

FitnessONE User Guide

FitnessONE is a **desktop application for fitness coaches to manage multiple athletes and their training sessions**, optimized for use via a **Command Line Interface (CLI)**. If you can type fast, FitnessONE can help you manage your athletes' training programs more efficiently than traditional GUI apps.

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Quick Start

1. Ensure you have Java **17** or above installed on your computer.
2. Download the latest **FitnessONE.jar** file from [here](#).
3. Copy the file to the folder you want to use as the home folder for FitnessONE.

4. Open a command terminal, navigate (`cd`) into the folder you put the jar file in, and use the `java -jar FitnessONE.jar` command to run the application.

5. Here's what you should see when the application starts successfully:

```
Hello from
-----
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----- Hey, welcome to FitnessONE!
How may we help today? Type /help for help.
----- Loaded saved athletes data.
-----
```

6. Type a command in the terminal and press Enter to execute it. For example:

- `/help` : Shows a list of all available commands.
- `/newathlete John Doe` : Adds a new athlete named "John Doe".
- `/listathletes` : Lists all athletes.
- `bye` : Exits the app.

7. Refer to the [Features](#) below for details of each command.

Features

Notes about the command format:

- Words in `<UPPER_CASE>` are the parameters to be supplied by you.
e.g. in `/newathlete <ATHLETE_NAME>`, `<ATHLETE_NAME>` is a parameter which can be used as `/newathlete John Doe`.
- Items in square brackets are optional.
e.g. `<ATHLETE_NAME> [COLOR]` can be used as `John Doe red` or as `John Doe`.
- Parameters must be in the specified order.
e.g. if the command specifies `/newexercise <ATHLETE_ID> <SESSION_ID> <DESCRIPTION> <SETS> <REPS>`, the order must be followed.
- **ID Formats:**
 - Athlete ID: 4 digits (e.g., `0001`)
 - Session ID: 3 digits (e.g., `001`)
 - Exercise ID: 2 digits (e.g., `01`)

- Extraneous parameters for commands that do not take parameters (such as `/help`, `/listathletes`, and `bye`) will cause an error.

All outputs are displayed in lowercase, regardless of how the input is entered (e.g., uppercase or mixed case)

Athlete Management

Adding a new athlete: `/newathlete`

Creates a new athlete profile with a specified name. The system automatically assigns a unique 4-digit athlete ID.

Format: `/newathlete <ATHLETE_NAME>`

Note: FitnessONE automatically capitalizes the first letter of each word in athlete names. For special name formatting requirements (e.g., "van Gogh", "de la Cruz", "diCaprio", "O'Neill", "McKenzie"), you can manually edit the name in the data file located at `[JAR file location]/data/athletes_export.txt`.

Example:

```
/newathlete Jonas Hardwell
```

Expected output:

```
Athlete added:  
[ ] jonas hardwell (0001)
```

Viewing athlete details: `/viewathlete`

Displays detailed information about a specific athlete, including all their sessions and exercises.

Format: `/viewathlete <ATHLETE_ID>`

Example:

```
/viewathlete 0001
```

Expected output:

```
Athlete Name: jonas hardwell
Sessions: 2
List:
Session 1. | Notes: chest day
Exercises:
1. | Notes: bench press | sets x reps: 5 x 3
2. | Notes: cable press | sets x reps: 5 x 15
Session 2. | Notes: leg day
Exercises:
1. | Notes: squat | sets x reps: 5 x 5
```

Listing all athletes: `/listathletes`

Displays a list of all registered athletes with their IDs and priority flags.

Format: `/listathletes`

Example:

```
/listathletes
```

Expected output:

```
1. [RED] jonas hardwell (0001)
2. [YELLOW] john doe (0002)
3. [ ] jonathan well (0003)
```

Flagging an athlete: `/flagathlete`

Assigns a color flag to an athlete for priority tracking.

Format: `/flagathlete <ATHLETE_ID> <COLOR>`

Supported colors: `red, yellow, green`

Example:

```
/flagathlete 0001 red
```

Expected output:

```
Athlete 0001 flagged as: RED
```

Deleting an athlete: /deleteathlete

Deletes an athlete and all associated data (sessions and exercises).

⚠️ **Caution:** This action cannot be undone. All data associated with the athlete will be permanently deleted.

Format: /deleteathlete <ATHLETE_ID>

Example:

```
/deleteathlete 0001
```

Expected output:

```
Deleted athlete with ID 0001
```

Session Management

Adding a new session: /newsession

Creates a new training session for a specific athlete.

Format: /newsession <ATHLETE_ID> <Session Notes>

Example:

```
/newsession 0001 Leg day workout
```

Expected output:

```
New session created:  
Athlete Name: jonas hardwell | ID: 0001
```

```
Session ID: 001
Session Description: leg day workout
```

Viewing all sessions: /viewsessions

Displays all sessions for a specific athlete, showing completion status, date, and notes.

Format: /viewsessions <ATHLETE_ID>

Example:

```
/viewsessions 0001
```

Expected output:

```
Athlete ID: 0001 | Name: jonas hardwell

Status | Session ID | Date | Notes
1. [ ] | Session: 001 | Date: 29-10-2025 08:00 | morning session
2. [X] | Session: 002 | Date: 29-10-2025 10:00 | pre training warmup
3. [ ] | Session: 003 | Date: 29-10-2025 15:00 | post training cool down
```

 **Tip:** [X] indicates a completed session, while [] indicates an incomplete session.

Updating session notes: /updatesessionnote

Updates the training notes for a specific session.

Format: /updatesessionnote <ATHLETE_ID> <SESSION_ID> <New Notes>

Example:

```
/updatesessionnote 0001 001 Upper body strength training
```

Expected output:

```
Successfully updated Athlete (ID: 0001) session: 001 with notes: upper
body strength training.
```

Completing a session: /completesession

Marks a session as completed.

Format: /completesession <ATHLETE_ID> <SESSION_ID>

Example:

```
/completesession 0001 001
```

Expected output:

```
Session (ID: 001) completed by jonas hardwell (ID: 0001).
```

Undoing session completion: /undosession

Marks a previously completed session as not completed.

Format: /undosession <ATHLETE_ID> <SESSION_ID>

Example:

```
/undosession 0001 001
```

Expected output:

```
Session (ID: 001) has been marked as not completed for johnas hardwell (ID: 0002).
```

Deleting a session: /deletesession

Deletes a specific session and all its associated exercises.

⚠ Caution: This action cannot be undone. All exercises in this session will also be deleted.

Format: /deletesession <ATHLETE_ID> <SESSION_ID>

Example:

```
/deletesession 0001 003
```

Expected output:

```
Session 001 deleted for 0002
```

Exercise Management

Adding a new exercise: /newexercise

Adds a new exercise to a specific session with sets and reps.

Format: /newexercise <ATHLETE_ID> <SESSION_ID> <Exercise Description> <SETS> <REPS>

Example:

```
/newexercise 0001 001 Bench Press 5 10
```

Expected output:

```
New exercise created!
```

```
Athlete (ID): 0001  
Athlete name: jonas hardwell  
Session (ID): 001 | Date: 03-11-2025 13:23  
Session Description: chest day
```

```
Exercise (ID): 01  
Exercise Description: bench press  
sets x reps: 5 x 10
```

Viewing all exercises: /viewexercises

Displays all exercises in a specific session.

Format: /viewexercises <ATHLETE_ID> <SESSION_ID>

Example:

```
/viewexercises 0001 001
```

Expected output:

```
Athlete ID: 0001
Athlete Name: jonas hardwell
Session ID: 001 | 03-11-2025 13:12

Session Note: Chest day
Exercise List: 3
1. [X] ID: 01 bench press 5 x 10
2. [ ] ID: 02 cable fly 3 x 12
3. [ ] ID: 03 push ups 3 x 15
```

Tip: [X] indicates a completed exercise, while [] indicates an incomplete exercise.

Completing an exercise: /completeexercise

Marks an exercise as completed.

Format: /completeexercise <ATHLETE_ID> <SESSION_ID> <EXERCISE_ID>

Example:

```
/completeexercise 0001 001 01
```

Expected output:

```
Exercise (ID: 01) completed by jonas hardwell (ID: 0001).
```

Undoing exercise completion: /undoexercise

Marks a previously completed exercise as not completed.

Format: /undoexercise <ATHLETE_ID> <SESSION_ID> <EXERCISE_ID>

Example:

```
/undoexercise 0001 001 01
```

Expected output:

```
Exercise (ID: 01), Session (ID: 001) has been marked as not completed for  
jonas hardwell (ID: 0001).
```

Deleting an exercise: [/deleteexercise](#)

Deletes a specific exercise from a session.

⚠ **Caution:** This action cannot be undone.

Format: [/deleteexercise <ATHLETE_ID> <SESSION_ID> <EXERCISE_ID>](#)

Example:

```
/deleteexercise 0001 001 02
```

Expected output:

```
Deleted exercise (ID: 02) from session 001 for jonas hardwell (ID: 0001).
```

Other Features

Viewing the leaderboard: [/leaderboard](#)

Displays a ranked list of all athletes based on their achievement scores (completed exercises and sessions).

Format: [/leaderboard](#)

Example:

```
/leaderboard
```

Expected output:

athleteName	athleteId	score
jonas hardwell	0001	15
john doe	0002	10
jane smith	0003	5

Viewing help: /help

Shows a comprehensive list of all available commands with their formats.

Format: /help

Example:

```
/help
```

Expected output:

```
FitnessONE – Available Commands

==== ATHLETE COMMANDS ====
/newathlete <ATHLETE_NAME> – Create a new athlete
/viewathlete <ATHLETE_ID> – View athlete details
/listathletes – List all athletes
/deleteathlete <ATHLETE_ID> – Delete an athlete
/flagathlete <ATHLETE_ID> <COLOR> – Flag an athlete

==== SESSION COMMANDS ====
/newsession <ATHLETE_ID> <NOTES> – Create a new session
/deletesession <ATHLETE_ID> <SESSION_ID> – Delete a session
/completegetSession <ATHLETE_ID> <SESSION_ID> – Complete a session
/viewsessions <ATHLETE_ID> – View all sessions
/updateSessionNote <ATHLETE_ID> <SESSION_ID> <NOTES> – Update notes
/undoSession <ATHLETE_ID> <SESSION_ID> – Undo completion

==== EXERCISE COMMANDS ====
/newexercise <ATHLETE_ID> <SESSION_ID> <DESCRIPTION> <SETS> <REPS> –
Create exercise
/deleteExercise <ATHLETE_ID> <SESSION_ID> <EXERCISE_ID> – Delete exercise
/viewExercises <ATHLETE_ID> <SESSION_ID> – View all exercises
/completeExercise <ATHLETE_ID> <SESSION_ID> <EXERCISE_ID> – Complete
```

```
exercise  
/undoexercise <ATHLETE_ID> <SESSION_ID> <EXERCISE_ID> – Undo completion  
  
==== OTHER COMMANDS ====  
/help – Show this help message  
/leaderboard – Show the leaderboard  
bye – Exit the application
```

Tip: Each command has its own help. Try using an incorrect format to see details!

Exiting the program: **bye**

Exits FitnessONE and saves all data automatically.

Format: **bye**

Example:

```
bye
```

Expected output:

```
Bye. Hope to see you again soon!
```

Saving the data

FitnessONE data is saved in the hard disk automatically after any command that changes the data. There is no need to save manually.

The data file is located at **[JAR file location]/data/athletes_export.txt**.

 **Tip:** FitnessONE creates the data folder and file automatically if they don't exist.

FAQ

Q: How do I transfer my data to another computer?

A: Install FitnessONE on the other computer and replace the empty **athletes_export.txt** file it creates with the file from your previous FitnessONE home folder (located in the **data** directory).

Q: Can I edit the data file directly?

A: Advanced users can edit the `athletes_export.txt` file directly, but this is not recommended. If the file format becomes invalid, FitnessONE will start with an empty data file. Always back up your data file before editing.

Q: What happens if I delete an athlete?

A: All sessions and exercises associated with that athlete will be permanently deleted. This action cannot be undone.

Q: Why are athlete IDs always 4 digits?

A: FitnessONE uses fixed-length IDs for consistency and to make it easier to reference athletes in commands. The system supports up to 9,999 athletes.

Q: Can I have multiple athletes with the same name?

A: Yes, each athlete is uniquely identified by their athlete ID, not their name. You can have multiple athletes with the same name.

Command Summary

Action	Command	Example
Add athlete	<code>/newathlete <ATHLETE_NAME></code>	<code>/newathlete Jonas Hardwell</code>
View athlete	<code>/viewathlete <ATHLETE_ID></code>	<code>/viewathlete 0001</code>
List athletes	<code>/listathletes</code>	<code>/listathletes</code>
Flag athlete	<code>/flagathlete <ATHLETE_ID> <COLOR></code>	<code>/flagathlete 0001 red</code>
Delete athlete	<code>/deleteathlete <ATHLETE_ID></code>	<code>/deleteathlete 0001</code>
Add session	<code>/newsession <ATHLETE_ID> <NOTES></code>	<code>/newsession 0001 Leg day</code>
View sessions	<code>/viewsessions <ATHLETE_ID></code>	<code>/viewsessions 0001</code>
Update session notes	<code>/updatesessionnote <ATHLETE_ID> <SESSION_ID> <NOTES></code>	<code>/updatesessionnote 0001 001 Upper body</code>
Complete session	<code>/completesession <ATHLETE_ID> <SESSION_ID></code>	<code>/completesession 0001 001</code>
Undo session	<code>/undosession <ATHLETE_ID> <SESSION_ID></code>	<code>/undosession 0001 001</code>
Delete session	<code>/deletesession <ATHLETE_ID> <SESSION_ID></code>	<code>/deletesession 0001 001</code>

Action	Command	Example
Add exercise	/newexercise <ATHLETE_ID> <SESSION_ID> <DESCRIPTION> <SETS> <REPS>	/newexercise 0001 001 Bench Press 5 10
View exercises	/viewexercises <ATHLETE_ID> <SESSION_ID>	/viewexercises 0001 001
Complete exercise	/completeexercise <ATHLETE_ID> <SESSION_ID> <EXERCISE_ID>	/completeexercise 0001 001 01
Undo exercise	/undoexercise <ATHLETE_ID> <SESSION_ID> <EXERCISE_ID>	/undoexercise 0001 001 01
Delete exercise	/deleteexercise <ATHLETE_ID> <SESSION_ID> <EXERCISE_ID>	/deleteexercise 0001 001 01
View leaderboard	/leaderboard	/leaderboard
View help	/help	/help
Exit	bye	bye