Fitness Journey

Project by team 013-01
CSCI-3308

Team members
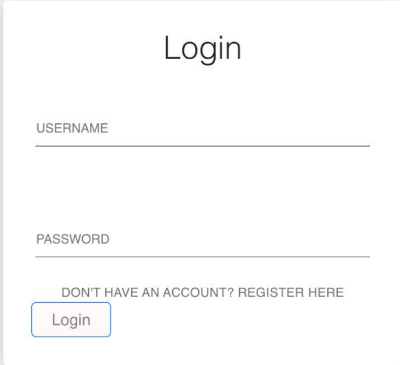
Ruby Gavagan

Hassan Alanazi

Saulo Guzman

Evan Zachary

Taisiia Sherstiukova

Project description

Fitness Journey is a user-friendly, easy to navigate app that allows users to create personalized fitness routines to help them reach their wellness goals.

User starts by logging into an existing account or registering

Login

USERNAME

PASSWORD

DON'T HAVE AN ACCOUNT? REGISTER HERE

Login

Week by week layout lets the user to easily manage their routine for the week. Each exercise includes the name, duration/repetition and a brief description.

Users can add and remove exercises to the schedule

Workouts for this Week

[Day ▾]　[Select Exercise ▾]　[Add Exercise]

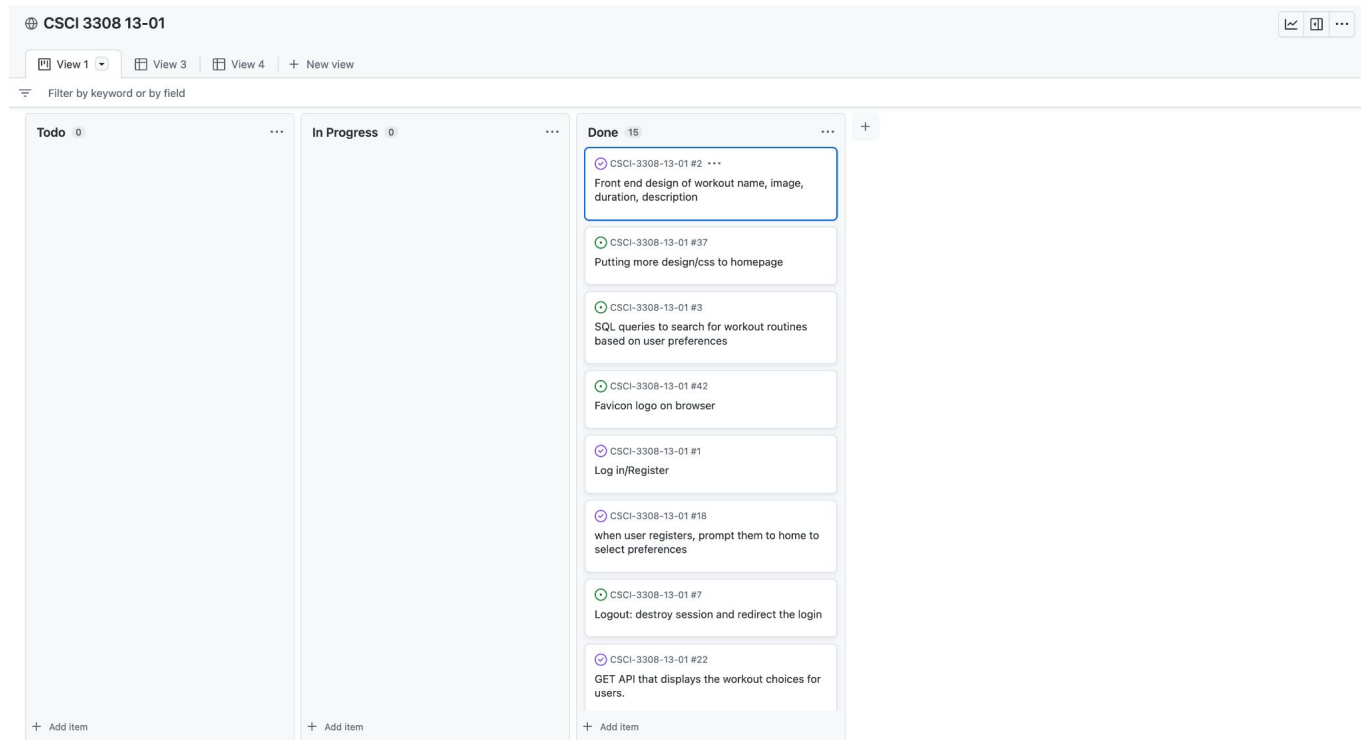| Day	Exercise name	Reps	Sets	Description
Sunday	REST DAY	0	0	Recovery.
Monday	Barbell Standing Squat	5	4	Standing squat exercise that targets most of the lower body strength and stability
Tuesday	Bulgarian Split Squat	8	4	Stand in lunge position with back foot elevated to knee height. Squat with dumbbells in each hand
Tuesday	Barbell Standing Squat	5	4	Standing squat exercise that targets most of the lower body strength and stability
Wednesday	Side Lateral Raise	10	3	With dumbbells in each hand, keep arms straight while spreading arms open to reach shoulder height
Wednesday	Overhead Press	6	5	Overhead press can be done on machine or barbell. Barbell targets stability while machine focuses on strength
Friday	Cable Crossover	10	3	With cables in each hand, pull hand together in round motion to focus burn on chest
Saturday	Cable Fly	8	5	Using a fly machine standing or dumbbells on a flat bench, start with your arms wide at your sides then bring forwards until hands cross or dumbbells touch.

[Day ▾]　[Your Exercise ▾]　[Remove Exercise]
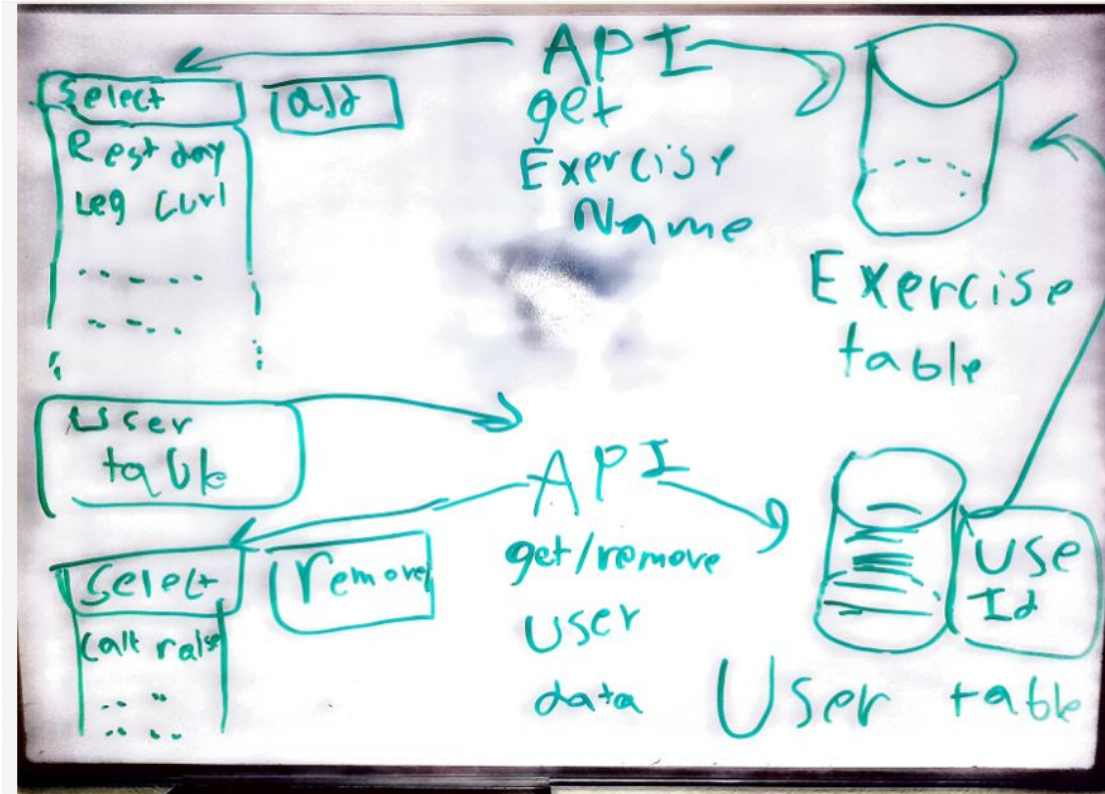
Tools used:

- VCS repository: GitHub

- progress tracking: GitHub project board

Tools used:

- Database: MySQL, PostgreSQL
- UI tools: HTML, CSS, Javascript, ejs
- Application environment: NodeJS
- Deployment environment: Google

Architecture diagram:

Challenges encountered:

-Creating API to extract certain information from database

-Functional login and registration page

-Demonstrating database data in home page

```javascript
app.get('/home', auth, async (req, res) => {
  const {user_id} = req.session.user || {};
  console.log(req.session.user);
  console.log(user_id);

  query1 = "SELECT * FROM exercises;"
  query2 = `SELECT * FROM exercises INNER JOIN users_to_exercises ON exercises.exercise_id = users_to_exercises.exercise_id WHERE user_id = ${user_id};`;
  query3 = `SELECT * FROM users_to_exercises WHERE user_id = ${user_id};`;
```

Solution Propose

-Creating a function that involve promise and takes query.

- Use a specifics table structure to hold user informations as it inserting new account.

-Calling API from the HTML homepage.

```
app.post('/register', async (req, res)=>{
    const hash = await bcrypt.hash(req.body.password, 10);
    let INSERT = `INSERT INTO users (username,password) VALUES ('${req.body.username}','${hash}')`;
    db.query(INSERT)
    .then(query =>{
        res.redirect('/login');
    })
    .catch((err) =>{
        res.render('pages/register',{error: true, message: 'username alredy used'});
    });
});
```

```
const fetch_database = (query) => {
  return new Promise((resolve, reject) => {

      db.any(query)
        .then(function(rows) {
          const data = rows
          //console.log(data);
          resolve(data)
        })
        .catch(e => {
          reject(e)
        })
    })
};
```

Now it's time for a demo :)