

Health & Fitness Tracker



The Problem

Fragmentation

Busy people lack a **single platform** for logging data.

Inconsistency

Calorie estimates can be **unreliable** without verified sources.

Disorganization

Progress tracking is **scattered** across various apps and spreadsheets.

The Solution

Unified Dashboard

Centralizes workouts and meals for easy tracking and management.

Calorie Estimates

Provides accurate auto-calorie estimates to enhance logging efficiency.

Visual Trends

Displays trends and streaks for improved user engagement and motivation.

Key Features

Secure Auth

Our application uses **JWT authentication** for secure user access, enabling seamless **registration and login** experiences with instant feedback to enhance user confidence and engagement.

Visual Dashboards

Our dashboards utilize **Chart.js** to provide rich visual trends for calories, workouts, and adherence, helping you stay motivated and informed about your fitness journey.

Workout Logging

Log your workouts effortlessly with detailed **reps, sets, weight**, and duration notes, ensuring you can track your progress accurately and make informed improvements over time.

Theme Options

Choose between light and dark themes based on your personal preference, enhancing usability and allowing for an adaptable experience tailored to your environment and mood.

Meal Logging

Simplify meal logging with comprehensive tracking of **calories and macros**, featuring fallback nutrition data to ensure accuracy even when sources are limited or unavailable.

Responsive Layout

Enjoy a fully responsive layout that adjusts seamlessly across devices, ensuring that you can log your fitness activities conveniently from anywhere, at any time.

Technology Stack

Built with modern, powerful tools

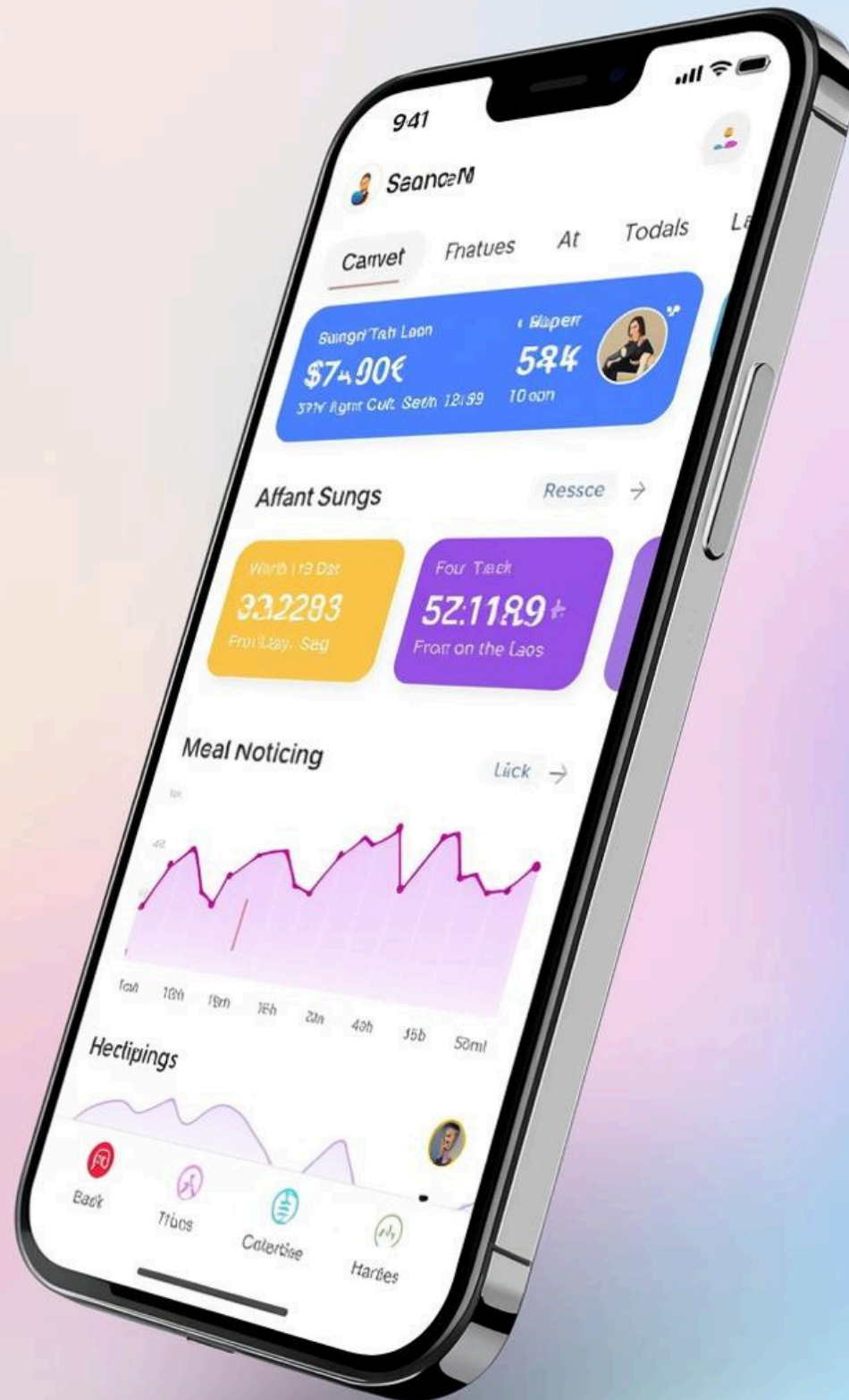
Frontend Framework

The architecture employs **React 19** and **Vite 7** for high-performance, responsive user interfaces, ensuring seamless interaction and efficient loading, while Axios handles API requests and Chart.js visualizes data trends effectively.



Health & el:try Apps

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Contact Information

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