FitSync Application User Guide

Welcome to **FitSync**, your personal fitness tracking application! This guide walks you through the features of the app and how to use them effectively.

1. Overview

FitSync allows users to:

- Register an account.
- Log in securely to access their personalized dashboard.
- Add and track fitness activities, including type, distance, and date.
- View activities logged for the current day or in the past.
- Update profile details.
- Log out to ensure data security.

2. Features and How to Use Them

Home Page

- **URL**: `/`
- The landing page where you can choose to log in or register if you are a new user.

User Registration

- **URL**: `/register`
- **Purpose**: Create a new account.
- **How to Use**:
    1. Enter your email address as the username.
    2. Create a strong password.
    3. Submit the form.
- **Note**: Make sure your email is valid, as it will be used as your username.

User Login

- **URL**: `/login`
- **Purpose**: Log into your account securely.
- **How to Use**:
    1. Enter your registered email and password.
    2. Submit the form.
- **Note**: If your credentials are correct, you will be redirected to your dashboard.

Forgot Password

- **URL**: `/forgot-password`
- **Purpose**: Request a password reset link.
- **How to Use**:
    1. Enter your registered email address.
    2. If your email is found, a reset link will be sent (this is a placeholder in the current version).

Dashboard

- **URL**: `/dashboard`
- **Purpose**: View your logged activities.
- **Features**:
    - Displays activities for **Today** and **Past Activities** separately.
    - Lists the type, distance, and date of each activity.
    - Links to add new activities or update your profile.
- **Access**: Only available after logging in.

Add Activity

- **URL**: `/add-activity`
- **Purpose**: Add new fitness activities.
- **How to Use**:
    1. Enter the **Activity Type** (e.g., Running, Cycling).
    2. Enter the **Distance** covered in kilometers.
    3. Optionally, provide a date for the activity. If no date is provided, the current date is used.
    4. Submit the form to log the activity.
- **Access**: Only available after logging in.

Profile

- **URL**: `/profile`
- **Purpose**: View and update your account details.
- **Features**:
    - Displays the user's information.
    - Future versions may include an option to update profile details.
- **Access**: Only available after logging in.

Logout

- **URL**: `/logout`
- **Purpose**: Log out of your account to ensure data security.
- **How to Use**:
    1. Click the logout button.
    2. You will be redirected to the home page.

---

3. Technical Details

- **Authentication**: The app uses JSON Web Tokens (JWT) for secure login sessions, stored as cookies.
- **Database**: All user and activity data is securely stored in MongoDB.
- **Timezone**: Activities are tracked and displayed in Toronto's Eastern Time zone.

---

4. Tips for Best Experience

- Use a valid email address for registration to ensure account recovery in case of a forgotten password.
- Always log out after using the app, especially on shared devices.
- Regularly check and update your activities to track your fitness journey effectively.

---

5. Troubleshooting

- **Can't log in?**
    - Ensure your email and password are correct.
    - If forgotten, use the **Forgot Password** feature.
- **Activity not saving?**
    - Ensure all required fields are filled correctly.

- ○ Check your internet connection.
- **Issues with time zones?**
  - ○ The app uses Toronto's time zone by default. If you're in a different region, take note of the time differences.