

Development Phase

- **Database Setup (MongoDB):**
 - Set up a **MongoDB database**
 - Create a collection to store workout data (name, sets, reps).
 - **Build the Server (Backend):**
 - Create an Express server (`app.js`).
 - Connect to the MongoDB database using **mongoose**.
 - **Step 4: Create Views (Frontend):**
 - Set up **EJS** as the templating engine.
 - Design views:
 - `index.ejs` – Welcome page with a link to view workouts.
 - `workouts.ejs` – Display list of workouts, form to add new workouts, and delete options.
 - **Step 5: Styling:**
 - Use **CSS** to style the pages (consider mobile-first design).
 - Add responsive layouts for a good user experience on all devices.
 - **Step 6: Handling Forms:**
 - Handle form submission for adding new workouts.
 - Use JavaScript (or EJS template) to confirm deletion of a workout entry.
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4. Testing Phase

- **Test the App Locally:**
 - Test each feature (viewing, adding, deleting workouts).
 - **Debugging:**
 - Check the console for errors.
 - Ensure all routes are working as expected.
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5. Deployment Phase

- **Prepare for Deployment:**
 - Push the code to **GitHub** for version control.
 - **Deploy:**
 - Deploy on Render
 - Test the app after deployment to ensure everything works in the production environment.
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