
Project: Smart Fitness Tracker Web App

Background: You have been hired by a startup that wants to develop an interactive **Smart Fitness Tracker Web App**. The goal is to help users log their workouts, set fitness goals, track progress, and interact dynamically with their fitness data. The front-end will be developed using **HTML, CSS, and JavaScript**.

Objectives

Your task is to create an interactive fitness tracking feature that allows users to:

- Log their workouts
- View workout statistics dynamically
- Set and track fitness goals
- Get motivational feedback

Requirements:

This is a group project

Group members have been automatically assigned to you and no changes will be made. No individual work will be allowed. Awarding marks is not limited to your solution working, you need to be able to justify your work and explain your code in detail when presenting.

1. Workout Logging & Display

Implement a workout input form where users can enter details such as:

- Workout Type (Running, Cycling, Strength Training, etc.)
- Duration (minutes)
- Calories Burned
- Date of Workout

Display the logged workouts in a dynamically generated list.

2. Workout statistics and Visualization

Provide a summary of the user's workout history, including:

- Total Workouts Logged
- Total Calories Burned
- Average Workout Duration
- Use charts/graphs (e.g., bar or pie charts using Chart.js) to visualize workout trends dynamically.

3. Fitness Goal Tracking

- Allow users to **set fitness goals** (e.g., "Run 10 miles in a week," "Burn 3000 calories in a month").
- Display **goal progress** dynamically with a **progress bar** or visual indicators.
- Provide **motivational messages** when users reach milestones (e.g., "Great job! You're halfway to your goal!").

4. Interactive Features

- Users can mark workouts as "Favorite" (with a heart icon) for easy access.
- A "Workout Reminder" button that triggers a **motivational quote or a fun fitness tip**.
- A "**Print Workout Summary**" button that formats and opens a print dialog for the workout log.

5. Gamification and User Engagement

- Award **badges/trophies** based on achievements (e.g., "First Workout Logged," "1000 Calories Burned").
- Implement a **countdown timer** for users preparing for a challenge (e.g., a marathon)

Milestone 1: HTML & CSS Setup

HTML Structure: Create a basic HTML structure for your project (be creative).

- Create a structured HTML with semantic elements
- HTML validation
- Menu for easy navigation

CSS Styling: Style the elements to ensure a user-friendly interface (responsive design).

- Use external CSS
- Add CSS animation and Effects for engagement

Website folder structure

- Package your work in a meaningful manner.

Milestone 2: JavaScript Implementation

- Implement **event listeners** for user interactions.
- Use **DOM manipulation** to update the UI dynamically.
- Utilize **JavaScript Date objects** for logging workouts.
- Dynamically update **charts & progress tracking** based on user input.

Use any of the following concepts:

- Event listeners
- Querying the DOM
- Referencing elements
- Appending elements
- Creating new elements
- Date object
- Functions

Mark Allocation:

HTML & CSS Implementation		
Milestone 1	HTML structure & Semantics	5
	Animation and effects	5
	HTML validation	5
	Navigation	5
	CSS styling	5
	Responsiveness	5
JavaScript implementation		
Milestone 2	JavaScript DOM Manipulation	5
	Event Handling	5
	Interactive features (favorites, print, etc.)	5
	Goal tracking & progress bar	5
	Workout Stats & Visualization	5
	Motivational feedback & Gamification	5
Presentation of entire project		5
Sub-Total		65

Marking Rubric:

Rating	Description	Marks
Excellent	Fully functional, well-structured, and meets all requirements.	5
Good	Mostly functional, with minor issues.	4
Average	Partially functional, with noticeable flaws.	3
Below Average	Barely functional, missing key requirements.	2
Poor	Incorrect or missing major functionality.	1
No Submission	No work submitted.	0

Additional Information

- All work must be done on your own. Belgium Campus has software that can **scan for plagiarism** and a student caught doing this will get 0 for this assignment.
- Late assignments will not be accepted; missing the deadline is an automatic 0.
- Nominate the team leader who will be responsible for Uploading the final project.
- You will only **SUBMIT** at the end of Milestone 2.