Project Proposal

Tech Stack: React and Node

This project will be evenly focused on frontend and backend.

This will be a mobile app.

This project will be a fitness management app.

Target audience will be in the age range of 20 - 40.

The data that I will be using exercises data and meal plan data suggestions based on fitness progress of user. The API Wger is an option to use for this project.

Database schema:

Basic user info data, fitness progress input data, API search data based on input data.

Possible Issue:

* Running frontend and backend server error
* Token expiration for API
* Too many requests for Free API

Functionality:

* Weight target progress bar
* Weight input
* Weekly exercises based on fitness goal
* Meal plan based on target calories/ nutrition
* signup/login/logout page

User Flow:

* signup/login/logout
* User page
  + target weight input
  + Weight target progress bar
  + fitness goal selection for exercise suggestion
  + meal plan selection

More than CRUD app:

* Exercise/meal suggestions based on personal progress and target
* Progress bar graphic visual data