

```

// Goals
const waterGoal=64, proteinGoal=85, fiberGoal=30;

// Load stored values
let water=parseInt(localStorage.getItem("water"))||0;
let protein=parseInt(localStorage.getItem("protein"))||0;
let fiber=parseInt(localStorage.getItem("fiber"))||0;

// Update function (for both pages)
function update() {
  // Full dashboard elements
  if(document.getElementById("waterTotal")){
    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);

    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) + "%)";

    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");
    });
  }

  // Widget preview elements
  if(document.getElementById("waterPercentWidget")){

document.getElementById("waterPercentWidget").innerText=Math.round((water/
waterGoal)*100)+"%";

document.getElementById("proteinPercentWidget").innerText=Math.round((protei
n/proteinGoal)*100)+"%";
    document.getElementById("fiberPercentWidget").innerText=Math.round((fiber/
fiberGoal)*100)+"%";
  }
}

```

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}  
}
```

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// Buttons (Full dashboard)
```

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

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

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

```
update();
```