**<u>Summary:</u>**

We first demoed our application to our mentor for about the first ten minutes.  We went through the onboarding process, which was a new user creating an account and a regimen, and explained what went on in our code at each step.  Afterwards, we discussed some of the changes we wanted to implement but needed a bit of help figuring out, such as keeping user sessions after refreshing the page and how to keep from repeating code when checking the logged in state.  After getting our pointers we told our mentor our game-plan for what we wanted to achieve for our next meet up, which was mostly finishing the UI and creating our database.

**<u>Advice/Changes:</u>**

We took all of our advice from our mentor and made multiple changes to our coding style and design decisions.  These are what we discussed and figured out from our mentor:

- Rather than use sanitizer, we should try using parameterized queries to deal with SQL injections
- Use tokens for the CSRF attacks, we forgot to use them the first time
- Use the database to store the session ID and if they are logged in. On "created" check if the session ID is logged in
- Use middleware in order to keep our code from repeating when we were going to check if a user is still logged in.
- As a note to ourselves, api.use = middleware.  Automatically goes to the appropriate route using next.
- After app.use('index') have the login check.

**<u>Conclusion:</u>**

After our long discussion on the above changes, we decided we were still quite on track and we should finish the full project quite soon.