

# Fitness Tracker Full Stack Code

## // server.js (Node.js backend)

```
const express = require("express");
const bodyParser = require("body-parser");
const cors = require("cors");

const app = express();
app.use(cors());
app.use(bodyParser.json());

let users = []; // In-memory data store for demo

// API to register fitness data
app.post("/api/fitness", (req, res) => {
  const { name, steps, calories, date } = req.body;
  const entry = { name, steps, calories, date };
  users.push(entry);
  res.json({ message: "Fitness data saved!", entry });
});

// API to get all fitness data
app.get("/api/fitness", (req, res) => {
  res.json(users);
});

// Start server
app.listen(5000, () => {
  console.log("Server running on http://localhost:5000");
});
```

## <!-- index.html -->

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <title>Fitness Tracker</title>
  <style>
    body { font-family: Arial; margin: 30px; }
    form { margin-bottom: 20px; }
    input, button { margin: 5px; }
    table { border-collapse: collapse; width: 50%; }
    th, td { border: 1px solid #ccc; padding: 8px; }
  </style>
</head>
<body>
  <h1>Fitness Tracker</h1>
  <form id="fitnessForm">
    <input type="text" id="name" placeholder="Name" required />
    <input type="number" id="steps" placeholder="Steps" required />
```

```

    <input type="number" id="calories" placeholder="Calories Burned" required />
    <input type="date" id="date" required />
    <button type="submit">Add Entry</button>
</form>
<h2>Fitness Data</h2>
<table>
  <thead>
    <tr>
      <th>Name</th>
      <th>Steps</th>
      <th>Calories</th>
      <th>Date</th>
    </tr>
  </thead>
  <tbody id="dataTable"></tbody>
</table>

<script>
  const form = document.getElementById("fitnessForm");
  const table = document.getElementById("dataTable");

  form.addEventListener("submit", async (e) => {
    e.preventDefault();
    const entry = {
      name: document.getElementById("name").value,
      steps: document.getElementById("steps").value,
      calories: document.getElementById("calories").value,
      date: document.getElementById("date").value,
    };

    await fetch("http://localhost:5000/api/fitness", {
      method: "POST",
      headers: { "Content-Type": "application/json" },
      body: JSON.stringify(entry)
    });

    loadData();
    form.reset();
  });

  async function loadData() {
    const res = await fetch("http://localhost:5000/api/fitness");
    const data = await res.json();
    table.innerHTML = "";
    data.forEach(entry => {
      const row = `<tr>
        <td>${entry.name}</td>
        <td>${entry.steps}</td>
        <td>${entry.calories}</td>
        <td>${entry.date}</td>
      </tr>`;
      table.innerHTML += row;
    });
  }

```

```
        loadData();
    </script>
</body>
</html>
```

### Sample API Output:

```
{
  "message": "Fitness data saved!",
  "entry": {
    "name": "John",
    "steps": 5000,
    "calories": 250,
    "date": "2025-07-11"
  }
}
```