HOC ONLINE GYM MANAGEMENT SYSTEM - Feature Requirements List

✅ CLIENT PORTAL FEATURES

Dashboard & Overview

✅ **Personalized Dashboard** - Welcome screen with user's name, current plan, and key stats at a glance

✅ **Workout Streak Tracker** - Visual display of consecutive workout days to maintain motivation

✅ **Session Counter** - Total sessions completed with weekly/monthly progress indicators

✅ **Calorie Burn Tracker** - Weekly and cumulative calorie burn statistics

✅ **Next Session Display** - Upcoming scheduled workout with time and type

✅ **Progress Overview Widget** - Quick view of weight goals, weekly workout completion, and achievements

Workout Management

✅ **Video Library Access** - Browse categorized workout videos (Strength, Cardio, Yoga, HIIT, etc.)

✅ **Continue Watching** - Resume partially watched workout videos

✅ **Video Filtering** - Search and filter by duration, intensity, category, and trainer

✅ **Workout Bookmarking** - Save favorite workouts for quick access

✅ **Workout History** - Complete log of all completed sessions with dates and duration

✅ **Custom Workout Plans** - Personalized workout schedules assigned by trainer

✅ **Progress Photos Upload** - Before/after photo tracking with date stamps

✅ **Workout Notes** - Add personal notes about each session (how you felt, challenges, etc.)

Diet & Nutrition

✅ **Personalized Meal Plans** - Custom weekly diet plans with macro breakdown

✅ **Daily Nutrition Goals** - Target calories, protein, carbs, and fats display

✅ **Meal Breakdown** - Detailed breakfast, lunch, dinner, and snack suggestions with timing

✅ **Calorie Counter** - Individual meal calorie information

✅ **Macro Calculator** - Protein, carbs, and fat tracking per meal and daily total

✅ **Recipe Details** - Ingredient lists and preparation instructions for each meal

✅ **Meal Substitutions** - Alternative meal options for dietary preferences

✅ **Food Allergy Management** - Mark allergens and get safe meal alternatives

✅ **Grocery List Generator** - Auto-generate shopping lists from meal plans

✅ **Water Intake Tracker** - Daily hydration goal monitoring

✅ **Supplement Tracker** - Log vitamins, protein shakes, and supplements

Advanced Nutrition Calculators (NEW SUGGESTIONS)

✅ **TDEE Calculator** - Total Daily Energy Expenditure based on activity level

✅ **BMI Calculator** - Body Mass Index with healthy range indicators

✅ **Body Fat Percentage Calculator** - Estimate based on measurements

✅ **Macro Distribution Calculator** - Customizable protein/carb/fat ratios for different goals (cutting, bulking, maintenance)

✅ **Protein Requirements Calculator** - Based on weight, activity level, and fitness goals

✅ **Meal Timing Calculator** - Optimal pre/post workout nutrition timing

✅ **Calorie Deficit/Surplus Calculator** - For weight loss or gain goals

✅ **Carb Cycling Calculator** - High/low carb day planning for advanced users

✅ **Hydration Calculator** - Personalized water intake based on weight and activity

Live Training Sessions

✅ **Live Session Calendar** - View all upcoming live classes

✅ **Class Filtering** - Sort by date, type, trainer, and availability

✅ **Session Reservation** - Book spots in upcoming live sessions

✅ **Live Now Indicator** - Highlighted badge for currently running sessions

✅ **Join Session Button** - One-click access to live video stream

✅ **Participant Counter** - See how many people are in each session

✅ **Session Reminders** - Push notifications before scheduled live classes

✅ **Live Chat** - Interact with trainer and other participants during session

✅ **Virtual Waiting Room** - Pre-session lobby before live class starts

Progress Tracking & Analytics

✅ **Weight Tracking** - Log current weight vs. goal with visual progress bar

✅ **Body Measurements Log** - Track chest, waist, hips, arms, thighs, etc.

✅ **Progress Charts** - Visual graphs of weight, measurements, and performance over time

✅ **Weekly Workout Completion** - Track sessions completed vs. planned

✅ **Achievement System** - Unlock badges and milestones (First Workout, 7 Day Streak, 10 Workouts, 50 Workouts, 100 Workouts, etc.)

✅ **Achievement Gallery** - View all earned and locked achievements with progress

✅ **Personal Records** - Track best lifts, longest runs, fastest times, etc.

✅ **Monthly Reports** - Downloadable summary of all activities and progress

Goal Setting & Management

✅ **Goal Creation** - Set weight, fitness, and nutrition goals

✅ **Goal Progress Tracking** - Visual indicators of goal completion

✅ **Update Goals Button** - Easily modify targets as you progress

✅ **Target Date Setting** - Set deadlines for achieving specific goals

✅ **Milestone Notifications** - Alerts when reaching goal checkpoints

Profile & Settings

✅ **Personal Information Management** - Update contact details, photo, bio

✅ **Health Profile** - Medical conditions, injuries, fitness level, limitations

✅ **Notification Preferences** - Customize alerts for workouts, sessions, messages

✅ **Privacy Settings** - Control what information is visible to others

✅ **Subscription Management** - View current plan (Premium, Basic, Elite) and billing

✅ **Payment History** - Access past invoices and receipts

✅ **Dark Mode Toggle** - Switch between light and dark themes

✅ **Language Selection** - Multi-language support

Communication

✅ **Trainer Messaging** - Direct chat with assigned trainer

✅ **Support Tickets** - Submit and track help requests

✅ **Announcement Feed** - Receive gym updates and important notices

✅ **Community Forum** - Interact with other members (optional social feature)

✅ ADMIN/TRAINER PORTAL FEATURES

Dashboard & Analytics

✅ **Overview Dashboard** - Total clients, active users, monthly revenue, growth rate at a glance

✅ **Recent Client Activity** - Latest sign-ups, active sessions, payments

✅ **Quick Action Menu** - Fast access to common tasks (Add Video, Schedule Session, Create Diet Plan, View Analytics)

✅ **Revenue Analytics** - Monthly trend graphs with client count correlation

✅ **Package Distribution Chart** - Visual breakdown of Basic/Premium/Elite subscriptions

✅ **Growth Metrics** - Month-over-month client acquisition trends

✅ **Client Growth Timeline** - Historical data showing business expansion

Client Management

✅ **Complete Client Database** - Searchable list of all members

✅ **Client Profiles** - Detailed view with contact info, join date, subscription status

✅ **Status Indicators** - Active, inactive, or pending status badges

✅ **Client Filtering** - Sort by subscription tier, status, join date

✅ **Add New Client** - Quick registration form for new members

✅ **Client Details View** - In-depth profile access with edit capabilities

✅ **Client Activity Log** - Track workout completion, attendance, engagement

✅ **Client Notes** - Private admin notes about each member

✅ **Bulk Actions** - Send messages, assign plans, or update multiple clients at once

✅ **Client Export** - Download client data in CSV/Excel format

Video & Workout Library Management

✅ **Video Library Overview** - Grid view of all workout videos with thumbnails

✅ **Video Upload System** - Add new workout videos with metadata

✅ **Video Categorization** - Tag videos by type (Strength, Cardio, Yoga, HIIT, etc.)

✅ **Duration Assignment** - Set video length for filtering

✅ **Video Search Function** - Quick find specific workouts

✅ **Video Edit/Delete** - Modify or remove outdated content

✅ **Video Thumbnails** - Custom cover images for each video

✅ **Video Descriptions** - Add detailed instructions and equipment needs

✅ **Trainer Assignment** - Tag which instructor leads each workout

✅ **Video Analytics** - Track views, completions, and popularity

✅ **Draft Videos** - Save unpublished content for later release

Diet Plan Management

✅ **Diet Plan Templates** - Pre-built meal plans (Weight Loss, Muscle Gain, Balanced Maintenance, Keto, Vegan Athlete, etc.)

✅ **Create New Plan Button** - Build custom diet plans from scratch

✅ **Plan Details** - Calorie targets, macro distributions, meals per day

✅ **Client Assignment** - Assign specific plans to individual clients

✅ **Meal Database** - Library of meals with nutritional information

✅ **Meal Builder** - Create new meals with ingredient lists and macros

✅ **Plan Cloning** - Duplicate and modify existing plans

✅ **Assignment Tracking** - See which clients are on which plans

✅ **Edit/Assign Buttons** - Quick access to modify or distribute plans

✅ **Plan Categories** - Organize by dietary type (Low Carb, High Protein, Ketogenic, Vegan, Balanced)

Live Session Management

✅ **Session Calendar View** - Weekly/monthly view of all live classes

✅ **Schedule New Session** - Create live training events with details

✅ **Session Types** - Categorize (Power Yoga, HIIT, Cardio Bootcamp, Strength Building, Flexibility)

✅ **Trainer Assignment** - Assign instructors to lead sessions

✅ **Capacity Management** - Set participant limits (e.g., 8/15, 12/15, 10/12)

✅ **Session Status** - Mark as Upcoming, Live Now, or Completed

✅ **Date & Time Settings** - Flexible scheduling with duration

✅ **Reserve Spot Button** - Manual booking for clients

✅ **Join Now Button** - Admin can join and monitor live sessions

✅ **Session Editing** - Modify scheduled sessions

✅ **Recurring Sessions** - Set up repeating weekly classes

✅ **Session Cancellation** - Cancel with auto-notification to registered clients

✅ **Waitlist Management** - Track clients waiting for full sessions

Revenue & Payment Management

✅ **Total Revenue Display** - Current month income with growth percentage

✅ **Average per Client** - Revenue per member calculation

✅ **Payments Due Tracker** - Outstanding payments with count

✅ **Growth Rate Indicator** - Monthly revenue increase percentage

✅ **Monthly Revenue Trend Graph** - Visual bar chart by month with client count

✅ **Revenue by Package** - Breakdown by Basic, Premium, Elite tiers with calculations

✅ **Recent Payments List** - Latest transactions with client names, package, amount, status

✅ **Payment Status Badges** - Paid, Pending, Overdue indicators

✅ **Export Report Button** - Download financial reports

✅ **Invoice Generation** - Create and send invoices to clients

✅ **Payment Reminders** - Automated alerts for due payments

✅ **Payment History** - Complete transaction log per client

✅ **Refund Management** - Process refunds with reason tracking

Analytics & Reports

✅ **Client Statistics** - Total, active, and growth metrics

✅ **Video Performance** - Most watched, completion rates

✅ **Session Attendance** - Live class participation rates

✅ **Revenue Reports** - Detailed financial analytics

✅ **Retention Metrics** - Client churn and retention rates

✅ **Peak Usage Times** - When clients are most active

✅ **Popular Trainers** - Instructor performance metrics

✅ **Export Options** - PDF and Excel report generation

✅ **Custom Date Ranges** - Filter analytics by specific periods

System Settings

✅ **Package Management** - Define Basic, Premium, Elite tier features and pricing

✅ **Subscription Pricing** - Set monthly/yearly rates

✅ **Email Templates** - Customize automated client communications

✅ **Branding Settings** - Logo, colors, gym name customization

✅ **User Roles** - Manage admin, trainer, receptionist permissions

✅ **Notification Settings** - Configure system alerts and reminders

✅ **Backup & Data Export** - System data management

✅ **Integration Settings** - Connect payment gateways, email services, calendar sync

✅ TECHNICAL FEATURES (BACKEND)

Security & Authentication

✅ **Secure Login System** - Email/password authentication

✅ **Password Encryption** - Hashed password storage

✅ **Password Reset** - Email-based password recovery

✅ **Two-Factor Authentication (Optional)** - Extra security layer

✅ **Session Management** - Automatic logout after inactivity

✅ **Role-Based Access Control** - Different permissions for admin, trainer, client

Data Management

✅ **Cloud Data Storage** - Secure server-side data hosting

✅ **Automated Backups** - Daily/weekly system backups

✅ **Data Encryption** - Encrypted sensitive information

✅ **GDPR Compliance** - Data privacy and user rights

✅ **Data Export** - Users can download their personal data

Notifications & Communication

✅ **Email Notifications** - Automated emails for sessions, payments, updates

✅ **Push Notifications** - Mobile app alerts (if applicable)

✅ **SMS Reminders** - Text message alerts for important events

✅ **In-App Notifications** - Bell icon notification center

Payment Integration

✅ **Payment Gateway Integration** - Stripe, PayPal, Razorpay support

✅ **Recurring Billing** - Automated monthly/yearly subscriptions

✅ **Payment Receipt Generation** - Auto-generated invoices

✅ **Failed Payment Handling** - Retry logic and notifications

✅ **Multiple Currency Support** - International payment options

Video Hosting & Streaming

✅ **Video CDN Integration** - Fast, reliable video delivery

✅ **Adaptive Streaming** - Adjust quality based on internet speed

✅ **Video Compression** - Optimized file sizes

✅ **Progress Tracking** - Resume from where user left off

✅ **Download Option** - Offline viewing capability (optional)

Live Session Technology

✅ **Video Conferencing Integration** - Zoom, Google Meet, or custom solution

✅ **Live Chat** - Real-time messaging during sessions

✅ **Screen Sharing** - Trainer can share workout guides

✅ **Recording Capability** - Save sessions for replay

✅ **Low Latency Streaming** - Minimal delay for live interaction

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✅ ADDITIONAL PRACTICAL FEATURES (NEW SUGGESTIONS)

Client Engagement

✅ **Referral Program** - Clients can refer friends for rewards

✅ **Loyalty Points System** - Earn points for consistent attendance

✅ **Challenge System** - Monthly fitness challenges with leaderboards

✅ **Social Sharing** - Share achievements on social media

✅ **Workout Streaks** - Motivational consecutive day tracking

✅ **Birthday Wishes** - Automated birthday greetings