Utilizing MERN Tech Stack

ReactJs
NodeJS
MongoDB ExpressJS

Project Requirements:

1. User Authentication: Allow users to sign up, log in, and log out

2. Workout Tracking: Enable users to add, edit, and delete workouts, including exercises, sets, reps, and weights

3. Progress Tracking: Allows users to view and update their progress over time

4. Daily Calorie Tracking: Enable users to input and track their daily calorie intake

5. Activity Tracking: Allow users to log additional activities like running, including duration and distance

Initial System Designs

Sequence Diagram

Home | **Login/Logout/Register Controller** | **DataBase**

1: User Registers for an account

2: Stores Login Credentials

3: Prompt Users to Login

4: User Logins

Would ideally be separate sections have a workout section and a calorie section

5:

Workout/Calorie Controller

6: Add Workouts/Reps/Sets/Weights

7: Saves Information

8: Stores information

9: User Request to modify Profile

10: Send previous workout info

11: Send previous workout info

12: Modifies Information

13: Saves information

14: Store new information

15: User deletes Profile

16: Delete Profile

17: Delete information in the database