Exercise Tracker

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Description

This application will allow users to easily track their exercises, providing them with a way to track progress and focus on particular elements of their workout. The need for this app comes from a lack of a quick and easy way to track exercises on the fly - much like a digital notepad

Features

- User login
- Google maps location tracking
- Dashboard page, metrics tracking

Planning - User Stories

Dynamically add workout sets on one page (without reloading the page)

Login and logout

Add and remove a workout session, exercise and set

Open a page that displays workout/exercise metrics

Planning - Database

Tables: User, session, exercise, set.

The user table has a one to many relationship with [Session] (one user can have many sessions)

[Session] has a one to many relationship with [Exercise] (one session can have many exercises)

[Exercise] has a one to many relationship with [Sets] (one exercise can have many sets)

Technology Stack

- Language: Java, JavaScript
- Framework: Spring boot
- Template Engine: Thymeleaf
- Database Engine: Hibernate

Demo

What I Learned

- I will be learning how to send JSON from the front end to the server and
- New technique: Creating a user login/profile, creating a dashboard. This will involve possibly implementing React or other JS libraries
- Potential issues/challenges: Dynamically adding a dom element to the set page (user clicks to add a new set and the form portion is added without reloading the page)

What's Next

- The ability to track Cardiovascular-related exercises (currently only the ability to collect and track strength-related exercises)
- Drop downs for popular workout types
- The use of React.js or Angular.js