Fitness Groups Page

- Fitness Groups Page is one of the features that will be shown on a separate page as the fitness groups that you can join on the home page
- Links users to fitness communities they can join based on their interests
- Designed to increase users' collaboration around fitness goals
- Community groups made:
    - Cycling
    - Running
    - Weightlifting
- Each group has its own separate weekly and community goals
- Each group allows members to schedule group workouts with others in the fitness group
- Provides users with a more personalized and social fitness experience
- **Join Button**: Allows users to become a member of a selected fitness group
- **Leave Button**: Lets users opt out of a group at any time
- **See Users**: Displays a list of current group members
- **Schedule Joint Workout**: Users can coordinate and schedule group workouts
- Each group maintains a dataset including:
    - User IDs and names
    - Membership status (joined/left)
    - Scheduled group workouts

Weekly Goals

- Weekly Goals feature includes two types of goals:
    - Generic Goals – Apply to all users regardless of group
    - Group-Specific Goals – Tailored to the activities of each group (e.g., "Bike 20 miles" for Cycling)
- Goals provide structure and motivation
- Visible and interactive goals help users stay focused and track tangible progress
- All goals are displayed on the goals page
- Group-specific goals are shown only on their respective Group Pages
- **Completed Button**: Allows users to mark a goal as done
- **Progress Bar**: Optional visual element to show completion status (e.g., 3/5 goals done)
- **Check Boxes**: Use Streamlit checkboxes for easy interaction (pending implementation)
- **Completed Goals Section**:
    - Displays only the goals the user has completed
    - Keeps users motivated by showing progress

- **Achievements**:
  - Award badges or rewards based on the number of completed goals
  - Adds an optional gamification element to increase engagement