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mainactivities.kt

```
package com.example.fitnesstracker

import android.os.Bundle
import android.view.Menu
import android.view.MenuItem
import android.view.SurfaceControl.Transaction
import androidx.appcompat.app.AppCompatActivity
import androidx.appcompat.widget.Toolbar
import android.view.View
import android.widget.Button
import android.widget.FrameLayout
import androidx.fragment.app.Fragment
import com.example.fitnesstracker.fragments.GoalsDialogFragment
import com.example.fitnesstracker.fragments.StatsFragment

class MainActivity : AppCompatActivity() {
    override fun onCreate(savedInstanceState: Bundle?) {
        super.onCreate(savedInstanceState)
        setContentView(R.layout.activity_main)

        val toolbar: Toolbar = findViewById(R.id.toolbar)
        setSupportActionBar(toolbar)

        findViewById<Button>(R.id.btn_home).setOnClickListener {
            // Show home fragment
            showFragment(StatsFragment())
        }

        findViewById<Button>(R.id.btn_goals).setOnClickListener {
            // Show goals dialog
            GoalsDialogFragment().show(supportFragmentManager, "goalsDialog")
        }

        findViewById<Button>(R.id.btn_progress).setOnClickListener {
            // Show progress fragment (reusing StatsFragment for this example)
            showFragment(StatsFragment())
        }
    }

    private fun showFragment(fragment: Fragment) {
        findViewById<FrameLayout>(R.id.fragment_container).visibility = View.VISIBLE
    }
}
```

```

        supportFragmentManager.beginTransaction()
            .replace(R.id.fragment_container, fragment)
            .commit()
    }

    override fun onCreateOptionsMenu(menu: Menu): Boolean {
        menuInflater.inflate(R.menu.menu_main, menu)
        return true
    }

    override fun onOptionsItemSelected(item: MenuItem): Boolean {
        return when (item.itemId) {
            R.id.action_home -> {
                // Show home fragment
                showFragment(StatsFragment())
                true
            }
            R.id.action_goals -> {
                // Show goals dialog
                GoalsDialogFragment().show(supportFragmentManager, "goalsDialog")
                true
            }
            R.id.action_progress -> {
                // Show progress fragment
                showFragment(StatsFragment())
                true
            }
            else -> super.onOptionsItemSelected(item)
        }
    }
}

```

Activities_main.xml

```

<androidx.constraintlayout.widget.ConstraintLayout
    xmlns:android="http://schemas.android.com/apk/res/android"
    xmlns:app="http://schemas.android.com/apk/res-auto"
    android:layout_width="match_parent"

```

```
android:layout_height="match_parent">
```

```
<androidx.appcompat.widget.Toolbar  
    android:id="@+id/toolbar"  
    android:layout_width="match_parent"  
    android:layout_height="wrap_content"  
    android:background="?attr/colorPrimary"  
    android:elevation="4dp"  
    android:theme="@style/ThemeOverlay.AppCompat.Dark.ActionBar"  
    app:layout_constraintTop_toTopOf="parent"  
    app:popupTheme="@style/ThemeOverlay.AppCompat.Light" />
```

```
<ImageView  
    android:id="@+id/header_image"  
    android:layout_width="0dp"  
    android:layout_height="200dp"  
    android:contentDescription="Header image"  
    android:src="@drawable/header_image"  
    app:layout_constraintEnd_toEndOf="parent"  
    app:layout_constraintStart_toStartOf="parent"  
    app:layout_constraintTop_toBottomOf="@id/toolbar" />
```

```
<androidx.cardview.widget.CardView  
    android:id="@+id/card_home"  
    android:layout_width="0dp"  
    android:layout_height="wrap_content"  
    android:layout_margin="8dp"  
    app:cardCornerRadius="8dp"  
    app:cardElevation="4dp"  
    app:layout_constraintEnd_toEndOf="parent"  
    app:layout_constraintStart_toStartOf="parent"  
    app:layout_constraintTop_toBottomOf="@id/header_image">
```

```
<Button  
    android:id="@+id/btn_home"  
    android:layout_width="match_parent"  
    android:layout_height="wrap_content"  
    android:text="Home"  
    android:textSize="18sp" />
```

```
</androidx.cardview.widget.CardView>
```

```
<androidx.cardview.widget.CardView  
    android:id="@+id/card_goals"  
    android:layout_width="0dp"  
    android:layout_height="wrap_content"  
    android:layout_margin="8dp"
```

```
app:cardCornerRadius="8dp"
app:cardElevation="4dp"
app:layout_constraintEnd_toEndOf="parent"
app:layout_constraintStart_toStartOf="parent"
app:layout_constraintTop_toBottomOf="@id/card_home">
```

```
<Button
    android:id="@+id/btn_goals"
    android:layout_width="match_parent"
    android:layout_height="wrap_content"
    android:text="Goals"
    android:textSize="18sp" />
</androidx.cardview.widget.CardView>
```

```
<androidx.cardview.widget.CardView
    android:id="@+id/card_progress"
    android:layout_width="0dp"
    android:layout_height="wrap_content"
    android:layout_margin="8dp"
    app:cardCornerRadius="8dp"
    app:cardElevation="4dp"
    app:layout_constraintEnd_toEndOf="parent"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintTop_toBottomOf="@id/card_goals">
```

```
<Button
    android:id="@+id/btn_progress"
    android:layout_width="match_parent"
    android:layout_height="wrap_content"
    android:text="Progress"
    android:textSize="18sp" />
</androidx.cardview.widget.CardView>
```

```
<FrameLayout
    android:id="@+id/fragment_container"
    android:layout_width="0dp"
    android:layout_height="0dp"
    app:layout_constraintTop_toBottomOf="@id/card_progress"
    app:layout_constraintBottom_toBottomOf="parent"
    app:layout_constraintStart_toStartOf="parent"
    app:layout_constraintEnd_toEndOf="parent"
    android:visibility="gone"/>
</androidx.constraintlayout.widget.ConstraintLayout>
```







