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

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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
function setTheme(t){ document.body.className="theme-"+t;
localStorage.setItem("theme",t); }
if(localStorage.getItem("theme")) setTheme(localStorage.getItem("theme"));

update();
```