import React from 'react';

import { Card, CardContent } from '@/components/ui/card';

import { Button } from '@/components/ui/button';

import { Input } from '@/components/ui/input';

import { useState } from 'react';

import { Tabs, TabsList, TabsTrigger, TabsContent } from '@/components/ui/tabs';

import { Textarea } from '@/components/ui/textarea';

import { motion } from 'framer-motion';

const PaginaBienestar = () => {

const [user, setUser] = useState(null);

const [email, setEmail] = useState('');

const [password, setPassword] = useState('');

const [profile, setProfile] = useState({ name: '', goals: '', healthHistory: '', preferences: '' });

const [activity, setActivity] = useState({ type: '', duration: '', notes: '' });

const [activities, setActivities] = useState([]);

const [resources, setResources] = useState(['Artículo: Beneficios del Yoga', 'Video: Alimentación Saludable', 'Podcast: Meditación Guiada']);

const [search, setSearch] = useState('');

const [notifications, setNotifications] = useState('');

const handleLogin = () => {

setUser({ email });

};

const handleAddActivity = () => {

const newActivity = { ...activity, date: new Date().toLocaleString() };

setActivities([...activities, newActivity]);

setActivity({ type: '', duration: '', notes: '' });

};

return (

<div className="min-h-screen bg-gradient-to-b from-green-100 to-blue-50 p-6">

<motion.header className="flex justify-between items-center p-6 bg-white shadow-lg rounded-2xl mb-6" initial={{ opacity: 0 }} animate={{ opacity: 1 }} transition={{ duration: 0.8 }}>

<h1 className="text-3xl font-extrabold text-green-700">Bienestar y Vida Saludable</h1>

<Button onClick={() => setUser(null)}>{user ? 'Cerrar Sesión' : 'Iniciar Sesión / Registrarse'}</Button>

</motion.header>

<main className="grid gap-6">

{!user ? (

<motion.div className="bg-white p-6 rounded-2xl shadow-xl" initial={{ y: -50, opacity: 0 }} animate={{ y: 0, opacity: 1 }} transition={{ duration: 0.8 }}>

<h2 className="text-2xl font-bold text-blue-600 mb-4">Inicia Sesión</h2>

<Input placeholder="Correo electrónico" value={email} onChange={(e) => setEmail(e.target.value)} className="mb-4" />

<Input placeholder="Contraseña" type="password" value={password} onChange={(e) => setPassword(e.target.value)} className="mb-4" />

<Button onClick={handleLogin} className="w-full">Iniciar Sesión</Button>

</motion.div>

) : (

<Tabs defaultValue="recursos">

<TabsList>

<TabsTrigger value="recursos">Recursos Educativos</TabsTrigger>

<TabsTrigger value="actividades">Seguimiento de Actividades</TabsTrigger>

<TabsTrigger value="notificaciones">Notificaciones</TabsTrigger>

<TabsTrigger value="perfil">Perfil</TabsTrigger>

</TabsList>

<TabsContent value="recursos">

<Card className="transition-all hover:shadow-xl">

<CardContent>

<h2 className="text-xl font-bold text-blue-600 mb-4">Recursos Educativos</h2>

<Input placeholder="Buscar recursos" value={search} onChange={(e) => setSearch(e.target.value)} className="mb-4" />

<ul>

{resources.filter(resource => resource.toLowerCase().includes(search.toLowerCase())).map((resource, index) => (

<li key={index} className="py-1">{resource}</li>

))}

</ul>

</CardContent>

</Card>

</TabsContent>

<TabsContent value="actividades">

<Card className="transition-all hover:shadow-xl">

<CardContent>

<h2 className="text-xl font-bold text-blue-600 mb-4">Seguimiento de Actividades</h2>

<Input placeholder="Tipo de actividad" value={activity.type} onChange={(e) => setActivity({ ...activity, type: e.target.value })} className="mb-4" />

<Input placeholder="Duración (en minutos)" value={activity.duration} onChange={(e) => setActivity({ ...activity, duration: e.target.value })} className="mb-4" />

<Textarea placeholder="Notas adicionales" value={activity.notes} onChange={(e) => setActivity({ ...activity, notes: e.target.value })} className="mb-4" />

<Button onClick={handleAddActivity} className="w-full mb-4">Registrar Actividad</Button>

<h3 className="text-lg font-bold text-blue-600 mb-2">Historial de Actividades</h3>

<ul>

{activities.map((act, index) => (

<li key={index} className="mb-2">

{act.date} - {act.type} ({act.duration} minutos)

</li>

))}

</ul>

</CardContent>

</Card>

</TabsContent>

<TabsContent value="notificaciones">

<Card className="transition-all hover:shadow-xl">

<CardContent>

<h2 className="text-xl font-bold text-blue-600 mb-4">Notificaciones y Recordatorios</h2>

<Textarea placeholder="Configura tus notificaciones" value={notifications} onChange={(e) => setNotifications(e.target.value)} className="mb-4" />

<Button className="w-full">Guardar Notificaciones</Button>

</CardContent>

</Card>

</TabsContent>

<TabsContent value="perfil">

<Card className="transition-all hover:shadow-xl">

<CardContent>

<h2 className="text-xl font-bold text-blue-600 mb-4">Perfil de Usuario</h2>

<Input placeholder="Nombre completo" value={profile.name} onChange={(e) => setProfile({ ...profile, name: e.target.value })} className="mb-4" />

<Input placeholder="Objetivos de bienestar" value={profile.goals} onChange={(e) => setProfile({ ...profile, goals: e.target.value })} className="mb-4" />

<Input placeholder="Historial de salud" value={profile.healthHistory} onChange={(e) => setProfile({ ...profile, healthHistory: e.target.value })} className="mb-4" />

<Input placeholder="Preferencias personales" value={profile.preferences} onChange={(e) => setProfile({ ...profile, preferences: e.target.value })} className="mb-4" />

<Button className="w-full">Guardar Perfil</Button>

</CardContent>

</Card>

</TabsContent>

</Tabs>

)}

</main>

</div>

);

};

export default PaginaBienestar;