

# HealthQuest API

1.0.0OAS 3.0

API documentation for HealthQuest backend.

Progress		User progress management	^
GET	/api/progress	Fetch user progress	🔒 ▼
PUT	/api/progress	Update user progress	🔒 ▼
SecureRoutes		Routes for secure access	^
GET	/api/secure-routes	Access secure routes	▼
Stats		User health statistics API	^
GET	/api/stats	Get user health statistics	🔒 ▼
Steps		API for managing user step data	^
POST	/api/steps/add	Add steps for today	🔒 ▼
GET	/api/steps/history	Fetch today's steps and step history	🔒 ▼
User		API for user authentication and profile management	^
POST	/api/users/register	Register a new user	▼
POST	/api/users/login	Login a user	▼
GET	/api/users/profile	Get the user profile	🔒 ▼
Calories			^
POST	/api/calories/log	Log or update calories burned for a specific date	🔒 ▼
Hydration			^
POST	/api/hydration/add	Add cups of water to today's hydration record	🔒 ▼
GET	/api/hydration/history	Get user's hydration history	🔒 ▼
Meals			^
GET	/api/meals	Retrieve all meals for the authenticated user	🔒 ▼
POST	/api/meals	Add a new meal for the authenticated user	🔒 ▼
Profile			^
GET	/api/profile	Get user profile	🔒 ▼
PUT	/api/profile	Update user profile	🔒 ▼
Schemas			^
DatabaseConnection		>	