

User Manual of Me-Fit

This is the user manual for the application Me-Fit that is one of the final cases for the Experis Academy course. The application is in the form of a training application where the user should be able to create personal weekly goals to get a better overview of their workouts and exercises.

purpose:

The purpose of this document is to give a first-time user some idea of how to use the application and its different functionalities. The document concludes some of the more basic and/or important main functionalities of the program and has a step to step view to make it easy for a new user to follow.

Experis Academy:

march 2023

Me-Fit and document by:

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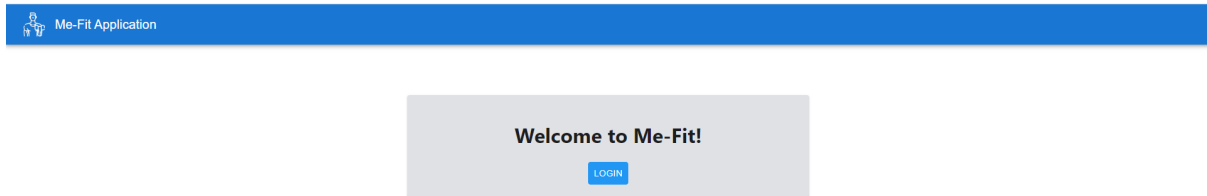
Robin Stempa

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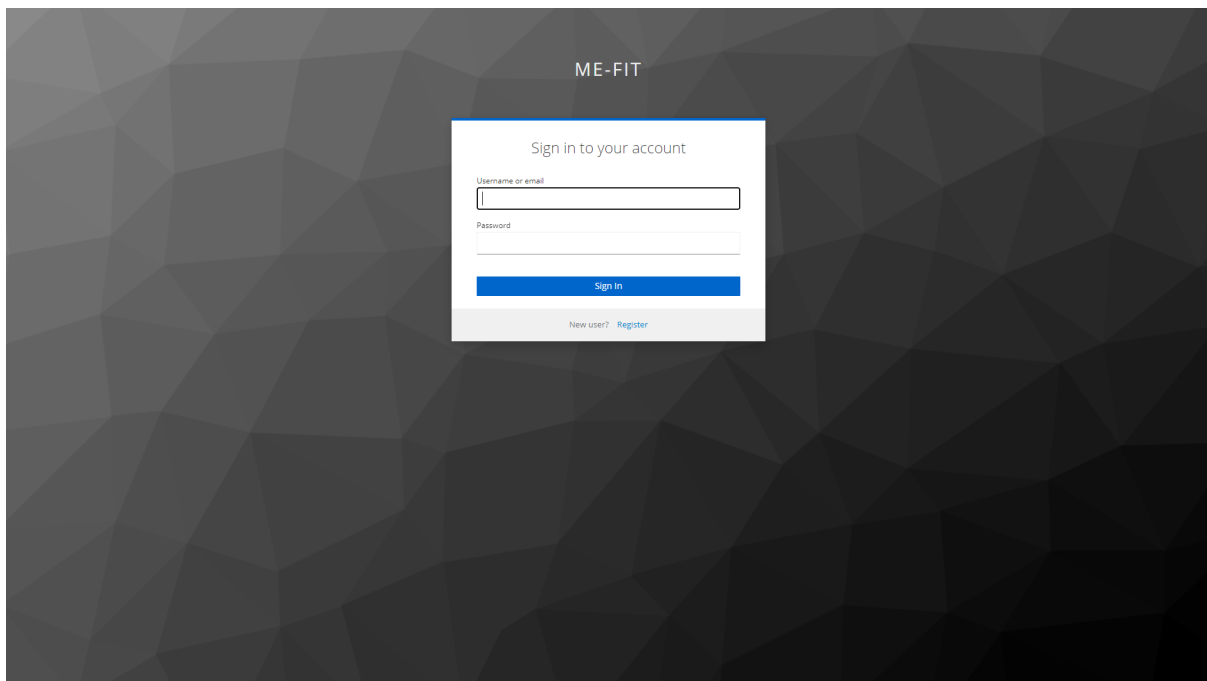
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1.1 Login:

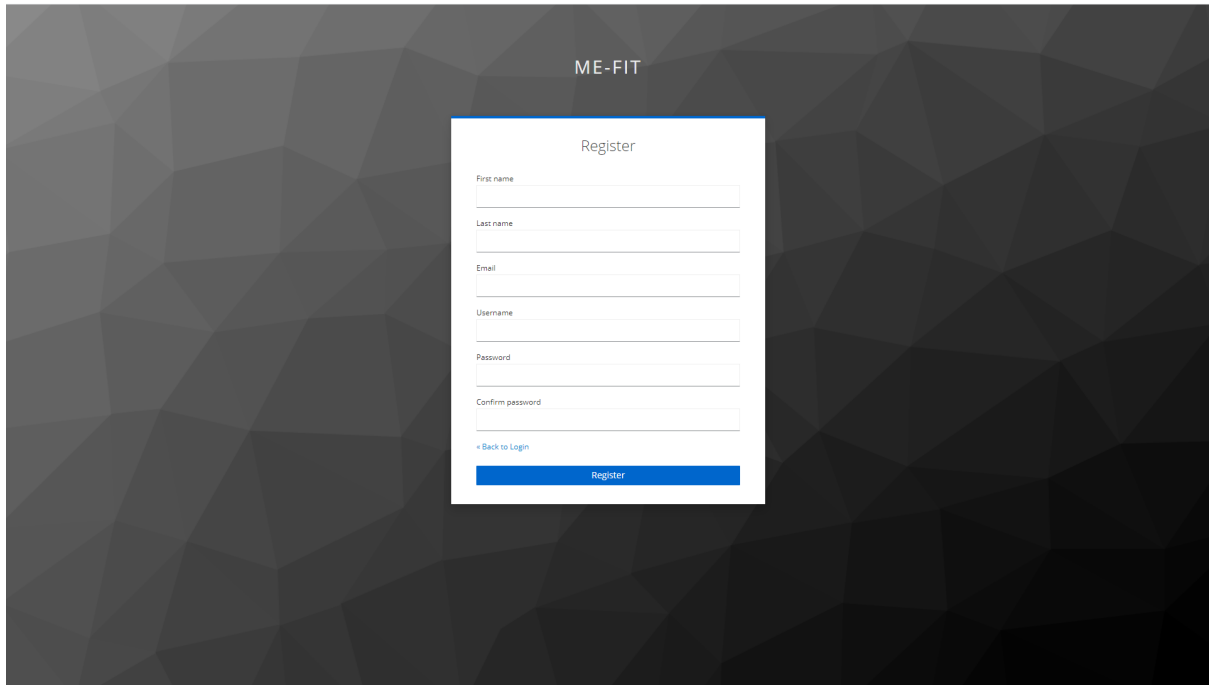
1. Upon starting the app the user will be presented with the following Login page. Press the “LOGIN” button.



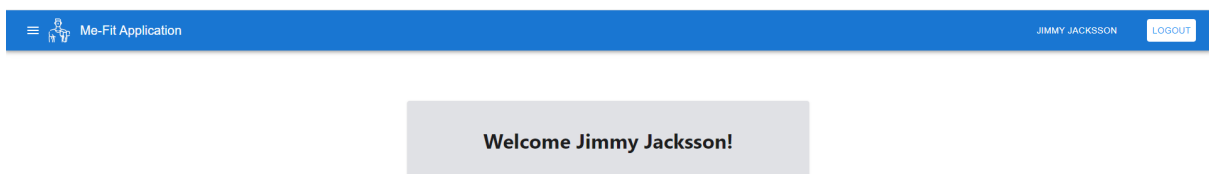
2. You are then redirected to Keycloak, here you could login using an already existing account by entering username and password and then pressing “Sign In” (If you have an account you can login and skip to step 4)
Or click on “Register”, if you do not already have an account create a new account.



3. Register a new account by filling out the form and lastly press on “Register”

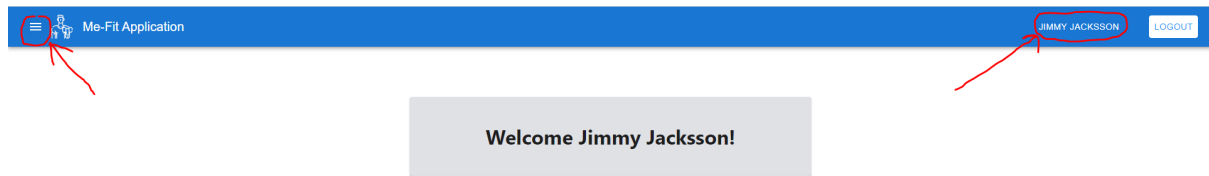
A screenshot of a web application's registration page. The background is dark with a geometric pattern. At the top center, the text "ME-FIT" is displayed. In the center, there is a white rectangular form titled "Register". The form contains six input fields: "First name", "Last name", "Email", "Username", "Password", and "Confirm password". Below the "Confirm password" field, there is a link that says "← Back to Login". At the bottom of the form, there is a blue button labeled "Register".

4. You are now logged in and should be welcomed with a message and your first and last name. From here you have access to all of the features such as the main menu on the top left as well as profile and Logout on the top right.

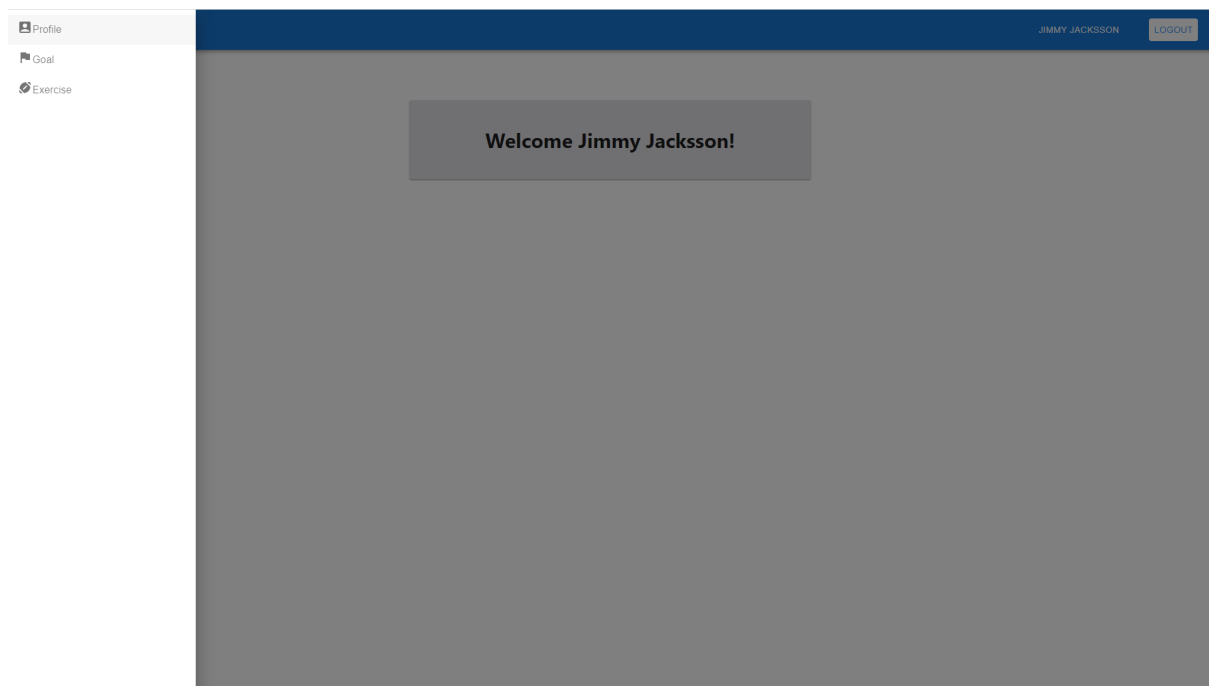


1.2 Access Profile:


1. Firstly, to access the profile you can do it by either opening the main menu in the top left corner or by pressing your name in the top right corner. (If you click on the name, skip to Step 3)



2. When opening the main menu you will be presented with a few options, in this case we want to select the "Profile" option at the top.



3. You are now at the profile page, here you can edit profile info, update password, see your weekly goals as well as edit your impairments.



Name: Jimmy Jackson

Weight: 90 kg

Height: 180 cm

EDIT PROFILE

CHANGE PASSWORD

My Goals

Goal of Week 11

Chest Training

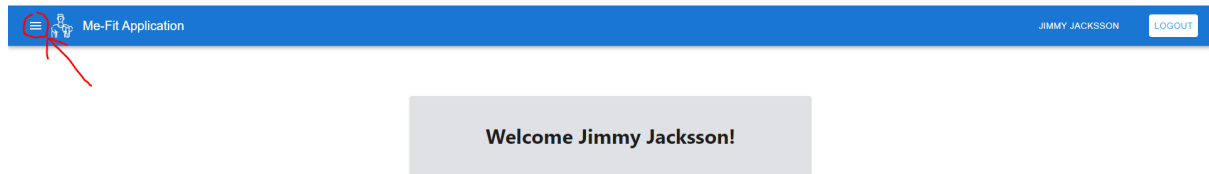
Training

My Impairment

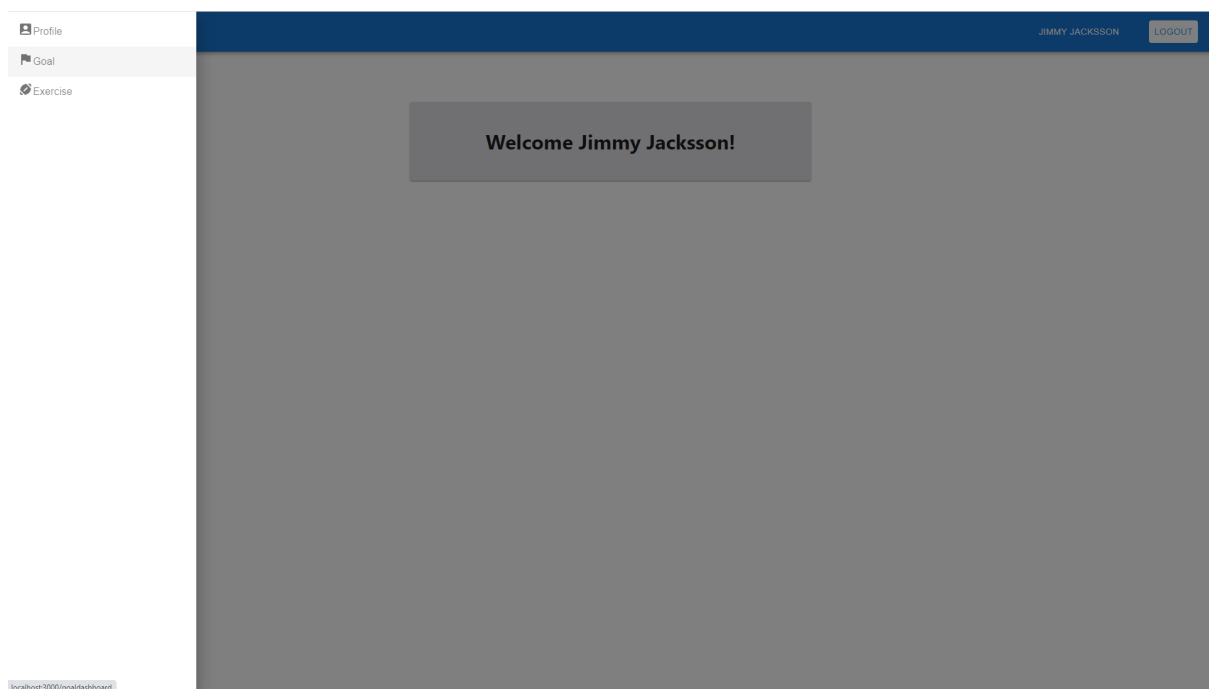
EDIT IMPAIRMENTS

1.3 Access Goal Dashboard:


1. Firstly, to access the profile you can do it by either opening the main menu in the top left corner.



2. When opening the main menu you will be presented with a few options, in this case we want to select the "Goal" option.



3. You are now at the goal dashboard page, here you can add and remove goals, view goals, and update goals.

Me-Fit Application

TEST TEST

Logout

Goals

March 2023

< > today

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

2.1 Add and Remove Goals

1. Navigate to the Goal dashboard. (Follow the instructions of 1.3). Now you can add a goal by pressing a valid date in the calendar. You can not add a goal to a past date.

Me-Fit Application

TEST TEST

LOGOUT

Goals

March 2023

< > today

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

2. When clicking on a date you will get the following pop-up, enter a title for the goal.

Från localhost:3000:

Enter goal title

New goal

OK

Avbryt

3. The goal has now been added and can be edited in the list on the left hand side.

Me-Fit Application

TEST TEST

LOGOUT

Goals

new goal

March 2023

< > today

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

4. You can now choose to remove the goal by pressing anywhere on the goal in the calendar. You will then get the following pop-up. Then press "Ok" to remove the goal.

Från localhost:3000:

Remove 'new goal'

OK

Avbryt

5. You have now successfully added as well as removed a goal.

Me-Fit Application

TEST TEST

LOGOUT

Goals

March 2023

< > today

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

2.2 Edit a Goal

1. Follow the instruction of how to access goal dashboard (1.3) and how to create a new goal (2.1).

Me-Fit Application

TEST TEST

LOGOUT

Goals

a goal

March 2023

< > today

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
			a goal			
2	3	4	5	6	7	8
a goal						

2. you can now click at the goal in the Goals list to the left, the goal should then present a dropdown menu containing the option to “Edit Goal”.

Me-Fit Application

TEST TEST

LOGOUT

Goals

a goal

EDIT GOAL

March 2023


< > today


Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
			a goal			
2	3	4	5	6	7	8
a goal						

- After pressing “Edit Goal” you will be presented with the following goal editor menu. Here you can edit the title, start and end date of the goal. As well as select new workouts or a program to add to the goal. It is important to note that a goal can not consist of both exercises and a program, as well as can not contain more than a single program. If you want to add a program follow step 4 and 5 and if you want to add workouts follow step 6 and 7.



Goal Editor:






Goal achieved: ☐


[SAVE](#) [WORKOUTS](#) [PROGRAM](#)


- When pressing the program button you get to the following program editor. Here you can press at the arrow icon on the program that you want to add to your goal.




Goal Editor:

[Arm Program](#) 

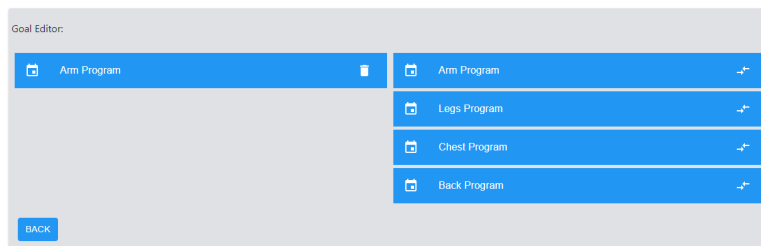
[Legs Program](#) 

[Chest Program](#) 

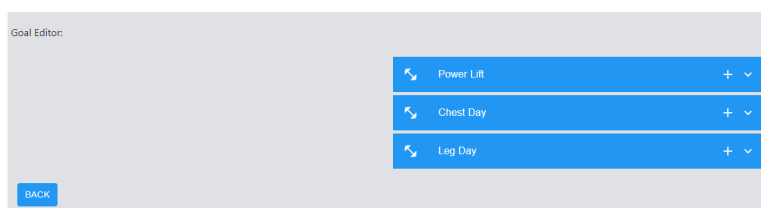
[Back Program](#) 

[BACK](#)

5. If you try to press the arrow icon on an additional program you will switch out the current program for that program. (You can not have multiple programs in a single goal.) You can also press the trash can icon on the current program to remove the program from the goal. The program is now set and dont need any more modifications.











6. When pressing the workout button in the goal editor you will be taken to the following menu. Here you can add a workout by pressing the plus icon at a given workout. You can also press anywhere on a workout to see which exercises the workout consists of.



- When one or more workouts are selected you can press the trash can icon to remove that workout from the goal. The workouts are now added and no more modifications is needed.

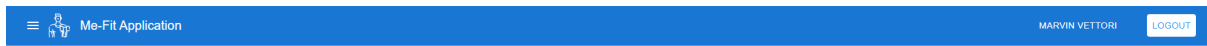
Goal Editor:

 Power Lift 	 Power Lift + 
	 Chest Day + 
	 Leg Day + 

BACK

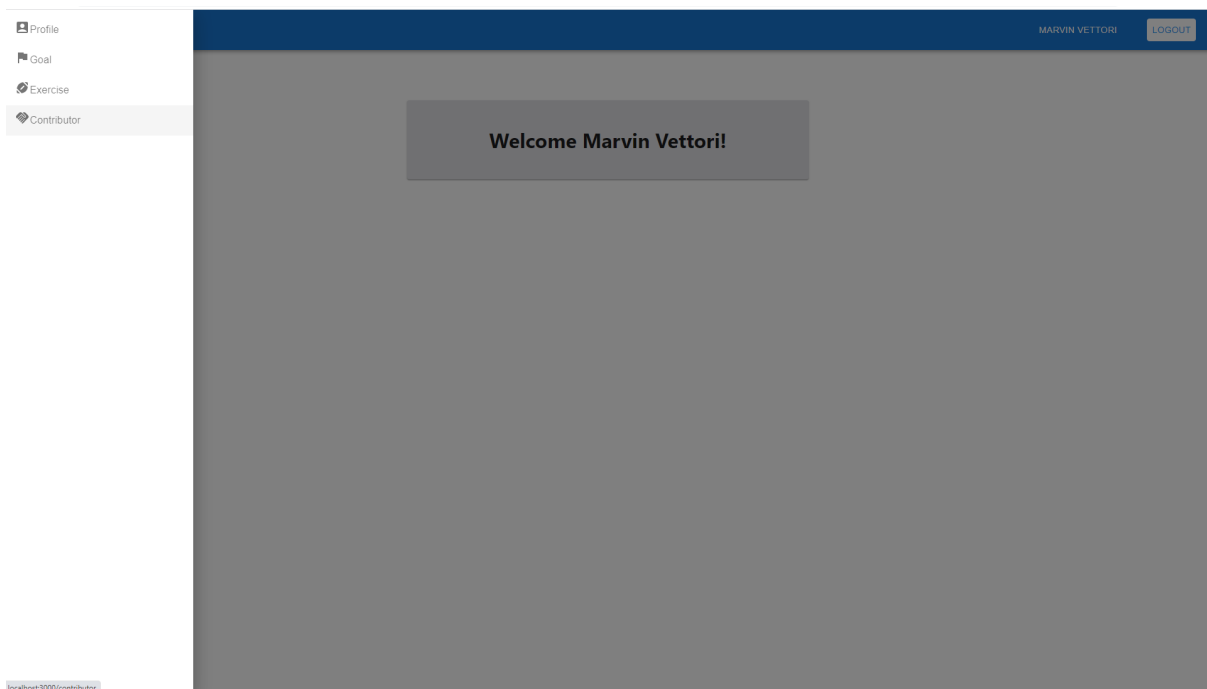
3.1 Contributors

1. When you are logged in as a Contributor you can access the contributor page. On this page you can create new workouts and new exercises that later can be used throughout the application. To access the contributor page, begin by entering the main menu by pressing the button in the top left corner.

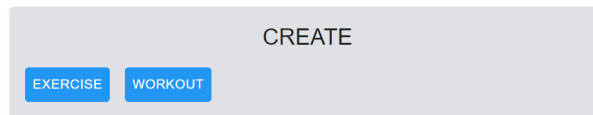


Welcome Marvin Vettori!

2. If you are logged in as a contributor you will get the additional option to go to the contributor page.



3. You are now at the contributor page. Here you can create new exercises and workouts. (to create a new exercise go to step 4 and to create a new workout go to step 5)



4. To create a new exercise just fill out the form and press save. When you have pressed save you should get a flash message that confirms that the new exercise has been added to the database. You have now successfully added a new exercise.



Create Exercise

Name *	SAVE
Description *	BACK
Target Muscle Group *	
Image Link *	
Video Link *	

5. To create a new workout firstly fill out the form, then you can add any exercises that you want to add to the workout by pressing the checkbox for that specific exercise. When all fields are filled and exercises are selected press save. When you have pressed save you should get a flash message that confirms that the new workout has been added to the database. You have now successfully added a new workout.

Me-Fit Application

MARVIN VETTORI

LOGOUT

Create Workout

Name *

type *

<input type="checkbox"/>	ID	Name	Description	Target Muscle Groupe
<input type="checkbox"/>		Push-ups	Beginning from th...	pectoral muscles, triceps, and anterior del...
<input type="checkbox"/>		sit-ups	It begins with lyin...	abdominal muscles
<input type="checkbox"/>		Pull-ups	The pull-up is a cl...	latissimus dorsi, trapezius, and biceps br...
<input type="checkbox"/>		Squats	A squat is a stren...	the quadriceps femoris, the adductor mag...
<input type="checkbox"/>		Clean and Jerk	The clean and jer...	Whole body
<input type="checkbox"/>		Deadlift	The deadlift is a w...	the erector spinae, the gluteus maximus, and erector minimus

Rows per page: 100 ▾ 1-7 of 7 < >

SAVE

BACK