

Case Study 4: Fitness Tracker Dashboard

App.js (Parent Dashboard)

```
import React, { useState } from "react";
import StepsTracker from "../components/StepsTracker";
import CaloriesTracker from "../components/CaloriesTracker";
import WaterTracker from "../components/WaterTracker";
function App() {
  // State in parent (Dashboard)
  const [steps, setSteps] = useState(0);
  const [calories, setCalories] = useState(0);
  const [water, setWater] = useState(0);

  // Dummy user details (props for children)
  const user = { name: "John Doe", age: 25, weight: 70 };

  return (
    <div style={{ textAlign: "center", padding: "20px", fontFamily: "Arial" }}>
      <h1> Fitness Tracker Dashboard</h1>
      <h3>User: {user.name} | Age: {user.age} | Weight: {user.weight}kg</h3>

      {/* Pass state and handlers as props */}
      <StepsTracker steps={steps} updateSteps={setSteps} />
      <CaloriesTracker calories={calories} updateCalories={setCalories} />
      <WaterTracker water={water} updateWater={setWater} />
    </div>
  );
}
```

```
<hr />
<h2>Summary</h2>
<p>Steps Walked: {steps}</p>
<p>Calories Burned: {calories}</p>
<p>Water Intake: {water} glasses</p>
</div>

);
}
```

```
export default App;
```

StepsTracker.js

```
import React from "react";
function StepsTracker({ steps, updateSteps }) {
  return (
    <div style={{ margin: "15px" }}>
      <h2> Steps Tracker</h2>
      <p>Steps: {steps}</p>
      <button onClick={() => updateSteps(steps + 500)}>+500 Steps</button>
      <button onClick={() => updateSteps(0)}>Reset</button>
    </div>
  );
}
```

```
export default StepsTracker;
```

CaloriesTracker.js

```
import React from "react";

function CaloriesTracker({ calories, updateCalories }) {
  return (
    <div style={{ margin: "15px" }}>
      <h2> Calories Tracker</h2>
      <p>Calories Burned: {calories}</p>
      <button onClick={() => updateCalories(calories + 50)}>+50 Calories</button>
      <button onClick={() => updateCalories(0)}>Reset</button>
    </div>
  );
}

export default CaloriesTracker;
```

WaterTracker.js

```
import React from "react";

function WaterTracker({ water, updateWater }) {
  return (
    <div style={{ margin: "15px" }}>
      <h2> Water Tracker</h2>
      <p>Glasses: {water}</p>
      <button onClick={() => updateWater(water + 1)}>+1 Glass</button>
      <button onClick={() => updateWater(0)}>Reset</button>
    </div>
  );
}
```

```
}
```

```
export default WaterTracker;
```