



CS449: Professional Practice in Software Engineering

MS Fit CARE Gym

User Manual

Version 1.0

03/05/2019

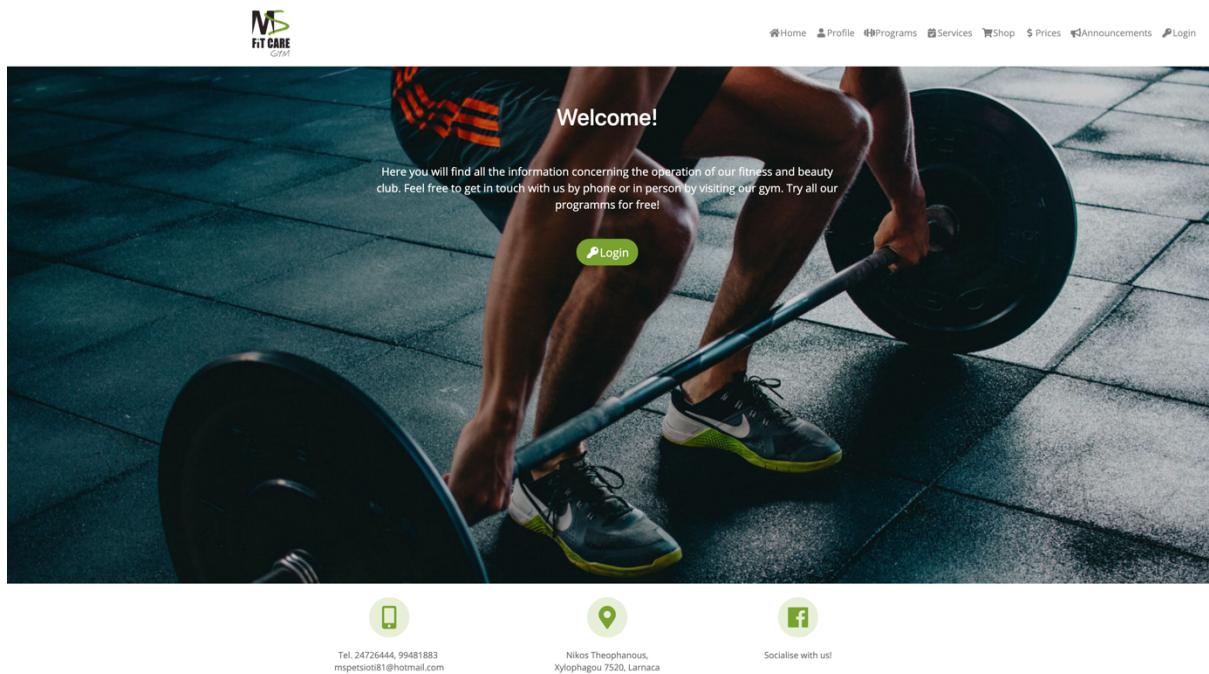
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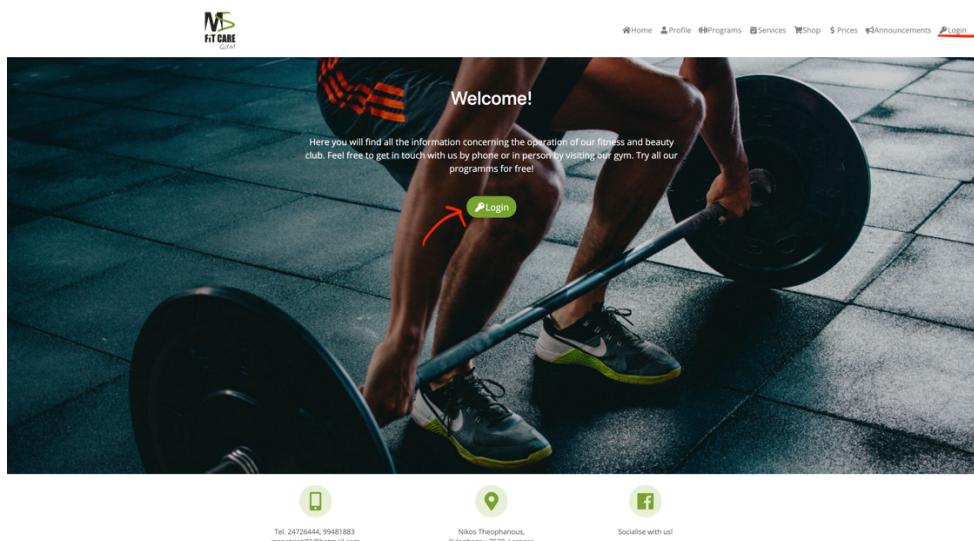
1. Homepage and Login Functionality

1.1 HomePage



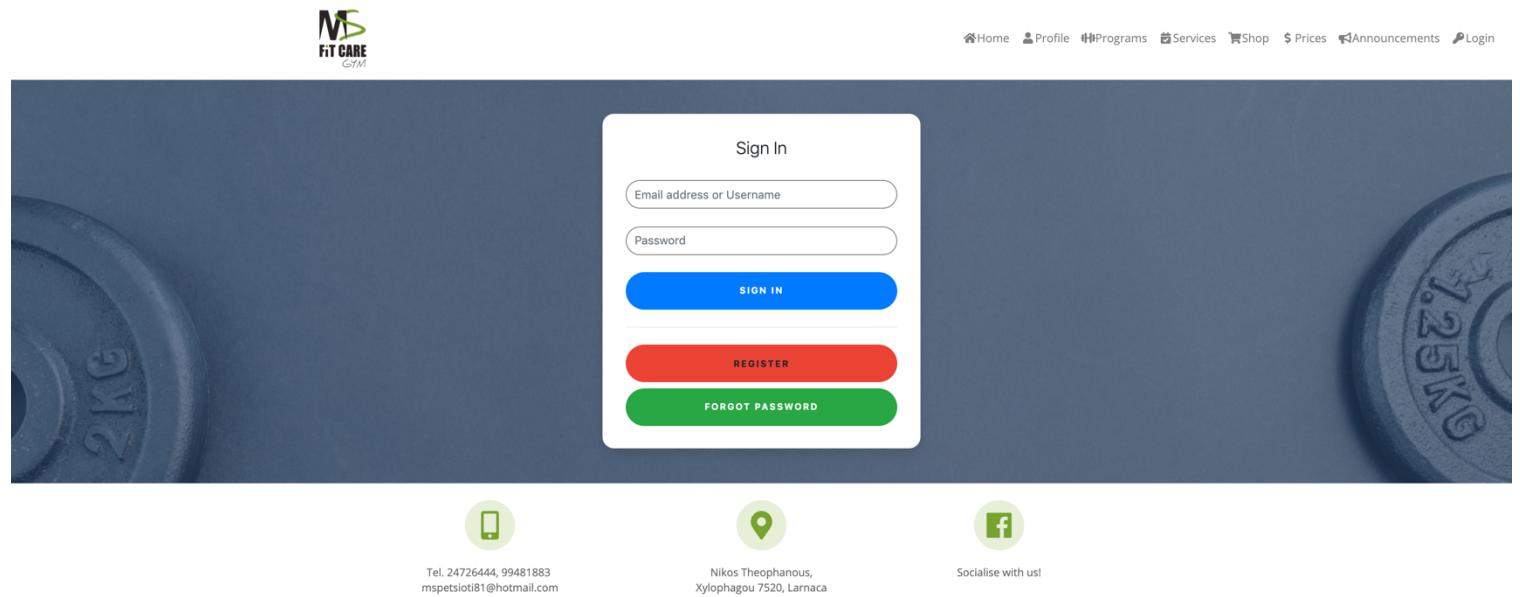
The homepage is a Welcome page for the system. Basic information about the gym, such as the location and contact details is displayed. All other sections of the web system can be accessed through the homepage. Login functionality is highlighted in this page.

1.2 Login, Register and Forgot Password Functionality



User Account features (login, register, forgot password) are accessible through the navigation bar that is constantly displayed at the top of the website. A button (as indicated in the image above) can also be found in the homepage.

1.2.1 Login

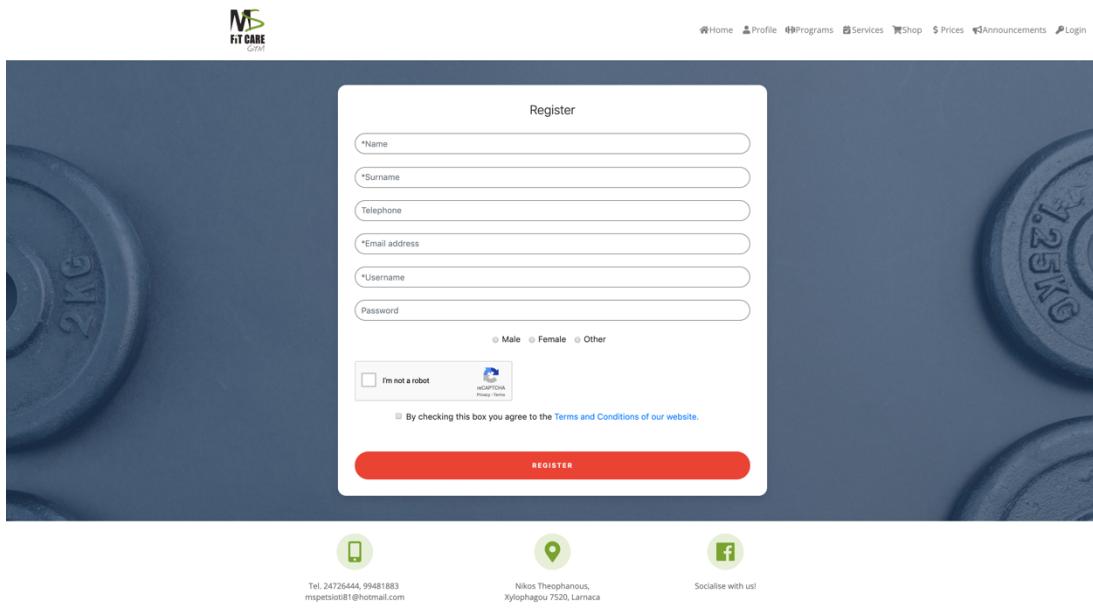


Above please find the Login user interface.

The user can enter his credentials in the text fields and then click the 'Sign in' button. If credentials are accepted, the user is redirected to the home page.

The login button in the home page as well as the button in the navigation bar are now changed to red 'Logout' buttons that will, upon clicked, sign out the user from the system.

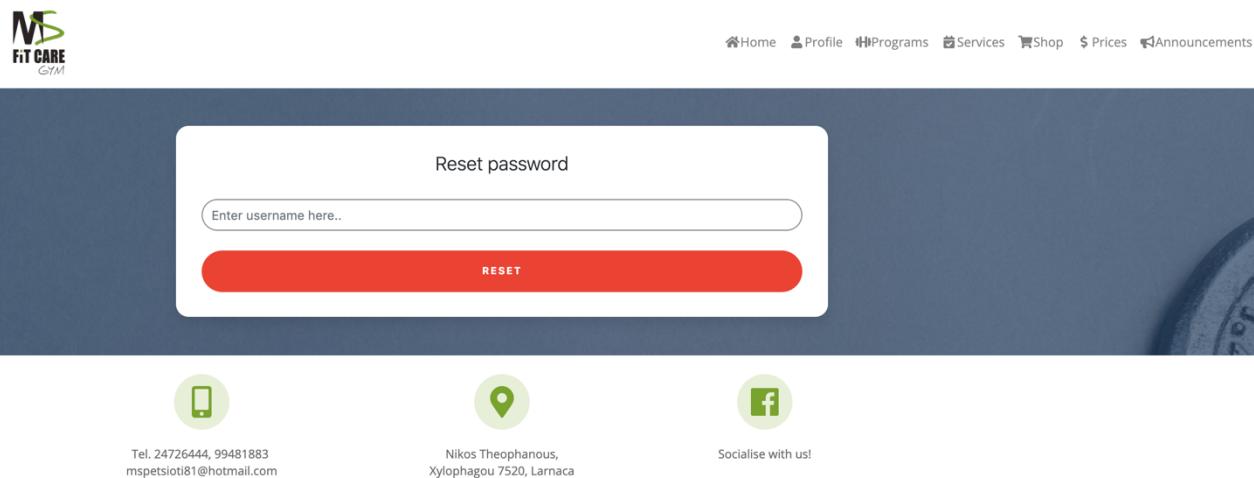
1.2.2 Register



The screenshot shows the 'Register' page of the MS Fit Care Gym website. The background features a dark blue gradient with two circular weight plates from a dumbbell visible on either side, one labeled '2KG' and the other '7.5KG'. At the top left is the gym's logo, 'MS FIT CARE GYM'. At the top right are navigation links: Home, Profile, Programs, Services, Shop, Prices, Announcements, and Login. The main content area is titled 'Register' and contains six input fields for Name, Surname, Telephone, Email address, Username, and Password. Below these is a gender selection section with radio buttons for Male, Female, and Other. A reCAPTCHA verification box is present, followed by a checkbox for accepting the Terms and Conditions. A red 'REGISTER' button is at the bottom. At the bottom of the page are three social media links: a phone icon for contact information (Tel. 24726444, 99481883, mspetsioti81@hotmail.com), a location pin icon for address (Nikos Theophanous, Xylophagou 7520, Larnaca), and a Facebook icon for socializing.

The user is presented with this form once the 'Register' button is clicked from the Login page. Registration is complete once the 'REGISTER' button is clicked after all required fields are filled, the CAPTCHA verification is complete, and the username and password match the required criteria.

1.2.3 Forgot Password



The screenshot shows the 'Reset password' page of the MS Fit Care Gym website. The background is the same as the registration page, featuring the gym's logo and contact information. The main content area is titled 'Reset password' and contains a single input field for 'Enter username here..'. Below it is a red 'RESET' button. At the bottom of the page are three social media links: a phone icon for contact information (Tel. 24726444, 99481883, mspetsioti81@hotmail.com), a location pin icon for address (Nikos Theophanous, Xylophagou 7520, Larnaca), and a Facebook icon for socializing.

The user is presented with this form once the 'Forgot Password' button is clicked from the Login page. The user should enter his username and click 'RESET'. If the username entered is correct, the password for that account is reset and the new password is sent to the email address associated with that account.

2. Profile

The screenshot shows the 'Profile' section of the MyFitCare Gym website. At the top, there is a navigation bar with links for Home, Profile, Programs, Services, Shop, Prices, Announcements, and Logout. The main content area has a background image of a man running on a treadmill. On the left, a white card titled 'Manage Your Profile' contains fields for Name (John), Surname (Smith), Email (johnsmith@examplemail.com), Username (jsmith), and Telephone (99112233). Below these fields are three buttons: 'DOWNLOAD PROGRAM' (red), 'CHANGE INFO' (blue), and 'RESET PASSWORD' (green). To the right of the card, the word 'Profile' is displayed above a green section titled 'Bookings'. This section contains two booking entries: one for Booking ID 273 (Service: Jacuzzi, Date: 05/08/2019, Time: 12:00-13:00) and another for Booking ID 274 (Service: Massage, Date: 05/31/2019, Time: 18:00-19:00). At the bottom, there are social media icons for a smartphone, location, and Facebook, along with contact information: Tel. 24726444, 99481883 and mspetsioti81@hotmail.com, Nikos Theophanous, Xylophagou 7520, Larnaca.

2.1 Profile Information, Personalized Program and User Bookings

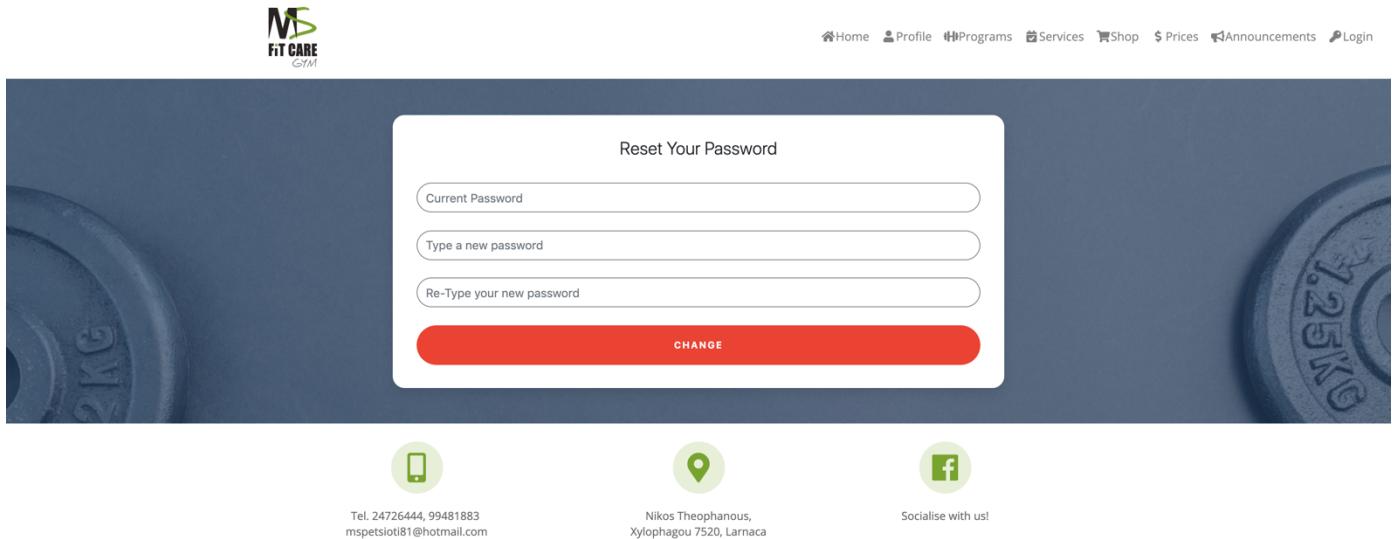
The profile section which can be accessed by clicking the 'Profile' button on the navigation bar displays information about the user.

A form named 'Manage Your Profile' contains all the user information provided by the user during registration. This information can be changed by clicking on the info you wish to modify, typing the new information for that field and clicking the 'Change Info' button.

If the user has a special gym program, the 'Download Program' button becomes clickable, and once clicked allows to user to download the program in image or PDF format onto his device's local storage.

Below the form, a user can find information about his active bookings for gym services.

2.2 Password Reset



By clicking the 'Reset Password' button on the Profile tab, a user can change his password through the form displayed above.

The old password and the new password must be entered and then the 'Change' button must be clicked to apply the changes. If the old password is correct and the new password was typed both times the same way, then the password is changed.

3. Programs

The screenshot shows the 'Programs' tab of the MS Fit Care GYM website. At the top, there is a navigation bar with links: Home, Profile, Programs (which is the active tab), Services, Shop, Prices, Announcements, and Logout. The main content area features the gym's logo and a weekly schedule grid. The grid has five columns representing the days of the week: ΔΕΥΤΕΡΑ (Monday), ΤΡΙΤΗ (Tuesday), ΤΕΤΑΡΤΗ (Wednesday), ΠΕΜΠΤΗ (Thursday), and ΠΑΡΑΣΚΕΥΗ (Friday). Each column contains two rows of exercise classes. The first row for Monday shows TRX at 8:30 μ.μ. led by Maria. The second row for Monday shows TRX at 7:30 μ.μ. led by Maria. The first row for Tuesday shows YOGA at 7:00 μ.μ. led by Maria. The second row for Wednesday shows ZUMBA at 7:15 μ.μ. led by Maria. The first row for Thursday shows PILATES at 7:30 μ.μ. led by Maria. The second row for Friday shows YOGA at 7:30 μ.μ. led by Maria. Each class entry includes a small thumbnail image of a person performing the exercise.

ΔΕΥΤΕΡΑ	ΤΡΙΤΗ	ΤΕΤΑΡΤΗ	ΠΕΜΠΤΗ	ΠΑΡΑΣΚΕΥΗ
8:30 μ.μ. Maria 	YOGA Φρόσω 	ZUMBA Φρόσω 	PILATES Φρόσω 	TRX Maria
7:30 μ.μ. Maria 	7:00 μ.μ. Φρόσω 	7:15 μ.μ. Maria 	7:30 μ.μ. Φρόσω 	

Tel. 24726444, 99481883
mspetsioti81@hotmail.com

Nikos Theophanous,
Xylophagou 7520, Larnaca

Socialise with us!

In the 'Programs' tab, a user can find the Gym's weekly schedule.

This program is changed by the admin if a new one is available.

4. Services

MS
FIT CARE
GYM

Home Profile Programs Services Shop Prices Announcements Logout

Services

Have a look at the services that our gym provides. For more information do not hesitate to contact us.

Book Service

Jacuzzi
aaaaa
Capacity: 1

Sauna
bb
Capacity: 1

Physiotherapy
bbb
Capacity: 1

In this section of the web system, which is accessible through the 'Services' button found on the navigation bar, a user can view and book available services.

Description about each service as well as the price is displayed. A user can proceed to book a service by clicking the 'Book Service' button.

4.1 Service Booking

MS
FIT CARE
GYM

Home Profile Programs Services Shop Prices Announcements Logout

Book Service

Choose Service
Jacuzzi

Choose Date

Check Availability

Cancel booking
ID

Cancel

This page is displayed once the ‘Book Service’ button is clicked in the ‘Services’ tab.

4.1.1 Book Service

Using the form shown above, a user can book a service. The service and the date must be chosen and then the ‘Check Availability’ button should be clicked.

After the ‘Check Availability’ button is clicked, the form expands and now allows for the Reservation Time to be entered. Once a time is selected, the booking is made by clicking the ‘Book’ button.

4.1.2 Cancel Booking

The above form can be used to cancel a booking, rather than just to make one. By entering the ID of the booking and clicking the ‘Cancel’ button, the booking is cancelled.

The ID of a Booking can be found in the email confirmation the user receives after making a booking, as well as in the ‘Profile’ tab, in the ‘Bookings’ section, as displayed below.

Apache <apache@in.cs.ucy.ac.cy>
✉ to me ▾

This is MS FiT Care Gym.

Your booking for Massage on 05/31/2019 at 18:00-19:00 with ID:274 was successfully registered!

5. Shop

The screenshot shows the 'Shop' section of the MS Fit Care Gym website. At the top, there's a navigation bar with links for Home, Profile, Programs, Services, Shop, Prices, Announcements, and Logout. The main heading 'Shop' is centered above a text block that reads: 'Have a look at the products that our gym is selling. For more information do not hesitate to contact us.' Below this, there are three product cards:

- All-natural PEANUT BUTTER**
All-natural peanut butter protein
Price: €15
- Protein Shaker**
shaker for your protein
Price: €5
- Vitamins**
Vitamins for Men
Price: €10

The 'Shop' tab which is accessible by clicking the 'Shop' button in the navigation bar displays all products available for sale at the Gym.

As new products become available, they will be added in this section.

The products can be only viewed through the website, alongside their description and price.

6. Prices

MS
FIT CARE
GYM

Home Profile Programs Services Shop Prices Announcements Logout

Prices

This is the prices section of the Gym. You can find the prices for all the services and the subscriptions our gym is offering. Please note that the trial of the programs is free! For any questions you may have, do not hesitate to contact us.

+ 1 Month Subscription	+ Classes (month)	Price: €15	Description: all classes (TRX,Zumba,Pilates)
+ Test title			

The 'Prices' tab which is accessible by clicking the 'Prices' button in the navigation bar displays the pricelist for the Gym.

The user can click on an item in the table and the selected entry will expand, displaying more information and the price for the item.

As new items become available, they will be added in this section.

7. Announcements

The screenshot shows the 'Announcements' section of the MS Fit Care Gym website. At the top, there is a navigation bar with links for Home, Profile, Programs, Services, Shop, Prices, Announcements, and Logout. The main heading 'Announcements' is displayed above a text area. The text area contains a message about the announcements section, followed by a 'Learn More' button. Below this, two announcement cards are listed. Each card has a teal header with the subject and date, and a larger teal body with the announcement text.

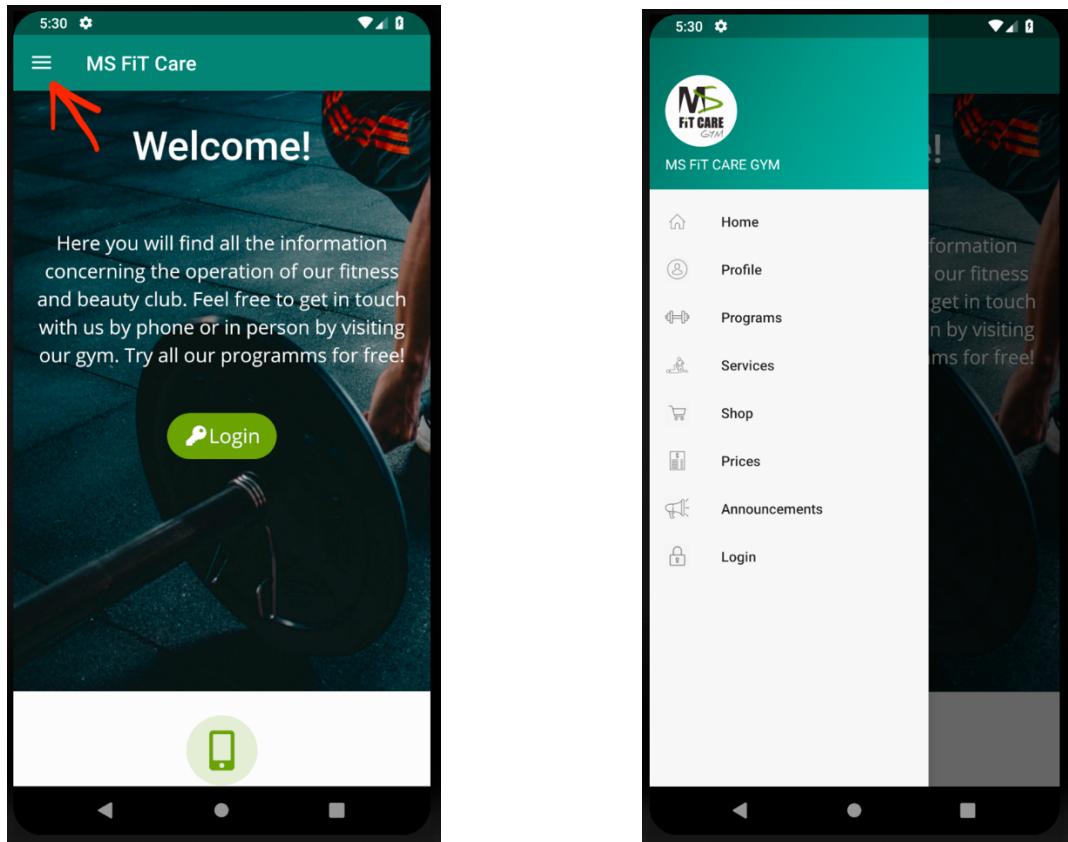
Announcement 27	Subject: This is the first ann pantelispa ann1
Date: 2019-03-22	

Announcement 28	Subject: This is the first ann edited ann1
Date: 2019-03-22	

The 'Announcements' tab which is accessible by clicking the 'Announcements' button in the navigation bar displays all announcements the Gym admin has posted.

This tab will be updated as soon as new announcements regarding the operation of the Gym.

8. Android Application

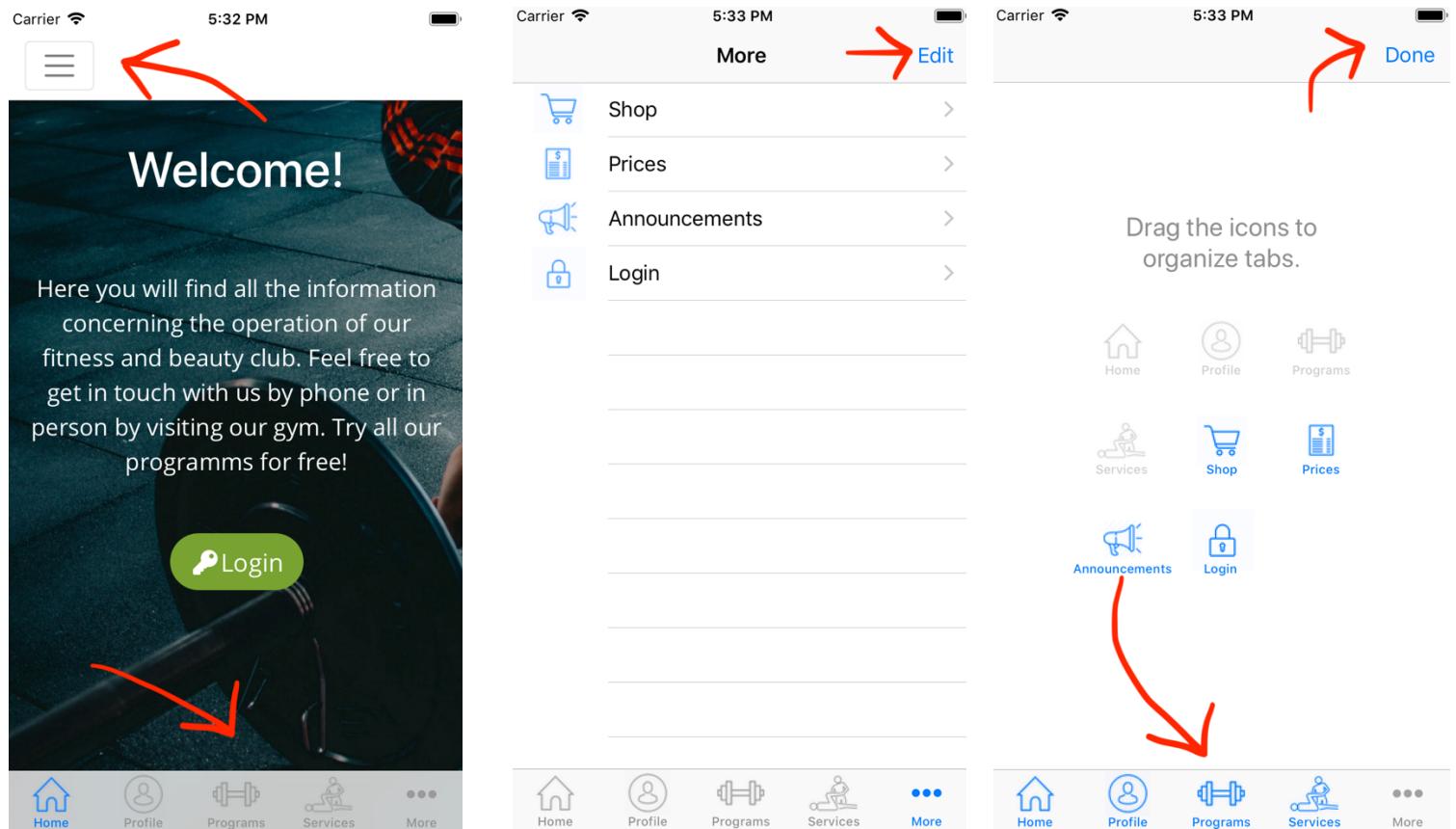


All features and functionality of the website is mimicked on the Android Application. Every feature works and behaves in the way explained above.

For navigating around the user interface and the different tabs of the system, please use the navigation drawer that is accessible through the button in the top left corner, as shown in the image above.

After tapping the button, the navigation drawer will expand, displaying all available options. Click the desired tab and the drawer will collapse and display the selected content.

9. iOS Application



All features and functionality of the website is mimicked on the iOS Application. Every feature works and behaves in the way explained above.

For navigating around the user interface and the different tabs of the system, please use the navigation tabs in the bottom, as shown in the image above on the left.

Alternatively, you can click the button on the left top corner, which will expand a navigation bar and the tap on the desired tab.

After tapping a navigation tab, the application will display the selected content.

Additional tabs can be found in the 'More' tab, which is the far-right tab in the navigation tabs section. There, all other navigation tabs are displayed, as shown in the image above in the middle.

The tabs can be re-arranged by tapping the 'Edit' button shown in the image above in the middle.

After tapping the 'Edit' button, the user is presented with the interface as shown in the image above on the right. Drag and drop your desired tab to the navigation tabs and then click 'Done' to save changes.