Ideation document

Description of the application

My idea for the individual assignment is to create a self-study fitness called "Study Fitness".
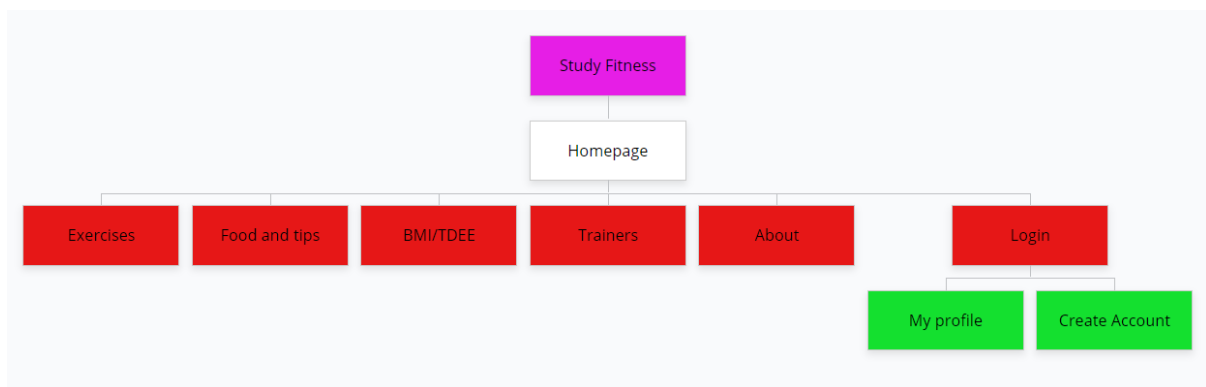
The main function of the project is to show exercises for different parts of the body (explanation about their execution and "science" behind them) and various training styles with their benefits.

The project itself is divided into two parts – Windows Form App and a website. The application will be used only by admins via login form. Its key features are searching/creating an exercise, editing existing exercises or deleting them, maintaining the information displayed on the website and eventually a timetable management for the trainers who work for the fitness.

The website will consist of 7 main pages containing information about the exercises, training styles, tips for beginners, best foods for building muscle/losing fat, some information about the "Study Fitness" and its trainers. As functionalities:

- All website users will be able to read the above-mentioned information, search for exercises, access to BMI/TDEE calculator, see comments on exercises.
- Members can rate exercises, make comments/reviews (edit them or delete them if needed; see all the comments made by previous people) on the exercises and a rating. Timetables for members so they can schedule appointments with one of the trainers.
- Admin verifies the comments, maintaining the displayed information on the website.
- Trainers can edit their timetable and see their customers on their profile page.

Sitemap

Wireframe (link to Figma):

https://www.figma.com/file/ncd8yPAnd5ALlWo50m5wLQ/Untitled?node-id=0%3A1&t=gF9yXMFAiz8wtZsi-1