How to Build a Fitness Tracking App with Lovable

If you'd like to build your own personalised fitness app, Lovable makes it surprisingly simple. Here's a short guide to help you use the *exact* prompt I used, the full specification is included below.

Step 1 — Go to Lovable.ai

Log in or create a free account.

Step 2 — Create a New App

Click **"Create New App" → "Blank App"**. This opens a space where you can paste your full specification.

Step 3 — Copy and Paste the Full Prompt Below

This is the **actual, complete prompt** from my build — you can paste it exactly as is.
Once you do, Lovable will automatically generate the:

- database

- UI

- workout planner

- exercise library

- stretch timer

- session log

- dashboard

- and supporting pages

Step 4 — Press "Generate App"

Lovable will build a working prototype of your fitness app in under a minute.

Step 5 — Refine, test, and personalise

Just type instructions in natural language, Lovable will update your app instantly. You can ask Lovable to:

- Add features

- Change the layout

- Insert new exercises

Prompt to Build This App

Copy and paste the following prompt into Lovable to build this app:

Build a fitness tracking app called "My Fitness App" with these features:

Core Setup:

- Single-user model where each authenticated user manages only their own workouts

- Use Asia/Singapore timezone for all date/time handling

- Email/password authentication with auto-confirm enabled

Database Tables:

- exercises: name, body_area, type, how_to instructions, reps/time targets, benefits, media_url, video_url

- plans: name, description

- plan_items: links exercises to plans by day_of_week with order_index and targets

- sessions: user_id, date, plan_id, total_time, notes, pain_flag (boolean), rpe (1-10 scale)

- session_entries: tracks actual_reps, actual_time, completed status per exercise

- stretch_sets and stretch_set_items: for guided stretch sequences

Seed Exercises (18 total):

Core:

- **Deadbug** (strength, 10 reps) - Lie on back with arms extended toward ceiling and knees bent at 90 degrees. Slowly extend opposite arm and leg while keeping core braced and lower back pressed to floor. Return to start and alternate sides. *Benefits: Builds deep core stability and coordination. Improves spinal control and prevents lower back pain.*

- **Pallof Press** (hold, 45s) - Stand with resistance band or cable at chest height. Hold handles at chest, then press hands forward while resisting rotation from the pull. Keep core tight and body still. *Benefits: Trains anti-rotation core stability. Essential for functional strength and injury prevention.*

- **Plank** (hold, 30s) - Hold a push-up position on forearms and toes, keeping body in a straight line from head to heels. Engage core throughout. *Benefits: Strengthens entire core. Improves posture and stability.*

- **Standing Golf Swing Rotation** (strength, 45s) - Stand with feet shoulder-width apart. Rotate torso in a controlled arc mimicking a golf swing motion, engaging core throughout the movement. Keep hips stable. *Benefits: Improves rotational strength and mobility. Enhances athletic performance and functional movement.*

- **Superman Hold** (hold, 20s) - Lie face down. Lift arms, chest, and legs off the ground simultaneously. Hold position, engaging back and glutes. *Benefits: Strengthens lower back and glutes. Improves posture and spinal stability.*

Flexibility:

- **Cat-Cow** (stretch, 45s) - On hands and knees (or seated), alternate between arching back (cow) and rounding spine (cat). Move with breath. *Benefits: Mobilizes entire spine. Relieves back tension and improves spinal flexibility.*

- **Chest Opener** (stretch, 30s) - Stand with hands clasped behind back. Lift chest and draw shoulders back, opening through the chest. Breathe deeply. *Benefits: Counteracts rounded shoulders from desk work. Opens chest and improves breathing.*

- **Hamstring Stretch** (stretch, 30s) - Sit with one leg extended, other bent. Lean forward from hips toward extended leg, keeping back straight. Feel stretch in back of thigh. *Benefits: Improves flexibility in back of legs. Reduces lower back tension and injury risk.*

- **Hip Flexor Stretch** (stretch, 30s) - Kneel on one knee, other foot forward. Shift weight forward, feeling stretch in front of back hip. Keep torso upright. *Benefits: Opens tight hip flexors from sitting. Improves posture and reduces lower back strain.*

- **Seated Spinal Twist** (stretch, 30s) - Sit with one leg straight, other crossed over. Twist torso toward bent knee, using opposite elbow for leverage. Hold and breathe. *Benefits: Improves spine mobility. Relieves back tension and aids digestion.*

Lower Body:

- **Glute Bridge** (strength, 15 reps) - Lie on back with knees bent, feet flat. Lift hips toward ceiling, squeezing glutes at the top. Lower with control. *Benefits: Strengthens glutes and hamstrings. Supports lower back health and posture.*

- **Reverse Lunge** (strength, 10 reps) - Step one foot back and lower your body until both knees form 90-degree angles. Push through front heel to return. Alternate legs. *Benefits: Builds leg strength, improves balance, and engages core stabilizers.*

- **Squat** (strength, 12 reps) - Stand with feet shoulder-width apart. Lower your body as if sitting back into a chair, keeping knees behind toes. Push through heels to return to standing. *Benefits: Strengthens quads, glutes, and core. Improves balance and functional movement.*

- **Step Back & Hinge** (strength, 45s) - Step one foot back into a split stance. Hinge forward at hips slightly while keeping back straight and core braced. Return to upright position with control. *Benefits: Works core, glutes, and hamstrings together. Improves hip hinge pattern and posterior chain strength.*

- **Wall Sit** (hold, 30s) - Lean back against a wall and slide down until thighs are parallel to floor. Hold position, keeping core engaged. *Benefits: Builds leg endurance. Strengthens quads and improves mental stamina.*

Upper Body:

- **Chair Tricep Dips** (strength, 12 reps) - Sit on edge of chair, hands beside hips. Slide forward and lower body by bending elbows to 90 degrees. Push back up. *Benefits: Strengthens triceps and shoulders. Improves arm definition and pushing power.*

- **Standing Arm Pulses** (strength, 40 reps) - Extend arms out to sides at shoulder height. Make small pulsing movements up and down rapidly. Keep core engaged. *Benefits: Tones shoulder and arm muscles. Improves endurance and posture.*

- **Wall Push-Ups** (strength, 15 reps) - Stand arm's length from wall, hands on wall at shoulder height. Lower chest toward wall, then push back. Keep body straight. *Benefits: Builds chest, shoulder, and arm strength. Great low-impact option for building pushing strength.*

Sample Plan 1 - "Women 40+": *Description: Balanced strength and flexibility program designed for women over 40*

- Monday: Squat (12), Glute Bridge (15), Wall Sit (30s)

- Tuesday: Seated Spinal Twist (30s), Hip Flexor Stretch (30s), Hamstring Stretch (30s)

- Wednesday: Wall Push-Ups (12), Chair Tricep Dips (10), Plank (30s)

- Thursday: Cat-Cow (45s), Chest Opener (30s), Superman Hold (20s)

- Friday: Reverse Lunge (10), Squat (12), Glute Bridge (15)

Stretch Set - "Long Sitting Recovery": *Notes: Gentle stretching sequence to relieve tension from prolonged sitting*

1. Seated Spinal Twist (30s)

2. Hip Flexor Stretch (30s)

3. Chest Opener (20s)

4. Hamstring Stretch (30s)

5. Cat-Cow (45s)

Pages:

1. **Dashboard** - Weekly stats, current streak, completion rate, today's workout, quick action cards

2. **Library** - Searchable exercise grid with filters by body_area and type, detail modal with image/instructions/benefits

3. **Planner** - Weekly view with tabs for different plans, drag-and-drop reordering

4. **Log** - Session history with filtering, session detail view

5. **Progress** - Charts for sessions per week, minutes by body area, completion %, streak length

6. **Settings** - CSV import/export, AI image generation button

Special Features:

- Quick Workout Generator: Random 15-minute workout filtered by body area

- Guided Stretch Timer: "Long Sitting Recovery" set with 20/30/45 second options and audio cues

- AI Exercise Images: Generate illustrations using Lovable AI edge function, store in storage bucket

Security:

- RLS policies so users only access their own sessions and profile

- JWT verification on edge functions

Tech Stack

- **Frontend**: React, TypeScript, Tailwind CSS, shadcn/ui

- **Backend**: Lovable Cloud (powered by Supabase)

- **AI**: Lovable AI Gateway for image generation

Features Overview

Feature	Description
Exercise Library	Searchable database with filters by body area and type
Weekly Planners	Pre-filled workout plans with drag-and-drop reordering
Session Logging	Track workouts with RPE, pain flags, and notes
Progress Analytics	Charts for sessions, streaks, and completion rates
Quick Workout	Random 15-minute workouts by body area
Guided Stretch Timer	Timed stretch sequences with audio cues
AI Exercise Images	Auto-generated exercise illustrations

Database Schema

-- Core tables

exercises (id, name, body_area, type, how_to, reps, time, benefits, media_url, video_url)

plans (id, name, description)

plan_items (id, plan_id, day_of_week, exercise_id, order_index, target_reps, target_time)

sessions (id, user_id, date, plan_id, total_time, notes, pain_flag, rpe)

session_entries (id, session_id, exercise_id, actual_reps, actual_time, completed)

stretch_sets (id, name, notes)

stretch_set_items (id, stretch_set_id, exercise_id, target_time, order_index)

Security Best Practices

1. **Row-Level Security (RLS)** - Users only access their own data

2. **Single-user model** - Each user manages only their own workouts

3. **JWT verification** - Edge functions require authentication

4. **Secure storage** - Only authenticated users can upload images

Key Learnings

- **Timezone handling**: Use consistent timezone (Asia/Singapore) for date calculations

- **RLS policies**: Always verify users can only access their own records

- **Edge functions**: Use for AI features and sensitive API calls

- **Design system**: Leverage Tailwind tokens for consistent theming