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<!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;
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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;
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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(1.1);}}
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/* 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; }
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</style>

</head>

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<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"/>
      </svg>
    </div>
  </div>
</div>
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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=parselnt(localStorage.getItem("water"))||0;

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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");
});
}

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// 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>
```