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Capstone Idea

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Capstone Idea: Get Fit Website

For this project, the stack I’ll be using is React and Node. The focus of the project will be mostly frontend, making the website user friendly as possible. This project will be a website/ web application, the main goal would be to make this a place where users can create daily, weekly, monthly workout regimes. It will also have settings to adjust the workouts based on skill level, gather information about different exercises, muscle groups, types of cardio, and cardio exercises/ intensity levels.   
 In order to gather this information, there are multiple API’s on rapidapi, and users on github also have similar information. I may have to create my own API in order to store some of the information, this depends on what information is accessible on the API’s. The information that would be gathered would be the name of the exercise, description of the exercise, and pictures showing how the workout should be completed. Using postgresql and knex.js/sequelize.js, I will have to create a database to store all user information and passwords.

The first step I would take in planning for the project is determining the flow of the website. This would help decide what order I want the pages to render and what information would be necessary to get the pages to operate properly. For the login and signup forms, I would have to consider the passwords that have to be secured using bcrypt. Also, I will have to investigate whether emails are safe to be stored in a database as is, or if there is a more secure way of completing the task. Having a signup and login forms, means I will also need an authorization component that will help determine if the users are new users or current users. Some of the issues I may confront with the API’s that I have found so far, is that some do not contain all the information I would like to render, As it does contain the name of exercise, description, and level of exercise, it does not contain an image of said exercise.

Without creating an uncompletable amount of work, I would like to have a feature that has a Calendar that is able to interact with, by changing the month and clicking on certain days of that month. When clicking that particular day, users would be able to drag from a list of exercises and be able to drop chosen exercise into that day/form to fill in that day on the calendar. Another feature I would like to add would be a BMI calculator.