

```
<!DOCTYPE html>
<html>
<head>
<meta name="viewport" content="width=device-width, initial-scale=1.0">
<title>Wellness Widget</title>
<style>
body {
  font-family:-apple-system,BlinkMacSystemFont,sans-serif;
  margin:0;
  overflow:hidden;
}
.container {
  height:100vh;
  width:100vw;
  overflow-y: scroll;
  scroll-snap-type: y mandatory;
  scroll-behavior: smooth;
}
.section {
  height:100vh;
  scroll-snap-align: start;
  display:flex;
  flex-direction:column;
  justify-content:center;
  align-items:center;
  text-align:center;
  background:#fff0f6;
  transition:0.3s;
  position:relative;
}
.theme-pink { background:#fff0f6; color:#6b2c4f; }
.theme-lavender { background:#f3f0ff; color:#4b3f72; }
.theme-blue { background:#eef6ff; color:#1f3c88; }
.theme-toggle {
  position:fixed;
  top:15px;
  right:15px;
  z-index:100;
}
.theme-toggle button {
  padding:6px 10px;
```

```
margin:2px;
font-size:12px;
border:none;
border-radius:10px;
background:#ff8fab;
color:white;
}
```

```
/* SWIPE ARROWS */
```

```
.arrow {
  position:absolute;
  font-size:24px;
  color:rgba(0,0,0,0.3);
  animation: blink 1s infinite alternate;
}
.arrow.up { top:10px; }
.arrow.down { bottom:10px; }
@keyframes blink { 0%{opacity:0.3;} 100%{opacity:1;} }
```

```
/* ICONS */
```

```
.icon-container {
  position:relative;
  width:110px;
  height:110px;
  margin:20px auto;
}
.icon-label {
  position:absolute;
  top:50%;
  left:50%;
  transform:translate(-50%,-50%);
  font-weight:bold;
}
```

```
/* LIVE CHICKEN */
```

```
.chicken { font-size:60px; color:#999; transition:0.4s ease; filter:
grayscale(100%);}
.chicken.active { animation: bob 0.6s ease infinite; }
@keyframes bob { 0%{transform:translateY(0);}50%{transform:translateY(-6px);}
100%{transform:translateY(0);} }
```

```
/* BEANS */
```

```
.bean-container { display:flex; justify-content:center; flex-wrap:wrap; gap:8px;
```

```
margin:10px 0; }
.bean { font-size:28px; color:#999; opacity:0.5; transition:0.4s ease, transform
0.3s ease; }
.bean.filled { color:#7a4f2b; opacity:1; transform:scale(1.1); animation:jiggle 0.4s
ease; }
@keyframes jiggle {0%{transform:scale(1);}50%{transform:scale(1.2);}100%
{transform:scale(1.1);}}
```

```
/* WATER DROPLET */
svg { width:110px; height:110px; }
.fill { transition:0.4s ease; }
@keyframes ripple {0%{transform: scale(1);}50%{transform: scale(1.05);}100%
{transform: scale(1);}}
```

```
/* BUTTONS & INPUTS */
button { padding:8px 12px; margin:5px; border:none; border-radius:12px;
background:#ff8fab; color:white; font-size:14px; }
input { padding:6px; width:80px; border-radius:10px; border:1px solid #ccc; text-
align:center; }
</style>
</head>
```

```
<body class="theme-pink">
<div class="theme-toggle">
  <button onclick="setTheme('pink')">🌸</button>
  <button onclick="setTheme('lavender')">💜</button>
  <button onclick="setTheme('blue')">💙</button>
</div>
```

```
<div class="container">
```

```
<!-- WATER -->
<div class="section" id="waterSection">
  <div class="arrow up">↑</div>
  <div class="arrow down">↓</div>
  <h1>💧 Water (64oz)</h1>
  <div id="waterTotal">0 oz</div>
  <div class="icon-container" id="waterIcon">
    <svg viewBox="0 0 100 100">
      <path d="M50 5 C20 40,20 60,50 95 C80 60,80 40,50 5 Z" fill="#ddd"/>
      <clipPath id="waterClip"><rect id="waterFill" x="0" y="100" width="100"
height="0"/></clipPath>
      <path d="M50 5 C20 40,20 60,50 95 C80 60,80 40,50 5 Z" fill="#4da6ff"
```

```

clip-path="url(#waterClip)"/>
  </svg>
  <div class="icon-label" id="waterPercent">0%</div>
</div>
<button onclick="addWater(8)">+8</button>
<button onclick="addWater(16)">+16</button>
<button onclick="removeWater(8)">— 8</button>
</div>

```

```

<!-- PROTEIN -->
<div class="section" id="proteinSection">
  <div class="arrow up">↑</div>
  <div class="arrow down">↓</div>
  <h1>🍗 Protein (85g)</h1>
  <div id="proteinTotal">0 g</div>
  <div id="chicken" class="chicken">🐔</div>
  <br>
  <input type="number" id="proteinInput">
  <button onclick="addProtein()">Add</button>
  <div id="proteinPercent"></div>
</div>

```

```

<!-- FIBER -->
<div class="section" id="fiberSection">
  <div class="arrow up">↑</div>
  <div class="arrow down">↓</div>
  <h1>🌱 Fiber (30g)</h1>
  <div id="fiberTotal">0 g</div>
  <div id="beans" class="bean-container"></div>
  <input type="number" id="fiberInput">
  <button onclick="addFiber()">Add</button>
</div>

```

```

</div>

```

```

<script>
// GOALS
const waterGoal=64;
const proteinGoal=85;
const fiberGoal=30;

// STORAGE
let water=parseInt(localStorage.getItem("water"))||0;

```

```

let protein=parseInt(localStorage.getItem("protein"))||0;
let fiber=parseInt(localStorage.getItem("fiber"))||0;

// CREATE MULTIPLE BEANS
const beanContainer=document.getElementById("beans");
for(let i=0;i<10;i++){
  const b=document.createElement("div");
  b.className="bean";
  b.innerText="❓";
  beanContainer.appendChild(b);
}

// UPDATE FUNCTION
function update(){
  // WATER
  document.getElementById("waterTotal").innerText=water+" oz";
  let wp=Math.min((water/waterGoal)*100,100);
  document.getElementById("waterPercent").innerText=Math.round(wp)+"%";
  document.getElementById("waterFill").setAttribute("y",100-wp);
  document.getElementById("waterFill").setAttribute("height",wp);
  if(document.getElementById('waterSection').getBoundingClientRect().top===0){
    document.getElementById("waterIcon").style.animation="ripple 0.6s ease";
  }

  // PROTEIN
  document.getElementById("proteinTotal").innerText=protein+" g";
  let pp=Math.min((protein/proteinGoal)*100,100);
  document.getElementById("proteinPercent").innerText=Math.round(pp)+"%";
  const chicken=document.getElementById("chicken");
  chicken.style.filter="grayscale("+ (100-pp) + "%)";
  if(document.getElementById('proteinSection').getBoundingClientRect().top===0)
  {
    chicken.classList.add("active");
  } else { chicken.classList.remove("active"); }

  // FIBER
  document.getElementById("fiberTotal").innerText=fiber+" g";
  let filledBeans=Math.floor((fiber/fiberGoal)*10);
  document.querySelectorAll(".bean").forEach((bean,index)=>{
    if(index<filledBeans) bean.classList.add("filled");
    else bean.classList.remove("filled");
  });
}

```

```
// BUTTONS
```

```
function addWater(a){ water+=a; localStorage.setItem("water",water); update(); }
```

```
function removeWater(a){ water=Math.max(0,water-a);
```

```
localStorage.setItem("water",water); update(); }
```

```
function addProtein(){ let v=parseInt(proteinInput.value); if(v){ protein+=v;
```

```
proteinInput.value=""; localStorage.setItem("protein",protein); update();
```

```
proteinInput.focus(); }}
```

```
function addFiber(){ let v=parseInt(fiberInput.value); if(v){ fiber+=v;
```

```
fiberInput.value=""; localStorage.setItem("fiber",fiber); update();
```

```
fiberInput.focus(); }}
```

```
// THEME
```

```
function setTheme(t){ document.body.className="theme-"+t;
```

```
localStorage.setItem("theme",t); }
```

```
if(localStorage.getItem("theme")) setTheme(localStorage.getItem("theme"));
```

```
// SWIPE SCROLL DETECTION
```

```
document.querySelector('.container').addEventListener('scroll', update);
```

```
update();
```

```
</script>
```

```
</body>
```

```
</html>
```