Project: Web-Page for Fitness Tracker

The Fitness Tracker project is a web-based application developed using HTML, JavaScript, and CSS technologies. The application consists of various pages such as a home page, sign-up page, login page, dashboard, nutrition tracking page, activity tracking page, fitness data page, and challenges page. The project is designed to help users keep track of their fitness activities, monitor their progress, and achieve their fitness goals.

Details for Each page

1. Home-Page:

The home page serves as the main landing page of the application, where users can navigate to the other pages. The sign-up page allows new users to create an account by providing their personal information. The login page is used to authenticate users and grant access to the dashboard.

2)Login-page

The login page is a simple page where users can enter their email and password to gain access to the application. The JavaScript code for the login page will handle form submission and validation of the user’s credentials. If the email and password are correct, the user will be redirected to the dashboard page.

3)Sign-Up page

The sign-up page is where new users can create an account by providing their personal information such as name, email, and password. The JavaScript code for the sign-up page will handle form submission and validation of the user’s input. If the input is valid, the user’s account will be created and they will be redirected to the login page.

4) Dashboard:

The Dashboard is the main page of the application that displays the user’s fitness data. It provides a quick overview of the user’s progress and activities, such as the number of steps taken, calories burned, and distance traveled. Users can customize the dashboard to show the data they want to see.

Home-Page(HTML Code)

<!DOCTYPE html>

<html lang=”en”’>

<head>

<meta charset=”UTE-8”>

<meta http-equiv=”X-UA-Compatible” content=”|E=edge”>

<meta name=”viewport” content=”width=device-width, initial-scale=1.0”>

<title>Document</title>

<link rel”’stylesheet” href-“css fitness tracker.css”>

</head>

<body style=”background-image:url(download3.png);background-size: cover;”>

<div class=”’navbar”>

<ul class=”ulmain’”>

<li><a class=”active” href-“#home”>Home</a></li> <li><a href-“#dashboard-section”>Dashboard</a></li>

<li><a href-“#activity-tracking-section”>Activity tracking</a></li> <li><a href=”#nutrition\_tracking”>Nutrition Tracking</a></li> <li>xa href=”#data”> Data</a></li>

<li><a href=”#challenge”>Challenge</a></li> </ul> </div>

<div>

<h1 style = “text-align: center;color:rgb(4, 250, 197);font-size:45px;background color:rgb(182, 6, 6);”>FITNESS TRACKER</h1>

</div>

<ul type=”none”> <section id=”home”>

<li style=”font-size:30px;color:rgb(139, 40, O);”>What is Fitness?</li> <p style=”font-family:cursive;”>

Physical fitness is a state of health and well-being and, more specifically, the ability to perform

Aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise and sufficient rest along with a formal

Recovery plan.Before the lndustrial Revolution, fitness was defined as the capacity to carry out

The day’s activities without undue fatigue or lethargy. However, with automation and changes in

Lifestyles, physical fitness is now considered a measure of the body’s ability to function efficiently

And effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, improve

Immune system and to meet emergency situations. </p>

<li style=”font-size:30px;color:rgb(139, 40, 0);”>What is Fitness Tracker?</li> <p style=”font-family:cursive;”>

A fitness tracker is a wearable electronic device that helps individuals monitor and track their physical activity and fitness-related metrics. These devices typically include sensors that can track data such as steps taken, distance traveled, calories burned, heart rate, and sleep quality. Some fitness trackers also include GPS and other sensors that can track activities such as running, cycling, and swimming.<br><br>

The data collected by fitness trackers can be used to set and track fitness goals, monitor progress over time, and make adjustments to exercise and nutrition routines. Many fitness

Trackers also include features such as smartphone connectivity, social sharing, and coaching or personalized feedback.<br><br>

Fitness trackers are available in a range of styles, including wristbands, clip-on devices, and smartwatches. They are popular among people who are looking to improve their health and fitness, and are also commonly used by athletes, fitness enthusiasts, and people with specific health conditions or weight loss goals.

</p>

<li style=”font-size:30px;color:rgb(139, 40, 0);”>Why we use Fitness Tracker?</li> <p style=”font-family:cursive;”s

There are several reasons why people use fitness trackers:<br><br>

1. Monitor physical activity: Fitness trackers help individuals monitor their physical activity by tracking the number of steps taken, distance covered, and calories burned during exercise. This information can help individuals better understand their activity levels and make informed decisions about their health and fitness goals.<br><br>

2. Motivation: Many people find that using a fitness tracker helps motivate them to be more active. Seeing progress towards their goals and receiving reminders to move throughout the day can encourage individuals to make healthier choices and stay committed to their fitness routine.<br><br>

3. Accountability: Fitness trackers can help individuals stay accountable to their fitness goals by tracking their progress and allowing them to share their achievements with friends and family. This can create a sense of community and support, which can be a powerful motivator for many people.<br><br>

4. Health management: Fitness trackers can also help individuals manage their health by monitoring other metrics such as heart rate, sleep patterns, and stress levels. This information can provide insights into overall health and wellness, and help individuals make lifestyle changes that can improve their health.<br><br>

5. Convenience: Fitness trackers are often small, lightweight, and easy to use, making them a convenient tool for tracking physical activity and health metrics. Many fitness trackers also integrate with mobile apps, allowing users to track their progress and access personalized coaching and recommendations on-the-go.<br><br>

Overall, fitness trackers can be a helpful tool for individuals looking to improve their health and fitness. They can provide valuable insights into physical activity levels, motivation, accountability, health management, and convenience.<br><br>

</p><br<br><br> </section>

<hr><hr>

<section id=”dashboard-section”>

<h2 style=”font-size:30px;text-align:center;color:rgb(139, 40, 0);”> DASHBOARD</h2>

<div class=”summary-section”>

<h3 style=”font-size: 24px;color: rgb(139, 40, 0);”>Activity Summary</h3> <ul type=”’none”>

<li style=”font-size: 20px;font-family:cursive;”>&rarr; Steps Taken: 10,000</li> <li style=”font-size: 20px;font-family:cursive;”>&rarr; Calories Burned: 500</li> <li style=”font-size: 20px;font-family:cursive;”>&rarr; Distance Covered: 5 km</li> </ul> </div>

<div class=”other-metrics-section”>

<h3 style=”font-size: 24px;color: rgb(139, 40, 0);”>Other Metrics</h3> <ul type=”none”>

<li style=” font-size: 20px;font-family:cursive;”>&rar; Heart Rate: 80 bpm</li> <li style=”font-size: 20px;font-family:cursive;”>&rarr; Sleep Duration: 7 hours</li> <li style=”font-size: 20px;font-family:cursive;”>&rarr; Water Intake: 2 liters</li> </ul> </section> </div>cbr>xbr> <hr><hr>

<section id=”activity-tracking-section”>

<h2 style=”font-size:29px;color:rgb(139, 40, 0);text-align:center;”>ACTIVITY TRACKING</h2>

<form>

<h3 style=”color:rgb(139, 40, O);font-size: 24px;”>Activity type and Duration</h3>

<label for=”’activity-type” style=”font-family:cursive;”>Activity Type &nbsp</label><br><br>

<select id=”activity-type” name=”activity-type” style=”border-radius: 20px;height: 20px;width: 100px;”>

<option value=”walking”>Walking</option>

<option value=”running”>Running</option>

<option value=”cycling”>Cycling</option>

<option value=”swimming”’>Swimming</option> </select><br><br>

<label for=”duration” style=”font-family:cursive;”>Duration (in minutes) &nbsp</label><br><br>

<input type=”number” id=”duration” name=”duration” style=”border-radius: 20px;height: 20px;width: 10Opx;” min=”1” max=”999” required><br><br>

<button type=’submit” style=”border-radius:20px;background-color: #3e8e41;”>Log Activity</button>

</form>

<div class=”activity-history”>

<h3 style=”color:rgb(139, 40, 0);font-size: 24px;”>Activity History</h3>

<ul>

<li style=”font-family:cursive;”>Walking – 30 minutes</li> <li style=”font-family:cursive;”>Running – 45 minutes</li> <li style=”font-family:cursive;”>Cycling – 60 minutes</li>

<ul> </div> </section><brs<br> <hr><hr>

<section id=”nutrition\_tracking”>

<h1 style=”color:rgb(139, 40, O);font-size:29px;text-align:center;”>NUTRITION TRACKING</h1>

<form>

<div class=”div1”>

<label for=”food-name” style=”font-family:.cursive;”>Food Name &nbsp</label>

<input type=”text” id=”food-name” style=”border-radius: 20px;width:150px;height:15px;” name=”food-name” required>

</div><br><br>

<div class=”div1”>

<label for=”calories” style=”font-family:cursive;”>Calories &nbsp</label>

<input type=”number” id=”calories” style=”border-radius: 20px;width:150px;height:15px;” name=”calories” required>

</diy> <br><br>

<div class=”div1”>

<label for=”carbs” style=”font-family:cursive;”>Carbohydrates (g) &nbsp</label>

<input type=”’number” id=”carbs” style=”border-radius: 20px;width:150px;height:15px;” name=”carbs” required>

</div><br><br>

<div class=”div1”>

<label for=”’protein” style=”font-family:cursive;”>Protein (g) &nbsp</label>

<input type=”number” id=”protein” style=”border-radius: 20px;width:150px;height:15px;” name=”protein” required>

</div><br<br>

<div class=”div1”>

<label for=”fat” style=”font-family:cursive;”>Fat (g) &nbsp</label>

<input type=”’number” id=”fat” style=”border-radius: 20px;width:150px;height:15px;” name=”fat” required>

</div><br><br>

<div class=”div1”>

<label for=”date” style=”font-family:cursive;”>Date &nbsp </label>

<input type=”date” id=”date” style=”border-radius: 20px;width:100px;height:15px;” name=”date” required>

</div><br><br>

<div class=”div1”><input type=”’submit” value=”Add” style=”border radius:20px;height:20px;width:50px;background-color: #3e8e41;”></div>

</form><br><br><hr<hr>

</section>

</div>

<section id=”data”>

<hl style”color:rgb(139, 40, 0);text-align:center;”>FITNESS DATA</h1>

<div id=”steps-chart”></div>

<div id=”heart-rate-chart”’></div>

<script src=https://cdn.plot. ly/plotly-latest.min.js></script> <Script>

|/ This is just an example data set, you would replace it with the data from the fitness device

Var steps = [1000, 2000, 3000, 4000, 5000];

Var heartRate = [60, 65, 70, 75, 80];

I/ Create a bar chart to display the steps data

Var stepsData = [{

X: [‘Day 1, ‘Day 2’, ‘Day 3’, ‘Day 4’, ‘Day 5’],

Y: stepsS,

Type: ‘bar’

Var stepsLayout ={ title: ‘Steps Taken’, xaxis: {title: ‘Day’}, yaxis: (title: ‘Steps’}

Plotly.newPlot(‘steps-chart’, stepsData, stepsLayout);

I/ Create a line chart to display the heart rate data

Var heartRateData = I{

X: [‘Day 1’, ‘”Day 2’, ‘Day 3, ‘Day 4’, ‘Day 5’],

Y: heartRate,

Type: ‘line’

Var heartRateLayout = {

Title: ‘Heart Rate’,

Xaxis: {title: ‘Day’},

Yaxis: (title: ‘BPM”)

Plotly.newPlot(‘heart-rate-chart, heartRateData, heartRatelayout);

</script>

</section>

<br><br><hr><hr><br><br

<section id=”challenge”>

<div class=”gamification”>

<h1 style=”color: rgb(139, 40, 0);text-align:center;”>MY FITNESS CHALLENGE</h1>

<p style=”font-family: cursive”>Complete the following challenges to earn badges and rewards:</p>

<ul>

<li><input type=”checkbox” id=”challenge1” name=”challenge1” style=”font family:cursive;”> <label class=”challenge-2” for=”challenge1”>Walk 10,000 steps in a day</label></li>

<li><input type=”checkbox” id=”challenge2” name=”challenge2” style=”font family:cursive;”> <label class=”challenge-2” for=”challenge2”>Run a 5K in under 30 minutes</label></li>

<li>xinput type=”checkbox” id=”challenge3” name=”challenge3” style=”font family:cursive;”’> <label class=”challenge-2” for=”challenge3”>Complete 3 workouts in a week</label></li>

</ul>

<button style=”border-radius:20px;height: 34px;width: 80px;color: rgb(3,3, 136);”>Submit</button>

</div>

</section>

</ul>

</body>

</html>

Home-Page(CSS Code)

-gamification {

Border: 1px solid #ccc;

Padding: 20px; border-radius: 5px; }

-gamification h3 { font-size: 24px; margin-bottom: 1Opx;

-gamification p { font-size: 16px; margin-bottom: 20px;

-gamification ul list-style-type: none; margin: 0; padding: 0;

-gamification li { margin-bottom: 10px;

-gamification label {

Font-size: 16px;

}

.gamification button {

Background-color: #4CAF50; color: #fff; border: none; border-radius: 5pX; padding: 10px 20px; font-size: 16px; cursor: pointer;

.gamification button:hover {

Background-color: #3e8e41;

.navbar.ulmain

List-style-type: none; margin: 0; padding: 0; overflow: hidden; background-color: #333;

.navbar li {

Float: left;

.navbar li a{

Display: block;

Color: white;

Text-align: center;

Padding: 14px; width: 194px; text-decoration: none;

.navbar li a:hover {

Background-color: white;

Color: black;

.challenge-2 {

Font-family: cursive;

Sign-up Page(HTML and CSS Code):

<!DOCTYPE html>

<html lang=”en”>

<head>

<meta charset=”UTF-8”>

<meta http-equiv=”X-UA-Compatible” content=”|E=edge”>

<meta name=”viewport” content=”width=device-width, initial-scale=1.0”>

<title>Document</title>

</head>

<body style=”background-image:url(37943.webp); background-size: cover;background repeat: no-repeat;”>

<p style=”text-align: center;font-family: “Franklin Gothic Medium’, ‘Arial Narrow”, Arial, sans-serif;font-size: 50px;color: rgba(0, 219, 11, 0.219);”>MOVIE</p>

<h1 style=”margin-top:3cm;text-align: center;color:rgba(0, 219, 11, 0.219),;”>Sign Up</h1>

<form>

<center>

<p type=”none” style=”’margin-top: 2cm;”>

<input type=”text” id=”fname” placeholder=”First Name” style=”color: rgb(53, 39, 39);border-radius: 30px;height: 20px;width: 170px;”><br»<br>

<label for=”fname”></label>

<input type=”text” id=”Iname” placeholder=”Last Name” style=”color: rgb(53, 39, 39);border-radius: 30px;height: 20px;width: 170px;”><bn<br>

<label for=”Iname”’></label>

<input type=”text” id=”email” placeholder=”Email” style=”color: rgb(53, 39, 39);border-radius: 30px;height: 20px;width: 170px;”><br»<br>

<label for=”email’></label>

<input type=”text” id=”’password” placeholder=”password” style=”color:black;border radius: 3Opx;height: 20px;width: 170px;”><br><br>

<label for=”password”></label>

<button style=”border-radius: 20px;height:40px;width: 60px;color: aqua;”><a href-“movies login page.html”;>Sign Up</a></button>

</p>

</center>

</form>

</body>

</html>

JavaScript Code:

|/ Get the form elements

Const login Form = document.querySelector(“#login-form”);

Const emaillnput = document.querySelector(“#email-input”);

Const passwordinput = document.querySelector(“#password-input”);

I/ Handle the form submission

loginForm.addEventListener(“submit”, (event) => {

event.preventDefault(): // Prevent the form from submitting

/ Get the user input

Const email = emaillnput.value;

Const password = passwordlnput.value;

|/ Verify the user’s email and password

If (email === “praveen\_1999” && password ===”password”) {

Alert(“Login successful!”);

|/ Redirect the user to the dashboard page

Window.location. href = “dashboard. Html”;

}else {

Alert(“Incorrect email or password.”);