



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.

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>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.com/yourusername/fitlife-india.git)
```

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.