URL: lift.it

**Features**

* Workout tracking – weightlifting focused
  + Accurate calorie counting
  + Custom workout
  + Analytics dashboard
  + Data input
    - Table
    - Forms
  + Form videos?
  + Fitbit integration
  + Mobile optimization

**Data model**

* Tables
  + Users
    - Id (int (primary key))
    - Email (varchar)
    - Lbs/kg (Boolean)
    - Username (varchar)
    - Password (varchar stored as hash – min 7 chars must have letter, number, symbol)
  + Activities (one per user)
    - Id (pkey)
    - Name (varchar)
    - Duration (int (minutes))
    - Distance (int in miles)
    - Weight (int in lbs or kg)
    - Sets (int)
    - Reps (int)
    - Workout (foreign key)
* Workouts
  + Id (pkey)
  + Date/time of workout (datetime)
  + User (foreign key)

**Presentation**

* login page
* analytics dashboard
  + goals (progress bar)
  + line charts (progress over time)
  + progress to the 1000 club
  + weight
* activity entry
* table view
  + table entry
* logo: vector weightlifter
  + favicon: same

**Todos**

* backend
  + sort out authentication
* frontend
  + login page
  + dashboard
  + table view
  + data entry view