

Health App Outline

This project is a small health-tracking web application built with Node.js, Express, EJS, and MySQL. The system allows users to create an account, log in, and record key aspects of their health and activity, focusing on two main areas: workouts and health metrics.

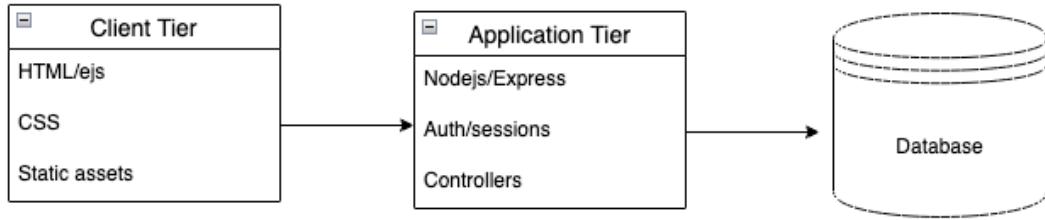
Each logged-in user has a personal dashboard that surfaces recent activity and simple summaries, so they can quickly see how active they have been over the last few days. The workouts section lets users record structured exercise sessions, including the type of workout, date, duration, and intensity, with optional notes. The metrics section allows users to log measurements such as weight, blood pressure, heart rate, steps, and sleep duration.

The application also includes a search page for querying historical data and an admin panel for managing users and reviewing login activity. Additionally, a dedicated weather page integrates with the OpenWeatherMap API so users can check the current conditions for any city, demonstrating secure use of environment variables and external APIs. The overall goal is to demonstrate a realistic multi-user web application that uses a relational database, server-side validation, authentication, role-based access control, and a clean Material Design-inspired user interface.

Architecture

The application follows a classic three-tier web architecture:

- Client tier (browser)
Users interact via HTML pages rendered with EJS templates and styled with a shared Material Design-inspired main.css. All forms submit data using standard HTTP POST and GET requests, and the same layout/partials are reused across pages (home, dashboard, workouts, metrics, search, admin, and weather).
- Application tier (Express)
index.js configures middleware (sessions, flash messages, validation, static files) and mounts feature-specific routers under /, /auth, /dashboard, /workouts, /metrics, /search, /admin, and /weather. Authentication state is stored in the session and exposed to views through _middleware.js (attachUserToLocals, requireLogin, requireAdmin). The /weather route calls the OpenWeatherMap API using an API key stored in OPENWEATHER_API_KEY.
- Data tier (MySQL)
A MySQL database health_app stores users, workouts, metrics, lookup tables, and login audit logs. Connection pooling and the session store are handled through db.js using mysql2 and express-mysql-session. Weather data is retrieved live from the external API and is not persisted in the database.

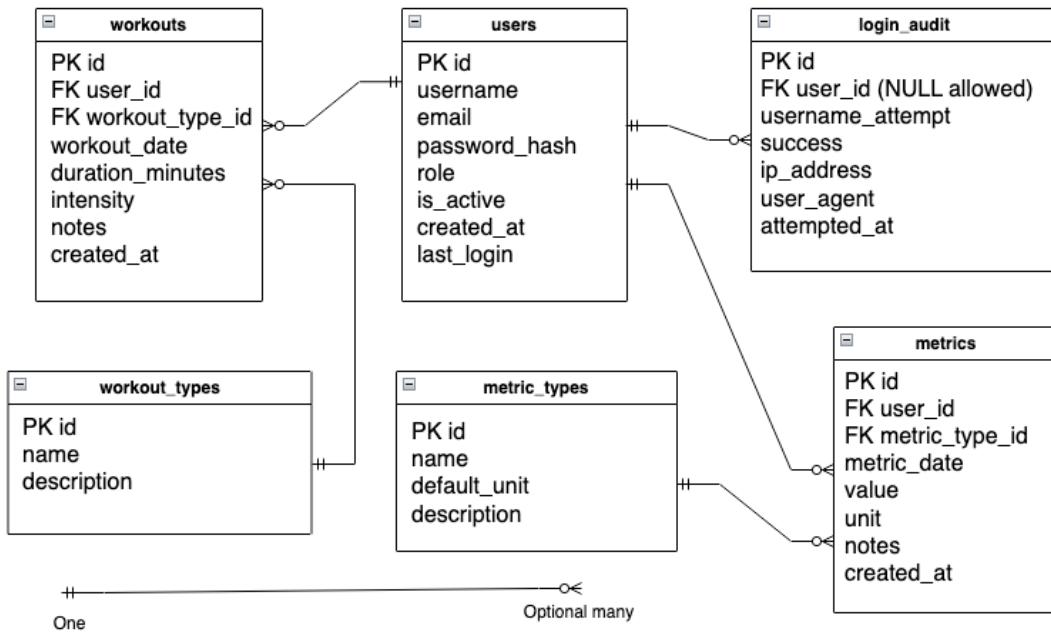


Data Model

The data model is centered on a users table, with related tables for workouts, health metrics, and login logging:

- users stores account details, including username, email, bcrypt password_hash, role (user or admin), is_active, and timestamps (created_at, last_login).
- workout_types and metric_types are lookup tables that define the allowed types of workouts (for example, Running) and metrics (for example, Weight, Blood Pressure), including default units.
- workouts represents individual workout sessions. Each row belongs to one user and one workout type, and stores date, duration, intensity, notes, and created_at.
- metrics represents health measurements for a user on a given date, linked to metric_types. It stores numeric values, optional units, notes, and created_at.
- login_audit logs login attempts with fields such as user_id, username_attempt, success, ip_address, user_agent, and attempted_at, which is used on the admin dashboard.

Foreign keys enforce relationships such as workouts.user_id → users.id and metrics.metric_type_id → metric_types.id. Indexes on (user_id, workout_date) and (user_id, metric_date) support efficient per-user queries. The weather feature uses the OpenWeatherMap API directly and does not introduce additional tables, keeping the core data model focused on users and health-related data.



User Functionality

The application offers different views and capabilities depending on whether the visitor is a guest, a normal user, or an admin.

Guest user

When a guest navigates to the root URL, they see a Home page (/) with a short introduction to the health tracker and links to Log in and Register. A separate About page (/about) briefly explains the purpose of the application and the types of data it manages (workouts and health metrics).

From the header navigation, a guest can reach:

- /auth/register – registration form
- /auth/login – login form
- /about – information about the app
- /weather – weather page (can be open to guests depending on configuration)

Any attempt to access protected pages (such as /dashboard or /workouts) redirects to the login page.

Registration and login

On the Register page (/auth/register), the user fills in a form with username, email, password and confirmation. The server uses express-validator to ensure that:

- The username and email are not empty and follow basic format rules.
- The password meets minimum length requirements.
- The confirmation matches the password.
- The username and email are not already taken.

If validation fails, the user is shown specific error messages next to each field and in a flash message. On success, the password is hashed with bcrypt and a new row is inserted into users with role = 'user' and is_active = 1. The user is then redirected to the login page with a success flash message.

On the Login page (`/auth/login`), the user enters their username and password. The server:

1. Looks up the user by username.
2. Verifies the password using `bcrypt.compare`.
3. Checks that the account is still active.
4. On success, stores a minimal user object in `req.session.user` and updates `last_login`.
5. Logs the attempt to `login_audit` with success/failure, IP address, and user agent.

If the login fails (wrong password or unknown user), a new row is also written to `login_audit` with success = 0. Feedback is shown using a flash error message. The Logout route (`/auth/logout`) simply clears the session's user and redirects to `/` with a flash success message.

Dashboard

After logging in, the user is redirected to the Dashboard (`/dashboard`). This page displays:

- A small summary panel with counts of:
 - Total workouts
 - Total metrics
 - Workouts and metrics in the last 7 days
- Two columns with recent items:
 - The latest few workouts (date, type, duration, intensity)
 - The latest few metrics (date, type, value and unit)

This gives the user a quick overview of their recent activity without needing to dive into detailed lists. The queries are filtered by `user_id` so each user only sees their own data.

Workouts

The Workouts section is available at `/workouts` for logged-in users. The page supports:

- A filter form at the top, where the user can:

Choose a date range (from/to).

Filter by workout type (for example, Running, Walking, Cycling).

- A table of the user's workouts, showing:

Date

Type

Duration in minutes

Intensity (low, medium, high)

Notes

Links or buttons to Edit and Delete

Clicking Add Workout (`/workouts/add`) displays a form with date, type (select from `workout_types`), duration, intensity, and optional notes.

Server-side validation ensures that duration is a positive integer and that required fields are present. On submission, a new row is inserted into `workouts` linked to the current user. For Edit (`/workouts/:id/edit`), the form is pre-populated with existing values, and the user can update the entry. Deletion is handled by a POST form to `/workouts/:id/delete`, which removes the row. Authorisation checks ensure users can only edit or delete their own workouts.

Metrics

The Metrics section at `/metrics` is similar in structure. The list view shows:

Date

Metric type (Weight, Blood Pressure, Heart Rate, Steps, Sleep)

Value and unit

Notes

Edit and Delete options

Users can filter by date range and metric type. Adding a metric (`/metrics/add`) requires the user to select a metric type, date, and numeric value, with optional notes and unit override. Again, express-validator is used to ensure the value is numeric and mandatory

fields are present. Edit and delete routes work in the same way as workouts, enforcing ownership via user_id.

This design allows the user to maintain a continuous log of measurements like weight change over time or daily step counts.

Search

The Search page (/search) brings these two data domains together. The user can choose to search:

Workouts only

Metrics only

Both (combined results)

The search form allows the user to enter a free-text query and select a scope. The backend performs parameterised SQL queries that match the text against fields such as notes and type names, filtered by the logged-in user. Results are shown on /search/results in grouped tables (workouts section and metrics section), with each row linking back to the relevant module (for example, by date and type).

Weather

The Weather page (/weather) is an extra feature that integrates the application with the OpenWeatherMap API. The user can enter a city name such as London,uk or Paris,fr in a simple form. When the form is submitted:

1. The server reads the city string and the OPENWEATHER_API_KEY from the environment.
2. It calls the OpenWeatherMap current weather endpoint using fetch.
3. On success, the page shows a Material Design-style card with:

City and country,

Current temperature and “feels like” temperature,

Humidity and wind speed,

A short description such as “clear sky” or “light rain”.

If something goes wrong (for example, the city is not found, the API key is missing, or there is a network error), the page displays a clear error message telling the user what happened and how to fix it (for example, “No weather data found for this city” or “Weather is not configured”). This demonstrates robust error handling and graceful degradation when an external service is unavailable.

Admin

The Admin dashboard (/admin) is restricted to users with role = 'admin'. If a normal user tries to access this page, they receive a 403 page.

The admin view includes:

- A stats panel with:
 - Number of registered users
 - Number of active users
 - Number of admins
 - Total workouts and metrics
 - Recent activity (for example, workouts and metrics created in the last 7 days)
- A Users table showing:
 - Username, email, role, active status
 - Counts of workouts and metrics per user
 - Created date and last login
 - Buttons to:
 - Change role (user ↔ admin)
 - Toggle active or inactive (with a check to prevent deactivating your own account)
- A Recent logins table from login_audit, showing:
 - Username attempted (or “unknown”)
 - Success or failure
 - IP address
 - User agent
 - Timestamp

Error handling and UX

The app includes custom 403, 404, and 500 views, so users get friendly error messages instead of raw stack traces. Flash messages are consistently used to provide feedback on actions such as login, logout, validation errors, and successful creation or update of records. The layout and main.css provide a clean, modern, Material Design-inspired UI, with cards,

elevated surfaces, rounded corners, and responsive layouts that keep the app usable on desktop and smaller screens.

Home Page

A screenshot of a web browser displaying the 'Home' page of a 'Health App'. The URL in the address bar is 'localhost:8000'. The page features a blue header bar with the 'Health App' logo and navigation links for Home, Weather, About, Dashboard, Workouts, Metrics, Search, Admin, and Logout (gold). Below the header, a large white box contains the text 'Welcome to the Health App', 'Hello, gold!', and a call-to-action: 'Go to your [Dashboard](#) to see your recent activity, or log a new [workout](#) or [health metric](#)'.

Dashboard Page

A screenshot of a web browser displaying the 'Dashboard' page of the 'Health App'. The URL in the address bar is 'localhost:8000/dashboard'. The page has a blue header bar with the 'Health App' logo and navigation links for Home, Weather, About, Dashboard, Workouts, Metrics, Search, Admin, and Logout (gold). The main content area starts with a heading 'Dashboard' and a welcome message: 'Welcome back, gold.' Below this, a section titled 'Your recent activity' provides summary statistics: 'Workouts in last 7 days: 1 (total 120 minutes)', 'Workouts in last 30 days: 1 (total 120 minutes)', and 'Total health metric entries: 1'. To the left, a 'Recent workouts' card shows a single entry: Date 2025-11-30, Type Cycling, Duration (min) 120, Intensity medium, Notes 'Test workout'. To the right, a 'Recent health metrics' card shows one entry: Date 2025-11-23, Metric Heart Rate, Value 100.00 100 units, Notes 'Test metrics'. At the bottom of each card is a blue link: 'View all workouts' and 'View all metrics' respectively.

Workouts Page

The screenshot shows the 'Workouts' page of a web application. At the top, there is a navigation bar with links for Home, Weather, About, Dashboard, Workouts, Metrics, Search, Admin, and Logout (gold). The main content area is titled 'My Workouts'. It features a blue 'ADD WORKOUT' button. Below it is a 'Filter' section with dropdowns for 'Workout type' (set to 'All types'), 'From date' (dd/mm/yyyy), and 'To date' (dd/mm/yyyy), followed by a blue 'APPLY' button. A table below displays a single row of workout data:

DATE	TYPE	DURATION (MIN)	INTENSITY	NOTES	ACTIONS
2025-11-30	Cycling	120	medium	Test workout	Edit DELETE

Metrics Page

The screenshot shows the 'Metrics' page of the web application. The layout is identical to the Workouts page, with a navigation bar at the top and a 'My Health Metrics' section. It includes an 'ADD METRIC' button and a 'Filter' section. A table below shows a single metric entry:

DATE	METRIC	VALUE	NOTES	ACTIONS
2025-11-23	Heart Rate	100.00 100 units	Test metrics	Edit DELETE

Search page

← → ⌛ localhost:8000/search

Health App Home Weather About Dashboard Workouts Metrics Search Admin Logout (gold)

Search your data

Search across your workouts and health metrics by keyword and date range.

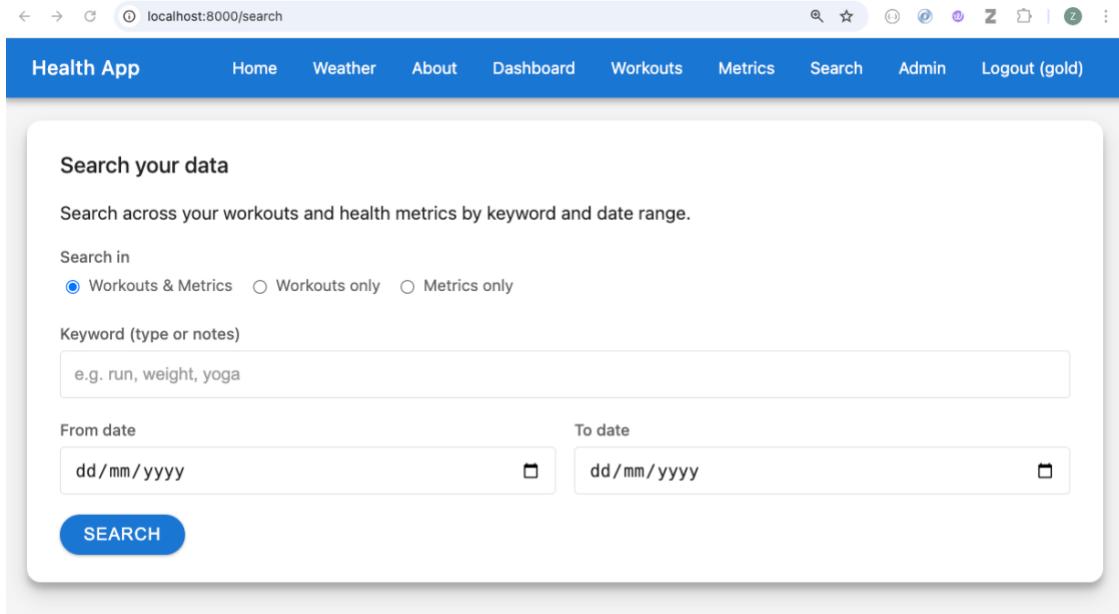
Search in

Workouts & Metrics Workouts only Metrics only

Keyword (type or notes)
e.g. run, weight, yoga

From date To date
dd/mm/yyyy dd/mm/yyyy

SEARCH



Admin Page

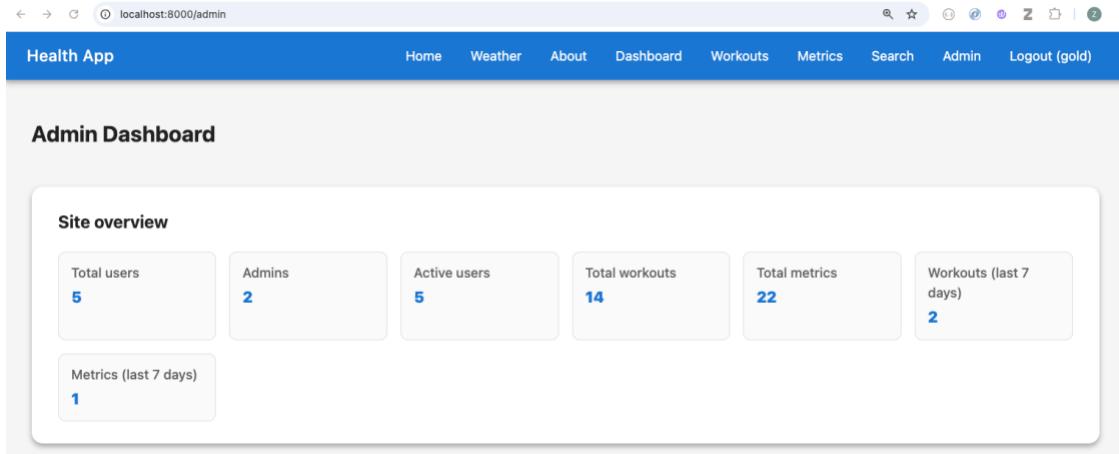
← → ⌛ localhost:8000/admin

Health App Home Weather About Dashboard Workouts Metrics Search Admin Logout (gold)

Admin Dashboard

Site overview

Total users 5	Admins 2	Active users 5	Total workouts 14	Total metrics 22	Workouts (last 7 days) 2
Metrics (last 7 days) 1					



Users									
ID	USERNAME	EMAIL	ROLE	ACTIVE	WORKOUTS	METRICS	CREATED	LAST LOGIN	ACTIONS
1	admin	admin@example.com	admin	Yes	1	1	2025-11-01 09:00:00	2025-11-29 17:13:49	MAKE USER DEACTIVATE
2	alice	alice@example.com	user	Yes	6	10	2025-11-02 09:00:00	2025-11-29 17:13:08	MAKE ADMIN DEACTIVATE
3	bob	bob@example.com	user	Yes	6	10	2025-11-03 09:00:00	Never	MAKE ADMIN DEACTIVATE
5	gold	gru001@gold.ac.uk	admin	Yes	1	1	2025-11-10 09:00:00	2025-12-04 18:01:05	MAKE USER DEACTIVATE
4	zhanru	bzruzhuan@163.com	user	Yes	0	0	2025-11-29 15:16:58	2025-11-29 16:49:08	MAKE ADMIN DEACTIVATE

Recent login attempts						
TIME	USERNAME	LINKED USER	SUCCESS	IP	USER AGENT	
2025-12-04 18:01:05	gold	gold	Yes	::1	Mozilla/5.0 (Macintosh; Intel Mac OS X 10_15_7) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/142.0.0.0 Safari/537.36	
2025-12-04 16:55:58	gold	gold	Yes	::1	Mozilla/5.0 (Macintosh; Intel Mac OS X 10_15_7) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/142.0.0.0 Safari/537.36	
2025-11-29 17:38:55	gold	gold	Yes	::1	Mozilla/5.0 (Macintosh; Intel Mac OS X 10_15_7) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/142.0.0.0 Safari/537.36	
2025-11-29 17:33:09	gold	gold	Yes	::1	Mozilla/5.0 (Macintosh; Intel Mac OS X 10_15_7) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/142.0.0.0 Safari/537.36	
2025-11-29 17:29:26	gold	gold	Yes	::1	Mozilla/5.0 (Macintosh; Intel Mac OS X 10_15_7) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/142.0.0.0 Safari/537.36	
2025-11-29 17:13:49	admin	admin	Yes	::1	Mozilla/5.0 (Macintosh; Intel Mac OS X 10_15_7) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/142.0.0.0 Safari/537.36	
2025-11-29 17:13:08	alice	alice	Yes	::1	Mozilla/5.0 (Macintosh; Intel Mac OS X 10_15_7) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/142.0.0.0 Safari/537.36	
2025-11-29 17:12:30	alice	alice	No	::1	Mozilla/5.0 (Macintosh; Intel Mac OS X 10_15_7) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/142.0.0.0 Safari/537.36	
2025-11-29 17:11:56	admin	admin	No	::1	Mozilla/5.0 (Macintosh; Intel Mac OS X 10_15_7) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/142.0.0.0 Safari/537.36	
2025-11-29 16:49:08	bzruzhuan@163.com	zhanru	Yes	::1	Mozilla/5.0 (Macintosh; Intel Mac OS X 10_15_7) AppleWebKit/537.36 (KHTML, like Gecko) Chrome/142.0.0.0 Safari/537.36	

Advanced Techniques

Several features go beyond the bare minimum requirements and demonstrate more advanced web development practices:

1. Role-based access control (RBAC)
The application distinguishes between normal users and admins via the role

column in users. Middleware functions requireLogin and requireAdmin in `_middleware.js` centralise access checks. requireAdmin ensures that only admins can access `/admin` and perform actions such as changing user roles or toggling active status. This is more realistic than a single hard-coded admin account and shows good separation of concerns.

2. Login audit logging

Every login attempt is recorded in the `login_audit` table, including unknown usernames and failed attempts. The auth routes capture the username attempted, success flag, IP address, and user agent. The admin dashboard then surfaces this information to admins, providing an example of security monitoring and auditing. This goes beyond a simple login form and demonstrates how to track and inspect authentication behaviour.

3. Input validation and sanitisation (no express-sanitizer)

All database access uses parameterised queries with `mysql2`, so user values are never concatenated directly into SQL strings. This is the recommended defence against SQL injection, so the app does not add an extra “express-sanitizer” style layer on top. Instead, user input is validated and normalised using `express-validator` (for example, trim and numeric checks) before being sent to the database, and EJS’s default escaping is used when rendering user data in views to protect against cross-site scripting.

4. Deactivation instead of deletion

Instead of physically deleting users, the admin panel can toggle a user’s `is_active` flag. The login logic checks this flag and denies access to deactivated accounts. This pattern (often called “soft delete”) shows awareness of preserving data integrity and auditability, and is a common real-world approach to user management.

5. Form validation and user feedback with express-validator

The registration, login, workout, and metric forms all use `express-validator` to enforce constraints on incoming data (for example, required fields, numeric ranges, email format). Validation errors are displayed next to specific fields and also in flash messages. This improves usability and robustness by preventing invalid rows from being inserted into the database and clearly guiding users to fix their input.

6. MySQL-backed sessions

Sessions are stored using `express-mysql-session`, which means login state is persisted in MySQL rather than just in memory. This is closer to what would be used in a production setup and pairs well with the rest of the MySQL-based data model. It also demonstrates knowledge of middleware composition and configuration in Express.

7. Search across multiple domains

The search functionality is implemented on the server side using parameterised SQL queries that can search workouts, metrics, or both. It combines joins to lookup tables (for type names) with filtering by the current user and (optionally) date

ranges or scopes. This is more complex than a simple single-table lookup and shows how to design flexible search endpoints.

8. Dedicated database user and environment-based configuration
The `create_db.sql` script optionally creates a dedicated MySQL user (`health_app`) with limited privileges, and the application reads database credentials from `.env` using dotenv. This separation of configuration from code and principle of least privilege are both good development practices and go beyond minimal requirements.
9. External weather API integration
The `/weather` page integrates the app with the OpenWeatherMap external API. It demonstrates:

Server-side HTTP calls to a third-party REST service using `fetch`.

Secure management of API credentials via `OPENWEATHER_API_KEY` in `.env`.

Robust error handling for city-not-found, missing API key, and network or API failures, with clear user-facing messages.

Normalising the API response into a simple `weather` object passed into an EJS template, which then renders a clean card with temperature, humidity, wind speed, and description.

This feature shows how the health app can be extended with additional context (such as weather conditions before a run) and highlights good practices for working with external APIs.

10. Material Design-inspired UI
The shared `main.css` stylesheet has been customised to follow Material Design principles: primary and secondary colour palette, elevated surfaces, rounded cards, pill-shaped buttons, clear focus states, and responsive layouts. Tables, forms, flash messages, and navigation elements all share a consistent look and feel. This not only improves the user experience but also shows attention to front-end design and accessibility within a server-rendered Express and EJS project.