```html
<!DOCTYPE html>

<html lang="en">

<head>

    <meta charset="UTF-8">

    <meta name="viewport" content="width=device-width, initial-scale=1.0">

    <title>Animated Fitness Tracker</title>

    <style>

        body {

            margin: 0;

            padding: 0;

            display: flex;

            justify-content: center;

            align-items: center;

            height: 100vh;

            background: url('https://i.gifer.com/YyWL.gif') no-repeat center center/cover;

            font-family: Arial, sans-serif;

            overflow: hidden;

        }

        .container {

            background: rgba(0, 0, 0, 0.7);

            padding: 20px;

            border-radius: 10px;

            text-align: center;

            color: white;

            max-width: 600px;

            width: 100%;

            position: relative;

            z-index: 10;
```

```css
}
input, button {
    width: 90%;
    padding: 10px;
    margin: 10px 0;
    border-radius: 5px;
    border: none;
}
button {
    background: #ff4b5c;
    color: white;
    cursor: pointer;
    font-weight: bold;
}
button:hover {
    background: #ff6f7d;
}
.workout-list {
    margin-top: 20px;
}
.workout-item {
    background: rgba(255, 255, 255, 0.2);
    padding: 10px;
    border-radius: 5px;
    margin: 5px 0;
}
/* Highlighted Workout */
.highlight {
    background: rgba(255, 215, 0, 0.6); /* Gold Highlight */
```

```css
    font-weight: bold;

}

/* 3D Animation for the Gym Background */

.gym-background {

    position: absolute;

    top: 0;

    left: 0;

    width: 100%;

    height: 100%;

    background: url('https://cdn.pixabay.com/photo/2017/08/30/02/16/fitness-
2690941_960_720.jpg') no-repeat center center/cover;

    animation: moveBackground 5s linear infinite;

    z-index: -1;

}


@keyframes moveBackground {

    0% { background-position: 0 0; }

    100% { background-position: -1000px 0; }

}

.human-figure {

    position: absolute;

    bottom: 50px;

    right: 50px;

    width: 100px;

    height: 200px;

    background-color: #ff4b5c;

    border-radius: 5px;

    animation: workoutAnimation 4s ease-in-out infinite;

}
```

```html
        @keyframes workoutAnimation {

            0% { transform: rotate(0deg); }

            50% { transform: rotate(45deg); }

            100% { transform: rotate(0deg); }

        }

    </style>

</head>

<body>

    <div class="gym-background"></div>

    <div class="container">

        <h1>🏋 Fitness Tracker</h1>

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

        <input type="text" id="exercise" placeholder="Exercise">

        <input type="number" id="duration" placeholder="Duration (min)">

        <input type="number" id="calories" placeholder="Calories Burned">

        <button onclick="addWorkout()">Add Workout</button>

        <h3>Your Workouts:</h3>

        <div class="workout-list" id="workout-list"></div>

    </div>


    <div class="human-figure"></div>


    <script>

        let highestCalories = 0; // To track the highest calorie workout


        function addWorkout() {

            let date = document.getElementById('date').value;

            let exercise = document.getElementById('exercise').value;
```

```javascript
let duration = document.getElementById('duration').value;

let calories = document.getElementById('calories').value;


// Validation

if (!date || !exercise || !duration || !calories) {

    alert("Please fill all fields");

    return;

}


// Creating the workout item element

let workoutList = document.getElementById('workout-list');

let workoutItem = document.createElement('div');

workoutItem.classList.add('workout-item');

workoutItem.innerHTML = `<strong>${date}:</strong> ${exercise} - ${duration} min, ${calories}
cal`;


// If this workout has the highest calories, add the highlight class

if (parseInt(calories) > highestCalories) {

    highestCalories = parseInt(calories);

    workoutItem.classList.add('highlight');

}


// Add workout item to the list

workoutList.appendChild(workoutItem);


// Reset input fields after adding

document.getElementById('date').value = '';

document.getElementById('exercise').value = '';

document.getElementById('duration').value = '';
```

```
                document.getElementById('calories').value = '';

        }

    </script>

</body>

</html>
```