# Fitness Tracker Dashboard

**1. Title Page**

**Project Title:** Fitness Tracker Dashboard

**Submitted By:**

➢ Melwin Thomas

  2462343

melwin.thomas@btech.christuniversity.in


➢ Stephen Job

  2462367

stephen.job@btech.christuniversity.in

**Course:** UI/UX Design Fundamentals
**Instructor Name:** Nagaveena
**Institution:** Christ university, Kengiri
**Date of Submission:** 26/09/2025


**2. Abstract**

The Fitness Tracker Dashboard is a responsive web application that helps users monitor and improve their health and exercise routines. It allows individuals to log their daily workouts with details such as type, duration, and calories burned. Users can also visualize progress over time through interactive charts and set weekly or monthly fitness goals. The project leverages HTML, CSS, JavaScript, Bootstrap, jQuery, and Chart.js (or a similar chart library) to deliver an engaging, easy-to-use, and mobile-friendly interface.

### 3. Objectives

- Enable users to log workouts with details like type, duration, and calories burned.

- Provide interactive charts to visualize fitness progress.

- Allow users to set and track weekly/monthly fitness goals.

- Ensure responsive design for seamless use on both desktop and mobile.

- Apply front-end technologies to create interactivity and clear data visualization.

### 4. Scope of the Project

The Fitness Tracker Dashboard is intended for students, professionals, and individuals aiming to track workouts and achieve fitness goals.

**Features include:**

- Workout Log (type, duration, calories).

- Progress Chart (bar or line chart visualizations).

- Goal Setting for fitness targets.

- Responsive Layout for cross-device use.

**Future Scope:**

- Integration with fitness devices or APIs.

- Cloud storage/database support for long-term tracking.

- Notifications and reminders for workouts.

- Advanced analytics dashboard with trends and insights.

### 5. Tools and Technologies Used

| Tool/Technology | Purpose |
| --- | --- |
| HTML5 | Structure and content |
| CSS | Styling and responsive design |
| Bootstrap 5 | Grid system and responsiveness |
| JavaScript (ES6) | Logic and interactivity |
| jQuery | DOM manipulation and event handling |
| Chart.js | Workout progress visualization |
| VS Code | Code editor |

## 6. HTML Structure Overview

- **index.html** – Main fitness dashboard interface.

- **script.js** – Handles workout logging, progress chart updates, and goal tracking.

- **style.css** – Provides UI styling and responsive design.

**Key Elements:**

- <header> – Dashboard title and navigation.

- <main> – Workout log, charts, and goals.

- <section> – Progress chart and goal visualization.

- <footer> – Credits and responsive layout details.

## 7. CSS Styling Strategy

- Clean and user-friendly UI for quick workout logging.

- Bootstrap grid for responsive layout.

- Color coding for workout types and goal completion.

- Smooth transitions for chart updates.

- Chart.js animations for motivating visuals.

## 8. Key Features

- **Workout Log:** Users can record workouts with type, duration, and calories burned.

- **Progress Chart:** Track progress using bar/line charts.

- **Goal Setting:** Weekly/monthly targets for motivation.

- **Responsive Layout:** Smooth performance on desktop and mobile using Bootstrap.

## 9. Challenges Faced and Solutions

| Challenge | Solution |
| --- | --- |
| Displaying fitness data trends | Used Chart.js for interactive charts |
| Ensuring responsiveness | Implemented Bootstrap grid system |
| Storing workout data | Used localStorage for temporary persistence |
| User motivation | Added goal-setting and progress visualization |

## 10. Sample Program Code

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>FitTrack - Your Personal Fitness Companion</title>
  <link rel="stylesheet" href="style.css">
</head>
<body>
  <div class="container">
    <header>
      <div class="header-content">
        <div class="logo">🏋️ FitTrack</div>
```

```html
        <div class="stats-overview">

          <div class="stat-card">

            <div class="stat-number" id="totalWorkouts">0</div>

            <div class="stat-label">Total Workouts</div>

          </div>

          <div class="stat-card">

            <div class="stat-number" id="totalCalories">0</div>

            <div class="stat-label">Calories Burned</div>

          </div>

          <div class="stat-card">

            <div class="stat-number" id="avgDuration">0</div>

            <div class="stat-label">Avg Duration (min)</div>

          </div>

        </div>

      </div>

    </header>


    <div class="main-content">

      <div class="card">

        <h2>🎯 Add New Workout</h2>

        <form id="workoutForm">

          <div class="form-group">

            <label for="workoutType">Workout Type</label>

            <select id="workoutType" required>

              <option value="">Select workout type</option>

              <option value="Running">🏃 Running</option>

              <option value="Cycling">🚴 Cycling</option>

              <option value="Swimming">🏊 Swimming</option>
```

```html
                <option value="Weightlifting">🏋️ Weightlifting</option>

                <option value="Yoga">🧘 Yoga</option>

                <option value="Boxing">🥊 Boxing</option>

                <option value="Dancing">💃 Dancing</option>

            </select>

        </div>

        <div class="form-group">

            <label for="duration">Duration (minutes)</label>

            <input type="number" id="duration" min="1" required>

        </div>

        <div class="form-group">

            <label for="calories">Calories Burned</label>

            <input type="number" id="calories" min="1" required>

        </div>

        <div class="form-group">

            <label for="date">Date</label>

            <input type="date" id="date" required>

        </div>

        <button type="submit" class="btn">Add Workout</button>

    </form>

</div>


<div class="card">

    <h2>📊 Weekly Goals</h2>

    <div class="form-group">

        <label>Workout Goal: <span id="workoutGoalValue">3</span>
workouts/week</label>

        <div class="progress-bar">
```

```html
        <div class="progress-fill" id="workoutProgress" style="width: 0%"></div>

      </div>

    </div>

    <div class="form-group">

      <label>Calorie Goal: <span id="calorieGoalValue">1500</span>
calories/week</label>

      <div class="progress-bar">

        <div class="progress-fill" id="calorieProgress" style="width: 0%"></div>

      </div>

    </div>

    <button class="btn btn-secondary" onclick="setGoals()">Set New
Goals</button>

    </div>

  </div>


  <div class="card workout-list">

    <h2>📝 Recent Workouts</h2>

    <div id="workoutsList">

      <p style="text-align: center; color: #666; padding: 20px;">No workouts recorded
yet. Add your first workout above!</p>

    </div>

  </div>


  <div class="card progress-section">

    <div>

      <h2>📈 Weekly Progress</h2>

      <div class="chart-container" id="weeklyChart">

        <div class="chart-bar" style="height: 50px;" title="Monday: 0 calories"></div>

        <div class="chart-bar" style="height: 30px;" title="Tuesday: 0 calories"></div>
```

```html
            <div class="chart-bar" style="height: 70px;" title="Wednesday: 0
calories"></div>

            <div class="chart-bar" style="height: 40px;" title="Thursday: 0 calories"></div>

            <div class="chart-bar" style="height: 60px;" title="Friday: 0 calories"></div>

            <div class="chart-bar" style="height: 80px;" title="Saturday: 0 calories"></div>

            <div class="chart-bar" style="height: 45px;" title="Sunday: 0 calories"></div>

        </div>

        <div class="chart-labels">

          <div class="chart-label">Mon</div>

          <div class="chart-label">Tue</div>

          <div class="chart-label">Wed</div>

          <div class="chart-label">Thu</div>

          <div class="chart-label">Fri</div>

          <div class="chart-label">Sat</div>

          <div class="chart-label">Sun</div>

        </div>

      </div>

      <div>

        <h2>🔥 Workout Types</h2>

        <div id="workoutTypesChart">

          <p style="text-align: center; color: #666; padding: 40px;">No data available
yet. Start tracking workouts to see your activity breakdown!</p>

        </div>

      </div>

    </div>

  </div>


  <script src="script.js"></script>
```
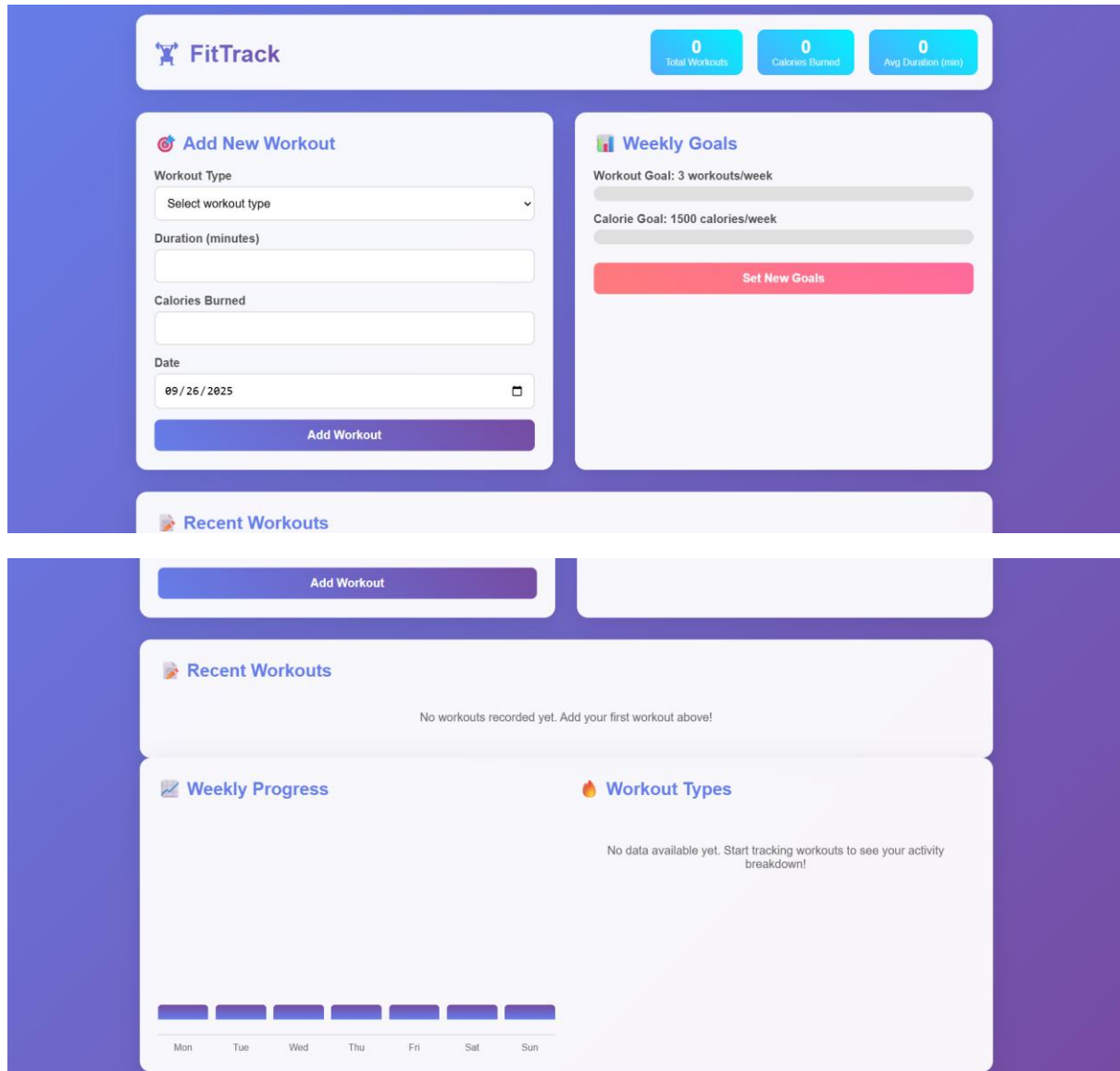
</body>

</html>

## 11. Screenshots of Website





## 12. Conclusion

The Fitness Tracker Dashboard successfully applies HTML, CSS, Bootstrap, JavaScript, jQuery, and Chart.js to create a functional fitness management tool. It enables workout logging, progress tracking, and goal setting, while maintaining responsiveness and ease of use.

**13. References**

- Bootstrap Documentation

- W3Schools – HTML, CSS, JavaScript

- MDN Web Docs – Web Development Guide

- Chart.js Documentation