

Fit-A-Roo

Description

Team Five - Nimbus Cloud Services set out to create a Fitness tracking application that utilizes Express, HTML/CSS, MySQL, and NodeJS to create a responsive web application. This application allows users to explore different exercises and track their works. Each team member was assigned a task that challenged their frontend and backend ability during this project.

Task Distribution

Layla Gallez - Signup, Login, and Update Profile, Database Design

Saul Mendoza-Loera - Exercise Explorer page and Database Design

Ngoc Tran Dao - Index, About, and Contact Us Page

Yavik Kapadia - Workout Tracking and Exercise Data

Changes

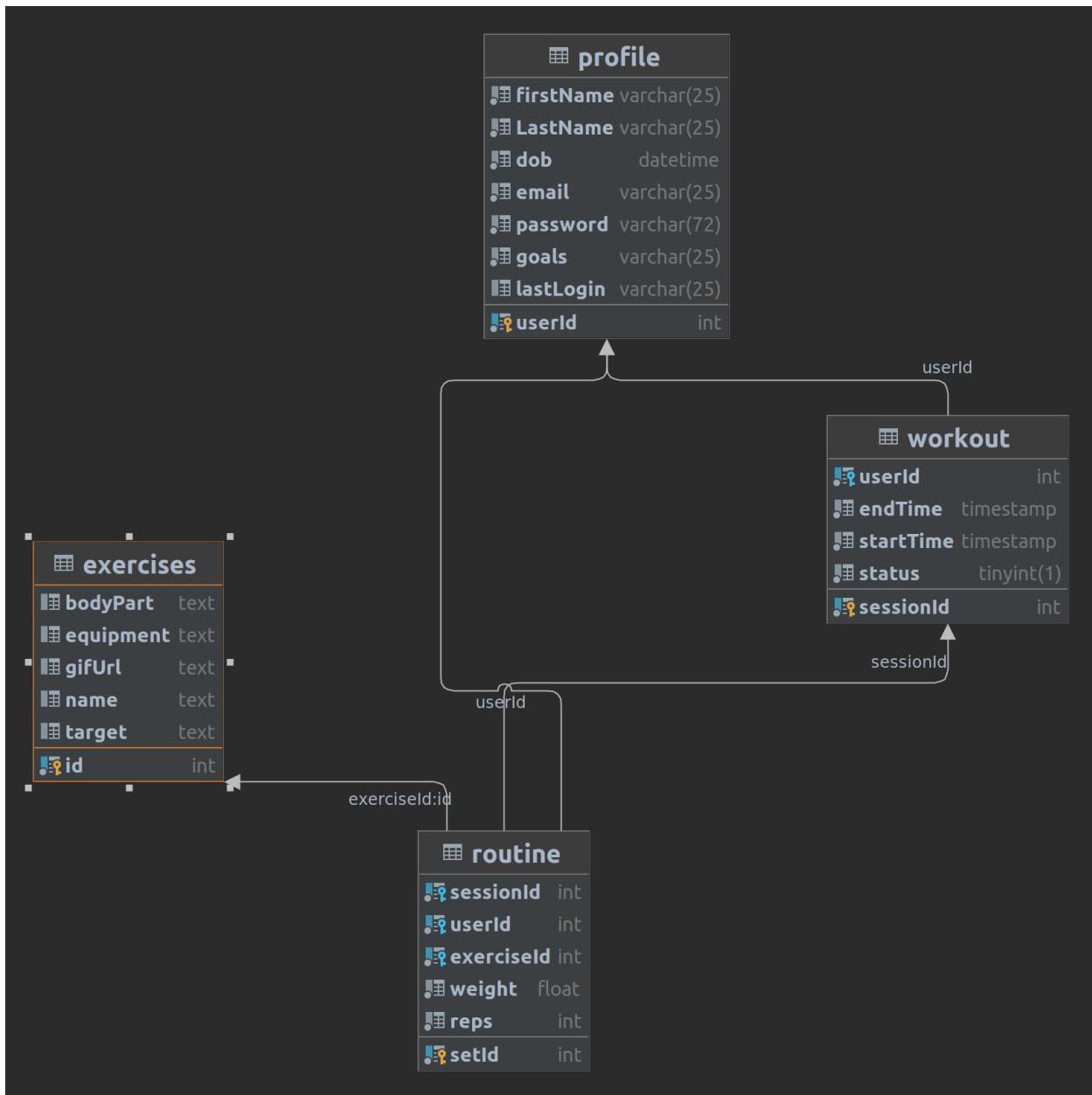
Due to time constraints, we could not implement fancier features such as a calendar picker that would show workouts for a particular day or a macronutrient calculator which called for the implementation of complex mathematical formulas.

Words from our team:

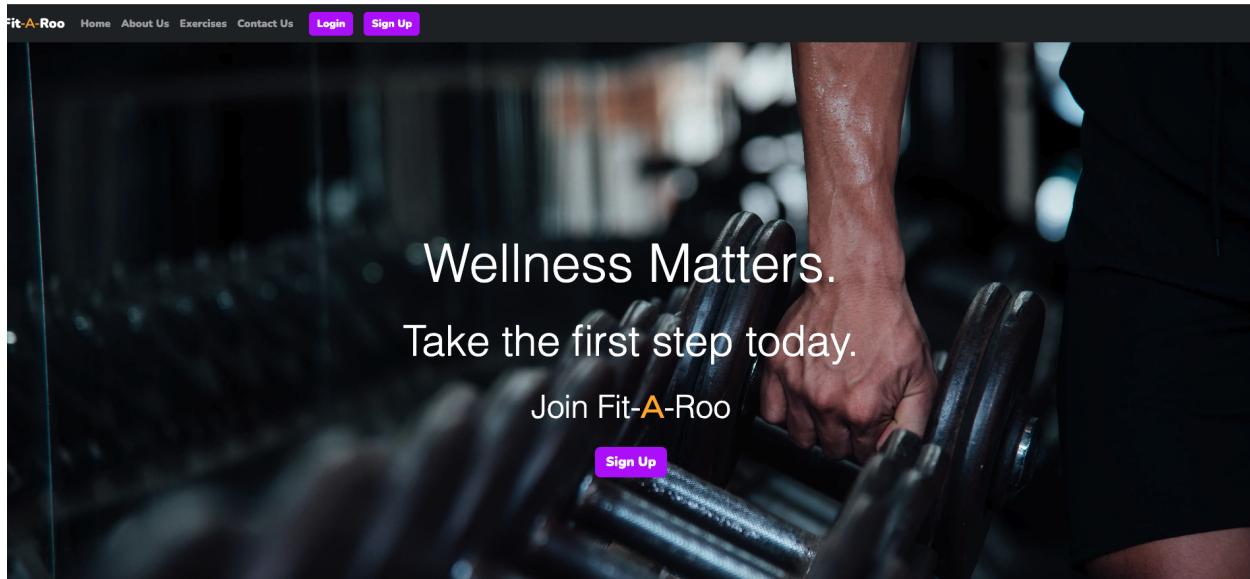
Saul:I worked on implementing the profile and workout tables in our database. I implemented the exercise explorer page that used a local api to retrieve workouts to display to users. I helped style the webpage. Examples are the the explorer page, signup page, and update profile page. Challenges were getting the right design for the explorer page. Did not want the page to look too cluttered. In the end we used a modal that provides each result with more details in regards to the workout.

Layla: I worked on implementing the signup and login forms first. I overestimated bcrypt, but underestimated login validation. Validating the username required a local api and a validation function. A lesson I learned is to always user the user secession when selecting user-specific data, and that I should use functions more often. Update profile was easier to implement on the serverside and I also participated in database design.

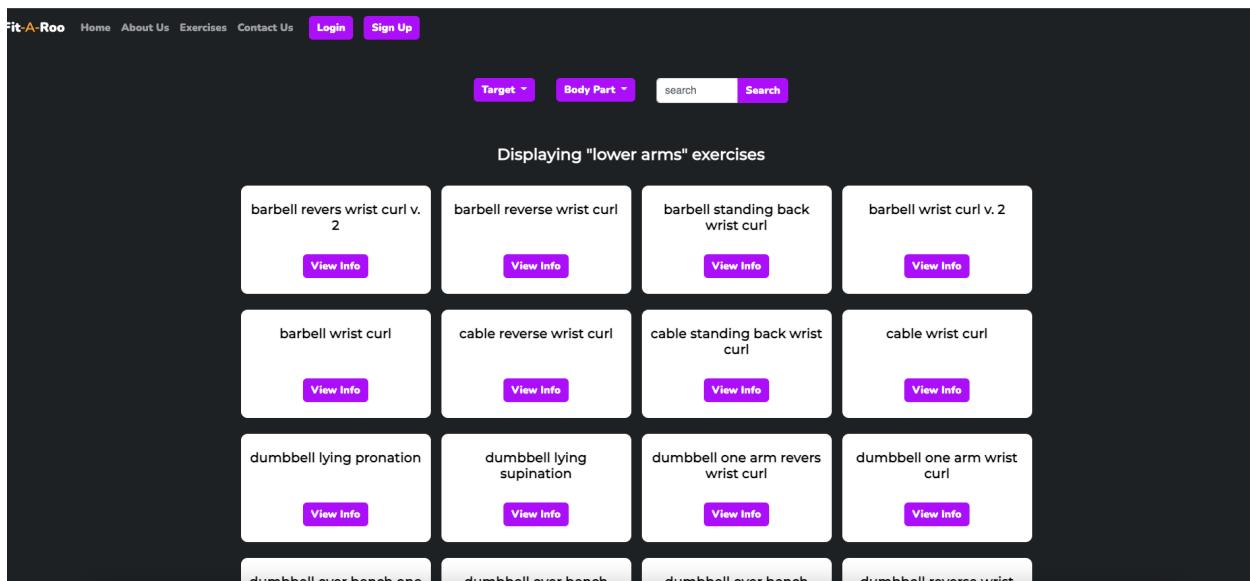
Database Schema



Screenshots

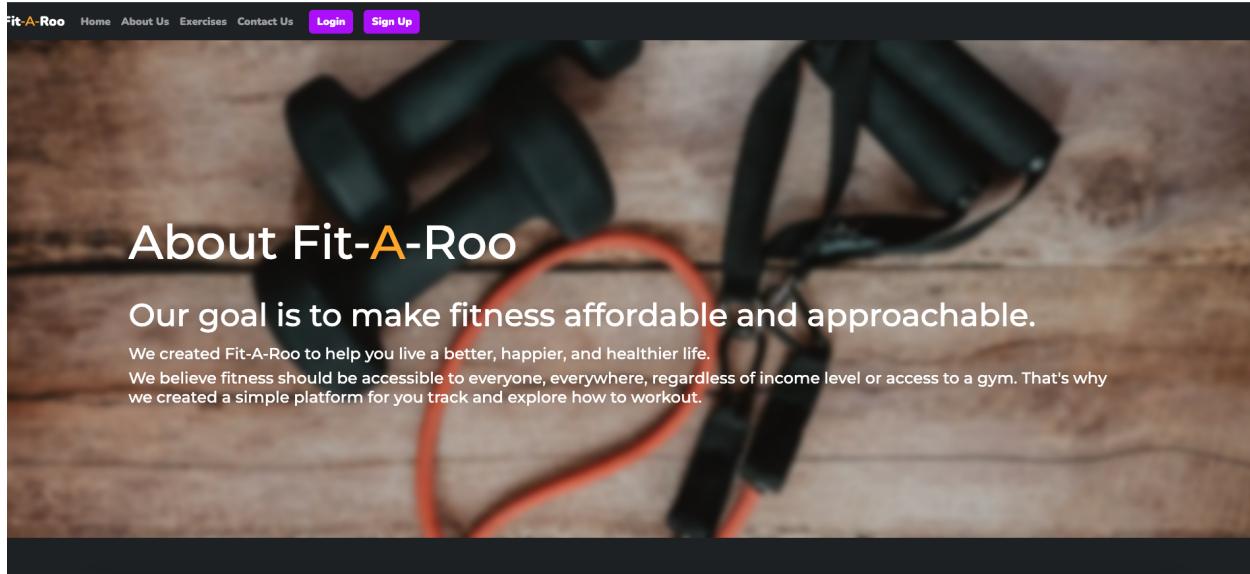


The screenshot shows the homepage of Fit-A-Roo. At the top, there is a navigation bar with links for Home, About Us, Exercises, Contact Us, Login, and Sign Up. The main visual is a close-up photograph of a person's arm and hand gripping a dumbbell. Overlaid text reads "Wellness Matters." and "Take the first step today." Below this, a call-to-action button says "Join Fit-A-Roo".

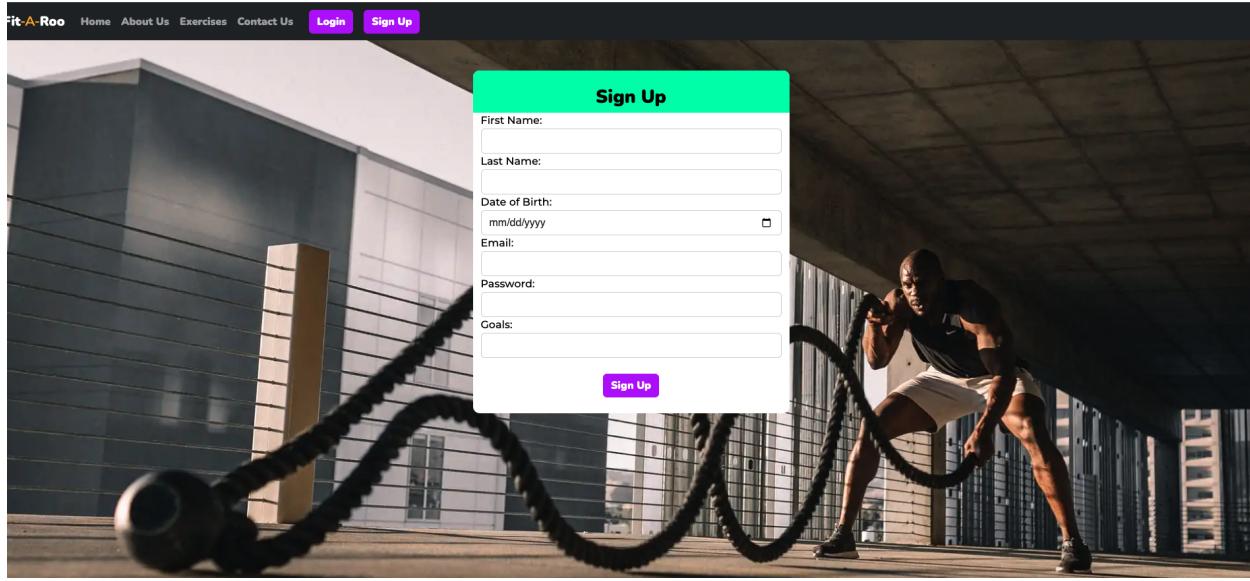


The screenshot shows the "Exercises" page of Fit-A-Roo. The top navigation bar includes links for Home, About Us, Exercises, Contact Us, Login, and Sign Up. Below the navigation are filters for "Target" and "Body Part", a search bar, and a "Search" button. The main content area displays a grid of exercise cards under the heading "Displaying 'lower arms' exercises". Each card contains the exercise name, a "View Info" button, and a small thumbnail image.

Exercise Name	View Info
barbell revers wrist curl v. 2	View Info
barbell reverse wrist curl	View Info
barbell standing back wrist curl	View Info
barbell wrist curl v. 2	View Info
barbell wrist curl	View Info
cable reverse wrist curl	View Info
cable standing back wrist curl	View Info
cable wrist curl	View Info
dumbbell lying pronation	View Info
dumbbell lying supination	View Info
dumbbell one arm revers wrist curl	View Info
dumbbell one arm wrist curl	View Info
dumbbell over bench one	View Info
dumbbell over bench	View Info
dumbbell over bench	View Info
dumbbell reverse wrist	View Info



A screenshot of the 'Meet the Fit-A-Roo Team' page. The background image shows a close-up of a person's legs and feet during a workout, with a barbell visible. The page includes a dark header with the 'Fit-A-Roo' logo and navigation links. The main heading 'Meet the Fit-A-Roo Team' is in large white font. A subtext states: 'We are proud of the talented, cross-disciplinary team we've built to continue growing our library of fitness and wellness content, and the technology that drives it all. Even though we are a distributed team with diverse backgrounds, we share a common goal – making fitness and wellness content available to as many people as possible.' On the right side, there is a purple sidebar with three tabs: 'Founder', 'Content Creators', and 'Behind the Scene'. The 'Founder' tab is active, showing a profile for 'Yavik Kapadia': 'Master degree in Kinesiology', '10 years experience in physical therapy', 'Email: MasterYavik@gmail.com', and 'Phone #: 555-123-4565'. The 'Content Creators' and 'Behind the Scene' tabs are also visible.



Last login: 8/1/2022, 8:52:25 PM

Welcome, Saul !

Previous Workout:

View	SessionId	TimeStamp	Resume?
	128	Fri Aug 12 2022 03:52:41 GMT+0000 (Coordinated Universal Time)	Resume
	127	Fri Aug 12 2022 03:51:38 GMT+0000 (Coordinated Universal Time)	Resume
	126	Fri Aug 12 2022 03:51:27 GMT+0000 (Coordinated Universal Time)	Resume
	125	Fri Aug 12 2022 03:51:06 GMT+0000 (Coordinated Universal Time)	Resume
	124	Fri Aug 12 2022 03:47:53 GMT+0000 (Coordinated Universal Time)	Resume
	123	Fri Aug 12 2022 03:47:34 GMT+0000 (Coordinated Universal Time)	Resume
	122	Fri Aug 12 2022 03:43:24 GMT+0000 (Coordinated Universal Time)	Resume
	121	Fri Aug 12 2022 03:42:48 GMT+0000 (Coordinated Universal Time)	Resume
	118	Fri Aug 12 2022 03:29:39 GMT+0000 (Coordinated Universal Time)	Resume
	117	Fri Aug 12 2022 03:25:56 GMT+0000 (Coordinated Universal Time)	Resume

Fit-A-Roo Home About Us Exercises Contact Us Profile Log Out

Saul's Workout

00: 00: 07

Start Stop Reset

Add Exercises To Routine:

Area To Target
Select an area to focus Search

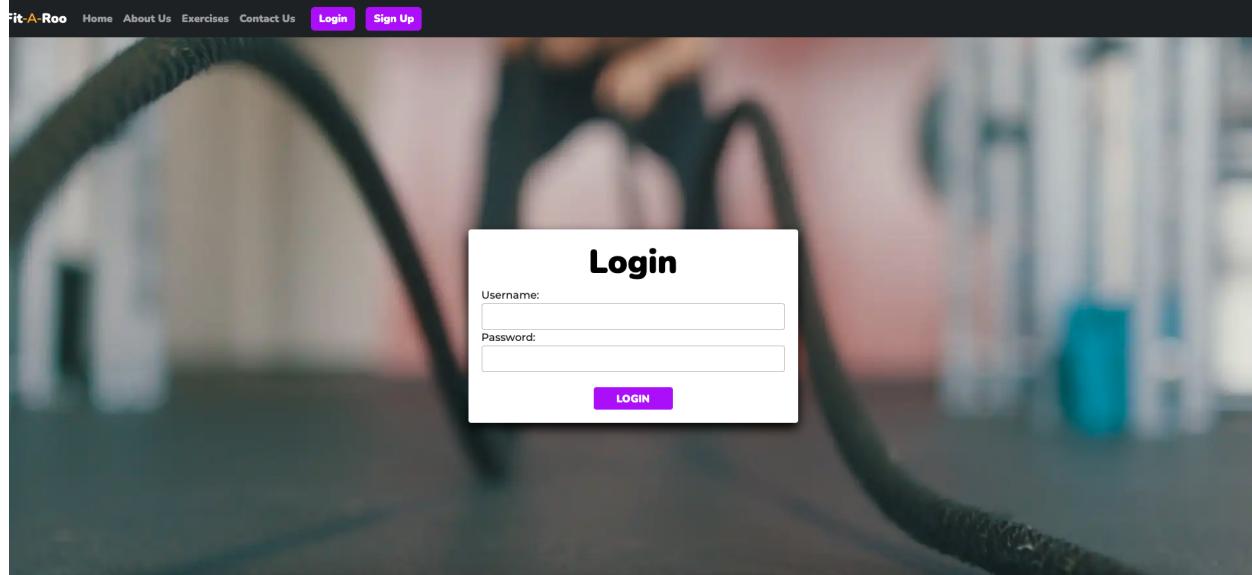
Assisted Lying Leg Raise With Lateral Throw Down
Abs

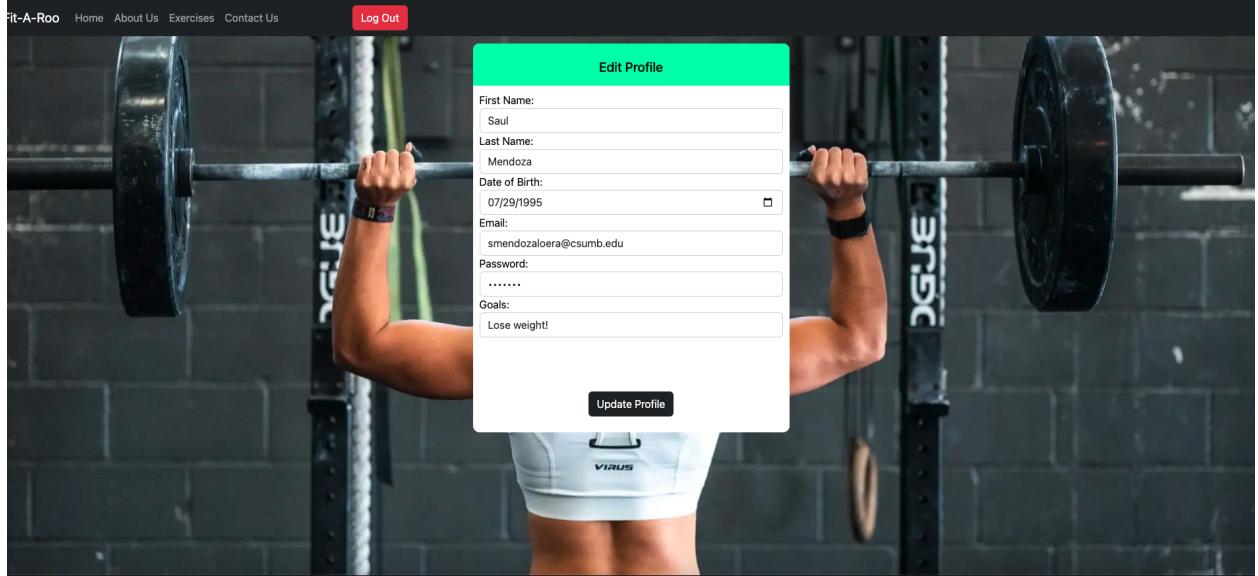
Weight(Lbs) 10	Reps 5	<input type="button" value="Save"/>	<input type="button" value="+"/>	<input type="button" value="Delete"/>
Weight(Lbs) 15	Reps 10	<input type="button" value="Save"/>	<input type="button" value="-"/>	<input type="button" value="Delete"/>

[Delete Exercise](#)

Barbell Squat (On Knees)
Quads

Weight(Lbs) 10	Reps 5	<input type="button" value="Save"/>	<input type="button" value="+"/>	<input type="button" value="Delete"/>
-------------------	-----------	-------------------------------------	----------------------------------	---------------------------------------





A person is performing a pull-up on a horizontal bar. They are wearing white shorts with the word "VIRUS" printed on them. The background shows a gym setting with a brick wall and some equipment.

Fit-A-Roo Home About Us Exercises Contact Us Log Out

Edit Profile

First Name:
Saul

Last Name:
Mendoza

Date of Birth:
07/29/1995

Email:
smendozaloera@csumb.edu

Password:

Goals:
Lose weight!

Update Profile