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 in 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, Pug as HTML-template engine and Mongo as database. 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 (workout) that each have a name, description, number of sets and number of repetitions or time.

Basic functionality:
- The user can create a new workout program
- The user 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.
- Workout programs is 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