**P90X Tracker**

* 1. **Project Description:** The app is meant to help the user track his or her P90X workouts (according to the program). Men and Women between the ages 18 – 65. It will be mobile friendly. I want the user to be able to login and be authenticated safely. The app will use Angular, .Net Core, Node.js, and MongoDB
  2. **Data Layer:** External API to MongoDB database.

*P90XDb Collections:*

Users: (PK) Id, First Name, Last Name, Starting Weight, Current Weight

Workouts: (PK) Id, Workout Title, Workout Status, Diet Status, Day Number, Week Number, Block Number, Date Time, Exercise\_Id (FK), User\_Id (FK)

Exercises: (PK) Id, Exercise Title

Exercise Counts: (PK) Id, Reps, Weight, User\_Id (FK), Exercise\_Id (FK)

* 1. **User Interface:**

A screenshot of a social media post

Description automatically generated

Colors: RGB 223 104 40 (orange), Black, and White

Typography: font-family: ‘Open Sans’, sans-serif;

* 1. **Web Service Endpoints:** The client will need to input their email and password. The client will need to add reps, weight, workout status, and diet status for each workout.
  2. **User Accounts / Sessions:** Users will need to be able to login. Thankfully the all of the application will happen on one page. The user will be able to logout as well.