Project Plan – Workout Tracker

1. Overview

The Workout Tracker helps users store and manage workout routines. Users can create workouts, update them, delete them, and view all workouts in a list.

2. Features

- Create a Workout

- View all Workouts

- Edit a Workout

- Delete a Workout (with confirmation popup)

3. Data Model (MongoDB Collection)

Collection: workouts

Field	Type	Description
name	String	Workout name
duration	Number	Minutes spent
difficulty	String	Easy / Medium / Hard
date	Date	Workout date

4. Visual Mockups

Include simple drawings:

- Home Page (splash)

- Workout List Page

- Add Workout Page

- Edit Workout Page

You can draw boxes or use Paint/Word shapes.

5. Technology Used

- Node.js

- Express.js

- MongoDB + Mongoose

- EJS Templating

- Bootstrap

- Deployed on Render/mongodb/github