Project Report: Your Personal Health Manager

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Overview

This web-based health management application allows users to track and improve their lifestyle across four key areas: Fitness, Food, Sleep, and Mental Health. It includes features like workout logging, food intake recording, sleep tracking, and a mental health diary. Each module uses interactive charts to display user progress over time.

Key Features

1. Fitness Tracking – Users log workout sessions, see calorie counts, weekly averages, and bar chart visualizations.

2. Food Tracking – Input of meals with calorie tracking, weekly calorie trends with graphs.

3. Sleep Tracking – Users record sleep duration and quality with visual summaries.

4. Mental Health – Mood diary, reflection entries, and interactive viewing of past logs.

Before Login Pages

• before_login.html – Welcome screen with platform overview

• services.html – Describes core features with styled service cards and animations

• about.html – Developer introduction using typing animations

• contact.html – Contact information and GitHub link

• login.html – User login form with JavaScript validation and page redirect

After Login Pages

• fitness.html – Records workout data, uses Chart.js to show weekly stats and manages logs

• food.html – Logs meals, shows weekly calories via bar chart, and stores in localStorage

• sleep.html – Tracks sleep and quality, computes averages, displays bar graphs

• mental.html – Mood rating and diary, with full log management and calming content

Tools & Technologies Used

IDE	JetBrains WebStorm
Assistant	Copilot
Frontend	HTML5, CSS3, JavaScript
Chart Library	Chart.js (via CDN)
Fonts	Google Fonts: Inter, Playfair Display
Data Storage	localStorage (in-browser persistence)

APIs / External Resources

- Chart.js for weekly visualizations
- localStorage for in-browser data saving

Attempted Features and Results

• Workout Logging and Charting – Successful
• Food and Sleep Modules – Fully functional with chart updates
• Mental Health Diary – Successfully implemented with entry logs and updates
• Google Login – Attempted but failed due to redirect/CORS issues

Future Improvements

- - Google Login with OAuth2 or Firebase Authentication

- - Cloud backup with Firebase or Supabase

- - Wellness tip generator and motivational messages

- - Downloadable PDF reports

- - Nutrition API integration for meal autocomplete

- - Improved responsive design for mobile