Gym Helper

How to get started:
1) Run "npm install" in the home directory to install all dependencies.
2) Run "node server.js" in the home directory.
3) Open a web browser and navigate to "localhost:8080". This will bring you to the home page.
4) Click sign in and sign in using either your email or your google account.

Features of Gym Helper:
1) Profile: The profile page contains all the relevant information about the user. This information can be updated in the "personal info" page **. You can choose an exercise and click "Exercise Leaderboard" to see the leaderboard of that exercise.
2) Journal: Users can navigate to this page to update their fitness journals with exercises. Choose an exercise from either of the drop down menus and fill out the relevant details for that exercise. Once you hit submit, this information is sent to the firebase database and processed.
3) Chat: Chat functionality was deemed a high effort but low priority task. We ended up creating a group chat box that can be used by all members of the application. It was originally going to have individual private messages between groups or individuals but took too much time to implement.
4) Fitness Data: Here, a user can select an exercise from the dropdown menu and see the progress they have made with that exercise over time. For weight exercises, it shows their total reps over time. For aerobic exercises, it shows their per-mile pace over time.
5) User BMI: Users can update their personal statistics like weight and height on this page to calculate their BMI. This information is used to track their BMI over time on the Fitness Data page.

**Due to a bug in the database code, every field must be filled out when updating information or the database will overwrite existing information with blanks where there is no data.