Fitness Tracker App

Overview:

The Fitness Tracker App is a web-based application designed to help users track their fitness goals, monitor progress, and stay motivated on their fitness journey. The app provides a user-friendly interface for setting goals, recording workouts, and visualizing progress over time. It is built using modern web technologies and follows best practices in software development.

Purpose:

The main purpose of the app is to empower users to take control of their fitness and wellness by providing tools and insights to track and achieve their fitness goals. Whether users are aiming to lose weight, build muscle, improve endurance, or simply stay active, the Fitness Tracker App is designed to support their journey with a simple straight forward to use interface.

Key Features:

* User registration and login: Users can create an account and log in to access the app's features and functionalities.
* Workout tracking: The app allows users to log their workouts, including exercises performed, duration, and calories burned.
* Goal setting: Users can set specific fitness goals such as weight loss targets, running distance goals, or workout frequency objectives.

User Guide and System Admin Guide:

* The Fitness Tracker App comes with comprehensive documentation, including a User Guide for users to understand how to use the app effectively and a System Admin Guide for administrators to manage the app's backend and configurations. These guides provide detailed instructions, explanations, and best practices for utilizing and administering the app.
* The User Guide covers topics such as account registration, workout tracking, and goal setting.
* The System Admin Guide covers topics such as database management, server configuration, user access control, and troubleshooting.

These guides are available as part of the project documentation and can be accessed for in-depth guidance on using and administering the Fitness Tracker App.

Technologies Used:

The Fitness Tracker App is built using the following technologies:

* Frontend: React.js, HTML5, CSS3, JavaScript
* Backend: Node.js, Express.js
* Database: MySQL
* Authentication: JSON Web Tokens
* Deployment: Local environment