Project Explanations

1. health_fitness_tracker/eslint.config.js

Configures ESLint with React hooks and refresh plugins for JavaScript code quality.

2. health_fitness_tracker/index.html

HTML template with meta tags, favicon, and root div for React application mounting.

3. health_fitness_tracker/vite.config.js

Configures Vite with React and Tailwind CSS plugins for development.

4. health_fitness_tracker/backend/index.js

Sets up Express server with MongoDB connection and request logging middleware.

5. health_fitness_tracker/backend/config/db.js

Connects to MongoDB database using Mongoose ORM asynchronously.

6. health_fitness_tracker/backend/models/User.js

Defines User model with name, email, password fields.

7. health_fitness_tracker/backend/routes/auth.js

Sets up user registration endpoint with input validation and duplicate checking.

8. health_fitness_tracker/backend/routes/plan.js

Creates personalized fitness plans using Google's AI API for Indian users.

9. health_fitness_tracker/src/App.css

CSS styles root container with max-width, centering, and padding for layout.

10. health_fitness_tracker/src/App.jsx

React app component with routing setup for authentication, form, and dashboard pages.

11. health_fitness_tracker/src/index.css

Imports Tailwind CSS and sets root styling variables for the application.

12. health_fitness_tracker/src/main.jsx

Renders the main React application component into the DOM root element.

13. health_fitness_tracker/src/components/ AuthForm.jsx

Manages authentication form state and navigation for login/signup functionality.

14. health_fitness_tracker/src/components/ Sidebar.jsx

Renders sidebar navigation with mock data and routing state information.

15. health_fitness_tracker/src/pages/ Dashboard.jsx

Imports React hooks, routing utilities, markdown renderer, icons, and sidebar component for dashboard functionality.

16. health_fitness_tracker/src/pages/ UserDetailsForm.jsx

Creates user details form with state management, API integration, and markdown rendering for fitness plans.