Architecture --->

1. Login page using mongo DB and get the authentication page step by step
2. Collect data of the user according to the different attributes of the user
3. Ask for specific goals to accomplish
4. Show data according to the chosen attributes and display the results
5. End

LOGIN PAGE and user logging in (tech stack used: html, css , js , express, mongo DB)

1. Ejs is used to creade a module like featrures. Then form ability is used to POST the inputs to the sever links

Gender

Age

Height

Weight

Option

Strenth traing

Body builduing

--> diet plan(veg non veg)

---> excercises(duration start ---> 1week --> 2,4,)--> experience cat beginer intrer advance

--->water intake reminder

---> comment section