

Fitness Tracking Application

Create a MERN fitness tracking application.

Objectives:

User Authentication:

- Allow secure user sign-up and login.
- Implement hashed and salted password authentication.
- Enable password reset functionality.
- Utilize JWT for secure authentication and provide tokens upon login.

User Profiles:

- Enable users to create and manage profiles.
- Include fields for personal information (age, weight, goals).
- Allow users to upload a profile picture.

Exercise Tracking:

- Implement exercise tracking with details like type, duration, and intensity.
- Allow categorization based on muscle groups.

Workout Plans:

- Enable users to create personalized workout plans.
- Include goal-setting features for weight loss or muscle gain.
- Generate plans based on preferences and fitness levels.

Progress Tracking:

- Implement visual representations of users' fitness progress.
- Include charts showing changes in weight, workout duration, etc.

Nutrition Tracking:

- Integrate nutrition tracking for daily food intake.
- Track macronutrients and calories.
- Provide nutritional recommendations based on fitness goals.

Social Features:

- Implement features connecting users with similar fitness interests.
- Allow sharing achievements, workout routines, and nutrition tips.
- Include a news feed or activity stream.

Community Challenges:

- Introduce fitness challenges and competitions.
- Enable users to join, set goals, and track progress.
- Implement leaderboards for top performers.

Reminders and Notifications:

- Include reminders for scheduled workouts or meal times.
- Implement push notifications or emails to keep users engaged.

Responsive UI/UX:

- Develop a responsive and user-friendly interface for web and mobile.
- Ensure a seamless user experience across devices.

Data Security and Privacy:

- Implement secure data storage and transmission.
- Comply with privacy regulations and ensure user data confidentiality.
- Use JWT authorization to secure sensitive operations.

Analytics and Insights:

- Incorporate analytics tools for user behavior insights.
- Provide users with personalized recommendations based on fitness data.

User Module:

User Dashboard:

- Provide a personalized dashboard summarizing fitness data.
- Include quick access to recent workouts, progress charts, and reminders.

Achievement Badges:

- Implement a system of badges or rewards for user achievements.
- Reward users for completing challenges and reaching milestones.

Admin Module:

Admin Dashboard:

- Create a dedicated admin dashboard with access to user data and statistics.
- Implement features for managing user accounts, exercises, and challenges.

User Management:

- Allow admins to view and manage user profiles.
- Provide the ability to suspend or delete user accounts.

Exercise Database Management:

- Enable admins to manage the exercise database (add, edit, delete entries).

Challenge Administration:

- Allow admins to create, edit, or deactivate community challenges.
- View leaderboards and challenge participation statistics.