Here's your README.md in proper Markdown format:

```
#  Health Tracker API (Water, Gym & Food Motivation)

This is a **FastAPI-based backend** that provides **motivational health guidance** using Gro

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##  Features

-  Accepts structured health-related data as JSON
-  Returns a short ( 25 words) motivational message
-  Reads API key securely from `.env`
-  CORS-enabled for use with mobile/web clients
-  Powered by LLMs from Groq API

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##  Project Structure

.  main.py # FastAPI app with 3 endpoints: /water, /gym, /food  .env #
Store your Groq API key securely (not tracked in Git)  requirements.txt #
Python dependencies  README.md # Project documentation

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##  Requirements

- Python 3.9 or newer
- Groq API key (get yours at [https://console.groq.com/](https://console.groq.com/))
- Internet connection (for LLM queries)

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##  Installation

### 1. Clone the repository

```bash
git clone https://github.com/your-username/health-tracker-api.git
cd health-tracker-api
```

2. Create a virtual environment (optional but recommended)

```
python -m venv venv
# Activate it:
# On Windows:
```
```

```
venv\Scripts\activate
# On macOS/Linux:
source venv/bin/activate
```

3. Install dependencies

```
pip install -r requirements.txt
```

Or manually:

```
pip install fastapi uvicorn groq python-dotenv
```

Setup `.env` File

Create a `.env` file in the project root:

```
GROQ_API_KEY=your_groq_api_key_here
```

Never commit your `.env` to GitHub. Add `.env` to `.gitignore`.

Running the Server

Run the FastAPI development server with:

```
uvicorn main:app --reload
```

Once running, open:

- Swagger UI: http://127.0.0.1:8000/docs
- ReDoc: http://127.0.0.1:8000/redoc

Endpoints

`POST /water`

Returns advice based on water intake data.

```
{
  "weight": 70,
  "activity_level": "moderate"
}
```

`POST /gym`

Returns advice based on gym performance data.

```
{
  "days_attended": 4,
  "intensity": "high",
  "goal": "muscle gain"
}
```

`POST /food`

Returns advice based on food intake data.

```
{
  "meals": ["breakfast", "snack", "lunch"],
  "calories": 1800,
  "diet_type": "vegetarian"
}
```

Example with `curl` (on Windows CMD)

```
curl -X POST http://127.0.0.1:8000/water -H "Content-Type: application/json" -d "{\"weight\"
```

On PowerShell or Linux/macOS:

```
curl -X POST http://127.0.0.1:8000/water -H "Content-Type: application/json" -d '{"weight":
```

Future Improvements

- Add authentication
- Add validation with Pydantic models
- Log health data for progress tracking
- Connect to mobile app or frontend

License

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Author

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`Let me know if you'd like to include screenshots or API docs export!`