Fitness –
a Web App with Node, Express and Mongo

Purpose:
To demonstrate fulfilment of the learning objectives:

- Explain the principles for using a MVC framework on a web server
- Design and implement a web site that include persistence of data in a database.
- Basic knowledge regarding hosting of web applications including cloud based hosting.

Technology requirements

The web app must use Node as web server, Express as MVC framework, Ejs or Pug as HTML-template engine and Mongo as database. And no client side JavaScript framework in this assignment!
To style the application you can use Bootstrap or native CSS code.
It is recommended to use Heruko as Cloud provider.

Functional requirements

Develop a fitness web app. The user should be able to create workout programs similar to the one shown beneath. A workout program is a collection of exercises (workouts) that each have a name, description, number of sets and number of repetitions or time.

Basic functionality:
- The user can register (signup as a user)
- Registered users can:
    - Login and logout
    - Create a new workout program
    - Can add new exercises to a workout program
        - An exercise has a name, a description, number of sets and number of repetitions or the time it should last.
    - See a list of workout programs
    - See a specific workout program
- Workout programs are persisted in a database (MongoDb)

Optional functionality:
- The user can log workout activity.

Workout program example.

Exercise	Description	Set	Reps/time
Squat	Stand with your feet spread shoulder-width apart. Lower your body as far as you can by pushing your hips back and bending your knees. Pause, and then slowly push yourself back to the starting position.	3	20
Push ups	Place your hands on the floor with legs straight out behind you resting on your toes. Bend your arms and slowly …	3	10
Plank	Place your elbows on the floor shoulder-width apart with legs stretched out behind you so only your elbows and toes are in contact with the ground. Use your abdominal muscles to keep …	1	30 sec

Delivery

Upload a ZIP file containing all your source code, and in the comments, you can type the url to your site running in the cloud (Heruko).