This is a project for a web application called Good Habit Tracker. This Python web application is dedicated to tracking and logging information regarding common day to day tasks such as fitness routines, dietary plans, daily/weekly work goals, as well as a mental health tracker. Using a login authentication system, users would be able to have a secure way to customize and personalize their feed with data inputted by them to easily visualize their progress.

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Feature Specifications:

User Login System

- Dedicated signup/welcome page with CSS & Javascript
- Database to store credentials with a one way password hash

Fitness Tracker

- Pulls daily/weekly fitness goals/workout plans using API's
- Simple checklist to track personal record or help align with workout routine
- Store "Liked" plans for later

Dietary Plans

- Similar to Fitness Tracker; pulls diet/meal plans using API's
- Store "Liked" plans for later
- Calorie counter w/ graph
- Recipe Finder (input ingredients and pulls recipe using ingredients listed w/ nutritional data)

Mental Health Tracker

- Calendar with mental health rating per day
- Provide ideas to help improve mental health (ie. meditating, morning routines, etc)
- Journal entries each day

Back-end will all be done in python, we can use MySql for the database and work everything locally.So far Created initial push with basic FastAPI implementation. I created one schema and some get push.. whatever functions for class user -> in the database.py file you need to add a link to the local instance of your database. I also initialized the React app and installed dependencies. I have added instructions to the README that will help you configure your system to begin working.