**BSIT-3A**

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Title: **Progressive Web App (PWA) Driven Fitness App with QR Workout Check-ins**

Achieve your fitness goals with our user-friendly PWA fitness app. Easily schedule workouts, access training guides, and track your progress. QR code check-ins at the gym streamline your visits, ensuring a smooth workout experience. Beyond training, explore our in-app shop, stocked with the gym's premium products for members to purchase. Experience hassle-free membership management and convenient shopping all in one place.

**Target Users  
  
1. Gym Members**

Feature 1: Schedule workouts.

Feature 2: Access training guides.

Feature 3: Track personal fitness progress.

Feature 4: Use QR code for gym check-ins.

Feature 5: Browse and purchase from the in-app gym product shop.  
  
**2. Sessional Gym-Goers**

Feature 1: Use QR code for gym check-ins.

Feature 2: Pay for sessional access or drop-in fees.

Feature 3: Access public training guides.

Feature 4: Browse and purchase from the in-app gym product shop.

**3. Admin**

Feature 1: Oversee the entire system and manage content.

Feature 2: Handle user account creation, updates, and deletions.

Feature 3: Verify and manage QR code check-ins.

Feature 4: Update training guides and workout schedules.

Feature 5: Handle overall app settings and configurations.

**4. Shop Manager**

Feature 1: Update product listings in the shop.

Feature 2: Handle inventory for products.

Feature 3: Manage promotions or discounts for products.

Feature 4: Process and oversee product order deliveries.

Start:

* User accesses the gym website.
* User Registration/Login:
  + User has the option to register or log in with credentials.

Home Page:

* After successful login, the user is directed to the home page.

Membership Options:

* User can explore and avail gym membership.
  + Display monthly pay.
  + Show membership benefits.
  + Specify the duration of membership.
  + Explain cancellation process.

Member of the Gym:

* If the user is a member:
  + Schedule Workouts.
  + Track Personal Progress.

Workout Scheduling:

* User can schedule workouts.

Progress Tracking:

* User can track personal progress.
  + Weight loss/gain.
  + Muscle gain.
  + Exercises performed.
    - Type of exercise.
    - Number of reps/sets.
    - Weight lifted.
    - Duration of the workout.
    - Frequency.

Access Training Guides:

* User can access training guides for additional support.

QR Code Check-Ins:

* Facility for QR code check-ins for gym entry.

Gym Product Shop:

* User has access to the gym product shop.

End: