

# FastAPI Health Tracker: Workflow & Dataflow

## Workflow

1. **Client Request:** A client sends a POST request to one of the endpoints (/water, /gym, /food) with JSON data in the request body.
2. **API Receives Data:** FastAPI receives the request and parses the JSON payload.
3. **Processing:** The endpoint function calls a helper (`send_to_groq`) to process or forward the data.
4. **Groq Integration:** The helper function (currently a placeholder) would send the data to the Groq API and receive a response.
5. **Response:** The API returns the Groq response (or a placeholder) to the client as JSON.

## Dataflow

graph TD

```
Client["Client (e.g., test_api.py)"] -->|POST JSON| API["FastAPI Endpoint (/water, /gym, /food)"]
API -->|Extracts JSON| Process["send_to_groq Function"]
Process -->|Sends to Groq API| Groq["Groq API (external)"]
Groq -->|Returns response| Process
Process -->|Returns response| API
API -->|Returns JSON| Client
```

## Example Data

- /water: { "amount\_liters": 2, "time": "2024-06-01T10:00:00" }
- /gym: { "activity": "running", "duration\_minutes": 45 }
- /food: { "meal": "lunch", "calories": 600 }

## Notes

- The Groq integration is currently a placeholder. Replace the helper with real API calls as needed.
- The endpoints are designed to be flexible for different health tracking data.