Health and Fitness Tracking System

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1. Introduction

Maintaining a healthy lifestyle requires consistent tracking of workouts, daily activity, and fitness goals. Many individuals struggle to track their progress efficiently due to scattered data and manual record keeping.

This project aims to develop **Elite Fitness**, a responsive health and fitness tracking web application that enables users to log workouts, track daily steps, monitor calories burned, and update fitness goals in one system. The application is built using no-code tools, allowing rapid development without complex programming while ensuring easy data collection and visualization.

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2. Objective of the Project

The main objectives of this project are:

• To develop a user-friendly fitness tracking application
• To allow users to log workouts and daily activities
• To monitor calories burned and steps count
• To allow users to set and track fitness goals
• To provide a centralized system for fitness progress tracking
• To build the system using no-code tools for faster development

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3. Tools and Technologies Used

Tool	Purpose
Bubble	To build the web application interface
Airtable	To store fitness and user data
Jotform	To collect user fitness activity data
Make / n8n	To automate notifications and reporting workflows
Web Browser	To access and test the application

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4. System Description

The system consists of a fitness tracking web application connected to a centralized database.

Users can:

- Enter personal fitness data
- Log workout routines
- Record daily steps and calories burned
- Track goal progress
- View progress summaries

Data submitted through forms is stored in Airtable and displayed dynamically in the Bubble web application.

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5. Website Features

5.1 Login / Signup Page

• Allows users to create accounts and log in
• Collects personal details like name, age, height, weight, and fitness goal
• Stores user data in Airtable

5.2 Dashboard Page

• Displays activity summary cards including:

- Workouts logged
- Steps count
- Calories burned
- Goal progress
  - • Shows recent activity logs
  - • Provides quick navigation buttons for logging activities and goals

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5.3 Activity Logging Page

• Allows users to log:

- Workout type
- Duration
- Calories burned
- Daily steps count

- Activity date
  - Saves entries into the Airtable database
  - Displays previous activity logs

5.4 Goal Progress Page

• Users can set or update fitness goals
• Includes target value, deadline, and progress updates
• Displays visual goal progress indicators

5.5 Progress Overview Page

• Displays activity trends and summaries
• Shows improvements in workouts, steps, and calories burned
• Provides suggestions or motivational tips based on progress

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6. Responsive Design

The Elite Fitness application is fully responsive and works across:

• Desktop computers
• Tablets
• Mobile devices

Responsive design ensures:
• Proper layout adjustment
• Readable content on all devices
• Smooth navigation experience

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7. Bubble Prompt Usage

The application interface was generated using structured prompts in Bubble to define:

• Page layout structure
• Dashboard cards
• Activity logging pages
• Goal tracking features
• Responsive UI requirements

This approach minimized manual development effort.

8. Advantages of the System

• Centralized fitness data management
• Easy daily activity tracking
• User-friendly interface
• No-code rapid development
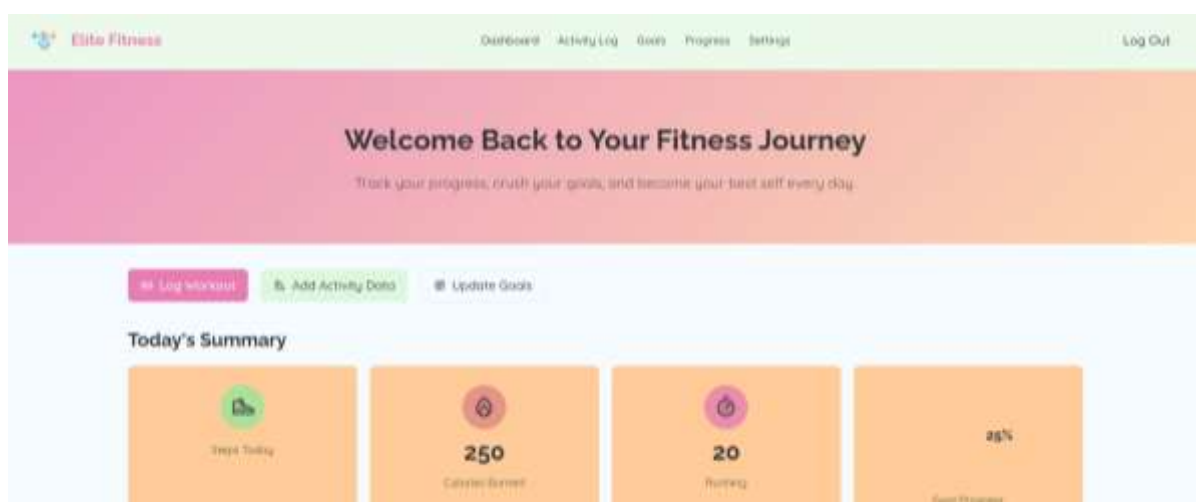• Scalable for future improvements
• Supports automation and notifications

Airtable Link :
https://airtable.com/appwgUEJ2vsDiXgAH/tblLDJzA8GBzzrVDL/viwF0GqzBz8Z6Ntc7?blocks=show

Jotform Link :
https://www.jotform.com/build/260370897542060/settings/integrations#preview

Bubble AI Link : https://elite-fitness-61208.bubbleapps.io/version-test/?debug_mode=true

Recent Activity

Running
Feb 1, 2026 12:30 pm

20 min — Duration
250 — Calories
3500 — Steps

Running
Feb 1, 2026 12:20 pm

10 min — Duration
95 — Calories
1200 — Steps

Current Goal

Edit[pi[pencil-simple[/pi]]

🏆 Lose Weight

Target	8 kg
Current	2 kg
Deadline	Jan 15, 2026 2:30 pm

✅ Behind

Daily Motivation

"The only bad workout is the one that didn't happen. Keep pushing forward!"

Quick Tip
Try to get at least 10,000 steps today. Take the stairs instead of the elevator!

View Full Progress[pi[arrow-right[/pi]]

Activity Log

Track your workouts and daily activities to reach your fitness goals.

Log New Activity

Workout Type
Select workout type

Duration (minutes)

Calories Burned   Daily Calories

Steps Count   Activity Date
2/07/2026

🔘 Log Activity

Recent Activity Logs

Filter by Type   Start Date   End Date
Choose an option... ▾ 2/07/2026   3/07/2026   ▽ Filter

Running   Feb 1, 2026 12:30 pm
Duration Calories Steps
20 min   250 kcal 3500

🖉 Edit   🗑 Delete

Running   Feb 1, 2026 12:20 pm
Duration Calories Steps
10 min   95 kcal   1200

🖉 Edit   🗑 Delete

Current Goal Progress

Behind

25%

Current	Target
2 kg	8 kg

Goal Type	Deadline
Lose Weight	Jan 15, 2026 2:30 pm

Quick Progress Update
−   +   Update Progress

Define Your Goal

Primary Fitness Goal
Select your goal type

Target Value   Measurement Unit
                 Select unit

Goal Deadline
1/10/2026

Current Progress Value

Goal Status
Select status

💾 Save Goal   ↺ Clear

Account Settings

Manage your profile, preferences, and data controls

Profile Information   ✎ Edit

Name	Marco Reyes
Age	29
Gender	Male
Height	180 cm
Weight	82 kg
Fitness Goal	Lose Weight

Goal Status   ⟳ Update

Current Status
Behind

Goal Type	Lose Weight
Progress	2 / 8 kg

Preferences

Measurement Units

Choose an option... ▾

Notifications

Email Summaries
Receive weekly progress reports ○

Progress Alerts
Get notified when you hit milestones ○

💾 Save Preferences

Data Control

Manage your fitness data and account

Reset Activity Data
Clear all logged workouts and activities   ⟲ Reset

Delete My Data
Permanently remove all your data   🗑 Delete