MeFit - User manual

1. Registration / Login

The first thing you see as a user is the login form.
- Fill in username or email
- Fill in the password
- Press "Sign In" button to log in
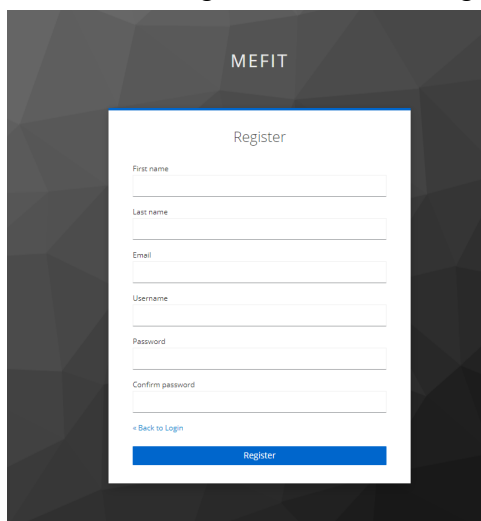
If you are a new user:
- Press "register" to go to the register form
- Fill in all the fields
  - First name
  - Last name
  - Email
  - Username
  - Password
  - Confirm password
- Press the "Register" button to register a new user and to log in.

2. Navbar

From the navbar the user can navigate to the different pages in the application:
- Dashboard
- Goals
- Programs
- Workouts
- Exercises
- Profile
- They can also logout from the application from the navbar, if they click the logout button.

If a user is an Admin, they can see and navigate to the Users page.

The user can also see which page they are currently on.
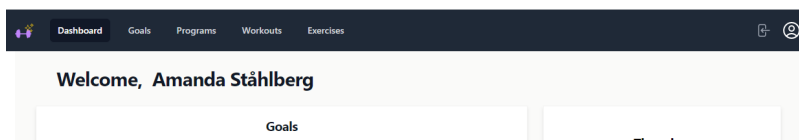

3. Dashboard

The first page the user comes to when they have logged in is the dashboard. It's an overview of highlighted things in the application:
- Goals - see the added goals and see the progress on them
- Training programs - sees the programs that are added in the application
- Calendar - with date and time

By pressing a goal it expands to show more details of the goal. (*See more information on Goal p.5*)

By pressing a program it expands to show more detail. (*See more information on Programs p.*)
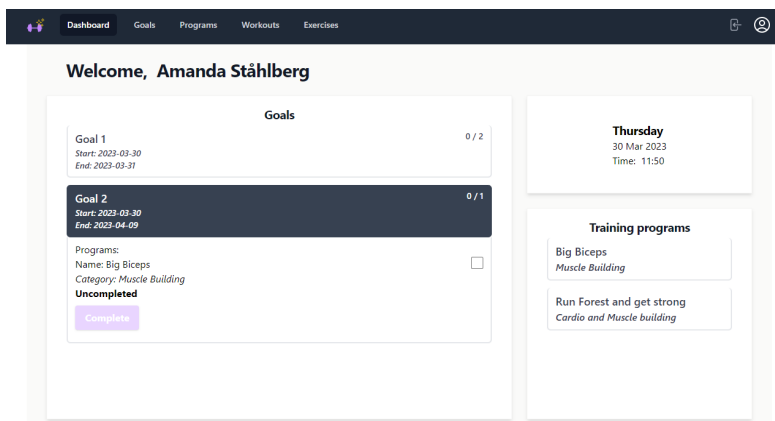
4. Goals

On the Goals page, the user can:
- See an overview over goals
- Expand the goal to see more information
- Complete programs in goal
- See the progress on the goal, how much remain before the goal in finish
- Add new goal
  - Press "Add goal" button
  - Add start date
  - Add end date
  - Add one or more programs to the goal
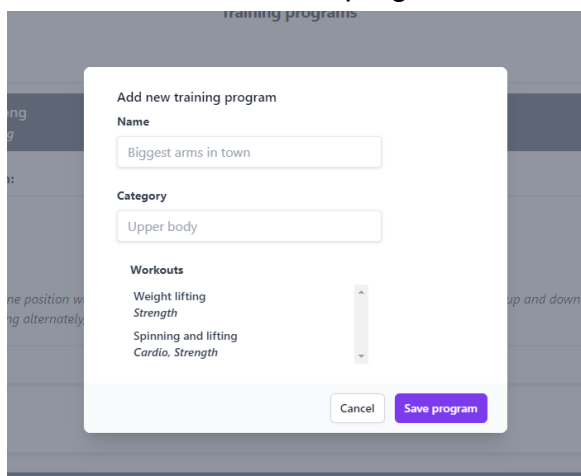 - Press the "Save goal" button to add a new goal
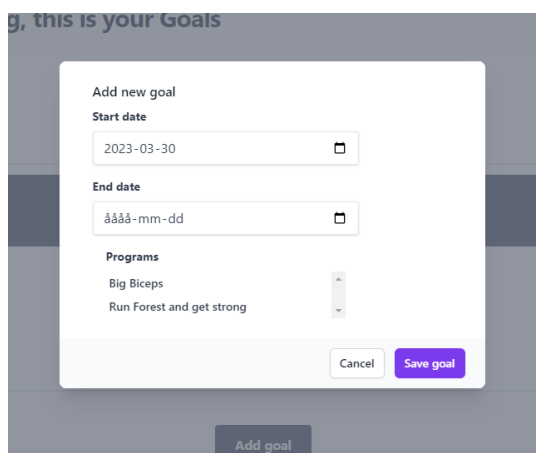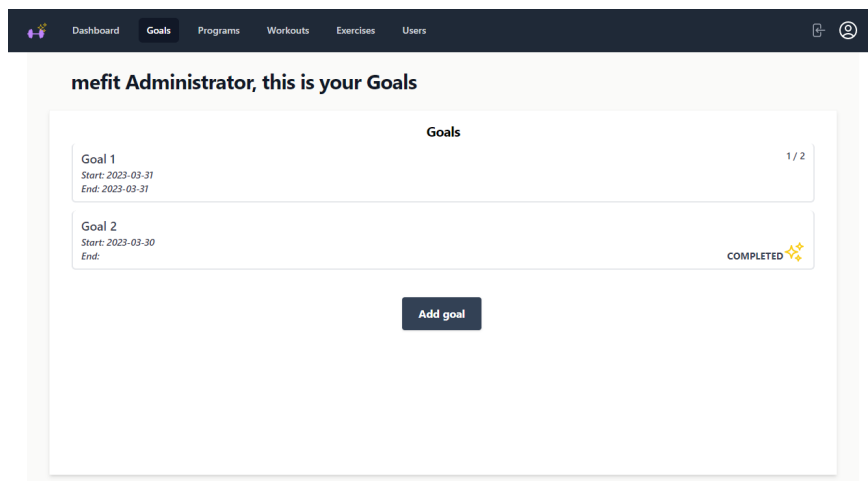
5. Programs

On the Program page, the user can:
- See a list of all the programs that are added to the application
- Expand the program by clicking it then you see:
    - the different workout to this program
   - the exercises that exists on in the workout
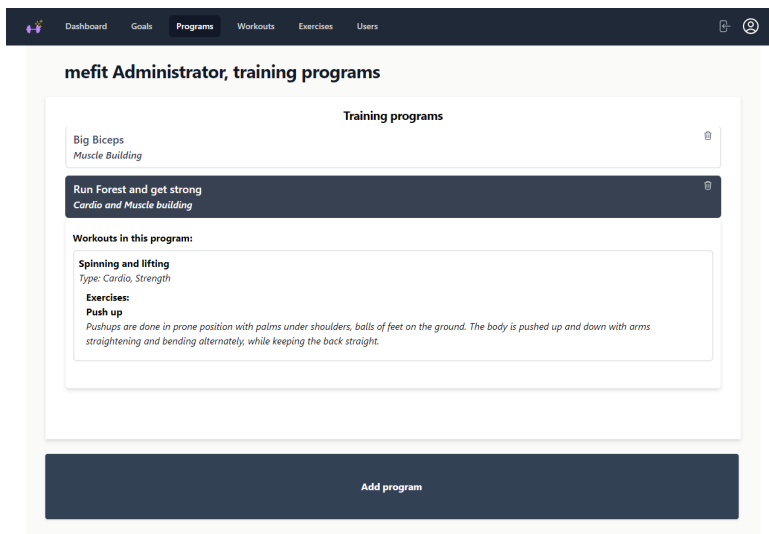
- As an admin you can press the "Add program" button to add a new program.
    - Add Name of the program
    - Add Category of the program
    - Add one or more Workouts
   - Press the "Save program" button to add a new program

6. Workouts

On the Workout page, the user can:
- See a list of all the workouts that are added to the application
- Expand the workout by clicking it then you see:
 - the different exercises to this workout
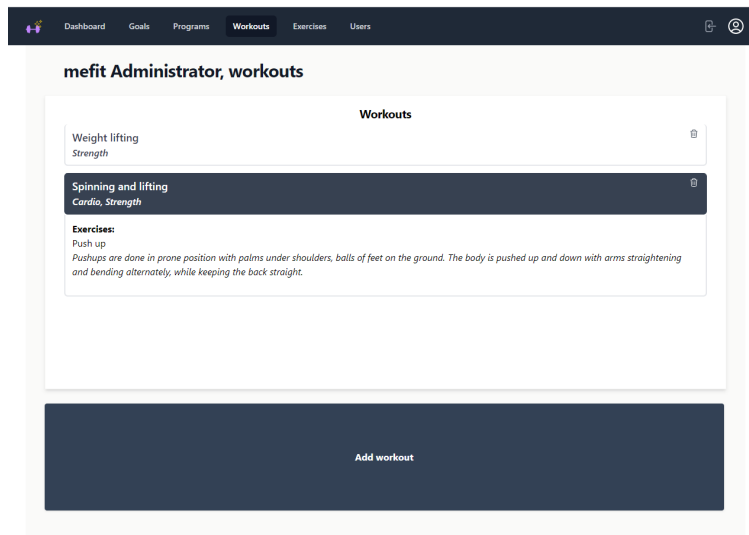
- As an admin you can press the "Add workout" button to add a new workout
  - Add Name of the workout
  - Add Type of the workout
  - Add one or more Exercises
  - Press the "Save workout" button to add a new workout
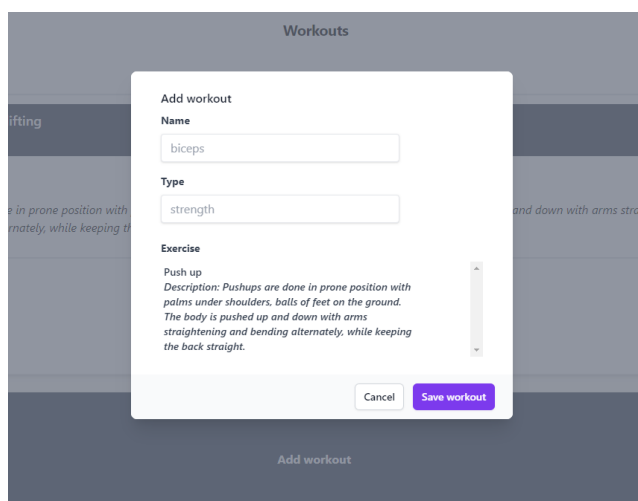
7. Exercises

On the Exercise page, the user can:
- See a list of all the exercise that are added to the application
- Description of how you do the exercises.
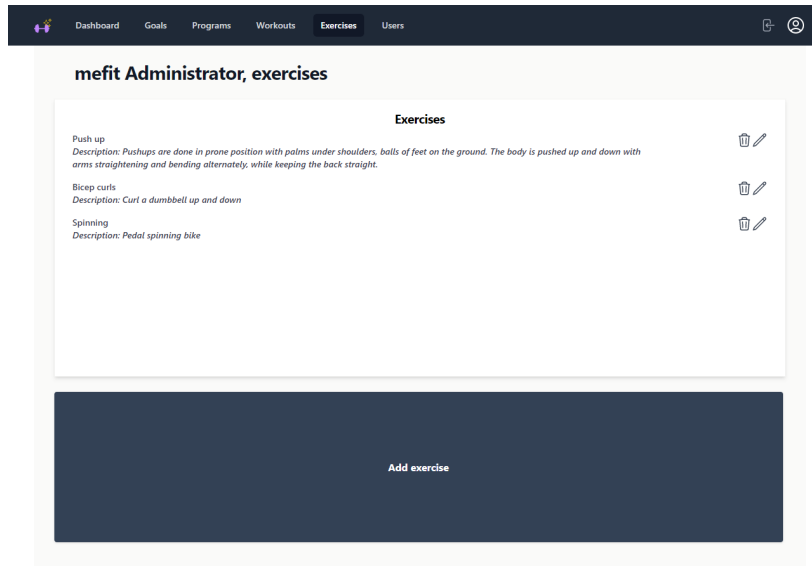

As an admin you can:
- Press the "Add exercise" button to add a new exercise
  - Add Name of the exercise
  - Add Description of the exercise
  - Press the "Save exercise" button to add a new exercise
- Edit the exercise by press the penn icon
  - Add Name of the exercise
  - Add Description of the exercise
  - Press the "Edit exercise" button to save the changes to the exercise
- Delete the exercise by press the trash can icon
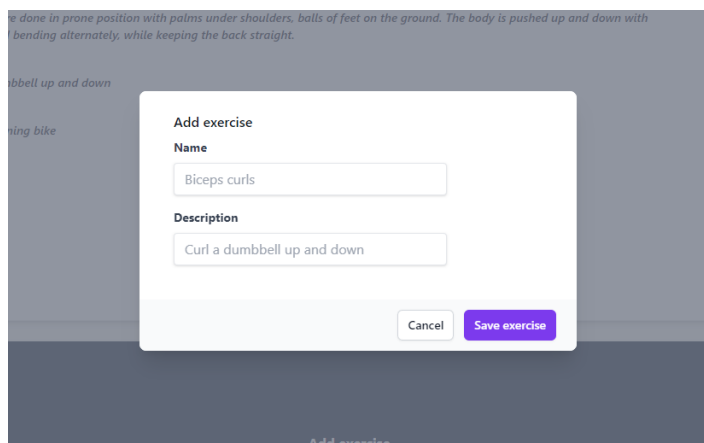
8. Users

As an admin you can go to the Users page where you can see:
- List of all the user in the application
- Edit the user role by pressing the penn icon
    - Select the role you want to apply to a user in a dropdown
    - Press "Save" button to save the edits to the user
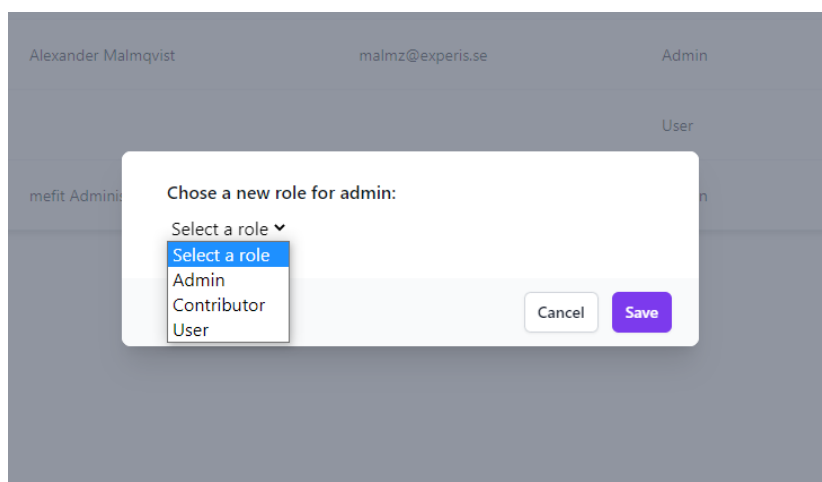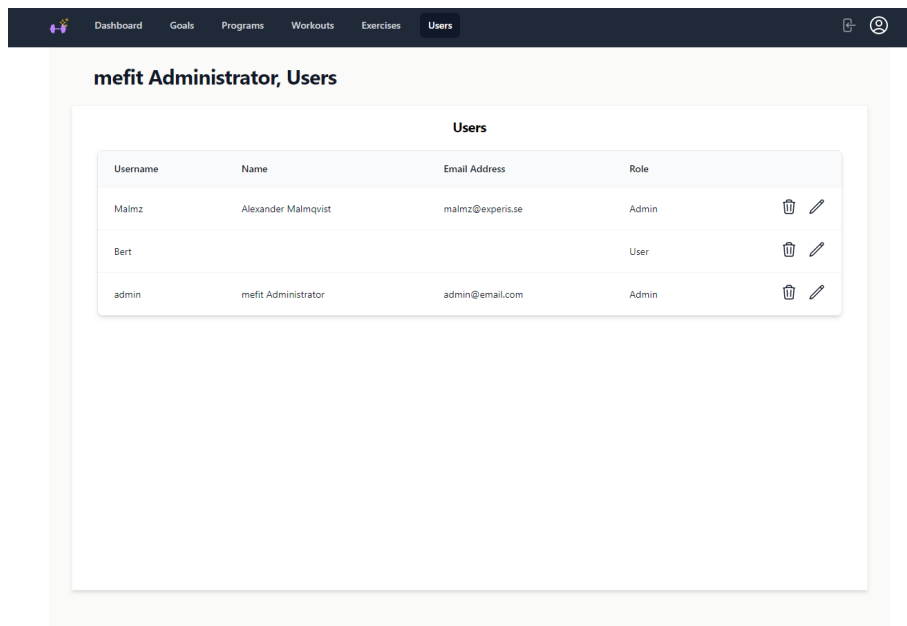
9. Profile

On the profile page the user sees an overview of its own profile.
- They can edit the profile by Press the "Edit" button.
  - Add height
  - Add weight
  - Add Medical Conditions
  - Disabilities
  - Press the "Save" button to save the changes.