

FitLife Project Proposal



App Concept

Project Description

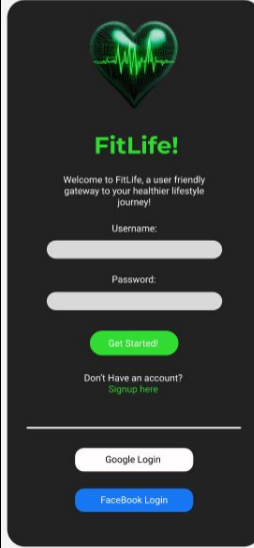
"FitLife is a wellness tracking app that helps users monitor and improve their overall health by logging daily habits like water intake, meals, exercise, sleep, and mood. The app offers visual progress reports, habit-building tips, and a comprehensive dashboard to stay on top of well-being."

Motivation for Project

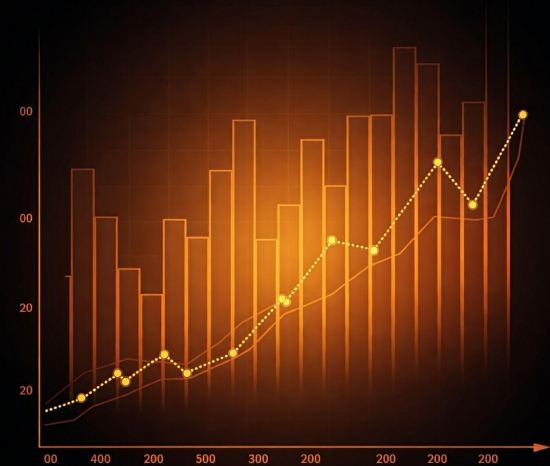
We realized that many people just want to track the basics – water, food, exercise, and sleep – without getting bogged down in unnecessary features. FitLife is designed to focus on these core needs, providing a streamlined and efficient tracking experience. Many existing health apps are overly complex or focus on niche features. We wanted to create a user-friendly tool that simplifies the tracking of essential wellness habits, making it easier for users to stay consistent and achieve their long-term health goals. Building healthy habits takes time and consistency. We created FitLife to be a sustainable tool that empowers users to make lasting improvements to their well-being through easy, everyday tracking.

User Story

As someone committed to a healthier lifestyle, I need an easy-to-use app to track my essential daily habits, like water intake, meals, exercise, and sleep. By providing clear visualizations of my progress and personalized insights, this tool will empower me to stay motivated, make informed decisions, and achieve my long-term wellness goals. I want a simple and intuitive way to track my daily habits so I can easily monitor my progress and make informed decisions about my health.



The image shows the login screen of the FitLife! app. At the top is a green heart icon with a white pulse line. Below it is the text "FitLife!" in green. A welcome message reads: "Welcome to FitLife, a user friendly gateway to your healthier lifestyle journey!". There are two input fields for "Username:" and "Password:". Below these is a green "Get Started" button. A link "Don't Have an account? Sign up here" is below the button. At the bottom are two buttons: "Google Login" and "FaceBook Login".



Acceptance Criteria

1. **Login Functionality:**

- The user must be able to enter a username and password to log in.
- If the login credentials are incorrect, an error message should be displayed.
- Upon successful login, the user is redirected to the dashboard.

2. **Habit Logging:**

- The user must be able to log their water intake, meals, exercise, sleep, and calorie intake through an intuitive form.
- Habit data should be saved for the logged-in user and persist between sessions (use `LocalStorage` for MVP).

3. **Dashboard Display:**

- The user's name should be displayed on the dashboard.
- The dashboard must show an accurate summary of the user's logged data for the current day (e.g., water intake, meals logged, exercise duration, sleep hours, and calorie intake).
- Each wellness category should have a visually distinct summary box.

Acceptance Criteria Cont.

1. **Data Validation:**

- Input fields for habit logging (e.g., water intake, sleep hours) must validate the data to ensure they are within reasonable limits (e.g., water intake between 0 and 8 glasses, sleep between 0 and 24 hours).

2. **Logout Functionality:**

- The user must be able to log out, which clears their session and redirects them to the login page.
- Upon logout, any sensitive data (like the user's login status) should be cleared from localStorage.

3. **Progress Visualization:**

- A progress graph should display the user's logged data (e.g., water intake, sleep patterns) over a selectable time range (e.g., past week or month).
- The user must be able to see trends in their health habits visually (bar or line charts).

Development Process

Technologies Used:

- JavaScript
- HTML
- CSS
- PhotoShop
- Illustrator



Tasks and Roles:

Kevin Daniels:

Mockups, HTML, CSS layout, and JavaScript assistance.

Scott Lewis:

Javascript, CSS Color design, and HTML assistance.

Challenges and Successes


Challenges:

- Where to begin.
- How to use chart.js
- How to integrate the Google and Facebook API for login.

Successes

- We figured them all out.
- We added some functionality that we were not expecting to be able to add initially.

Figma Mockups



FitLife!

Welcome to FitLife, a user friendly gateway to your healthier lifestyle journey!

Username:

Password:

[Get Started!](#)

Don't Have an account?
[Signup here](#)

[Google Login](#)

[FaceBook Login](#)

Create Your WellFit Account!

Username:

Password:

Confirm Password:

[Sign Up!](#)

Already have an account?
[Login here.](#)

Welcome to your Dashboard!

Select a category to log your activities.

[Water Intake](#)

[Meals](#)

[Calories](#)

[Log Out](#)

Welcome to your Dashboard!

Select a category to log your activities.

[Calories](#)

Log your daily calorie consumption:

[Log](#)

[Back to Dashboard](#)

GitHub Deployments

Repository:

<https://github.com/Tarps240/JavaScript-Final-Breakout-v2.0>

Live Site:

<https://tarps240.github.io/JavaScript-Final-Breakout-v2.0/>