

■ FitTrack API – Postman Collection

Base URL: http://localhost:5001
Authentication: Bearer Token (JWT)
Version: 1.0.0

■ 1. Authentication

■ User Login

```
POST /api/users/login Request Body: { "email": "john@example.com", "password": "password123" }
} Response: { "_id": "65b9f...", "name": "John Doe", "email": "john@example.com", "token": "eyJhbGciOiJIUzI1Ni..." }
```

■ Google Login

```
POST /api/users/google-login Request Body: { "email": "john@gmail.com", "googleId": "109283...", "name": "John Doe", "profilePic": "https://lh3.googleusercontent.com/..." }
Response: (Same as User Login)
```

■ User Registration

```
POST /api/users Request Body: { "name": "Jane Doe", "email": "jane@example.com", "password": "securepassword" }
} Response: (Same as User Login)
```

■ 2. Onboarding & Plan Generation

■ Generate Onboarding Plan

```
POST /api/workouts/generate-onboarding Authorization: Bearer Request Body: { "age": 25, "weight": 70, "height": 175, "gender": "Male", "goal": "Muscle Gain", "fitnessLevel": "Intermediate", "equipment": "Gym" } Response: { "message": "Plan generated successfully" }
```

■ 3. Workout Scheduling

■ Get User Schedule

```
GET /api/workouts/schedule Authorization: Bearer Response: [ { "_id": "65ba...", "date": "2024-02-15", "isCompleted": false, "workout": { "name": "Full Body Strength", "exercises": [ { "name": "Push-ups", "sets": 3, "reps": 12 }, { "name": "Squats", "sets": 4, "reps": 15 } ] } ]
```

■ Create Custom Workout

```
POST /api/workouts Authorization: Bearer Request Body: { "name": "Leg Day Destruction", "date": "2024-02-16", "exercises": [ { "name": "Lunges", "sets": 3, "reps": 12 }, { "name": "Calf Raises", "sets": 4, "reps": 20 } ] } Response: { "_id": "65bb...", "date": "2024-02-16", "workout": { ... } }
```

■ 4. Progress Management

■ Mark Workout as Complete

```
PUT /api/workouts/schedule/:id Authorization: Bearer Response: { "_id": "65ba...",  
"isCompleted": true, "workout": { ... } }
```

■ Delete a Schedule

```
DELETE /api/workouts/schedule/:id Authorization: Bearer Response: { "message": "Schedule  
removed" }
```