**Project Title: “AI-Powered Personal Wellness & Health Tracker”**

**💡 Concept:**

A web app that tracks users' daily health metrics (sleep, steps, calories, water intake, etc.), gives **personalized AI-based health suggestions**, and displays **interactive dashboards** for progress tracking.

**🚀 Features Breakdown:**

**✅ User Functions**

* Register/Login system (Java backend or Python Flask)
* Daily entry of:
  + Steps walked
  + Water intake
  + Sleep hours
  + Food calories (can use image or text input)
  + Mood rating (1–5)
* Option to sync with Google Fit or manual entry

**🤖 AI Features**

* **Daily health score calculator**
* **Chat-based diet and fitness coach** (use OpenAI API or simple NLP model)
* **Mood prediction based on activity and sleep**
* ML model to predict:  
  *"If you continue like this, in 30 days your weight/mood may change by..."*

**📊 Data & Analytics**

* Store and manage data using **MySQL/PostgreSQL**
* Use **SQL** queries for:
  + Weekly health summary
  + Top habits contributing to mood
* Create dashboards with **Power BI** or **Python (Plotly/Seaborn)**

**🌐 Tech Stack**

| **Area** | **Tools** |
| --- | --- |
| Backend | Python Flask / Java Spring Boot |
| Frontend | HTML/CSS/JS / React (optional) |
| Database | MySQL or PostgreSQL |
| AI | Python (scikit-learn, TensorFlow/Keras for mood prediction) |
| BI | Power BI or Streamlit dashboard |
| Optional | OpenAI API for chatbot / Langchain for prompt chaining |

**Step 1: Set the Project Scope & Modules**

We'll build the project in **phases** to keep it manageable and clean:

**🔹 Phase 1: User System & Data Entry**

* Login/Signup (basic authentication)
* Daily form to submit: steps, sleep hours, mood, calories, water

**🔹 Phase 2: Backend Storage & APIs**

* SQL database schema
* Backend APIs in Java or Python (your choice — confirm below)

**🔹 Phase 3: AI Features**

* Health score logic
* Mood prediction model
* Chatbot for diet/fitness tips (basic NLP/OpenAI)

**🔹 Phase 4: Visualization**

* Weekly/monthly dashboards in Streamlit or Power BI

**🛠️ Let’s Start with: Phase 1 – Basic Web UI + Daily Form**

We’ll create a simple **front end** (HTML or React) for:

* ✅ User login/signup
* ✅ Data input form:
  + Steps Walked
  + Sleep Hours
  + Water Intake (ml)
  + Calories Consumed
  + Mood Rating (1-5)

Key Interactive Features Added: - HOME PAGE

1. **Modern Gradient Background** - Soft blue gradient that's easy on the eyes
2. **Animated Buttons**:
   * Pulse animation on page load
   * Smooth hover effects with upward movement
   * Shadow effects that respond to interaction
3. **Responsive Design**:
   * Stacks buttons vertically on mobile
   * Proper spacing adjustments for different screen sizes
4. **Visual Enhancements**:
   * Bootstrap icons integrated (login & register icons)
   * Custom rounded buttons with distinct colors
   * Subtle text shadow for better readability
5. **Loading Animations**:
   * Fade-in effect for the whole section
   * Sequential button animations (login appears first, then register)
6. **Typography Improvements**:
   * Modern font stack from Bootstrap
   * Better hierarchy with display-4 for heading and lead for subtitle

Key Enhancements: HEALTH TRACKER PAGE/ FORM PAGE

1. **Modern Card Design**:
   * Clean white form container with subtle shadow
   * Gradient accent for the title underline
   * Smooth fade-in animation on load
2. **Interactive Form Elements**:
   * Each input has a relevant Bootstrap icon
   * Pulse animation when focusing on fields
   * Custom focus states with blue glow
3. **Mood Rating Improvements**:
   * Added emoji scale explanation (Poor 😞 → Great 😊)
   * Clear 1-5 rating guidance
4. **Submit Button**:
   * Gradient background (blue to green)
   * Hover effect with slight lift
   * Checkmark icon for clear action
5. **Responsive Design**:
   * Perfectly scales on all devices
   * Comfortable spacing and padding
6. **Visual Feedback**:
   * Animated form appearance
   * Interactive elements respond to user actions

Key Features Added: LOGIN PAGE

1. **Modern Card Design**:
   * Clean white card with subtle shadow
   * Gradient accent for the header underline
   * Smooth fade-in animation on load
2. **Enhanced Form Elements**:
   * Input fields with icons (username and password)
   * Properly styled input groups
   * Focus animations with pulse effect
3. **Interactive Login Button**:
   * Gradient background (blue to green)
   * Hover effect with slight lift
   * Login icon for clear action
4. **Additional Helpful Links**:
   * Forgot password link
   * Sign up prompt for new users
5. **Responsive Design**:
   * Perfectly scales on all devices
   * Comfortable spacing and padding
6. **Visual Feedback**:
   * Animated form appearance
   * Interactive elements respond to user actions
   * Clear visual hierarchy

This design maintains all your original functionality while significantly improving the user experience with professional styling and subtle animations. The gradient elements match the health theme from your other pages.

Key Features Added: REGISTER PAGE

1. **Modern Registration Card**:
   * Clean white card with subtle shadow
   * Gradient accent for the header underline
   * Smooth fade-in animation on load
2. **Enhanced Form Elements**:
   * Input fields with icons (username and password)
   * Password strength meter with color feedback
   * Password visibility toggle button
   * Helpful password requirements hint
3. **Interactive Register Button**:
   * Gradient background (green to blue)
   * Hover effect with slight lift
   * User icon for clear action
4. **Additional UX Elements**:
   * Terms of service link with modal popup
   * Existing user login prompt
   * Welcome message explaining benefits
5. **Password Security Features**:
   * Real-time strength indicator
   * Toggle visibility option
   * Input validation guidance
6. **Responsive Design**:
   * Perfectly scales on all devices
   * Comfortable spacing and padding
   * Clear visual hierarchy

This design maintains all your original functionality while significantly improving the user experience with professional styling and interactive elements. The gradient elements match the health theme from your other pages, creating a cohesive visual identity across your application.