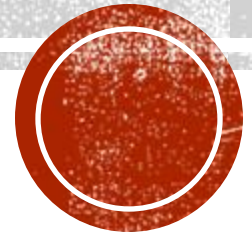




# POPEYE'S GYM

By Robin Robilliard, Anaïs Letellier, Nathan Delmarche, Clémentine Amouroux



# POPEYE'S GYM

Click to register as user

Register as a client

Register as a coach

Click to register as coach

Email

← Enter your Email

Password

← Enter your Password

Login

← Submit to login



## User Route

# POPEYE'S GYM

Register as a client

Register as a coach

Name

Enter your name

Email

Enter your email

Password

Enter your password

Password confirmation

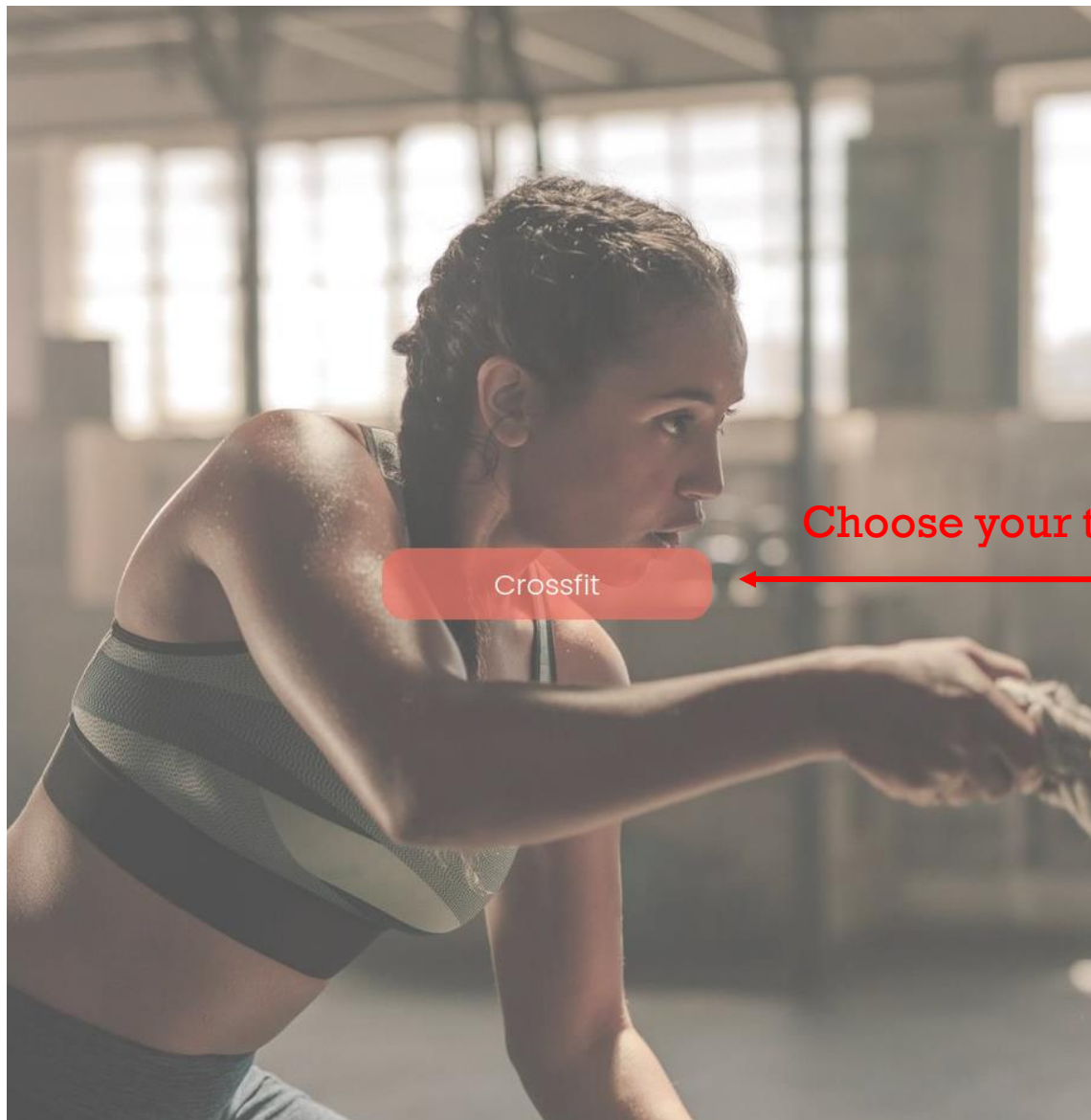
Confirm password

Address

Enter your address

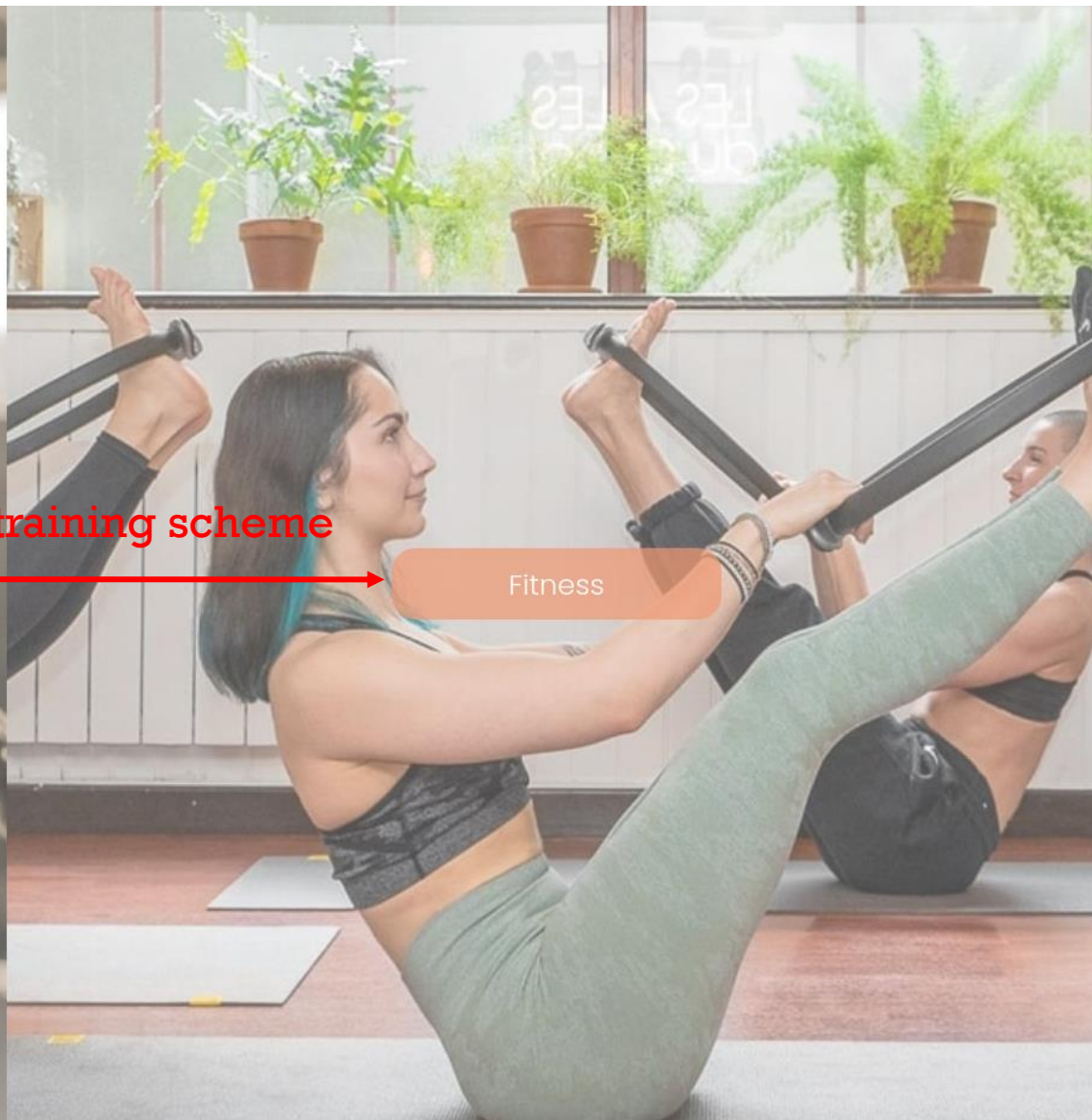
Submit

Submit to register



Crossfit

Choose your training scheme



Fitness





Hello Anais Nanou

View all coaches →

Coaches

Gyms

Recipes

Dashboard

Programs

Logout

search gyms near you →

Find recipe ideas →

Admin dashboard if admin →

Click to logout

Return to scheme select screen

### Appointments

Coach : Arnold  
Date : 2023-02-08



Coach : Arnold  
Date : 2023-02-09



Coach : Debby  
Date : 2023-03-23



Coach : Michael  
Date : 2023-02-23



delete appointment

click to update your  
informations

### Informations

**Name :**  
Anais Nanou

**Email :**  
anais@anais.com

**My adress :**  
53 Avenue des Hespérides 06300 Nice

Update credentials



Hello Anais Nanou

Coaches

Gyms

Recipes

Dashboard

Programs

Logout

### Appointments

Coach : Arnold  
Date : 2023-02-08



Coach : Arnold  
Date : 2023-02-09



Coach : Debby  
Date : 2023-03-23



Coach : Michael  
Date : 2023-02-23



Update your name →

Update your address →

Update your email →

Name  
Anais Nanou

Address  
53 Avenue des Hespérides 06300 Nice

Email  
anais@anais.com

X

← close modal

Submit

← Submit  
changes



Hello Anaïs Nanou

[Profile](#)[Gyms](#)[Recipes](#)[Dashboard](#)[Programs](#)[Logout](#)

**Name:**

Arnold

**Email:**

arnold@email.com

**My description:**

ça va bosser dur

**My coaching style:**

crossfit

**My rate: 5 / 10**

**My unavailabilities:**

2023-02-15

2023-02-16

2023-02-17

2023-02-08

**Rate the coach**

Rate

Book appointment

Choose grade

Submit grade

Book appointment with this coach



Hello Anais Nanou

Profile

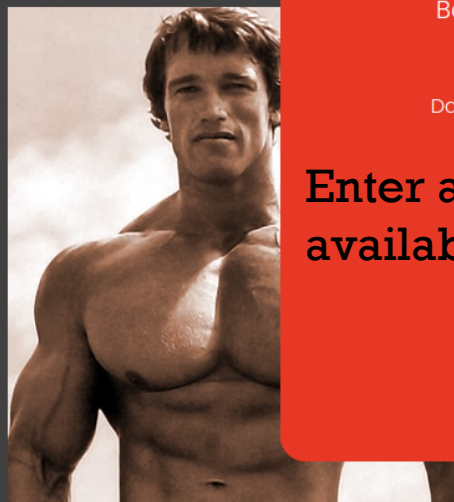
Gyms

Recipes

Dashboard

Programs

Logout



close modal x

Book an appointment with Arnold

Date

Enter a date where this coach is available

Submit

click to submit

unavailabilities:

23-02-15

23-02-16

23-02-17

23-02-08

select the coach

Rate

book appointment





Hello Anais Nanou

Profile

Coaches

Recipes

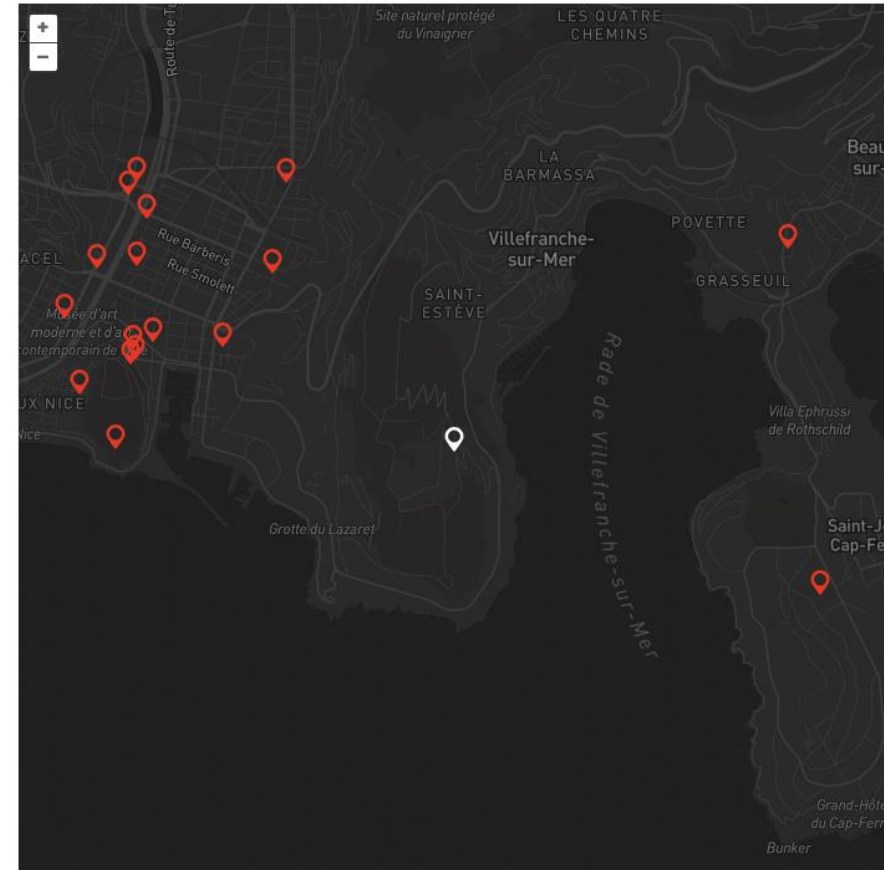
Dashboard

Programs

Logout

Hover over pins to display gyms informations

Hover a fitness club





Hello Anais Nanou

Profile

Coaches

Recipes

Dashboard

Programs

Logout

Gyms informations are then displayed here

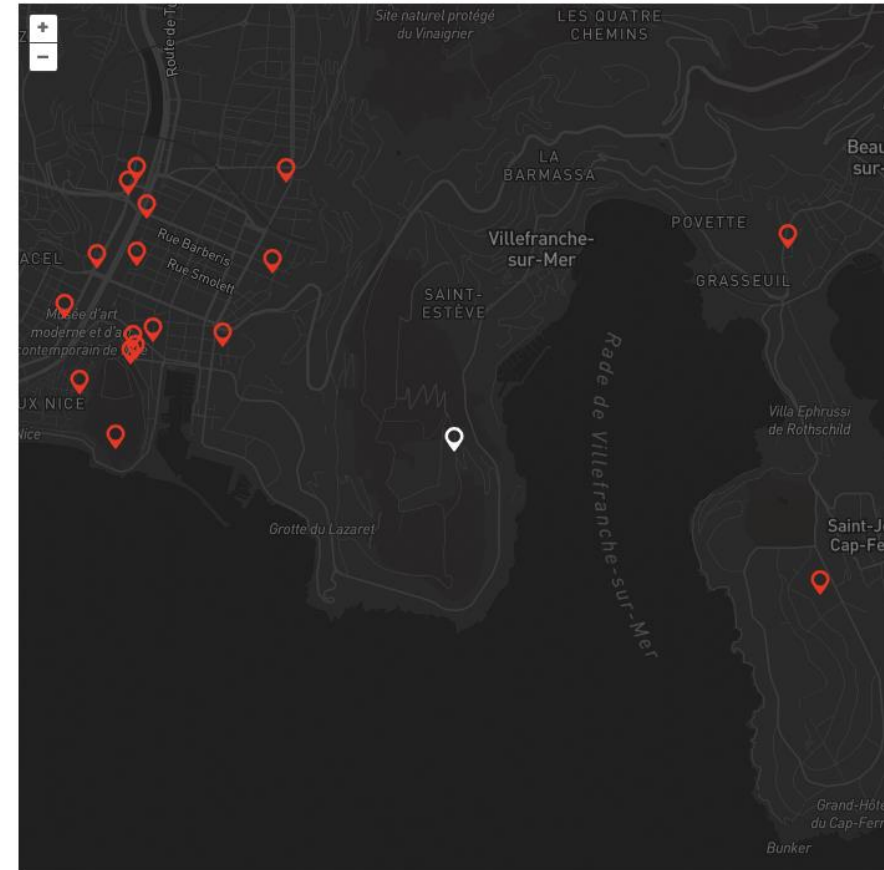
Blue Form Equilibre

address :

8 Rue Delille, Nice

rate :

4.2/5





Hello Anais Nanou

Profile

Coaches

Gyms

Dashboard

Programs

Logout

## RECIPES

Choose your filter ▼

← Choose different filters to filter out recipes

### Sizzling Korean-style beef recipes



#### Ingredients

- rump steak 300g, trimmed of all fat

#### Diet labels

Nutrients

Convenient for

### Sweet and Smokey Pork Spare Ribs



#### Ingredients

- 2 lb pork spare ribs membrane and excess fat removed

#### Diet labels

Nutrients

Convenient for

### Caramelisation



#### Ingredients

- 2 1/2 cups self-raising flour
- 30g chilled butter cut into cubes

#### Diet labels

- Low-Sodium

Nutrients





Hello Anais Nanou

Profile

Coaches

Gyms

Dashboard

Programs

Logout

## RECIPES

Searchbar

Searchbar option to directly search your recipes by name or ingredient

Search

Sizzling Korean-style beef recipes



Sweet and Smokey Pork Spare Ribs



Caramelisation





Hello Anais Nanou

Profile

Coaches

Gyms

Dashboard

Programs

Logout

## RECIPES

Filters 

filter by  
calories

Min cal: 500  
Max cal: 1000

filter by  
preparation  
time

Min cooking time : 0  
Max cooking time : 1000

filter by  
meal type

meal type 

filter by  
cuisine type

cuisine type 

filter by  
diet

diet 

click to  
submit

Apply filters

Sizzling Korean-style beef recipes



Sweet and Smokey Pork Spare Ribs



Caramelisation



## Sweet and Smokey Pork Spare Ribs



### Ingredients

- 2 lb pork spare ribs membrane and excess fat removed
- 1 tbsp salt free seasoning or 1 1/2 tsp seasoning salt and 1/2 tsp ground black pepper
- 1/4 cup orange marmalade
- 1 tbsp minced garlic
- 24 oz bottle of barbecue sauce
- 1 tbsp lemon juice

**Cooking time:** 0 min

### Diet labels

Nutrients

### Convenient for

- lunch/dinner

### Total calories (for recipe)

- 4039

### Culture(s)

- american

← click to see full list of nutrients





## Sweet and Smokey Pork Spare Ribs



### Nutrients

- Energy : 4039.9845443996646 kcal
- Fat : 217.32336705649845 g
- Saturated : 68.80605392434974 g
- Trans : 2.0139501228000003 g
- Monounsaturated : 78.14645860589994 g
- Polyunsaturated : 36.77177571274952 g
- Carbs : 371.6868288734128 g
- Carbohydrates (net) : 360.4643318784176 g
- Fiber : 11.222496994995169 g
- Sugars : 299.3560256819877 g
- Sugars, added : 48 g

### Ingredients

- 2 lb pork spare ribs, trimmed of excess fat
- 1 tbsp soy sauce
- 1 tsp sea salt
- 1/4 cup orange marmalade
- 1 tbsp minced garlic
- 24 oz bottle of barbecue sauce
- 1 tbsp lemon juice

**Cooking time:** 0 min

### Total calories (for recipe)

- 4039

### Culture(s)

- american



## Coach Route

# POPEYE'S GYM

Register as a client

Register as a coach

Submit to register →

Submit

Choose  
coaching style

Name

Enter your name

Email

Enter your email

Password

Enter your password

Password confirmation

Confirm password

Coaching style



Fitness



Crossfit



Hello Arnold

Dashboard

Logout



**Name:**

Arnold

**Email:**

arnold@email.com

**My description:**

ça va bosser dur

**My coaching style:**

crossfit

**My rate: 5 / 10**

**My unavailabilities:**

**My appointments:**

2023-02-15 with Robin

2023-02-16 with Robin

2023-02-17 with Robin

2023-02-08 with Anais

Update my profile

Click to update  
profile





Hello Arnold

Dashboard

Logout

Change profile picture

Change name

change email

Modify description

Change coaching style

My profile picture

Name

Email

Description

Coaching style

My unavailabilities

My appointments

■ 2023-02-15 - Robin

■ 2023-02-16 - Robin

■ 2023-02-17 - Robin

■ 2023-02-08 - Anais Nanou

■ 2023-02-09 - Anais Nanou

Add unavailabilities

Enter date of unavailability

Submit

click to submit



**THANK YOU**

