

# 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
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### 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
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## 5.4 Goal Progress Page

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

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## 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

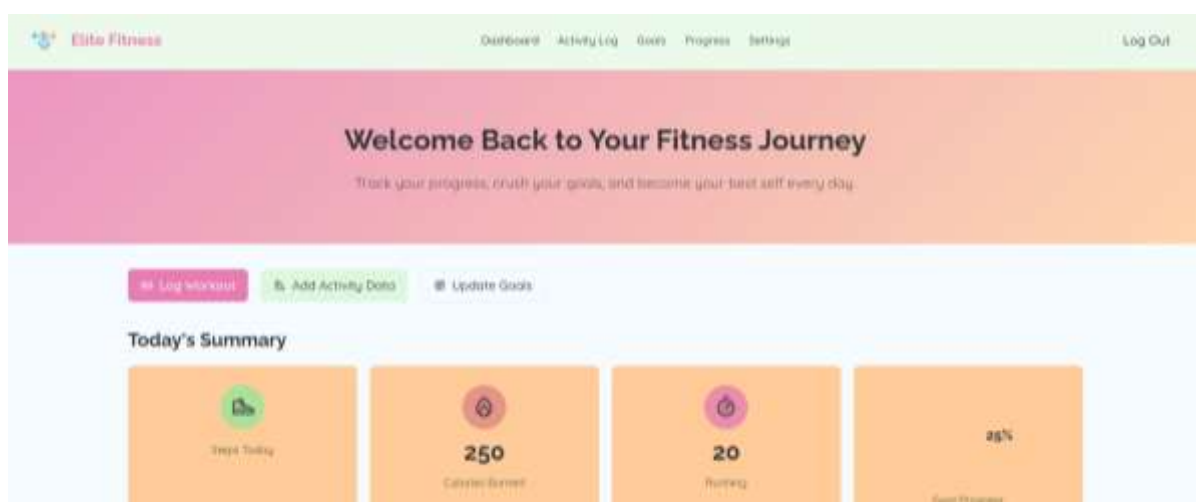
### Airtable Link :

<https://airtable.com/appwgUEJ2vsDiXgAH/tblLDJzA8GBzrVDL/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](https://elite-fitness-61208.bubbleapps.io/version-test/?debug_mode=true)



Recent Activity

[View All \(pk|arrow-right|pk\)](#)

	Running Feb 1, 2026 12:30 pm	20 min <small>Duration</small>	250 <small>Calories</small>	3500 <small>Steps</small>
	Running Feb 1, 2026 12:20 pm	10 min <small>Duration</small>	95 <small>Calories</small>	1200 <small>Steps</small>

Current Goal

[Edit\(pk|arrow-right|pk\)](#)

 Lose Weight

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



Refresh

 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\(pk|arrow-right|pk\)](#)

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

2/01/2026

 Log Activity



Recent Activity Logs

Filter by Type

Start Date

End Date

Choose an option...

2/01/2026

2/01/2026

 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

 Refresh

25% <small>75%</small>	
Current 2 kg	Target 8 kg
Goal Type Lose Weight	Deadline Jan 15, 2026 2:30 pm

Quick Progress update

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 Update Progress

 Define Your Goal

Primary Fitness Goal

Select your goal type

Target Value

Measurement Unit

Select unit

Goal Deadline

2/10/2026


Current Progress Value

Goal Status

Select status

 Save Goal

 Clear

 Elite Fitness

DashboardActivity LogGoalsProgressSettings

Log Out

### 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](#)