


## Log in and register interface:

Welcome Back!



Register to **ExtraSize**

Please fill in the details correctly

Username  Name

Email

Strava Client Id

Strava Client Secret


Read Refresh Token  Write Refresh Token

Password  Confirm Password

**Register**

Have an account? [Login](#)

Welcome Back!



Login to **ExtraSize**

Please Fill in the form to login to your account!

Email

Password

**Login**

Don't have an account? [Register](#)

1. Go to .env file (in the server folder) and check the required elements in order to run this app.

```
PORT = 8000
JWT_SECRET=
f608339513f504b3bafd89e1d2406a2e78e7493e32bfdd6dab355d4e9ec6d0fc6fb2c8d3defd5f82636dc1a557c5311688022e2f9aed1dcb330739348460dd73
REFRESH_SECRET=bd5e87c611fd0eba869ad2c85ca575e31361e2795cf38f07e473206cf552e916304e35587218ab3067a00c536088db0b4d44b8869e239b95f774
6af96d403b2b
ACTIVITIES_URI=https://www.strava.com/api/v3/activities?access_token=46043a476df1375f36e496b4aa1614ead8f9e3e7
STRAVA_CLIENT_ID=116661
STRAVA_REFRESH_TOKEN=46043a476df1375f36e496b4aa1614ead8f9e3e7
STRAVA_CLIENT_SECRET=bda2835df4c818bc3611a2ade6c26cb1142b1118
STRAVA_OAUTH_URI=https://www.strava.com/oauth/token
STRAVA_REDIRECT_URI=http://localhost
GOOGLE_CLIENT_ID=652989878637-r2co6geb2rgmgfqi1r12bk6l0lseh9.apps.googleusercontent.com
GOOGLE_CLIENT_SECRET=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
GOOGLE_REDIRECT_URI=http://localhost:8000/google/redirect
GOOGLE_API_KEY=AIzaSyCAHKZ-JOZVVvfWkD0ZgH5gWReVZ9a1KXY
GOOGLE_REFRESH_TOKEN=1//06pcBC-SGPEWdCgYIARAAGAYSNWf-L9IrICN9UVh5f0vrPT1Treir0sBPo0SoauQu19F8vP9fKQFVS5VZsGwCM027wxxx0SH7LuA
```

2. Create a Strava account to get client ID and secret.

## My API Application

### Details

[Edit](#)


|                        |  |
|------------------------|--|
| Category               | Performance  |
| Club                   |  |
| Client ID              | 116661   |
| Client Secret          | *****<br><a href="#">Show</a> <a href="#">Generate New Client Secret</a>         |
| Your Access Token (?)  | *****<br><a href="#">Show</a><br>scope: read<br>expires at: 2023-11-25T00:32:28Z |
| Your Refresh Token (?) | *****<br><a href="#">Show</a><br>scope: read                                     |

In more detail reference: <https://developers.strava.com/docs/getting-started/>

3. To get authorized code:

[https://www.strava.com/oauth/authorize?client\\_id={your\\_client\\_id}&redirect\\_uri=http://localhost&response\\_type=code&scope=activity:read\\_all](https://www.strava.com/oauth/authorize?client_id={your_client_id}&redirect_uri=http://localhost&response_type=code&scope=activity:read_all)

change {your\_client\_id} to client ID from account above and visit the web:



Authorize Ian to connect to Strava

<http://localhost:5173/>

---

**Ian will be able to:**

- ☒ View data about your public profile (required)
- ☒ View data about your private activities

Your activities will not contain heart rate data

It looks like you still need to allow Strava to process your heart rate data. Please do this in the Data Permissions section in Strava's settings before you upload your next activity.

Authorize

Cancel

Find the code from the web address and copy it.

Auth code=**2ea3bb5bb74ccf43f003026778a877c58f1bfd9f**

4. Doing the same but change read\_all to write:

[https://www.strava.com/oauth/authorize?client\\_id={your\\_client\\_id}&redirect\\_uri=http://localhost&response\\_type=code&scope=activity:write](https://www.strava.com/oauth/authorize?client_id={your_client_id}&redirect_uri=http://localhost&response_type=code&scope=activity:write)

and get the Auth code = **c8330981c13ca03c52667c595d2e7b0432906666**

5. Install Postman and copy:

[https://www.strava.com/oauth/token?](https://www.strava.com/oauth/token?client_id=116661&client_secret=bda2835df4c818bc3611a2ade6c26cb1142b1118&code=2ea3bb5bb74ccf43f003026778a877c58f1bfd9f&grant_type=authorization_code)

[client\\_id=116661&client\\_secret=bda2835df4c818bc3611a2ade6c26cb1142b1118&code=2ea3bb5bb74ccf43f003026778a877c58f1bfd9f&grant\\_type=authorization\\_code](https://www.strava.com/oauth/token?client_id=116661&client_secret=bda2835df4c818bc3611a2ade6c26cb1142b1118&code=2ea3bb5bb74ccf43f003026778a877c58f1bfd9f&grant_type=authorization_code)

POST [https://www.strava.com/oauth/token?client\\_id=116661&client\\_secret=bda2835df4c818bc3611a2ade6c26cb1142b1118&code=2ea3bb5bb74ccf43f003026778a877c58f1bfd9f&grant\\_type=authorization\\_code](https://www.strava.com/oauth/token?client_id=116661&client_secret=bda2835df4c818bc3611a2ade6c26cb1142b1118&code=2ea3bb5bb74ccf43f003026778a877c58f1bfd9f&grant_type=authorization_code) Send

Params Authorization Headers (8) Body Pre-request Script Tests Settings Cookies

Query Params

|                                     | Key           | Value                                 | Description | ... | Bulk Edit |
|-------------------------------------|---------------|---------------------------------------|-------------|-----|-----------|
| <input checked="" type="checkbox"/> | client_id     | 116661                                |             |     |           |
| <input checked="" type="checkbox"/> | client_secret | bda2835df4c818bc3611a2ade6c26cb114... |             |     |           |
| <input checked="" type="checkbox"/> | code          | 2ea3bb5bb74ccf43f003026778a877c58f... |             |     |           |
| <input checked="" type="checkbox"/> | grant_type    | authorization_code                    |             |     |           |
|                                     | Key           | Value                                 | Description |     |           |

Body Cookies (1) Headers (20) Test Results 200 OK 152 ms 1.51 KB Save as example

Pretty Raw Preview Visualize JSON

```
1 {
2   "token_type": "Bearer",
3   "expires_at": 1700873306,
4   "expires_in": 21600,
5   "refresh_token": "068a3fec7220d26a56bcb86536d4a3650ba2ac67",
6   "access_token": "29eccd26603ea28acb943ae0fff6845fc5e55885",
7   "athlete": {
8     "id": 127358239,
9     "username": null,
10    "resource_state": 2,
11    "firstname": "Ian",
12    "lastname": "Wu",
```

Read refresh token: [068a3fec7220d26a56bcb86536d4a3650ba2ac67](#)

6. [https://www.strava.com/oauth/token?](https://www.strava.com/oauth/token?client_id=116661&client_secret=bda2835df4c818bc3611a2ade6c26cb1142b1118&code=c8330981c13ca03c52667c595d2e7b0432906666&grant_type=authorization_code)  
[client\\_id=116661](#)&[client\\_secret=bda2835df4c818bc3611a2ade6c26cb1142b1118](#)&[code=c8330981c13ca03c52667c595d2e7b0432906666](#)&[grant\\_type=authorization\\_code](#)

POST [https://www.strava.com/oauth/token?client\\_id=116661&client\\_secret=bda2835df4c818bc3611a2ade6c26cb1142b1118&code=c8330981c13ca03c52667c595d2e7b0432906666&grant\\_type=authorization\\_code](https://www.strava.com/oauth/token?client_id=116661&client_secret=bda2835df4c818bc3611a2ade6c26cb1142b1118&code=c8330981c13ca03c52667c595d2e7b0432906666&grant_type=authorization_code) Send

Params Authorization Headers (8) Body Pre-request Script Tests Settings Cookies

Query Params

| Key   | Value                                 | Description |
|---|---------------------------------------|-------------|
| <input checked="" type="checkbox"/> client_id     | 116661                                |             |
| <input checked="" type="checkbox"/> client_secret | bda2835df4c818bc3611a2ade6c26cb114... |             |
| <input checked="" type="checkbox"/> code          | c8330981c13ca03c52667c595d2e7b043...  |             |
| <input checked="" type="checkbox"/> grant_type    | authorization_code                    |             |

Body Cookies (1) Headers (20) Test Results 200 OK 190 ms 1.51 KB Save as example

Pretty Raw Preview Visualize JSON

```
1 {
2   "token_type": "Bearer",
3   "expires_at": 1700873539,
4   "expires_in": 21600,
5   "refresh_token": "353e5217bfb397aa6f3c6539f669299a806a3d5",
6   "access_token": "21c0bf4383a5f595f18d47edec0517bbd4c2ec3f",
7   "athlete": {
8     "id": 127358239,
9     "username": null,
10    "resource_state": 2,
11    "firstname": "Ian",
12    "lastname": "Wu",
```

Write refresh token: [353e5217bfb397aa6f3c6539f669299a806a3d5](#)

7. replace account's client ID, refresh token, and client secret from Stava account with .env file.
8. Run the web app and go to register interface:

Welcome Back!

Register to ExtraSize

Please fill in the details correctly

Username Name

Email

Strava Client Id

Strava Client Secret

Read Refresh Token Write Refresh Token

Password Confirm Password

Register

Have an account? [Login](#)

Enter the info from previous steps to sign up an account.

## Google Calendar set up:

1. Watch this YouTube tutorial

<https://www.youtube.com/watch?v=c2b2yUNWFzI&t=2007s>

from 3:49 to 10:11

### Authorized JavaScript origins

For use with requests from a browser

URIs 1 \*

http://localhost:8000

URIs 2 \*

http://localhost:5173

[+ ADD URI](#)

### Authorized redirect URIs

For use with requests from a web server

URIs 1 \*

http://localhost:8000/google/redirect

URIs 2 \*

http://localhost:5173

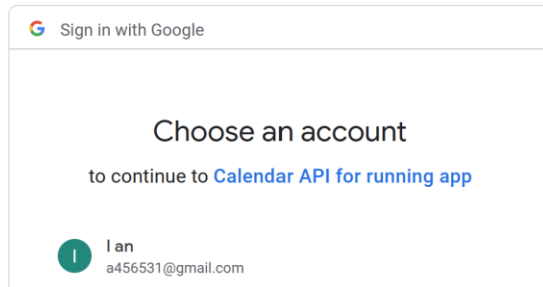
[+ ADD URI](#)

Please add these ports.

2. Copy client ID and client secret from **Additional information** the right-side top.
3. Replace those with .env file client ID and client secret.

4. To get the refresh token, running app is needed and can be found from the terminal:

4.1:



4.2:

```
C:\WINDOWS\system32\cmd. x + v
},
end: {
  dateTime: '2023-11-26T17:13:00-08:00',
  timeZone: 'America/Los_Angeles'
},
iCalUID: '5vcg7bq9rpgd5s3emualirui08@google.com',
sequence: 0,
reminders: { useDefault: true },
eventType: 'default'
}
]
Received code: 4/0AfJohXlv8dmwplYJac4YagWEUsetk8lACm0e2yVuzBbjyETNsCOYpXAIHephS5k7qWdDzw
Obtained tokens: {
  access_token: 'ya29.a0AFB_byAlQ-P-DAJ6qM2bWK9nlz9J6b20tfgc_ERIFTJ6wonI63sdtmZWaX5G-ViQvHYfnmtVLqCTP6EsIneo0l89N7k4B0uX
SpftRdqwr7kJ8TCxpAizuyyugD0Bv0866SxmLAGLSK-iEgo-PL-kWirM6XAC8T01bNa1aCgYKATESARESFQHGx2MiUlua0c8JnoSHAgg4syWo6w0171',
  refresh_token: '1//061pk19QLqu5sCgYIARAAGAYSNwF-L9IrmBXfmNh0FdVU6dupRRlqcFc5XVz8zFmnqfzFgZxWYibHjJrdHpGE4wicZmJ57BR5cE
I'
```

Copy and paste into the .env file.

## Installation:

1. Go to server folder and open terminal:  
`npm install`
2. Run the server  
`npm run dev`
3. Go to client folder  
`npm install`
4. Run the client  
`npm run dev`
5. Press O once the client runs successfully in order to open web