

VitaTrackr - One-Page Summary

What It Is

VitaTrackr is a health and wellness web app that combines meal logging, activity tracking, and recipe guidance with AI-powered suggestions. It ships as a browser-based UI backed by a Node/Express API and MongoDB.

Who It's For

Individuals who want a single place to track meals, activity, and personalized recipe guidance for everyday health goals.

What It Does

- Collects comprehensive health profiles (biometrics, goals, conditions, and preferences).
- Generates recipes and dish suggestions through the /api/gemini endpoints.
- Logs meals with nutrition data and quantity scaling.
- Tracks activities and calculates calories burned.
- Shows dashboard stats and recent activity/meal history.
- Provides user authentication flows (register, login, password reset, email verification).

How It Works (Repo-Evidenced)

- Browser UI served from public/ (HTML, CSS, JS) with API calls in public/scripts/api.js.
- Express server in server.js serves static assets and routes under /api.
- Controllers in controllers/ use Mongoose models in models/ to read/write MongoDB via config/database.js (MONGODB_URI).
- Frontend also uses IndexedDB for local stores (recipes, profiles, activities) in public/scripts/database.js and localStorage for session state.
- AI endpoints under /api/gemini are implemented in controllers/geminiController.js using the OpenAI SDK and OPENAI_API_KEY.

How To Run (Minimal)

1. Install dependencies: npm install
1. Create .env with MONGODB_URI (and OPENAI_API_KEY for AI features).
1. Start server: npm start
1. Open <http://localhost:5000> in a browser.