

FIT CONNECT

Purpose & Goals:

FitConnect is a web-based fitness platform designed to connect users with personalized training programs and certified personal trainers. The goal is to offer an all-in-one solution for managing fitness journeys, tracking progress, accessing professional coaching, and building a fitness community.

Target Audience:

- Fitness enthusiasts seeking guided programs
- Users who want to connect with personal trainers
- Certified fitness professionals looking to grow their client base
- Beginners who want structured plans and community motivation

Core Features & Pages:

Main Features

- **Training Programs Section**
 - Coach profile
 - Program goals
 - Downloadable program files
- **Personal Trainers Section**
 - Trainer profile
 - Area of expertise
 - Gym location info

Basic User Features

- Personalized dashboards with progress tracking
- Workout logging
- Calendar integration for scheduling
- Diet and nutrition planner
- Exercise library with videos and instructions
- Upload progress photos and journals

Trainer-Specific Features

- Trainer portfolios and certification verification
- Booking and scheduling tools
- Session notes and private client feedback

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Business & Revenue Features

- Subscription plans (free & premium)
- Referral system with rewards
- Integrated payment system for programs and bookings