DATABASE PROJECT MILESTONE 03

(Complete Project)

Spring 2024

SUBMITTED BY

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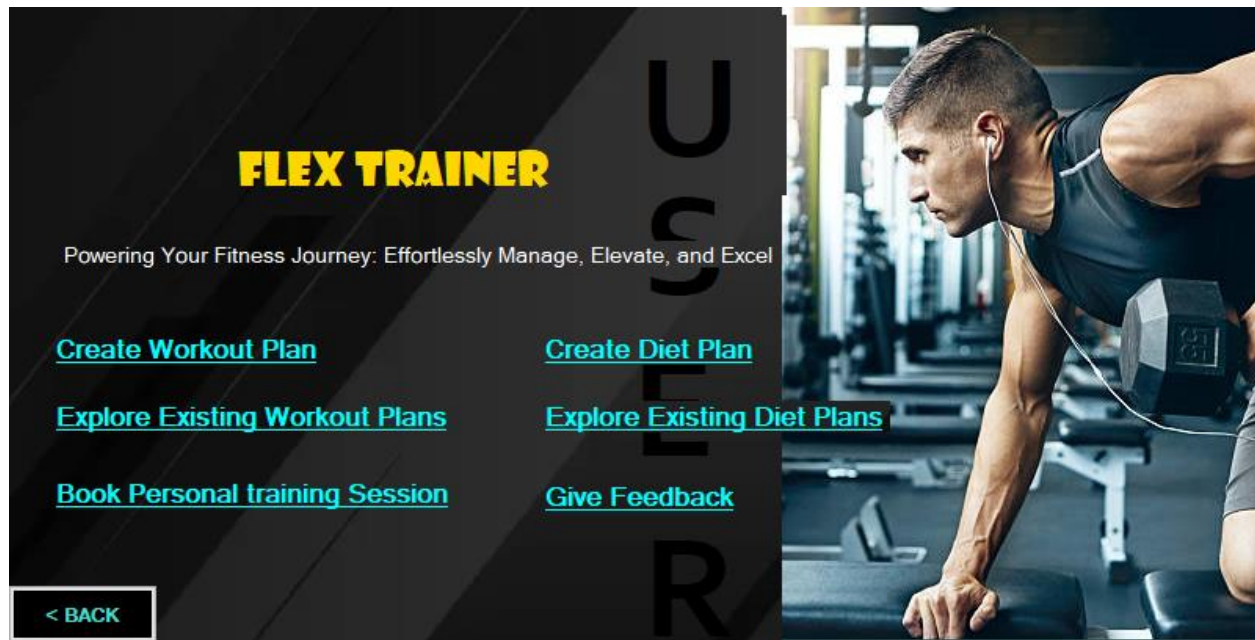
SUBMITTED TO

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Member Interface:

Registration and Login: Members can securely register and log in to access the system.

Workout Planning: Members can create personalized workout plans tailored to their fitness goals, specifying exercises, sets, reps, and rest intervals.

Workout Plan Reports: Members can explore and filter workout plans based on various criteria such as goals, schedule, and experience level.

Diet Planning: Members can create customized diet plans, specifying meals, nutritional values, and potential allergens.

Diet Plan Selection: Members can choose from existing diet plans curated by other users or trainers, filtering options based on diet type, purpose, nutrition, and creator.

Personal Training Sessions Booking: Members can schedule one-on-one training sessions with trainers of their choice.

Trainer Feedback: Members can provide feedback about trainers, contributing to their overall rating.

Trainer Interface:

Registration and Login: Trainers can register and log in, selecting the gym they work for from a list and sending a verification request to the gym owner.

Appointment Management: Trainers can manage appointments, schedule sessions, and coordinate with clients.

Workout Plan and Diet Plan Creation: Trainers can create personalized workout and diet plans for their clients, incorporating exercises, meals, and nutritional guidelines.

Workout Plan and Diet Plan Reports: Trainers can access comprehensive reports of plans, track client progress, and make adjustments as needed.

Trainer Feedback: Trainers can view feedback from gym members and track their ratings.

Gym Owner Interface:
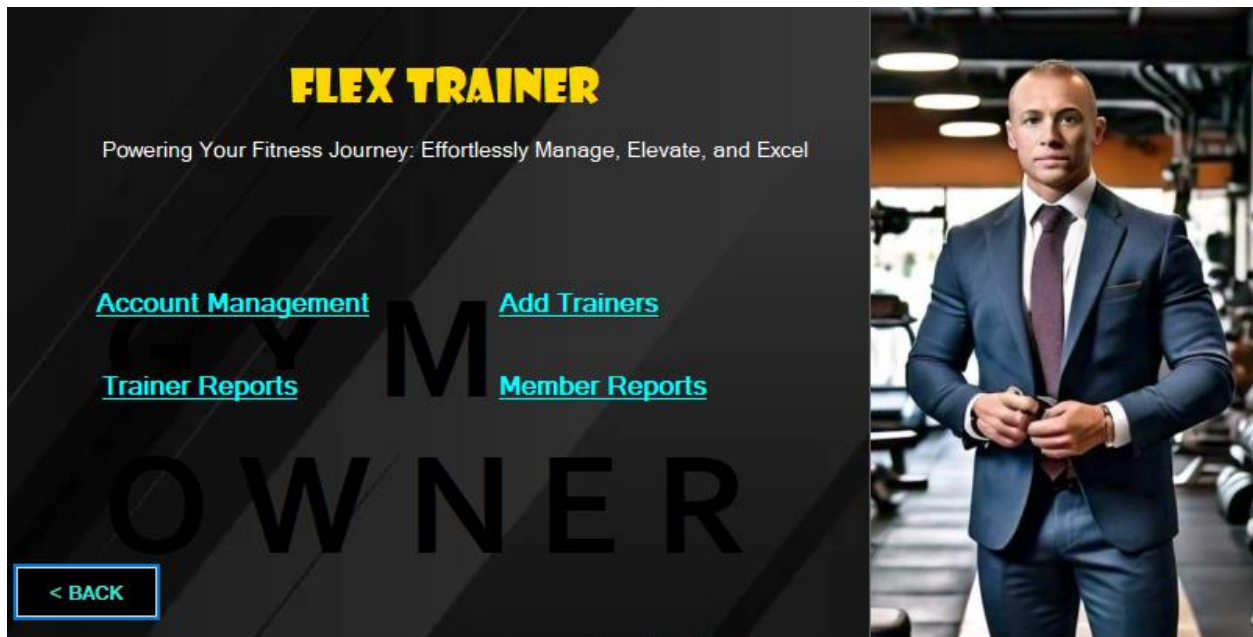
Registration and Login: Gym owners can register and log in, with registration requests sent to the admin for approval.

Member and Trainer Reports: Gym owners can access detailed reports on members and trainers, including membership details, trainer performance, and client information.

Adding New Trainers: Gym owners can add new trainers to the platform, providing necessary details for qualification and experience.

Account Management: Gym owners can manage member and trainer accounts, including activation and deactivation.

Admin Interface:
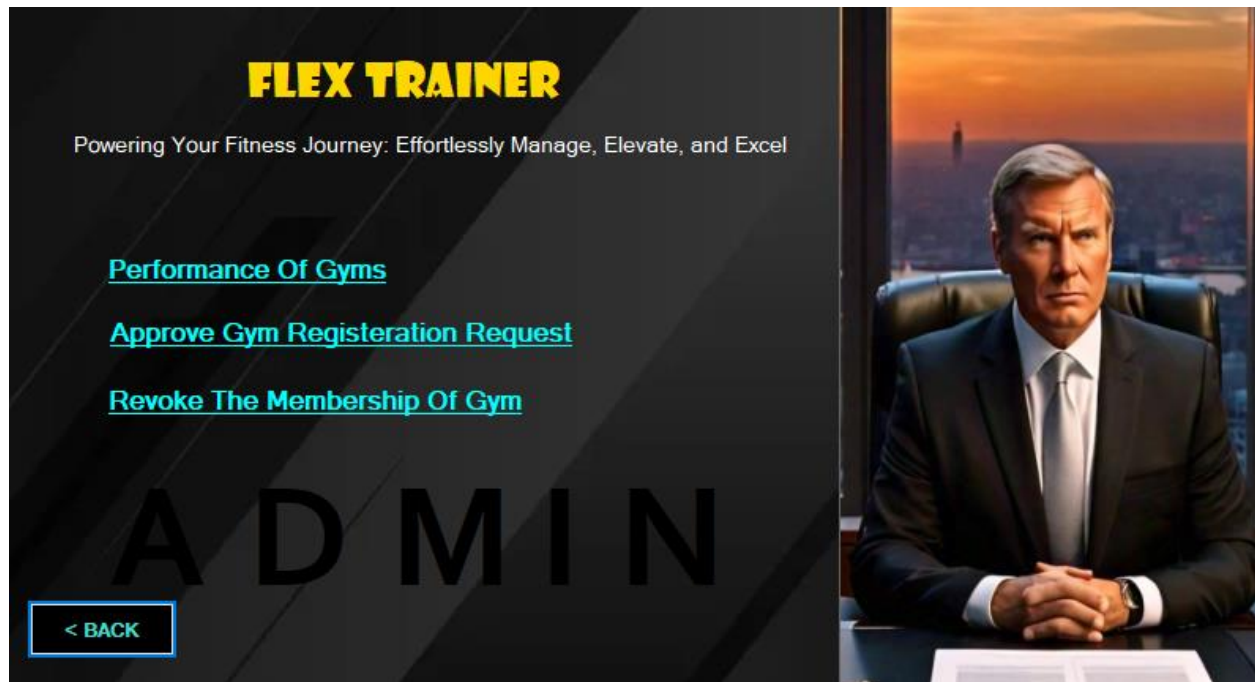
Login: Admins can log in to access administrative functions securely.

Performance of Different Gyms: Admins can view comprehensive reports on gym performance, including metrics like membership growth and customer satisfaction.

Approve Gym Registration Requests: Admins can review and approve registration requests from new gym locations.

Revoke Memberships of Existing Gyms: Admins can deactivate or remove gym locations from the network as needed.

Overall, the Flex Trainer Management System offers a comprehensive solution for managing gym operations, providing personalized fitness guidance, and maintaining a user-friendly database for efficient access and management of member and trainer data. It facilitates seamless interaction between members, trainers, gym owners, and administrators, enhancing the overall fitness experience for all stakeholders.