AggieFit: Fitness Data on MongoDB

Time taken to complete this task: 1 hour

The requirements for this feature is for a particular database to store details of the employees of the organization to help them better manage their fitness goals. Considering the specific requirements for this implementation, MongoDB is the best choice for the database for the reasons explained below:

1. The data provided by the employees is not structured. They can add any fields to their entries and need to be provided with the necessary flexibility to do so.
2. MongoDB provides the capability to store data in the form of documents which are essentially very flexible JSONs. It is, essentially schema-less.
3. The user can add any attribute to their entry in the collection just by specifying the key and the value.
4. For example, a user can choose to add his/her height and weight to his entry.
5. The Relational Database doesn't offer this flexibility and hence MongoDB is a better choice for this application.
6. MongoDB supports deep query flexibility which makes querying for information very easy.
7. For example, a moderator can choose to see the users not living up to the standards and warn them accordingly. Technically, no complex joins from the relational database world need to be implemented. A simple query does the job.
8. Use of MongoDB helps scale the application. Data in many object-oriented programming languages is similar to the data structure used in MongoDB thus avoiding complicated middleware to transform data.