id="note">Press Start</div>

<div>
  <button onclick="start()">Start</button>
  <button onclick="pause()">Pause</button>
  <button onclick="newNote()">Next</button>
</div>
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<div>
  <label>Seconds per note:</label>
  <input type="number" id="speed" value="3" min="1" max="10">
</div>
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<div>
  <label>
    <input type="checkbox" id="naturalsOnly"> Naturals only (A–G)
  </label>
</div>
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<script>
let timer = null;
const allNotes = [
  "A","A#","Bb","B",
  "C","C#","Db","D",
  "D#","Eb","E",
  "F","F#","Gb","G",
  "G#","Ab"
];
const naturalNotes = ["A","B","C","D","E","F","G"];
function getNotes() {
  return document.getElementById("naturalsOnly").checked
    ? naturalNotes
    : allNotes;
}
function newNote() {
  const notes = getNotes();
  const n = notes[Math.floor(Math.random() * notes.length)];
  document.getElementById("note").innerText = n;
}
function start() {
  const interval = document.getElementById("speed").value * 1000;
  if (timer) clearInterval(timer);
  newNote();
  timer = setInterval(newNote, interval);
}
function pause() {
  if (timer) clearInterval(timer);
}
</script>
```

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</script>
```

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</body>
```

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</html>
```