

## Outline

The application I built was a web app to help you track your workouts, it was designed to help users log and track their workouts. Users are able to create an account, record workouts e.g different types of workouts, exercises, sets, reps, weights and distance. They are also able to view previous workouts. The goal of the app was to create a simple tracker to keep you up to date on workouts and show your exercise history.

## Architecture

The application uses Node.js to run the server and Express.js for handling web requests and routing. EJS is used for dynamic HTML pages on the server side. The browser communicates with the server using HTTP requests, and the server interacts with the database to store and retrieve workout data.

## Data Model

```
User
├── Workout
│   ├── Exercise Type
│   │   └── Exercise Information
```

Once a user creates a profile, they can create multiple workouts. A workout equates to one individual workout which may include multiple types of exercises. E.g. A strength session can include a squat, hammer curl and more etc. Each exercise stores multiple pieces of information about how each exercise was performed such as the numbers of reps, sets and weights. If the user was completing a cardio session other metrics such as distance were also tracked.

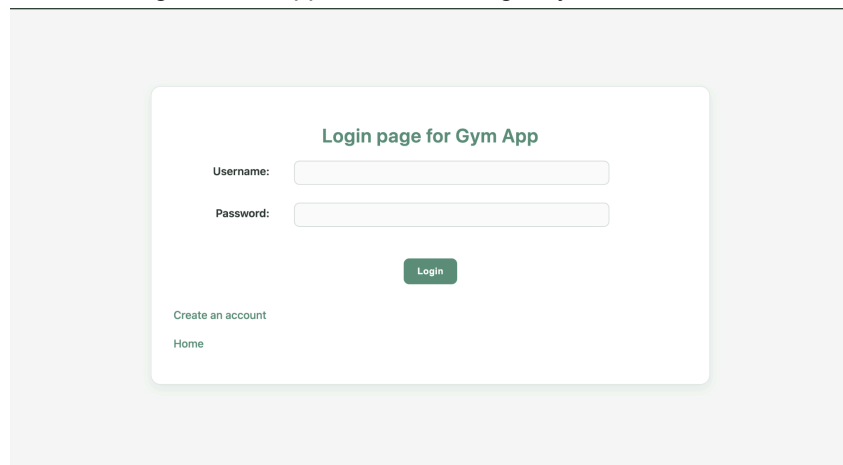
This hierarchical structure allows workout data to be organised clearly and makes it easy to record and review exercise performance for each session.

## User Functionality

The application provides a straightforward interface that allows users to manage their workout data efficiently.

### User Login

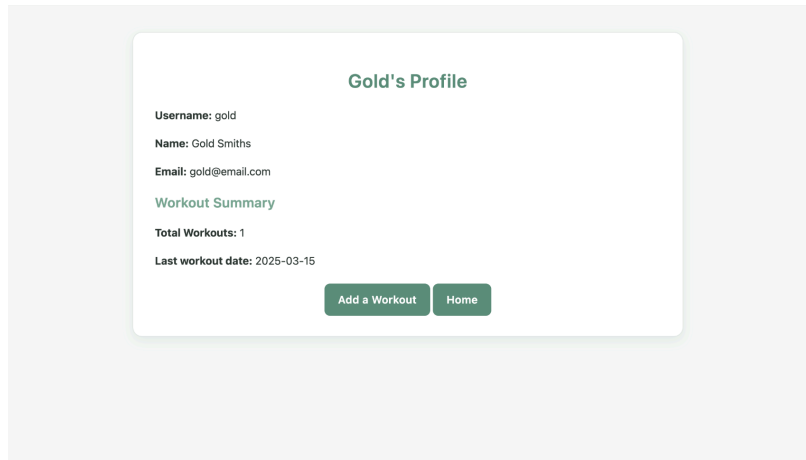
Users can log in to the application enabling only that user to view their workout data.



The screenshot shows a login page titled "Login page for Gym App". It features two input fields: "Username:" and "Password:". Below these fields is a green "Login" button. At the bottom left of the form, there are two links: "Create an account" and "Home". The entire form is set against a light gray background.

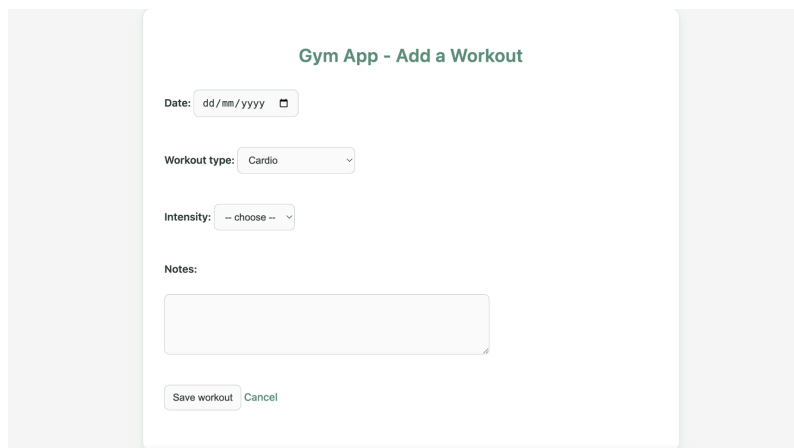
## Profile

After a user logs in, they can click on their profile. They get an overview of their workouts and some personal information.



## Creating a Workout

Users can create a new workout by selecting a date, type of workout, intensity and optionally adding notes.

A screenshot of a form titled "Gym App - Add a Workout". The form contains the following fields: a "Date:" field with a placeholder "dd/mm/yyyy" and a calendar icon; a "Workout type:" dropdown menu with "Cardio" selected; an "Intensity:" dropdown menu with "-- choose --" selected; and a "Notes:" text area. At the bottom of the form, there are two buttons: "Save workout" and "Cancel".

Once the workout is created, a user can add multiple exercises by choosing the exercise name. Depending on the exercise type relevant details can be added. E.g. for cardio duration and distance.

## Add Exercises for Cardio

Date: 2025-12-11

Exercises added so far

No exercises added yet.

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Add a new exercise

Exercise:

Cardio details

Duration (minutes):

Distance (km):

Notes:

## AI Declaration

AI tools were used to help organise and structure this document and to assist with adding and refining CSS styling for the application.