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Workout Tracker – Project Plan

The Workout Tracker is a small full-stack project I built to practice creating a working CRUD application using Node.js, Express, MongoDB, and EJS. The main idea behind the app is to give users a simple way to log and manage their workouts. Each workout includes a title, category, duration, date, and some optional notes. The project helped me understand how the backend, database, and front-end templating system all connect together in a real web application.

Project Goals

The main goals of the project were to let users add new workouts, view all existing workouts in a clean table, edit workouts with pre-filled values, and delete workouts with a confirmation pop-up. I wanted the design to stay simple and easy to navigate, so I used Bootstrap and a shared EJS layout to keep everything consistent. Another major part of the project was deploying it online, so I hosted the app on Render and connected it to a MongoDB Atlas cluster using environment variables.

Technologies Used

Backend: Node.js + Express
Frontend: EJS templates + Bootstrap
Database: MongoDB (Atlas) using Mongoose
Other: dotenv, method-override, express-ejs-layouts
Hosting: Render
Version Control: Git + GitHub

Deployment

Push project to GitHub.
Create a Render web service.
Add MONGO_URL in Render's environment variables.
Make sure npm start runs the app.
Test CRUD features on the live deployed site.

Future Improvements

Add user accounts/login.
Add charts to track workout progress.
Add filters/search options.
Improve the mobile layout or turn it into a PWA.

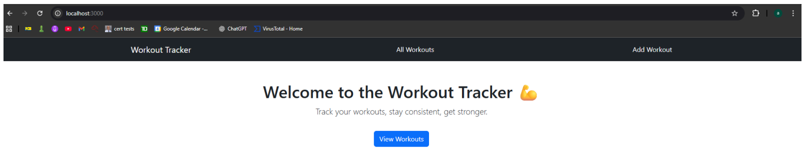
Summary

Overall, this project is a straightforward CRUD application that shows how to connect Express, MongoDB, and EJS into a full working website. It highlights core skills like routing, templating, database operations, and deployment, and it serves as a good foundation for more advanced fitness-tracking features in the future.

Site Details:

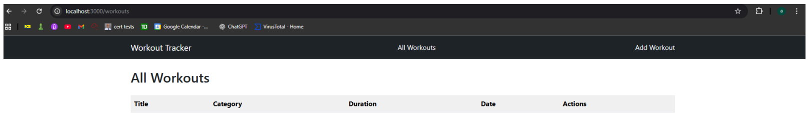
Link: https://assignment-03-9p8f.onrender.com/

Github Repo: https://github.com/mav-21/Assignment-03



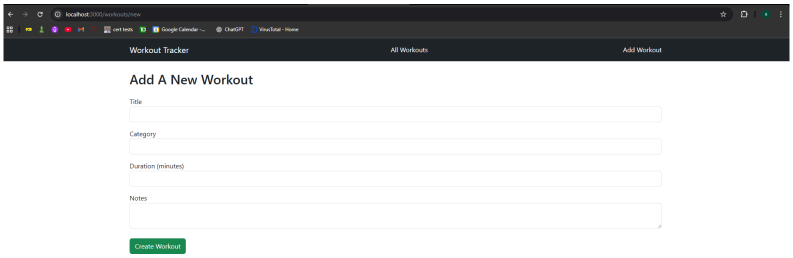
Welcome to the Workout Tracker 💪

Track your workouts, stay consistent, get stronger.



All Workouts

Title	Category	Duration	Date	Actions



Add A New Workout

Title

Category

Duration (minutes)

Notes

Citations

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