<!DOCTYPE html>

<html lang="es">

<head>

<meta charset="UTF-8" />

<meta name="viewport" content="width=device-width, initial-scale=1.0"/>

<title>Mindful-Track SPA</title>

<script src="https://cdn.tailwindcss.com"></script>

<script src="https://cdn.jsdelivr.net/npm/chart.js"></script>

<link href="https://cdn.jsdelivr.net/npm/@fortawesome/fontawesome-free/css/all.min.css" rel="stylesheet">

<style>

.hidden { display: none; }

</style>

</head>

<body class="bg-gray-100 text-gray-800">

<nav class="bg-blue-700 text-white px-6 py-4 flex justify-between items-center">

<h1 class="text-xl font-bold">Mindful-Track</h1>

<ul class="flex space-x-4">

<li><a href="#" onclick="mostrarVista('inicio')" class="hover:underline">Inicio</a></li>

<li><a href="#" onclick="mostrarVista('registro')" class="hover:underline">Registro</a></li>

<li><a href="#" onclick="mostrarVista('login')" class="hover:underline">Login</a></li>

</ul>

</nav>

<!-- INICIO -->

<section id="vista-inicio" class="text-center py-20 px-4 bg-white">

<h2 class="text-3xl font-bold mb-2">Muévete, Suda y Disfruta</h2>

<p class="text-gray-600 mb-6">Reserva tus clases de aeróbicos y mantente en forma desde nuestra app</p>

<a href="#" onclick="mostrarVista('registro')" class="bg-blue-700 text-white px-6 py-2 rounded-full text-sm font-semibold hover:bg-blue-800">Empieza Ahora</a>

<div class="grid grid-cols-1 md:grid-cols-3 gap-6 mt-10 max-w-4xl mx-auto">

<div><i class="fas fa-dumbbell text-blue-600 text-2xl"></i><h3 class="font-bold mt-2">Rutina Personalizada</h3><p>Elige tus ejercicios favoritos paso a paso.</p></div>

<div><i class="fas fa-clock text-blue-600 text-2xl"></i><h3 class="font-bold mt-2">Ahorra Tiempo</h3><p>Clase lista justo a tu llegada.</p></div>

<div><i class="fas fa-lock text-blue-600 text-2xl"></i><h3 class="font-bold mt-2">Pago Seguro</h3><p>Reserva fácil y segura desde la app.</p></div>

</div>

</section>

<!-- REGISTRO -->

<section id="vista-registro" class="hidden text-center py-20 px-4">

<h2 class="text-2xl font-bold mb-4">Registro</h2>

<form onsubmit="return validarRegistro(event)" class="max-w-md mx-auto">

<input id="reg\_email" type="email" required placeholder="Correo" class="mb-2 p-2 w-full border rounded"/>

<input id="reg\_pass" type="password" required placeholder="Contraseña" class="mb-2 p-2 w-full border rounded"/>

<input id="reg\_confirma" type="password" required placeholder="Confirmar Contraseña" class="mb-2 p-2 w-full border rounded"/>

<p id="reg\_error" class="hidden text-red-500 mb-2">Las contraseñas no coinciden</p>

<button type="submit" class="bg-blue-600 text-white px-4 py-2 rounded">Registrar</button>

</form>

</section>

<!-- LOGIN -->

<section id="vista-login" class="hidden text-center py-20 px-4">

<h2 class="text-2xl font-bold mb-4">Login</h2>

<form onsubmit="return validarLogin(event)" class="max-w-md mx-auto">

<input id="login\_email" type="email" required placeholder="Correo" class="mb-2 p-2 w-full border rounded"/>

<input id="login\_pass" type="password" required placeholder="Contraseña" class="mb-2 p-2 w-full border rounded"/>

<button type="submit" class="bg-blue-600 text-white px-4 py-2 rounded">Entrar</button>

</form>

</section>

<!-- ERROR 404 -->

<section id="vista-404" class="hidden text-center py-20 px-4">

<h2 class="text-5xl font-bold text-red-600 mb-4">404</h2>

<p class="text-lg mb-4">Página no encontrada.</p>

<button onclick="mostrarVista('inicio')" class="bg-blue-600 text-white px-4 py-2 rounded">Volver al Inicio</button>

</section>

<!-- ERROR 500 -->

<section id="vista-500" class="hidden text-center py-20 px-4">

<h2 class="text-5xl font-bold text-red-600 mb-4">500</h2>

<p class="text-lg mb-4">Error interno del servidor.</p>

<button onclick="mostrarVista('inicio')" class="bg-blue-600 text-white px-4 py-2 rounded">Volver al Inicio</button>

</section>

<!-- DASHBOARD -->

<section id="vista-dashboard" class="hidden bg-blue-50 p-6 text-gray-800">

<h2 class="text-2xl font-bold text-center mb-6">Dashboard</h2>

<div class="grid grid-cols-1 md:grid-cols-2 lg:grid-cols-3 gap-6">

<div class="bg-white p-4 rounded-xl shadow-md">

<h3 class="font-bold mb-2">📈 Tiempo ejercitado</h3>

<canvas id="tiempoChart"></canvas>

</div>

<div class="bg-white p-4 rounded-xl shadow-md">

<h3 class="font-bold mb-2">🎯 Evolución de peso</h3>

<canvas id="pesoChart"></canvas>

</div>

<div class="bg-white p-4 rounded-xl shadow-md flex items-center gap-4">

<i class="fas fa-running text-3xl text-green-500"></i>

<h3 class="font-bold text-lg">🏆 Clases completadas: 594</h3>

</div>

<div class="bg-white p-4 rounded-xl shadow-md">

<h3 class="font-bold mb-2">📊 Progreso semanal</h3>

<canvas id="progresoChart"></canvas>

</div>

<div class="bg-white p-4 rounded-xl shadow-md">

<h3 class="font-bold mb-2">🍀 Distribución de actividades</h3>

<canvas id="actividadesChart"></canvas>

</div>

</div>

</section>

<!-- SCRIPTS -->

<script>

function mostrarVista(vista) {

const secciones = ['inicio', 'registro', 'login', 'dashboard', '404', '500'];

secciones.forEach(id => {

const el = document.getElementById(`vista-${id}`);

if (el) el.classList.add('hidden');

});

const destino = document.getElementById(`vista-${vista}`);

if (destino) destino.classList.remove('hidden');

else {

const error404 = document.getElementById('vista-404');

if (error404) error404.classList.remove('hidden');

}

if (vista === 'dashboard') initCharts();

}

function validarRegistro(e) {

e.preventDefault();

const email = document.getElementById('reg\_email').value;

const pass = document.getElementById('reg\_pass').value;

const conf = document.getElementById('reg\_confirma').value;

const err = document.getElementById('reg\_error');

if (pass !== conf) {

err.classList.remove('hidden');

return false;

}

err.classList.add('hidden');

localStorage.setItem('usuario', JSON.stringify({ email, pass }));

mostrarVista('login');

return false;

}

function validarLogin(e) {

e.preventDefault();

const email = document.getElementById('login\_email').value;

const pass = document.getElementById('login\_pass').value;

const userData = JSON.parse(localStorage.getItem('usuario'));

if (!userData) {

mostrarVista('404');

return false;

}

if (email !== userData.email) {

mostrarVista('404');

return false;

}

if (pass !== userData.pass) {

mostrarVista('500');

return false;

}

mostrarVista('dashboard');

return false;

}

function initCharts() {

new Chart(document.getElementById('tiempoChart'), {

type: 'line',

data: {

labels: ['Lun', 'Mar', 'Mié', 'Jue', 'Vie'],

datasets: [{

label: 'Minutos',

data: [30, 45, 60, 50, 40],

borderColor: '#3B82F6',

backgroundColor: '#93C5FD88'

}]

}

});

new Chart(document.getElementById('pesoChart'), {

type: 'doughnut',

data: {

labels: ['Grasa', 'Músculo', 'Agua'],

datasets: [{

data: [20, 50, 30],

backgroundColor: ['#F87171', '#34D399', '#60A5FA']

}]

}

});

new Chart(document.getElementById('progresoChart'), {

type: 'radar',

data: {

labels: ['Cardio', 'Fuerza', 'Flexibilidad', 'Resistencia'],

datasets: [{

label: 'Nivel',

data: [4, 3, 5, 4],

backgroundColor: '#A5B4FC88',

borderColor: '#6366F1'

}]

}

});

new Chart(document.getElementById('actividadesChart'), {

type: 'pie',

data: {

labels: ['Yoga', 'HIIT', 'Zumba', 'Caminata'],

datasets: [{

data: [25, 35, 20, 20],

backgroundColor: ['#FBBF24', '#F472B6', '#4ADE80', '#60A5FA']

}]

}

});

}

document.addEventListener('DOMContentLoaded', () => mostrarVista('inicio'));

</script>

</body>

</html>