

# FreeHostingNoAds

## 免費虛擬主機

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註冊、上傳、建立資料庫

# FreeHostingNoAds特點

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- 月流量：5GB
- 網站空間：1GB
- 綁定域名：可(2組)
- 支援服務：PHP、MySQL、FTP...
- 無廣告

# 免費註冊

<https://freehostingnoads.net/>

FREEHOSTINGNOADS

Home \$0.5 Hosting Cheap VPN Login **Signup**

## Free Hosting

Free hosting without forced ads. Absolutely free website hosting comes with PHP, MySQL, Email, Free Domain Hosting, Control Panel and many more features for your website.

Get Free Hosting No Ads

18.3k Shares

This site uses cookies to analyze traffic and for ads measurement purposes. [learn more](#) [close](#)

# 免費註冊

1. Choose Product/Service

2. Account Information

3. Overview & Checkout

Click here to choose Hosting Plan (optional)

Name	Description	Period	Price
<input checked="" type="radio"/> <b>Free Hosting</b>	1 Domain Hosting, 1GB Disk Space, 5GB Traffic, PHP, Perl, MySQL, FTP	Unlimited	<b>0.00 USD</b>
<input type="radio"/> <b>VIP Hosting</b>	<b>90% OFF</b> - 2 Domain Hosting, Unlimited Disk Space, Unlimited Traffic, PHP, Perl, MySQL, FTP, Free SSL  • Discount: PROMO: VIP hosting plan @ \$5.99 per year (-53.89 USD)	1 year ▾	<del>59.88 USD</del> <b>5.99 USD</b> (0.50 USD/mo)

CONTINUE >>

# 輸入註冊資料

## New Client

If you already have an account with us click [HERE](#) .

\* required fields  
\* optional fields

* First Name:	<input type="text"/>	* Address 1:	<input type="text"/>	
* Last Name:	<input type="text"/>	* City:	* State:	* ZIP:
* Company:	<input type="text" value="不用填"/>	<input type="text"/>	<input type="text" value="不用填"/>	<input type="text"/>
* E-mail (provide valid e-mail):	<input type="text"/>	* Country:	<input type="text" value="Choose your Country"/>	
* Password:	<input type="text"/>	* Phone:	<input type="text" value="不用填"/>	

Yes, I agree with the following agreement(s): [Terms of Services - FREE Hosting, Refund Policy](#) and [Privacy Policy](#).

# 驗證

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- 信箱收取驗證信
- 點擊信件中的連結，完成驗證

**Congratulations YuFang Huang, your web hosting account has been created successfully!**

Thank you for choosing the web hosting services distributed by FreeHostingNoAds and powered by Attractsoft GmbH.

[Click here to log into your account](#) it is ready for you to explore it.

Keep this login information for your records:

Client ID: **3846942**

Login email: **sally841205@gmail.com**

Please check your welcome e-mail and click on the confirmation link to activate your account. It also contains this login information and necessary start-up instructions.

Note: If you did not receive your welcome e-mail, please check your spam/bulk folder if you still did not receive this email please click on the login link above to change your email address and resend the welcome email.

Once you confirm your account and log into your Hosting Control Panel you can set up your website immediately.

If you have any additional questions please feel free to contact us.

We have a 24/7 Support Team that will be happy to assist you.

**FreeHostingNoAds Team**

[freehostingnoads.net](http://freehostingnoads.net)

# 登入

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## Control Panel Login

ClientID/Email:

Password:

[Lost Password?](#)

**LOGIN**

# 註冊網域

## FreeHostingNoAds

The screenshot displays the control panel interface for FreeHostingNoAds. At the top, there is a navigation bar with tabs for Dashboard, Hosting Tools, Buy Services, Cloud Servers, Account, and Support. The 'Hosting Tools' tab is active, and its dropdown menu is open, showing a list of tools. The 'Domain Manager' option is highlighted with a red rectangular box. Other tools listed include Website Manager, File Manager, Zacky App Installer, Zacky Website Builder, FTP Manager, Hosting Settings, and Password Protection. To the right of the Hosting Tools menu, there are sections for E-mail Manager (with sub-options: E-mail Accounts, E-mail Aliases, Webmail, Mailing List Manager) and Database Manager (with sub-options: MySQL Databases, phpMyAdmin 4, PostgreSQL Databases, phpPgAdmin). The background shows a sidebar with System Status, Custom Widgets, and Hosting Accounts, and a main content area with a table for Services and a notification about installing a website builder.

Services	Total Available	Used

# 註冊網域

Domain Names   Section Information   Video Tutorials   FAQ

Register a Domain

Transfer a Domain

Host a Domain

**Create a Free Subdomain**

### Create a Subdomain

學號   atwebpages.com   Create

# 註冊網域

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Navigation tabs: **All Domains** | Registered Domains | Hosted Domains | Subdomains

Domain	Status	Expiration	Security	Registration & Hosting	Settings
You do not have any domains.					
Search filter: <input type="text" value="Type subdomain to filter"/>					
Subdomain	Status	Directory	Settings		
<a href="#">yufanghuang.atwebpages.com</a>	 Open Website	 open files			

# Dashboard

Hosting Tools

Custom Links Area

- Up or Down?
- Templates
- Games for Your Site
- Follow Us
- YouTube
- Review Us

Advanced Tools

- Database Manager
- SSH Manager
- Crontab Settings
- PHP Settings
- SSL Manager
- .htaccess Generator
- ASP.NET Manager

Email Manager

- Email Accounts
- Webmail Access
- Email Aliases
- Mailing Lists Manager

Website Manager

- Domain Manager
- Zacky App Installer
- Hosting Settings
- File Manager**
- FTP Manager
- Password Protection
- Zacky Website Builder

Account Manager

- Account Information
- Terms of Service
- Account Password
- Account Closure

Support Center

- Trouble Tickets
- Backup Manager
- Hosting FAQ
- System Notifications

feedback

support

# 建立資料庫

The image shows a hosting control panel interface with a blue header bar labeled "Hosting Tools". The main area is divided into several sections:

- Custom Links Area:** Contains icons for "Up or Down?", "Templates", "Games for Your Site", "Follow Us", "YouTube", and "Review Us".
- Advanced Tools:** Contains icons for "Database Manager" (highlighted with a red box), "SSH Manager", "Crontab Settings", "PHP Settings", "SSL Manager", ".htaccess Generator", and "ASP.NET Manager".
- Email Manager:** Contains icons for "Email Accounts", "Webmail Access", "Email Aliases", and "Mailing Lists Manager".
- Website Manager:** Contains icons for "Domain Manager", "Zacky App Installer", "Hosting Settings", "File Manager", "FTP Manager", "Password Protection", and "Zacky Website Builder".
- Account Manager:** Contains icons for "Account Information", "Terms of Service", "Account Password", and "Account Closure".
- Support Center:** Contains icons for "Trouble Tickets", "Backup Manager", "Hosting FAQ", and "System Notifications".

On the right side of the panel, there are "feedback" and "support" icons.

# 建立資料庫

Database Section Information FAQ

Create MySQL Database

Create PostgreSQL Database

### Create MySQL Database

Database Name	3846942_name	替資料庫命名
Database Password ⓘ	(8-32 alphanumeric chars)	<input type="password"/> <input type="button" value="Generate"/>
Confirm Database Password	(8-32 alphanumeric chars)	<input type="password"/>
Database Version	5.7	<input type="button" value="Create Database"/>

# 管理資料庫

## FreeHostingNoAds

The image shows a screenshot of the FreeHostingNoAds control panel. The main navigation bar includes 'Dashboard', 'Hosting Tools', 'Buy Services', 'Cloud Servers', 'Account', and 'Support'. The 'Hosting Tools' section is expanded, showing three main categories: 'Website Manager', 'E-mail Manager', and 'Database Manager'. Under 'Database Manager', the 'phpMyAdmin 4' option is highlighted with a red rectangular box. Other options in the 'Database Manager' section include 'MySQL Databases', 'PostgreSQL Databases', and 'phpPgAdmin'. The 'Website Manager' section includes options like 'Domain Manager', 'File Manager', 'Zacky App Installer', 'Zacky Website Builder', 'FTP Manager', 'Hosting Settings', and 'Password Protection'. The 'E-mail Manager' section includes 'E-mail Accounts', 'E-mail Aliases', 'Webmail', and 'Mailing List Manager'.

Dashboard | Hosting Tools | Buy Services | Cloud Servers | Account | Support

Database Manager

Home » Database Databases

- » MySQL Databases
- » phpMyAdmin 4
- » PostgreSQL Databases
- » phpPgAdmin

System Status

Servi

**Website Manager**

- ▶ Domain Manager
- ▶ File Manager
- ▶ Zacky App Installer
- ▶ Zacky Website Builder
- ▶ FTP Manager
- ▶ Hosting Settings
- ▶ Password Protection

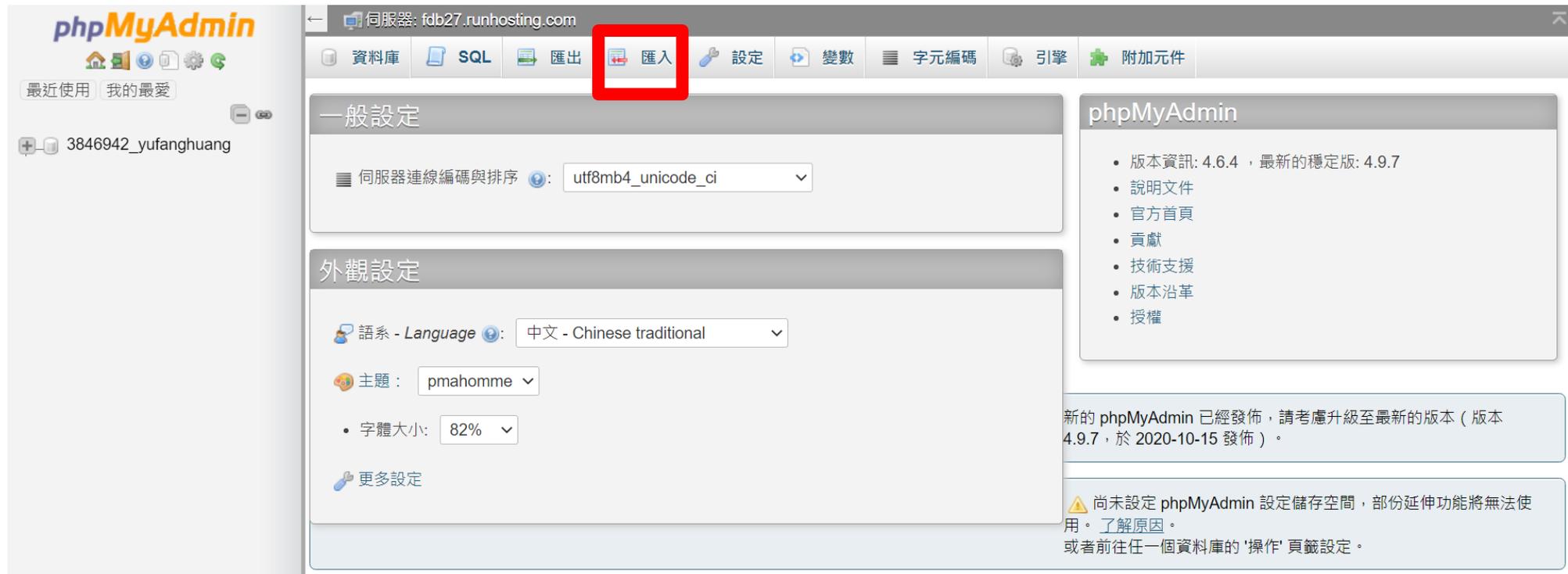
**E-mail Manager**

- ▶ E-mail Accounts
- ▶ E-mail Aliases
- ▶ Webmail
- ▶ Mailing List Manager

**Database Manager**

- ▶ MySQL Databases
- ▶ **phpMyAdmin 4**
- ▶ PostgreSQL Databases
- ▶ phpPgAdmin

# 建立或匯入資料表



The screenshot displays the phpMyAdmin web interface. The browser address bar shows the server URL: 伺服器: fdb27.runhosting.com. The navigation menu includes: 資料庫, SQL, 匯出, **匯入** (highlighted with a red box), 設定, 變數, 字元編碼, 引擎, and 附加元件. The left sidebar shows the user '3846942\_yufanghuang' and navigation options like '最近使用' and '我的最愛'. The main content area is divided into '一般設定' (General Settings) and '外觀設定' (Appearance Settings). Under '一般設定', the '伺服器連線編碼與排序' (Server connection collation and sorting) is set to 'utf8mb4\_unicode\_ci'. Under '外觀設定', the '語系 - Language' is set to '中文 - Chinese traditional', the '主題' (Theme) is 'pmahomme', and the '字體大小' (Font size) is '82%'. A '更多設定' (More settings) link is also visible. On the right, a 'phpMyAdmin' sidebar contains a list of links: 版本資訊: 4.6.4, 最新的穩定版: 4.9.7, 說明文件, 官方首頁, 貢獻, 技術支援, 版本沿革, and 授權. Below this, a notification box states: '新的 phpMyAdmin 已經發佈, 請考慮升級至最新的版本 (版本 4.9.7, 於 2020-10-15 發佈)。' Another notification box with a warning icon says: '尚未設定 phpMyAdmin 設定儲存空間, 部份延伸功能將無法使用。了解原因。 或者前往任一個資料庫的 '操作' 頁籤設定。'

# 匯入資料表



匯入到「b4\_28330786\_20210407」資料庫

## 要匯入的檔案：

可使用壓縮 (gzip, bzip2) 或無壓縮的檔案。  
壓縮檔案名稱必須以 **.[格式].[壓縮方式]** 結尾。如：**.sql.zip**

由電腦上傳 選擇檔案 未選擇任何檔案 (上限：300 MB)

也可以在任何頁面拖放檔案。

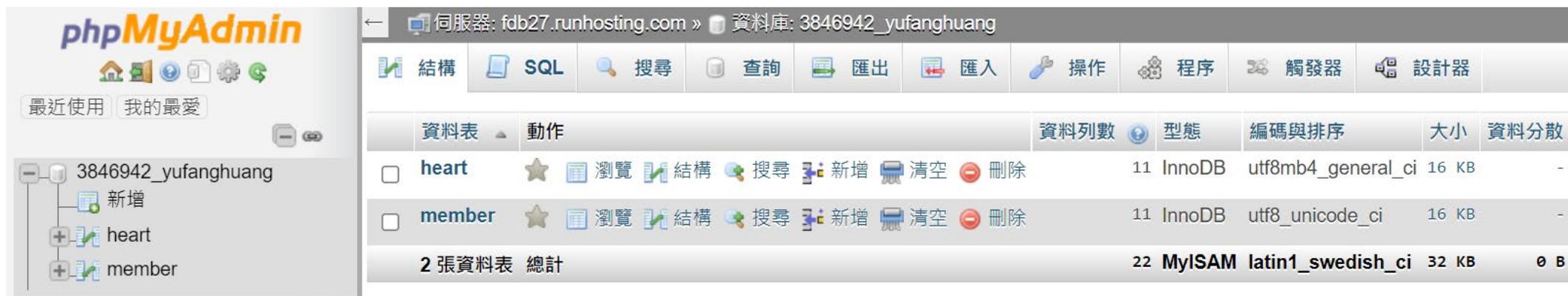
檔案字元編碼：

## 部分匯入：

當偵測到執行時間已接近 PHP 執行時間的限制，允許中斷匯入的動作。(若要匯入大型檔案，這是很好的方法，不過使用這種方法會破壞指令中的交易動作)

由第一行開始跳過此數量的查詢 (SQL)：

# 匯入資料表



The screenshot shows the phpMyAdmin interface for a database named '3846942\_yufanghuang'. The interface includes a navigation menu on the left with options like '新增' (Add), 'heart', and 'member'. The main area displays a table of database tables with columns for '資料表' (Table), '動作' (Actions), '資料列數' (Number of columns), '型態' (Type), '編碼與排序' (Character set and collation), '大小' (Size), and '資料分散' (Fragmentation).

資料表	動作	資料列數	型態	編碼與排序	大小	資料分散
<input type="checkbox"/> heart	★ 瀏覽 結構 搜尋 新增 清空 刪除	11	InnoDB	utf8mb4_general_ci	16 KB	-
<input type="checkbox"/> member	★ 瀏覽 結構 搜尋 新增 清空 刪除	11	InnoDB	utf8_unicode_ci	16 KB	-
2 張資料表 總計		22	MyISAM	latin1_swedish_ci	32 KB	0 B

# Result.php設定

Name	User	Host	Port	Quota	Management	Type	Options
+ 3846942_yufanghuang	3846942_yufanghuang	fdb27.runhosting.com	3306	Available: 30 MiB Used: 0 B	<a href="#">phpMyAdmin 4</a> <a href="#">See all tools</a>	MySQL	

```
271 $pdo = new PDO('mysql:host=fdb27.runhosting.com; dbname=3846942_yufanghuang; charset=utf8',  
272 '3846942_yufanghuang', ' ');  
273 $sql=$pdo->prepare('insert into heart values (null,?,?,?,?,?,?,?,?,?)');  
274 if ($sql->execute([$gender, $age, $blood_press1, $blood_press2, $hdl, $tdl, $smoke, $diabetes,  
$percent_score, date('Y-m-d H:i:s')])) {  
    echo '新增成功! ' . '<br>'; }  
}
```

自己的帳號和密碼

設定好後，  
請將檔案上傳至file manager

# 上傳

The screenshot shows a web file manager interface. At the top, there is a toolbar with buttons: Back, Upload (labeled 3), Create, Rename, Move To, Delete, Download, Open (labeled 2), and More... Below the toolbar is a navigation bar with a text input field containing '/home/www/', and buttons for Go, Up Level, Home, Refresh, and a status indicator for protection (enabled/disabled). Below the navigation bar are selection controls: Select Multiple, Select All, Deselect All, and Clipboard... The main area displays a table of directories. The first row is the current directory '.', and the second row is 'yufanghuang.atwebpages.com/' (labeled 1). Below the table, it says 'Total: 1 directory'.

Name	Size	Type	Date Modified	Permissions
.	-	Current	May 19 2021 4:11:04	dr-xr-xr-x (555)
yufanghuang.atwebpages.com/	-	Directory	May 19 2021 4:22:57	drwxr-xr-x (755)

1 進入此資料夾後，再把.php等檔案Upload

# 上傳

- 若是上傳後，發現沒有images資料夾，請create一個，並把圖片放入其中

Create File / Directory

Create Directory:

Create File:

Create Cancel

File Manager Interface:

Toolbar: Back, Upload, **Create**, Rename, Move To, Delete

Address Bar: /home/www/yufanghuang.atwebpages.com

Actions: Select Multiple, Select All, Deselect All, Clipboard...

Summary: 16 files, 148 KiB

Name	Size	Type
./	-	Current
../	-	Parent
<b>images/</b>	-	Directory
footer.php	559 B	PHP script
header.php	562 B	PHP script
index.php*	4.63 KiB	PHP script
r-header.php	574 B	PHP script
result.php*	8.17 KiB	PHP script

Total: 1 directory, 5 files, Total file size: 14.45 KiB

# 輸入自己的網址測試

---

- 輸入你的網址(ex. <http://yufanghuang.atwebpages.com/>)
- 或到「Domain manager」點選自己的Url



# 心血管預測網站系統

註冊帳號

顯示會員

風險預測

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## 註冊帳號

學號:	<input type="text" value="adt106008"/>	ex. dct107001
姓名:	<input type="text" value="小寶寶"/>	
帳號:	<input type="text" value="adt106008"/>	
密碼:	<input type="password" value="....."/>	ex. 至少一個大寫英文、一個數字與小寫英文, 8位數長度
電話號碼:	<input type="text" value="0988-123456"/>	ex. 09XX-123456
Email:	<input type="text" value="aaa"/>	
地址:	<input type="text" value="高雄"/>	
帳號建立日期:	<input type="text" value="2021/06/02 11:40:36"/>	ex. 今天日期
大頭照:	<input type="button" value="選擇檔案"/> batTemp.png	
	<input type="button" value="拍照"/>	

[送出](#)[重設](#)[回首頁](#)

## ADT106109

輸入值adt106008符合學號格式

姓名:小寶寶

帳號:adt106008

密碼: Abc123(符合密碼格式),加密後密碼: 61bd60c60d9fb60cc8fc7767669d40a1

電話號碼: 0988-123456(符合電話格式)

上傳佔存檔/tmp/php4dlF4y

上傳檔batTemp.png

上傳檔案: images/batTemp.png 上傳成功



新增成功!

[回首頁](#)

ADT106109

## 會員資料查詢

查詢成功！

id	1	2	3
學號	adt106001	adt106002	adt106003
姓名	王大同	王大同	王小名
帳號	adt10600	adt106002	adt106003
密碼	0d579ea87fb2dbb13c49	61bd60c60d9fb60cc8fc	61bd60c60d9fb60c
電話	0988-123456	0988-123456	0988-123456
Email	adt106001@yahoo.com.	adt106002@yahoo.com.	adt106003@yahoc
地址	高	新	新
建立日期	2021-05-19 00:00:00	2021-05-19 14:59:05	2021-05-20 15:30:00
大頭照			
操作	<a href="#">[ DEL ]</a> <a href="#">[ EDIT ]</a>	<a href="#">[ DEL ]</a> <a href="#">[ EDIT ]</a>	<a href="#">[ DEL ]</a> <a href="#">[ EDIT ]</a>

總共幾12筆資料

[回首頁](#)

## 會員資料刪除

ID = 11 刪除成功!

id	學號	姓名	帳號	密碼	電話	Email	地址	建立日期	大頭照	
1	adt106001	王大同	adt10600	0d579ea87fb2dbb13c49	0988-123456	adt106001@yahoo.com.	高	2021-05-19 00:00:00		<a href="#">[DEL]</a> <a href="#">[EDIT]</a>
2	adt106002	王大同	adt106002	61bd60c60d9fb60cc8fc	0988-123456	adt106002@yahoo.com.	新	2021-05-19 14:59:05		<a href="#">[DEL]</a> <a href="#">[EDIT]</a>
3	adt106003	王小名	adt106003	61bd60c60d9fb60cc8fc	0988-123456	adt106003@yahoo.com.	新	2021-05-20 15:30:07		<a href="#">[DEL]</a> <a href="#">[EDIT]</a>
4	adt106003	王小名	adt106003	61bd60c60d9fb60cc8fc	0988-123456	adt106003@yahoo.com.	高	2021-05-20 15:32:54		<a href="#">[DEL]</a> <a href="#">[EDIT]</a>
5	adt106003	王小名	adt106003	61bd60c60d9fb60cc8fc	0988-123456	adt106003@yahoo.com.	高	2021-05-25 14:19:18		<a href="#">[DEL]</a> <a href="#">[EDIT]</a>
6	adt106003	王大同	adt106003	61bd60c60d9fb60cc8fc	0988-123456	adt106003@yahoo.com.	高	2021-05-25 14:22:10		<a href="#">[DEL]</a> <a href="#">[EDIT]</a>
7	adt106003	王小名	adt106003	61bd60c60d9fb60cc8fc	0988-123456	adt106003@yahoo.com.	高	2021-05-25 14:24:29		<a href="#">[DEL]</a> <a href="#">[EDIT]</a>
8	adt106003	王小名	adt106003	61bd60c60d9fb60cc8fc	0988-123456	adt106003@yahoo.com.	新	2021-05-25 14:26:22		<a href="#">[DEL]</a> <a href="#">[EDIT]</a>
13	adt106006	陳小咪	adt106006	61bd60c60d9fb60cc8fc	0988-123456	sss	彰化	2021-06-02 11:25:39		<a href="#">[DEL]</a> <a href="#">[EDIT]</a>
15	adt106008	小黃黃	adt106008	61bd60c60d9fb60cc8fc	0988-123456	aaa	高雄	2021-06-02 11:40:36		<a href="#">[DEL]</a> <a href="#">[EDIT]</a>

總共幾 10筆資料。

[回首頁](#)

 ADT106109

## 編輯帳號

查詢成功！

學號:	<input type="text" value="adt106003"/>	ex. dct107001
姓名:	<input type="text" value="王小名"/>	
帳號:	<input type="text" value="adt106003"/>	
密碼:	<input type="password" value="....."/>	ex. 至少一個大寫英文、一個數字與小寫英文, 8位數長度
電話號碼:	<input type="text" value="0988-123456"/>	ex. 09XX-123456
Email:	<input type="text" value="adt106003@yahoo.com."/>	
地址:	<input type="text" value="宜蘭"/>	
帳號建立日期:	<input type="text" value="2021-05-25"/>	ex. 今天日期
大頭照:	<input type="button" value="選擇檔案"/> <input type="text" value="放視作品連結.jpg"/>	

送出

重設

回上頁

輸入值adt106008符合學號格式

密碼: 61bd60c60d9fb60cc8fc (不符合密碼格式), 加密後密碼0d579ea87fb2dbb13c49b5fec858b36c

電話號碼: 0988-123456 (符合電話格式)

上傳佔存檔/tmp/phpVyfUhg

上傳檔turtlePic.jpg

上傳檔案: images/turtlePic.jpg 上傳成功



更新成功!

id	學號	姓名	帳號	密碼	電話	Email	地址	建立日期	大頭照	
1	adt106001	王大同	adt10600	ddf4af79fcb0e813c044	0988-123456	adt106001@yahoo.com	高	2021-05-19 00:00:00		[DEL] [EDIT]
2	adt106002	王大同	adt106002	61bd60c60d9fb60cc8fc	0988-123456	adt106002@yahoo.com	新	2021-05-19 14:59:05		[DEL] [EDIT]
3	adt106003	王小名	adt106003	61bd60c60d9fb60cc8fc	0988-123456	adt106003@yahoo.com	新	2021-05-20 15:30:07		[DEL] [EDIT]
4	adt106003	王小名	adt106003	61bd60c60d9fb60cc8fc	0988-123456	adt106003@yahoo.com	高	2021-05-20 15:32:54		[DEL] [EDIT]
5	adt106003	王小名	adt106003	61bd60c60d9fb60cc8fc	0988-123456	adt106003@yahoo.com	高	2021-05-25 14:19:18		[DEL] [EDIT]
6	adt106003	王大同	adt106003	61bd60c60d9fb60cc8fc	0988-123456	adt106003@yahoo.com	高	2021-05-25 14:22:10		[DEL] [EDIT]
8	adt106003	王小名	adt106003	0d579ea87fb2dbb13c49	0988-123456	adt106003@yahoo.com	宜蘭	2021-05-25 00:00:00		[DEL] [EDIT]
13	adt106006	陳小琳	adt106006	61bd60c60d9fb60cc8fc	0988-123456	sss	彰化	2021-06-02 11:25:39		[DEL] [EDIT]
15	adt106008	小寶寶	adt106008	0d579ea87fb2dbb13c49	0988-123456	bbb	新北	2021-06-02 00:00:00		[DEL] [EDIT]

總共幾 9 筆資料。

[回首頁](#)

ADT106109

## Framingham心血管疾病風險預測

危險因子	單位	資料
性別		<input type="radio"/> 男 <input checked="" type="radio"/> 女
年齡	歲	10 ▾
血壓	舒張壓	小於80 ▾
	收縮壓	小於120 ▾
使用高血壓藥物		<input type="checkbox"/> 有
抽菸		<input type="checkbox"/> 有
糖尿病		<input type="checkbox"/> 有
高密度膽固醇	mg/dl	小於35 ▾
總膽固醇	mg/dl	小於160 ▾

送出

重設

回首頁



## Framingham心血管疾病風險預測結果

你的性別是:女生  
你的年齡是:36  
你的舒張壓是:88  
你的收縮壓是:145  
沒有使用高血壓藥物  
有抽菸  
有糖尿病  
你的高密度膽固醇是:55  
你的總膽固醇是:220

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你總分是:5  
你的罹患冠狀動脈心臟病機率是:4%  
你屬於：低風險群



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新增成功！

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