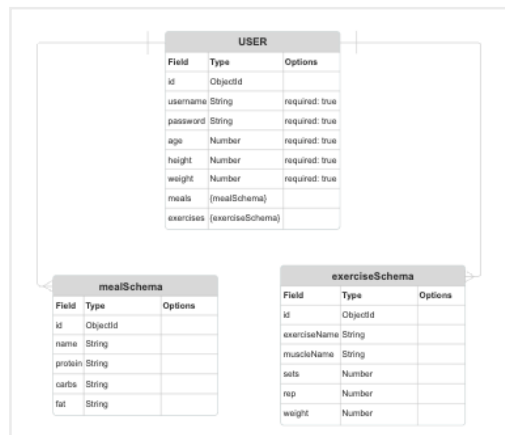# LiftLog
General Assembly - Project 2

"An application where users can create, view, update, and delete daily logs that include the muscle group trained, the workouts performed, the foods consumed, and the total macro intake for the day."

Entity Relationship Diagram(ERD)

Project Mockup

CREATE A USER

ENTER A USERNAME

ENTER A PASSWORD

CONFIRM PASSWORD

| AGE | HEIGHT (CM) | WEIGHT (KG) |

LOG IN

ENTER A USERNAME

ENTER A PASSWORD

WELCOME, <%= username %>

RANDOM QUOTE?

| HOMEPAGE | EXERCISE LOG | FOOD LOG | SIGN OUT |

| HOMEPAGE | EXERCISE LOG | FOOD LOG | SIGN OUT |

MEAL HISTORY

| MEAL NAME | | EDIT | DELETE |

ADD MEAL

| HOMEPAGE | EXERCISE LOG | FOOD LOG | SIGN OUT |

EXERCISES HISTORY

| EXERCISE NAME | | EDIT | DELETE |

ADD WORKOUT

| HOMEPAGE | EXERCISE LOG | FOOD LOG | SIGN OUT |

WHAT ARE YOU EXERCISING TODAY

EXERCISE NAME

MUSCLE NAME

SETS

REPS

WEIGHT

LOG

| HOMEPAGE | EXERCISE LOG | FOOD LOG | SIGN OUT |

LOG YOUR MEALS FOR TODAY!

MEAL NAME

PROTEIN

CARBS

FAT

LOG