

FitLife India - Holistic Wellness & Nutrition Tracker

"Transform Your Life with Ancient Indian Wellness" > A web-based application combining modern nutrition science with traditional Indian Yoga and exercise practices.

Table of Contents

- [About the Project](#)
- [Key Features](#)
- [Technology Stack](#)
- [Screenshots](#)
- [How to Run](#)
- [Project Structure](#)
- [Future Roadmap](#)

About the Project

FitLife India is a single-page web application (SPA) designed to help users track their health goals while staying rooted in Indian culture. Unlike generic fitness apps, FitLife focuses on:

1. **Dietary Context:** Tracking macros for common foods (Roti, Dal, Sabzi).
2. **Traditional Exercise:** Highlighting Yoga Asanas, Pranayama (breathing exercises), and Desi workouts (Dand Baithak).
3. **Privacy:** All data is stored locally in the browser, ensuring user privacy without the need for a backend server.

Key Features

Nutrition Tracker

- **Daily Dashboard:** Visual progress rings for Calories and progress bars for Macros (Protein, Carbs, Fats).
- **Micronutrient Tracking:** Monitors Fiber, Sugar, and Sodium intake.
- **Food Logging:** Easy-to-use form to add meals.
- **History:** Saves daily logs to LocalStorage to view trends over time.

Yoga & Exercise Library

- **Categorized View:** Filter between *Yoga Asanas*, *Pranayama*, and *Indian Exercises*.
- **Detailed Modals:** Click on any card to see:
 - Sanskrit Names.

- Difficulty Levels (Beginner, Intermediate, Advanced).
- Step-by-step instructions.
- Benefits and Calorie burn estimates.

UI/UX Design

- **Dark Mode Aesthetic:** sophisticated dark theme with neon accents (Mint Green, Warm Orange, Gold).
- **Glassmorphism:** Modern translucent card designs.
- **Responsive:** Fully functional on Mobile, Tablet, and Desktop.
- **Smooth Animations:** Scroll reveals and interactive elements.

Technology Stack

This project uses a lightweight, dependency-free approach:

- **HTML5:** Semantic structure.
- **CSS3: * Tailwind CSS (via CDN):** For utility classes and responsive grid layouts.
 - **Custom CSS:** For glassmorphism, animations, and specific styling variables.
- **JavaScript (ES6+):** * DOM Manipulation.
 - localStorage API for data persistence.
 - Dynamic rendering of food logs and yoga grids.

Screenshots

(You can upload screenshots to your repo and link them here)

Home Dashboard

Nutrition Tracker

Yoga Library

Mobile View

How to Run

Since this is a client-side application, no server installation is required.

1. Clone the Repository

```
git clone [https://github.com/yourusername/fitlife-india.git](https://github.
```

2. Open the File

- Navigate to the folder.
- Double-click `index.html` to open it in your web browser.

3. Start Tracking!

- The app will automatically create a local database in your browser cache.

Project Structure

```
fitlife-india/
|
├─ index.html      # The main application file (Contains HTML, CSS, and JS)
├─ README.md       # This project report
└─ assets/         # (Optional) For storing local images if removed from CDN
```

Note: The current version utilizes a "Single File Component" structure for ease of portability and demonstration. All Styles and Scripts are embedded within `index.html`.

Future Roadmap

- ☐ **PWA Support:** Make the app installable on mobile phones.
- ☐ **Data Export:** Allow users to download their nutrition history as CSV.
- ☐ **Custom Goals:** Allow users to set their own Calorie and Macro targets.
- ☐ **Hindi Language Support:** Full translation for broader accessibility.

Contributing

Contributions are welcome! Please feel free to submit a Pull Request.

1. Fork the Project
2. Create your Feature Branch (`git checkout -b feature/AmazingFeature`)
3. Commit your Changes (`git commit -m 'Add some AmazingFeature'`)
4. Push to the Branch (`git push origin feature/AmazingFeature`)
5. Open a Pull Request

Built with  for a healthier India.