**✅ PROJECT CHECKLIST — TO FINISH CORE FEATURES**

**🧱 1. Database Integration**

Right now most data (profile info, workouts, etc.) are stored locally in JS or placeholders — you’ll need to:

* ✅Connect the **Register** page to insert user data into the database.
* ✅Make **Login** verify users from the database (not just hardcoded sessions).
* Pull the **username and description** from the database to display on the profile page.
* Make **Edit Profile** actually update the user info (username, description, picture) in the database.
* Link the **schedule/calendar** so workouts are stored and loaded per user from a workouts table.
* Save and load **friends** connections (from friends table or join table).
* Store **streaks** and **progress** data in the database to keep it persistent between logins.
* Email verification?

**⚙️ 2. Account Settings Page**

A new page (account-settings.php) where users can:

* Change **password**, **email**, and **gender** (with proper validation).
* Add **delete account** or **deactivate account** options.
* Update **profile image** (file upload).
* Confirm changes with a save button connected to the database.

**📜 3. Legal Page**

Create a static page like legal.php or terms.php containing:

* Terms of Service
* Privacy Policy
* Cookies information

This is simple HTML/CSS text content but gives your site a professional look.

**🧩 4. Profile Page Improvements**

* Replace placeholder steps/workout/streak values with actual user data (once DB is connected).
* Streak fire icon and number inside it (you already designed this idea 💥).
* Display upcoming workout from the schedule (read the next calendar entry).
* Random motivational quote (from an array or DB table, refreshed each login).

**🗓️ 5. Activity Page Tabs**

* Tab 1: **Challenges** → Pull community challenges from DB (location filter = Eindhoven).
* Tab 2: **My Progress** → Use Chart.js or ApexCharts to show weekly activity data (steps, hours, etc.).
* Tab 3: **Streaks** → Load your friends’ streaks from DB to motivate users.

**🧭 6. General UX / Polish**

* Highlight current sidebar button (you did this already ✅).
* Add small hover animations and transitions for better feel.
* Ensure sidebar stays anchored (fixed position).
* Make modal overlays consistent across all pages.
* Add a favicon and page titles per page.
* Mobile responsiveness (sidebar collapses on small screens).

**💡 BONUS / FUTURE IMPROVEMENTS (IDEAS)**

Here are some extra creative features that could really elevate your project later:

**🤝 Smart Connections**

* Use a **short questionnaire** on registration (e.g., “What’s your goal? Lose weight, gain muscle, stay active?”).
* Based on answers, suggest **friends with similar goals** or **challenges**.
* Optionally show suggested **workout plans** tailored to their preference.

**🧠 Gamification Ideas**

* **XP System**: Users gain XP for completing workouts or maintaining streaks.
* **Badges**: Earn badges for milestones (10 workouts, 7-day streak, etc.).
* **Leaderboard**: Show top users by steps or streaks for the week.

**📲 Quality-of-life Enhancements**

* Integrate **Google Maps API** for nearby gyms/events.
* Add **dark/light mode** toggle.
* Add **notifications system** (real ones) via AJAX or websockets.
* Add **Profile banner customization** (small but users love it).

Would you like me to make a **progress tracker document (e.g., checklist in Word or Notion-style table)** you can update as you go through this?  
I can format it nicely so you can tick things off while developing.