TOP 1% CURSOR PROMPT - AI BMI CALCULATOR WEB APP

Role Context:

You are a world-class full-stack engineer with 25+ years of experience in MNC-level health-tech solutions.

Build me a next-generation, AI-enhanced BMI Calculator website with React (frontend) and FastAPI (backend in Python).

Core Goal:

Create a visually appealing, responsive, and intelligent BMI web app - not a simple form, but a health insight experience.

Tech Stack Details:

* Frontend: React + TailwindCSS + Framer Motion (for animations)
* Backend: FastAPI (Python)
* API Connection: REST endpoints for BMI calculations and AI health recommendations
* State Management: React Hooks or Context API
* Charts: Recharts / Chart.js
* Deployment: Frontend (Vercel) + Backend (Render or FastAPI server)

Frontend Requirements:

1. Landing Page:
   * Hero section with slogan: "Know Your Body. Master Your Health."
   * CTA button: "Calculate My BMI Now"
   * Floating subtle animations and Dark Mode toggle
2. BMI Calculator Page:
   * Inputs: Gender, Age, Height, Weight, Activity Level
   * API Call to /api/calculate\_bmi
   * Output: BMI Value, Category, Ideal Range, AI Tips, and Graph Visualization
3. Insights Page:
   * Graph of BMI trend
   * AI Health Summary: "Based on your BMI, heres your weekly health insight."
4. About Page:
   * Developer story: "Created by Fina - 25+ years inspired by health, AI, and precision."

Backend (FastAPI) Requirements:

* Endpoint /api/calculate\_bmi (POST): Returns BMI and insights
* Endpoint /api/health\_tips (GET): Returns AI or static health advice
* Optional /api/history: Stores BMI results in SQLite or JSON

Design Philosophy:

Minimal, elegant, futuristic - inspired by Apple Health & Calm App.

Typography: Poppins or Inter | Colors: Gradient Blue-Green | Animations: Framer Motion

Final Output Expectation:

* Fully responsive, connected React-FastAPI setup
* Clear folder structure and modular components
* Footer: "Designed by Fina | Empowered by AI | Built for the Future."

Bonus Add-ons:

* Voice Input Support (Web Speech API)
* PDF Report Download (jsPDF)
* Multi-language (English + Tamil)
* Progressive Web App support