

Front-End UI/UX Mini Project

Fitness Tracker Dashboard

- **Submitted By:**
 - *2462060 Darain Brit A*
darain.brit@btech.christuniversityuniversity.in
 - *2463021 Gutha Nihitha*
gutha.nihitha@btech.christuniversity.in
 - *2462142 San Maria Joby*
san.maria@btech.christuniversity.in
- **Course:** *UI/UX Design Fundamentals*
- **Instructor Name:** *Mr. Dhiraj*
- **Institution:** *Christ University*
- **Date of Submission:** *26/09/2025*

Abstract

- This project is a static Fitness Tracker Dashboard created for the **UI and UX Design** course at Christ University.
- It allows the user to create a new workout, track the calories burnt.
- Visualize workout data over time using charts
- Allow users to set weekly/monthly fitness goals and track their progress.
- There is **no backend**.

Objectives

- Design a user-friendly interface using modern UI principles
- Develop a fully responsive layout using only HTML and CSS
- Implement structured HTML5 semantic elements
- Apply CSS styling for branding, layout, and responsive behavior
- Use of JavaScript to create a workout.
- Ensure accessibility and readability across devices using Bootstrap.

4. Scope of the Project

- Focused on front-end design only
- Intended for desktop, tablet, and mobile viewports
- Used only open-source tools and Chart.js(library) for charts

Tools & Technologies Used

Tool/Technology	Purpose
HTML5	Markup and content structure
CSS3	Styling and layout management
VS Code	Code editor
Chrome DevTools	Testing and debugging
JavaScript	Event Handling and calendar logic
jQuery	DOM Manipulation and Event Handling
Bootstrap	Responsive grid system and components
Chart.js	For line and bar charts

HTML Structure Overview

- Used semantic tags: <header>, <nav>, <main>, <section>, <footer>

CSS Styling Strategy

- Used external CSS file (style.css)
- Organized with comments and sections
- Techniques used:
 - Flexbox and Grid for layout
 - Media Queries for responsiveness
 - CSS Variables for theme customization
 - Hover effects and transitions
 - Mobile-first design approach



Key Features

Feature	Description
Responsive Design	Adapts seamlessly to all screen sizes
Smooth Navigation	Fixed top nav with anchor links
Project Cards	Flex-based layout with hover effects
Accessible Fonts & Colors	High contrast and readable typography
Local Storage	Events persist between browser sessions

Multiple Interactive Charts

- Calories Line Chart - 14-day trend with smooth animations
- Workout Types Bar Chart - Horizontal comparison with hover effects
- Distribution Pie Chart - Interactive workout breakdown with animations
- Weekly Progress Chart - Goal achievement tracking over time
- Activity Heatmap - Calendar-style intensity visualization
- Monthly Summary Doughnuts - Calories and minutes breakdown
- Real-time Streak Counter - Visual workout streak with celebrations

Challenges Faced & Solutions

Challenge	Solution
Overlapping elements on small screens	Used media queries to stack elements
Difficulty aligning items using float	Shifted to Flexbox and Grid
Typography scaling issue	Used relative units (em/rem) instead of px



Outcome

- Achieved a clean, consistent, and visually engaging front-end layout
- All key components function as intended using HTML, CSS, JavaScript, Bootstrap and jQuery.
- Learned about layout responsiveness and UI hierarchy in depth
- Mobile-optimized with adjusted grid sizes and touch-friendly interfaces
- Clean, minimal, and easy-to-read layout
- Styled using CSS for better visual appeal
- Collapsible navigation and modal dialogs
- Fully static — works by just opening in a browser

Future Enhancements

- Integrate animations or transitions
- Theme toggler (light/dark mode)

Sample Code

```

1  <!DOCTYPE html>
2  <html lang="en">
3  <head>
4      <meta charset="UTF-8">
5      <meta name="viewport" content="width=device-width, initial-scale=1.0">
6      <title>Advanced Fitness Tracker</title>
7      <link href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/6.4.0/css/all.min.css" rel="stylesheet">
8      <link href="style.css" rel="stylesheet">
9  </head>
10 <body>
11     <div class="app-container">
12         <!-- Sidebar -->
13         <nav class="sidebar">
14             <div class="sidebar-header">
15                 <h2><i class="fas fa-dumbbell"></i> FitTracker</h2>
16             </div>
17
18             <div class="sidebar-menu">
19                 <div class="menu-section">
20                     <h3>Main</h3>
21                     <a href="#dashboard" class="menu-item active" data-section="dashboard">
22                         <i class="fas fa-chart-line"></i> Dashboard
23                     </a>
24                     <a href="#workouts" class="menu-item" data-section="workouts">
25                         <i class="fas fa-dumbbell"></i> Workouts
26                     </a>
27                     <a href="#analytics" class="menu-item" data-section="analytics">
28                         <i class="fas fa-chart-bar"></i> Analytics
29                     </a>
30                 </div>
31
32                 <div class="menu-section">
33                     <h3>Health</h3>
34                     <a href="#body-metrics" class="menu-item" data-section="body-metrics">
35                         <i class="fas fa-weight"></i> Body Metrics
36                     </a>
37                     <a href="#nutrition" class="menu-item" data-section="nutrition">
38                         <i class="fas fa-apple-alt"></i> Nutrition
39                     </a>
40                     <a href="#sleep" class="menu-item" data-section="sleep">
41                         <i class="fas fa-bed"></i> Sleep
42                     </a>
43                 </div>
44             </div>
45         </nav>
46
47         <!-- Main Content -->
48         <main class="main-content">
49             <!-- Dashboard Section -->
50             <section id="dashboard" class="content-section active">
51                 <div class="section-header">
52                     <h1>Dashboard</h1>
53                     <div class="header-actions">
54                         <button class="btn btn--primary" data-section="workouts">
55                             <i class="fas fa-plus"></i> Add Workout
56                         </button>
57                     </div>
58                 </div>
59
60                 <div class="stats-grid">
61                     <div class="stat-card">
62                         <div class="stat-icon">
63                             <i class="fas fa-dumbbell"></i>
64

```

```

65         <div class="stat-content">
66             <h3 id="total-workouts">0</h3>
67             <p>Total Workouts</p>
68         </div>
69     </div>
70     <div class="stat-card">
71         <div class="stat-icon">
72             <i class="fas fa-clock"></i>
73         </div>
74         <div class="stat-content">
75             <h3 id="week-minutes">0</h3>
76             <p>This Week (min)</p>
77         </div>
78     </div>
79     <div class="stat-card">
80         <div class="stat-icon">
81             <i class="fas fa-fire"></i>
82         </div>
83         <div class="stat-content">
84             <h3 id="week-calories">0</h3>
85             <p>This Week (cal)</p>
86         </div>
87     </div>
88     <div class="stat-card">
89         <div class="stat-icon">
90             <i class="fas fa-calendar-week"></i>
91         </div>
92         <div class="stat-content">
93             <h3 id="week-workouts">0</h3>
94             <p>This Week</p>
95         </div>
96     </div>
97 </div>

```

```

99     <div class="dashboard-grid">
100         <div class="card">
101             <div class="card_body">
102                 <h4>Recent Workouts</h4>
103                 <div class="recent-workouts" id="recent-workouts">
104                     <!-- Recent workouts will be populated here -->
105                 </div>
106             </div>
107         </div>
108
109         <div class="card">
110             <div class="card_body">
111                 <h4>Weekly Progress</h4>
112                 <div class="progress-item">
113                     <span>Minutes Goal</span>
114                     <div class="progress">
115                         <div class="progress-bar" id="minutes-progress-bar"></div>
116                     </div>
117                     <span id="minutes-progress-text">0/300</span>
118                 </div>
119                 <div class="progress-item">
120                     <span>Calories Goal</span>
121                     <div class="progress">
122                         <div class="progress-bar" id="calories-progress-bar"></div>
123                     </div>
124                     <span id="calories-progress-text">0/2000</span>
125                 </div>
126             </div>
127         </div>
128     </div>
129 </section>

```

```

131 <!-- Workouts Section -->
132 <section id="workouts" class="content-section">
133   <div class="section-header">
134     <h1>Workouts</h1>
135     <div class="header-actions">
136       <button class="btn btn--primary" id="add-workout-btn">
137         <i class="fas fa-plus"></i> Add Workout
138       </button>
139     </div>
140   </div>
141
142   <div class="workout-content">
143     <div class="card">
144       <div class="card_body">
145         <div class="workout-filters">
146           <select class="form-control" id="workout-filter">
147             <option value="all">All Workouts</option>
148             <option value="Running">Running</option>
149             <option value="Weightlifting">Weightlifting</option>
150             <option value="Cycling">Cycling</option>
151             <option value="Yoga">Yoga</option>
152             <option value="Swimming">Swimming</option>
153             <option value="HIIT">HIIT</option>
154           </select>
155         </div>
156
157         <div class="workout-table-container">
158           <table class="workout-table" id="workouts-table">
159             <thead>
160               <tr>
161                 <th>Date</th>
162                 <th>Type</th>
163                 <th>Duration</th>
164                 <th>Calories</th>
165                 <th>Intensity</th>

```



```

166         <th>Actions</th>
167     </tr>
168 </thead>
169 <tbody id="workouts-tbody">
170     <!-- Workouts will be populated here -->
171 </tbody>
172 </table>
173 </div>
174 </div>
175 </div>
176 </div>
177 </section>
178
179 <!-- Analytics Section -->
180 <section id="analytics" class="content-section">
181     <div class="section-header">
182         <h1>Analytics</h1>
183     </div>
184
185     <div class="analytics-grid">
186         <div class="card">
187             <div class="card_body">
188                 <h4>Weekly Calories</h4>
189                 <div class="chart-container" style="position: relative; height: 300px;">
190                     <canvas id="calories-chart"></canvas>
191                 </div>
192             </div>
193         </div>
194
195         <div class="card">
196             <div class="card_body">
197                 <h4>Workout Types</h4>
198                 <div class="chart-container" style="position: relative; height: 300px;">
199                     <canvas id="types-chart"></canvas>
200                 </div>
201             </div>

```

```

202         </div>
203
204         <div class="card">
205             <div class="card__body">
206                 <h4>Monthly Progress</h4>
207                 <div class="chart-container" style="position: relative; height: 300px;">
208                     <canvas id="monthly-chart"></canvas>
209                 </div>
210             </div>
211         </div>
212
213         <div class="card">
214             <div class="card__body">
215                 <h4>Intensity Distribution</h4>
216                 <div class="chart-container" style="position: relative; height: 300px;">
217                     <canvas id="intensity-chart"></canvas>
218                 </div>
219             </div>
220         </div>
221     </div>
222 </section>
223
224 <!-- Body Metrics Section -->
225 <section id="body-metrics" class="content-section">
226     <div class="section-header">
227         <h1>Body Metrics</h1>
228         <button class="btn btn--primary" id="add-metric-btn">
229             <i class="fas fa-plus"></i> Add Metric
230         </button>
231     </div>
232
233     <div class="metrics-grid">
234         <div class="card">
235             <div class="card__body">
236                 <h4>Weight Tracking</h4>
237                 <div class="chart-container" style="position: relative; height: 250px;">

```

```

239         </div>
240     </div>
241 </div>
242
243     <div class="card">
244         <div class="card_body">
245             <h4>Body Composition</h4>
246             <div class="metrics-display" id="body-composition">
247                 <!-- Body composition data -->
248             </div>
249         </div>
250     </div>
251
252     <div class="card">
253         <div class="card_body">
254             <h4>Recent Entries</h4>
255             <div class="metrics-table-container">
256                 <table class="workout-table" id="metrics-table">
257                     <thead>
258                         <tr>
259                             <th>Date</th>
260                             <th>Weight</th>
261                             <th>Body Fat</th>
262                             <th>Muscle Mass</th>
263                             <th>BMI</th>
264                         </tr>
265                     </thead>
266                     <tbody id="metrics-tbody">
267                         <!-- Metrics will be populated here -->
268                     </tbody>
269                 </table>
270             </div>
271         </div>
272     </div>
273 </div>
274 </section>

```

```
276      <!-- Nutrition Section -->
277      <section id="nutrition" class="content-section">
278          <div class="section-header">
279              <h1>Nutrition</h1>
280              <button class="btn btn--primary" id="add-meal-btn">
281                  <i class="fas fa-plus"></i> Add Meal
282              </button>
283          </div>
284
285          <div class="nutrition-grid">
286              <div class="card">
287                  <div class="card__body">
288                      <h4>Daily Intake</h4>
289                      <div class="nutrition-stats" id="nutrition-stats">
290                          <div class="nutrition-item">
291                              <span>Calories</span>
292                              <span id="daily-calories">0 cal</span>
293                          </div>
294                          <div class="nutrition-item">
295                              <span>Protein</span>
296                              <span id="daily-protein">0g</span>
297                          </div>
298                          <div class="nutrition-item">
299                              <span>Carbs</span>
300                              <span id="daily-carbs">0g</span>
301                          </div>
302                          <div class="nutrition-item">
303                              <span>Fat</span>
304                              <span id="daily-fat">0g</span>
305                          </div>
306                      </div>
307                  </div>
308              </div>
309
310              <div class="card">
311                  <div class="card__body">
```

```

312         <h4>Recent Meals</h4>
313         <div class="nutrition-table-container">
314             <table class="workout-table" id="nutrition-table">
315                 <thead>
316                     <tr>
317                         <th>Time</th>
318                         <th>Meal</th>
319                         <th>Calories</th>
320                         <th>Protein</th>
321                         <th>Carbs</th>
322                         <th>Fat</th>
323                     </tr>
324                 </thead>
325                 <tbody id="nutrition-tbody">
326                     <!-- Nutrition entries will be populated here -->
327                 </tbody>
328             </table>
329         </div>
330     </div>
331 </div>
332 </div>
333 </section>
334
335 <!-- Sleep Section -->
336 <section id="sleep" class="content-section">
337     <div class="section-header">
338         <h1>Sleep</h1>
339         <button class="btn btn--primary" id="add-sleep-btn">
340             <i class="fas fa-plus"></i> Log Sleep
341         </button>
342     </div>
343
344     <div class="sleep-grid">
345         <div class="card">
346             <div class="card__body">
347                 <h4>Sleep Summary</h4>

```

```

348         <div class="sleep-stats" id="sleep-stats">
349             <div class="sleep-item">
350                 <span>Last Night</span>
351                 <span id="last-night-sleep">-- hours</span>
352             </div>
353             <div class="sleep-item">
354                 <span>Average</span>
355                 <span id="avg-sleep">-- hours</span>
356             </div>
357             <div class="sleep-item">
358                 <span>Quality</span>
359                 <span id="avg-quality">---</span>
360             </div>
361         </div>
362     </div>
363 </div>
364
365 <div class="card">
366     <div class="card_body">
367         <h4>Recent Sleep Logs</h4>
368         <div class="sleep-table-container">
369             <table class="workout-table" id="sleep-table">
370                 <thead>
371                     <tr>
372                         <th>Date</th>
373                         <th>Bedtime</th>
374                         <th>Wake Time</th>
375                         <th>Duration</th>
376                         <th>Quality</th>
377                         <th>Efficiency</th>
378                     </tr>
379                 </thead>
380                 <tbody id="sleep-tbody">
381                     <!-- Sleep entries will be populated here -->
382                 </tbody>
383             </table>

```

```
384         </div>
385     </div>
386 </div>
387 </div>
388 </section>
389 </main>
390 </div>
391
392 <!-- Add Workout Modal -->
393 <div class="modal hidden" id="add-workout-modal">
394     <div class="modal-overlay" id="modal-overlay"></div>
395     <div class="modal-content">
396         <div class="modal-header">
397             <h3>Add Workout</h3>
398             <button class="modal-close" id="close-workout-modal">
399                 <i class="fas fa-times"></i>
400             </button>
401         </div>
402         <div class="modal-body">
403             <form id="workout-form">
404                 <div class="form-group">
405                     <label for="workout-date" class="form-label">Date</label>
406                     <input type="date" class="form-control" id="workout-date" required>
407                 </div>
408                 <div class="form-group">
409                     <label for="workout-type" class="form-label">Type</label>
410                     <select class="form-control" id="workout-type" required>
411                         <option value="">Select workout type</option>
412                         <option value="Running">Running</option>
413                         <option value="Weightlifting">Weightlifting</option>
414                         <option value="Cycling">Cycling</option>
415                         <option value="Yoga">Yoga</option>
416                         <option value="Swimming">Swimming</option>
417                         <option value="HIIT">HIIT</option>
418                     </select>
419                 </div>

```

```

420         <div class="form-group">
421             <label for="workout-duration" class="form-label">Duration (minutes)</label>
422             <input type="number" class="form-control" id="workout-duration" min="1" required>
423         </div>
424         <div class="form-group">
425             <label for="workout-calories" class="form-label">Calories Burned</label>
426             <input type="number" class="form-control" id="workout-calories" min="1" required>
427         </div>
428         <div class="form-group">
429             <label for="workout-intensity" class="form-label">Intensity (1-10)</label>
430             <input type="number" class="form-control" id="workout-intensity" min="1" max="10" required>
431         </div>
432         <div class="form-group">
433             <label for="workout-notes" class="form-label">Notes</label>
434             <textarea class="form-control" id="workout-notes" rows="3"></textarea>
435         </div>
436     </form>
437 </div>
438 <div class="modal-footer">
439     <button type="button" class="btn btn--secondary" id="cancel-workout">Cancel</button>
440     <button type="submit" form="workout-form" class="btn btn--primary">Add Workout</button>
441 </div>
442 </div>
443 </div>
444
445 <!-- Add Body Metrics Modal -->
446 <div class="modal hidden" id="add-metric-modal">
447     <div class="modal-overlay"></div>
448     <div class="modal-content">
449         <div class="modal-header">
450             <h3>Add Body Metrics</h3>
451             <button class="modal-close" id="close-metric-modal">
452                 <i class="fas fa-times"></i>
453             </button>
454         </div>
455         <div class="modal-body">

```



```

456         <form id="bodyMetricsForm">
457             <div class="form-group">
458                 <label for="metric-date" class="form-label">Date</label>
459                 <input type="date" class="form-control" id="metric-date" required>
460             </div>
461             <div class="form-group">
462                 <label for="metric-weight" class="form-label">Weight (kg)</label>
463                 <input type="number" class="form-control" id="metric-weight" step="0.1" min="0" required>
464             </div>
465             <div class="form-group">
466                 <label for="metric-body-fat" class="form-label">Body Fat (%)</label>
467                 <input type="number" class="form-control" id="metric-body-fat" step="0.1" min="0" max="100">
468             </div>
469             <div class="form-group">
470                 <label for="metric-muscle-mass" class="form-label">Muscle Mass (kg)</label>
471                 <input type="number" class="form-control" id="metric-muscle-mass" step="0.1" min="0">
472             </div>
473         </form>
474     </div>
475     <div class="modal-footer">
476         <button type="button" class="btn btn--secondary" id="cancel-metric">Cancel</button>
477         <button type="submit" form="bodyMetricsForm" class="btn btn--primary">Add Metrics</button>
478     </div>
479 </div>
480 </div>
481
482 <!-- Add Nutrition Modal -->
483 <div class="modal hidden" id="add-meal-modal">
484     <div class="modal-overlay"></div>
485     <div class="modal-content">
486         <div class="modal-header">
487             <h3>Add Meal</h3>
488             <button class="modal-close" id="close-meal-modal">
489                 <i class="fas fa-times"></i>
490             </button>
491     </div>

```

```

492     <div class="modal-body">
493         <form id="nutritionForm">
494             <div class="form-group">
495                 <label for="meal-name" class="form-label">Meal Name</label>
496                 <input type="text" class="form-control" id="meal-name" required>
497             </div>
498             <div class="form-group">
499                 <label for="meal-time" class="form-label">Time</label>
500                 <select class="form-control" id="meal-time" required>
501                     <option value="">Select time</option>
502                     <option value="Breakfast">Breakfast</option>
503                     <option value="Lunch">Lunch</option>
504                     <option value="Dinner">Dinner</option>
505                     <option value="Snack">Snack</option>
506                 </select>
507             </div>
508             <div class="form-group">
509                 <label for="meal-calories" class="form-label">Calories</label>
510                 <input type="number" class="form-control" id="meal-calories" min="0" required>
511             </div>
512             <div class="form-group">
513                 <label for="meal-protein" class="form-label">Protein (g)</label>
514                 <input type="number" class="form-control" id="meal-protein" step="0.1" min="0" required>
515             </div>
516             <div class="form-group">
517                 <label for="meal-carbs" class="form-label">Carbs (g)</label>
518                 <input type="number" class="form-control" id="meal-carbs" step="0.1" min="0" required>
519             </div>
520             <div class="form-group">
521                 <label for="meal-fat" class="form-label">Fat (g)</label>
522                 <input type="number" class="form-control" id="meal-fat" step="0.1" min="0" required>
523             </div>
524         </form>
525     </div>
526     <div class="modal-footer">
527         <button type="button" class="btn btn--secondary" id="cancel-meal">Cancel</button>

```

```

528         <button type="submit" form="nutritionForm" class="btn btn--primary">Add Meal</button>
529     </div>
530 </div>
531 </div>
532
533 <!-- Add Sleep Modal -->
534 <div class="modal hidden" id="add-sleep-modal">
535     <div class="modal-overlay"></div>
536     <div class="modal-content">
537         <div class="modal-header">
538             <h3>Log Sleep</h3>
539             <button class="modal-close" id="close-sleep-modal">
540                 <i class="fas fa-times"></i>
541             </button>
542         </div>
543         <div class="modal-body">
544             <form id="sleepForm">
545                 <div class="form-group">
546                     <label for="sleep-date" class="form-label">Date</label>
547                     <input type="date" class="form-control" id="sleep-date" required>
548                 </div>
549                 <div class="form-group">
550                     <label for="sleep-bedtime" class="form-label">Bedtime</label>
551                     <input type="time" class="form-control" id="sleep-bedtime" required>
552                 </div>
553                 <div class="form-group">
554                     <label for="sleep-wake-time" class="form-label">Wake Time</label>
555                     <input type="time" class="form-control" id="sleep-wake-time" required>
556                 </div>
557                 <div class="form-group">
558                     <label for="sleep-quality" class="form-label">Quality</label>
559                     <select class="form-control" id="sleep-quality" required>
560                         <option value="">Select quality</option>
561                         <option value="Excellent">Excellent</option>
562                         <option value="Good">Good</option>

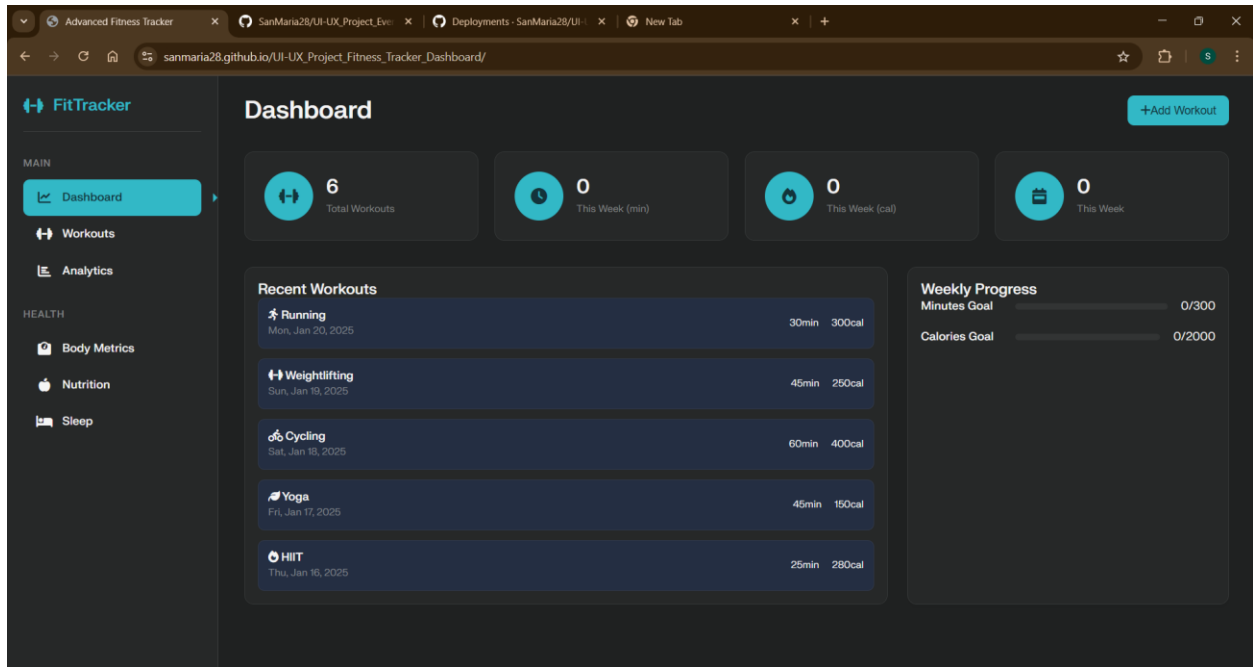
```

```

563         <option value="Fair">Fair</option>
564         <option value="Poor">Poor</option>
565     </select>
566 </div>
567 <div class="form-group">
568     <label for="sleep-efficiency" class="form-label">Efficiency (%)</label>
569     <input type="number" class="form-control" id="sleep-efficiency" min="0" max="100" step="1">
570 </div>
571 </form>
572 </div>
573 <div class="modal-footer">
574     <button type="button" class="btn btn--secondary" id="cancel-sleep">Cancel</button>
575     <button type="submit" form="sleepForm" class="btn btn--primary">Log Sleep</button>
576 </div>
577 </div>
578 </div>
579
580 <!-- Delete Confirmation Modal -->
581 <div class="modal hidden" id="delete-modal">
582     <div class="modal-overlay"></div>
583     <div class="modal-content">
584         <div class="modal-header">
585             <h3>Confirm Delete</h3>
586             <button class="modal-close" id="close-delete-modal">
587                 <i class="fas fa-times"></i>
588             </button>
589         </div>
590         <div class="modal-body">
591             <div class="delete-confirmation">
592                 <i class="fas fa-exclamation-triangle"></i>
593                 <p>Are you sure you want to delete this workout?</p>
594                 <p class="delete-details" id="delete-details">This action cannot be undone.</p>
595             </div>
596         </div>
597         <div class="modal-footer">
598             <button type="button" class="btn btn--secondary" id="cancel-delete">Cancel</button>
599             <button type="button" class="btn btn--danger" id="confirm-delete">Delete Workout</button>
600         </div>
601     </div>
602 </div>
603
604 <!-- Toast Notification -->
605 <div class="toast hidden" id="toast">
606     <div class="toast-content">
607         <i class="toast-icon"></i>
608         <span class="toast-message"></span>
609     </div>
610 </div>
611
612 <script src="https://cdn.jsdelivr.net/npm/chart.js"></script>
613 <script src="app.js"></script>
614 </body>
615 </html>

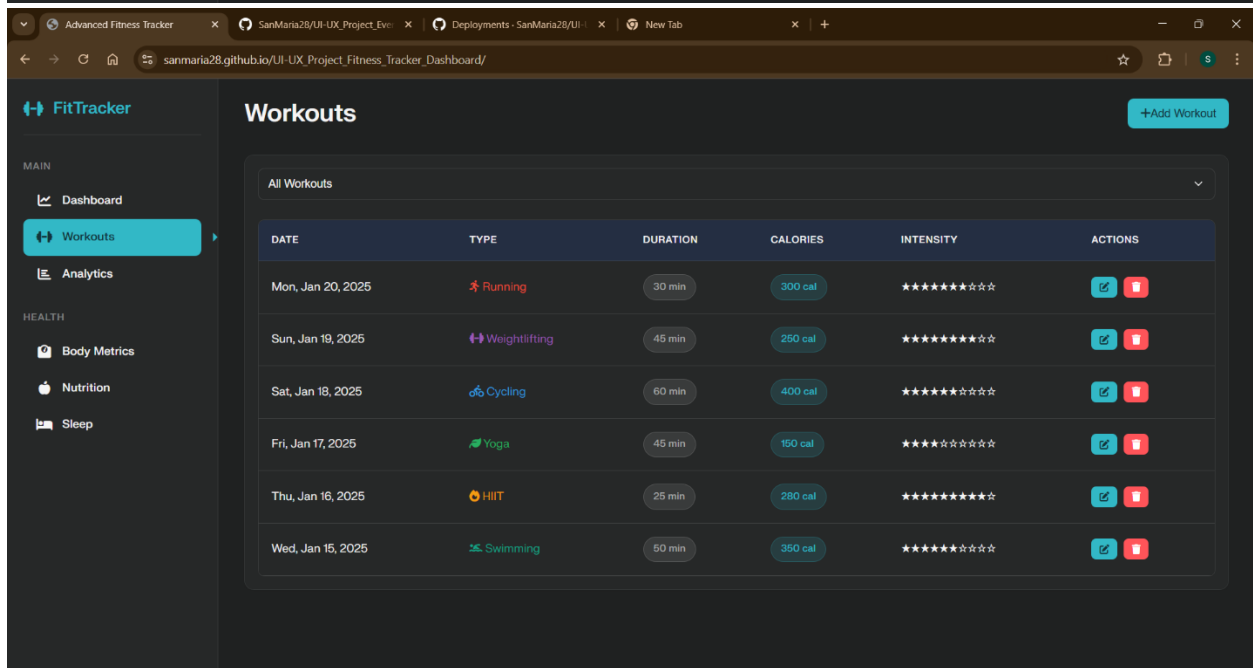
```

Screenshots of Final Output















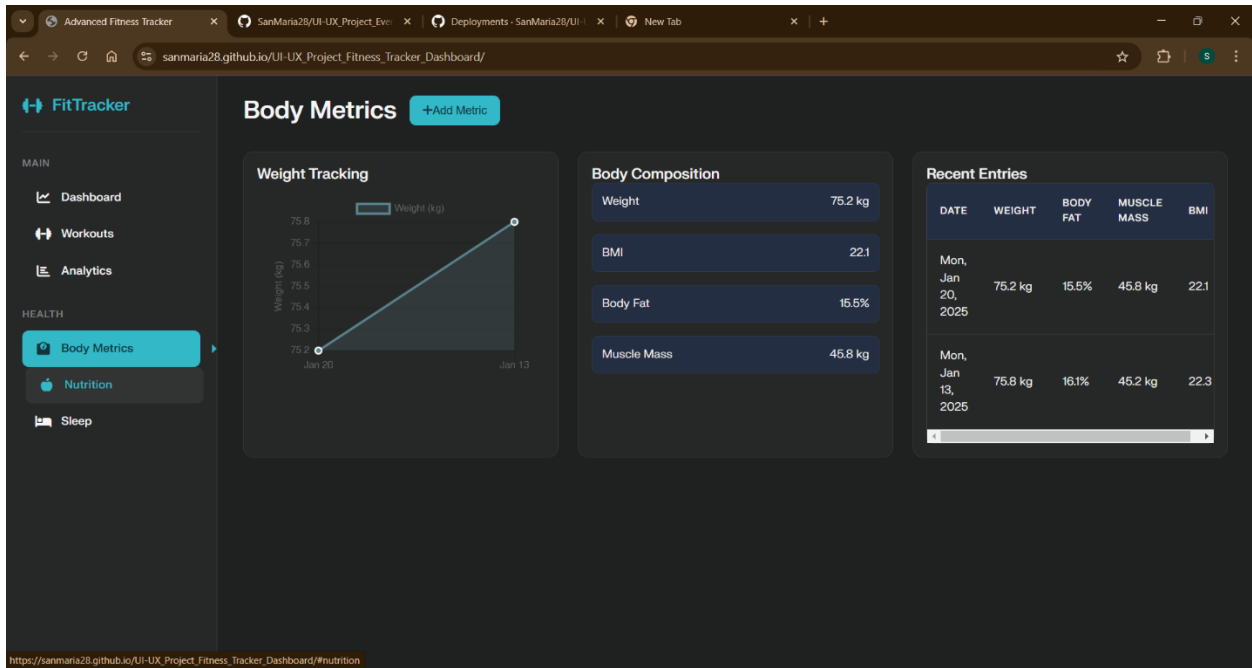
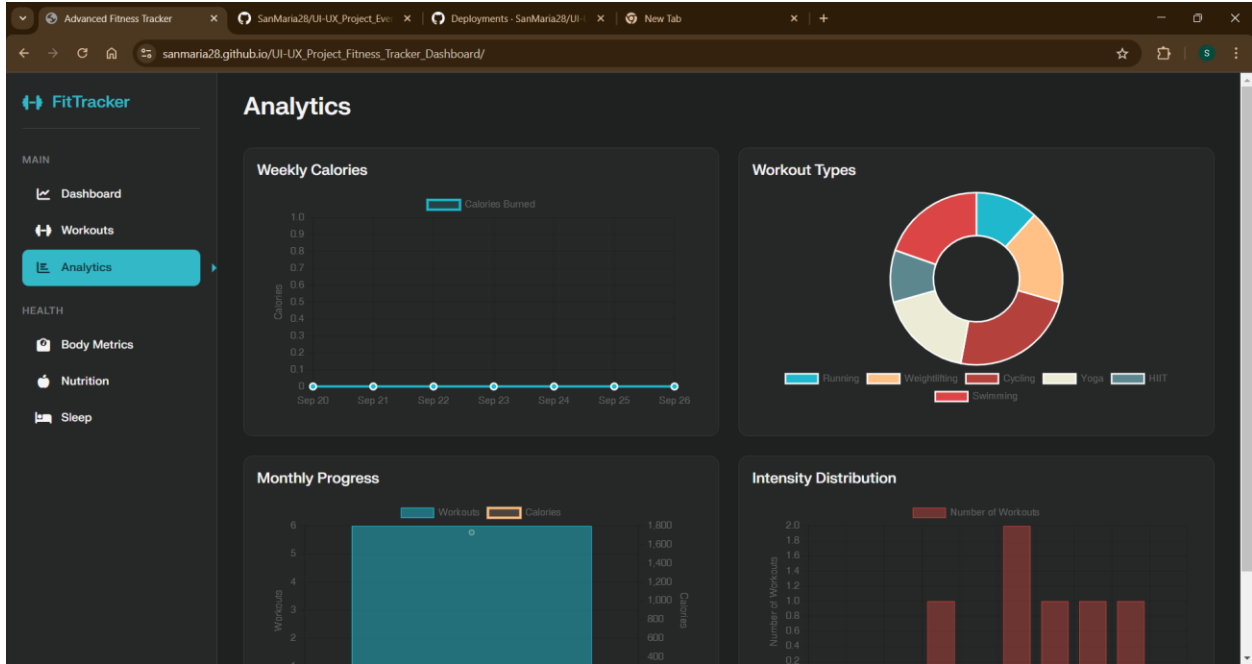
The dashboard provides a comprehensive overview of fitness data. It features a sidebar with navigation options: Dashboard, Workouts, and Analytics under the 'MAIN' section, and Body Metrics, Nutrition, and Sleep under the 'HEALTH' section. The main content area includes four summary cards for Total Workouts (6), This Week (min) (0), This Week (cal) (0), and This Week (cal) (0). A 'Recent Workouts' section lists activities with their duration and calories. A 'Weekly Progress' section shows progress bars for minutes and calories goals.

Activity	Date	Duration	Calories
Running	Mon, Jan 20, 2025	30min	300cal
Weightlifting	Sun, Jan 19, 2025	45min	250cal
Cycling	Sat, Jan 18, 2025	60min	400cal
Yoga	Fri, Jan 17, 2025	45min	150cal
HIIT	Thu, Jan 16, 2025	25min	280cal



The Workouts page displays a detailed table of all workouts. The table includes columns for Date, Type, Duration, Calories, Intensity, and Actions. Each row represents a workout entry with its specific details and options to edit or delete.

DATE	TYPE	DURATION	CALORIES	INTENSITY	ACTIONS
Mon, Jan 20, 2025	Running	30 min	300 cal	★★★★★☆☆	 
Sun, Jan 19, 2025	Weightlifting	45 min	250 cal	★★★★★☆☆	 
Sat, Jan 18, 2025	Cycling	60 min	400 cal	★★★★★☆☆	 
Fri, Jan 17, 2025	Yoga	45 min	150 cal	★★★★★☆☆	 
Thu, Jan 16, 2025	HIIT	25 min	280 cal	★★★★★☆☆	 
Wed, Jan 15, 2025	Swimming	50 min	350 cal	★★★★★☆☆	 



FitTracker

MAIN

Dashboard

Workouts

Analytics

HEALTH

Body Metrics

Nutrition

Sleep

Nutrition

+Add Meal

Daily Intake

Calories

0 cal

Protein

0.0g

Carbs

0.0g

Fat

0.0g

Recent Meals

TIME	MEAL	CALORIES	PROTEIN	CARBS	FAT
Breakfast	Oatmeal with berries	350 cal	12g	65g	8g
Lunch	Grilled chicken salad	450 cal	35g	25g	18g

FitTracker

MAIN

Dashboard

Workouts

Analytics

HEALTH

Body Metrics

Nutrition

Sleep

Sleep

+Log Sleep

Sleep Summary

Last Night

8.5 hours

Average

8.5 hours

Quality

Excellent

Recent Sleep Logs

DATE	BEDTIME	WAKE TIME	DURATION	QUALITY	EFFICIENCY
Sun, Jan 19, 2025	23:00	07:30	8.5h	Good	85%
Sat, Jan 18, 2025	22:45	07:15	8.5h	Excellent	92%



Conclusion

This dashboard boasts a sleek dark theme with glass-morphism, animated charts, interactive counters, and particle effects. It features multiple chart types, interactive elements, touch-optimized navigation, real-time data updates, mobile responsiveness, and visually engaging celebration animations for achievements, all designed for an immersive and motivating fitness tracking experience. This fitness dashboard features a beautiful dark theme, glass-morphism cards, animated charts, interactive elements, real-time data updates, smooth transitions, and celebration effects. It's designed for engaging, responsive, and intuitive fitness progress tracking, optimizing both mobile and desktop user experiences.

12. References

- L&T LMS : <https://learn.lntedutech.com/Landing/MyCourse>