


# EXTRASIZE

## Github Repo

<https://github.com/Techsupport254/Extrasize>

## Register

Welcome Back!




Register to **ExtraSize**

Please fill in the details correctly

Have an account? [Login](#)

## Login

Welcome Back!




Login to **ExtraSize**

Please Fill in the form to login to your account!

Don't have an account? [Register](#)

## Home



## Extrasize

Track your running workouts.

Version 1.0.0 © 2021 Extrasize

### WorkOuts

**Morning Run on 15/11/2023**

Distance: 0.00MI Speed: 0.00MI/h

Duration: 10m 0s

**Afternoon Hike on 13/11/2023**

Distance: 0.00MI Speed: 0.00MI/h

Duration: 10m 0s

**Afternoon Run on 12/11/2023**

Distance: 6.21MI Speed: 6.21MI/h

Duration: 10m 0s

**Weekend Swimming on 11/11/2023**

Distance: 0.00MI Speed: 0.00MI/h

Duration: 0h 53m

**Morning Run2 on 10/11/2023**

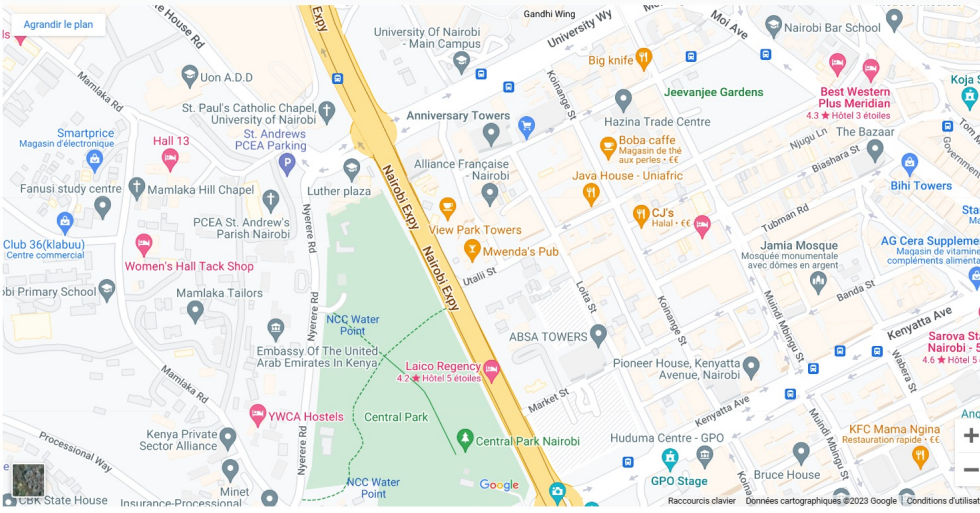
Distance: 0.00MI Speed: 0.00MI/h

Duration: 10m 0s


**Test Bike on 10/11/2023**

Distance: 0.00MI Speed: 0.00MI/h

Duration: 3h 20m



A detailed map of Nairobi, Kenya, showing various landmarks, streets, and points of interest. Key locations include the University of Nairobi, Nairobi National Park, and the Nairobi Bar School. The map is centered on the city center, with the Nairobi Expressway running through it. The map is sourced from Google Maps.




### My Calendar

SYNCD

### Agrisolve

Today: November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	Nov 1	2	3	4



**Extrazise**  
Track your running workouts.

Version 1.0.0 © 2021 Extrazise

**WorkOuts**

Morning Run on 15/11/2023  
Distance: 0.00MI Speed: 0.00MI/h  
Duration: 1h 0m

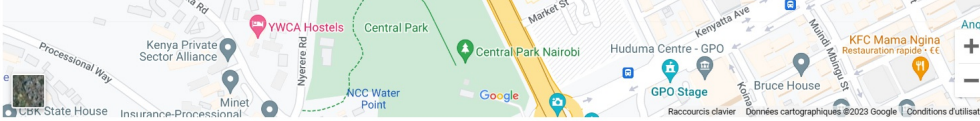
Afternoon Hike on 13/11/2023  
Distance: 0.00MI Speed: 0.00MI/h  
Duration: 10h 0m


Afternoon Run on 12/11/2023  
Distance: 6.21MI Speed: 6.21MI/h  
Duration: 1h 0m

Weekend Swimming on 11/11/2023  
Distance: 0.00MI Speed: 0.00MI/h  
Duration: 0h 53m

Morning Run2 on 10/11/2023  
Distance: 0.00MI Speed: 0.00MI/h  
Duration: 1h 0m

Test Bike on 10/11/2023  
Distance: 0.00MI Speed: 0.00MI/h  
Duration: 3h 20m




**My Calendar**

SYNCD

«

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November 2023

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»

MON	TUE	WED	THU	FRI	SAT	SUN
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

+ CREATE

**Agrisolve**

Today

◀

▶

November 2023

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Week

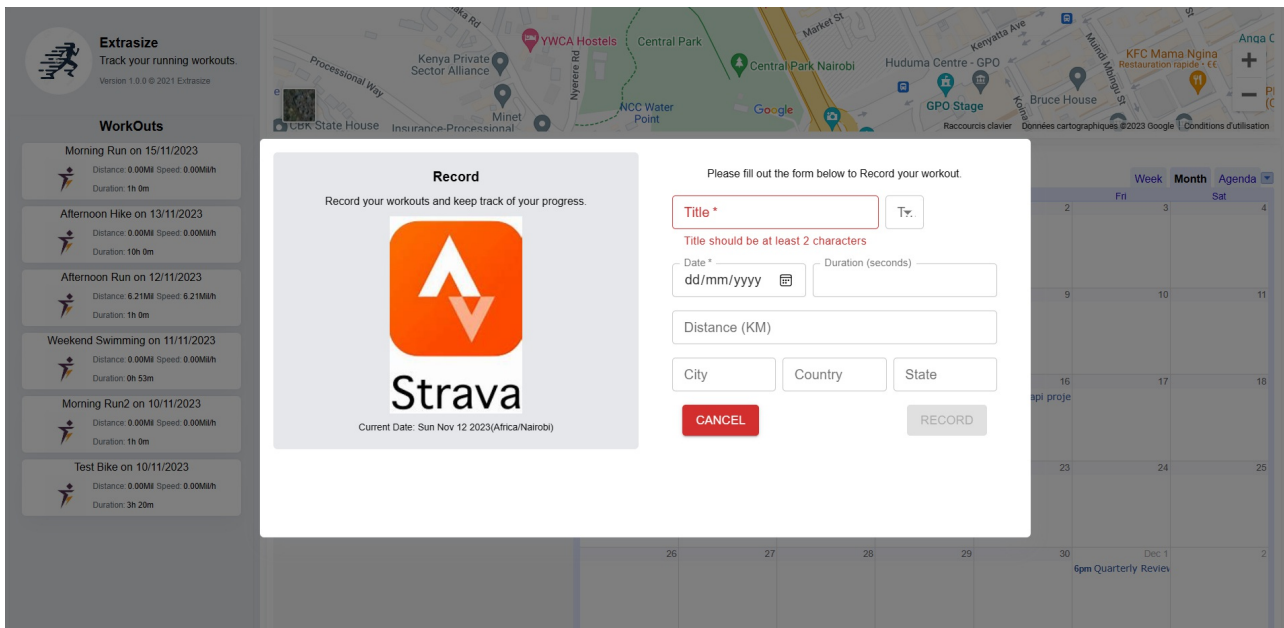
Month

Agenda

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	Nov 1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
<div>12:14pm Testing api</div> <div>12:14pm Testing api</div> <div>12:14pm Testing api</div> <div>12:14pm Testing api</div> <div>+5 more</div>	<div>10am Hackathon</div> <div>3:35pm Test event</div> <div>6pm Quarterly Review</div>			<div>3:40pm Test api proje</div>		
19	20	21	22	23	24	25
26	27	28	29	30	Dec 1	2
					<div>6pm Quarterly Review</div>	

Events shown in time zone: East Africa Time





## Cloud Console

Obtain the client ID and client secret from the Cloud Console platform and replace the ones in .env file.

## Strava Credentials

Please read through the strava api documentation to get the required credentials which you'll use in registering an account on the platform.

### Steps for Strava API

1. get client id and client secret from strava.com. Log in and view your application. Need to have an app first.

client id =

client secret =

2. get authorization code ==> this is a one time step

[https://www.strava.com/oauth/authorize?client\\_id={your\\_client\\_id}&redirect\\_uri=http://localhost&response\\_type=code&scope=activity:read\\_all](https://www.strava.com/oauth/authorize?client_id={your_client_id}&redirect_uri=http://localhost&response_type=code&scope=activity:read_all)

auth code =

[https://www.strava.com/oauth/authorize?client\\_id={your\\_client\\_id}&redirect\\_uri=http://localhost&response\\_type=code&scope=activity:write](https://www.strava.com/oauth/authorize?client_id={your_client_id}&redirect_uri=http://localhost&response_type=code&scope=activity:write)

auth\_code\_write =

3. Exchange authorization code for access token & refresh token with read\_all ability  
[https://www.strava.com/oauth/token?client\\_id={your\\_client\\_id}&client\\_secret={your\\_secret\\_key}&code={code\\_obtained}&grant\\_type=authorization\\_code](https://www.strava.com/oauth/token?client_id={your_client_id}&client_secret={your_secret_key}&code={code_obtained}&grant_type=authorization_code)
4. Exchange authorization code for access token & refresh token with read\_all ability  
[https://www.strava.com/oauth/token?client\\_id={your\\_client\\_id}&client\\_secret={your\\_secret\\_key}&code={code\\_obtained}&grant\\_type=authorization\\_code](https://www.strava.com/oauth/token?client_id={your_client_id}&client_secret={your_secret_key}&code={code_obtained}&grant_type=authorization_code)

refresh\_token =

access\_token =

refresh\_wite=

4. [https://www.strava.com/api/v3/athlete/activities?access\\_token={access\\_token}](https://www.strava.com/api/v3/athlete/activities?access_token={access_token})

**NOTE** Some of the steps requires to be done manually. You can use postman to test the api endpoints.

## Installation

Get the project running locally in your machine by cloning or downloading the project from github.

1. Clone the project from github

```
git clone https://github.com/Techsupport254/Extrasize.git
```

2. `cd Server`

3. Install the dependencies

```
npm install
```

4. Run the server

```
npm run dev
```

5. `cd client`

6. Install the dependencies

```
npm install
```

7. Run the client

```
npm run dev
```