**IMPLEMENTATION**

**HTML Structure:**

Create index.html (homepage), dashboard.html, log-activity.html, progress.html, goals.html, profile.html.

Implement basic layout, navigation (<nav>), forms (<form>), and placeholders for dynamic content (e.g., <canvas> for charts).

**CSS Styling:**

Develop style.css (or separate files) for global styles, navigation, layout (using Flexbox/Grid), form elements, and responsiveness (media queries).

Ensure visual consistency and a user-friendly design.

**JavaScript Interactivity:**

Write script.js (or separate files) to handle form submissions, update the dashboard dynamically (potentially using localStorage for initial stages), and integrate charting libraries (like Chart.js) for progress visualization.

Implement other planned interactive elements.

**Version Control (Git & GitHub):**

Initialize a Git repository (git init).

Make frequent, small commits after completing focused tasks with descriptive messages (git commit -m "Your Message").

Push local commits to your GitHub repository (git push origin main).

**Best Practices:**

Use proper indentation and comments in your code.

Break down code into reusable functions or modules.

Ongoing Testing:

Perform basic testing in the browser as you implement features.

**Deliverables of this Phase:**

Functional HTML structure for all key pages.

Styled website using CSS, ensuring responsiveness.

JavaScript code implementing core interactive features (form handling, basic data display, potentially initial charting).

A GitHub repository with a history of well-documented commits.