



## **FIT5032 Design Report (High Distinction)**

**Your Fitness First**

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## I. Overview

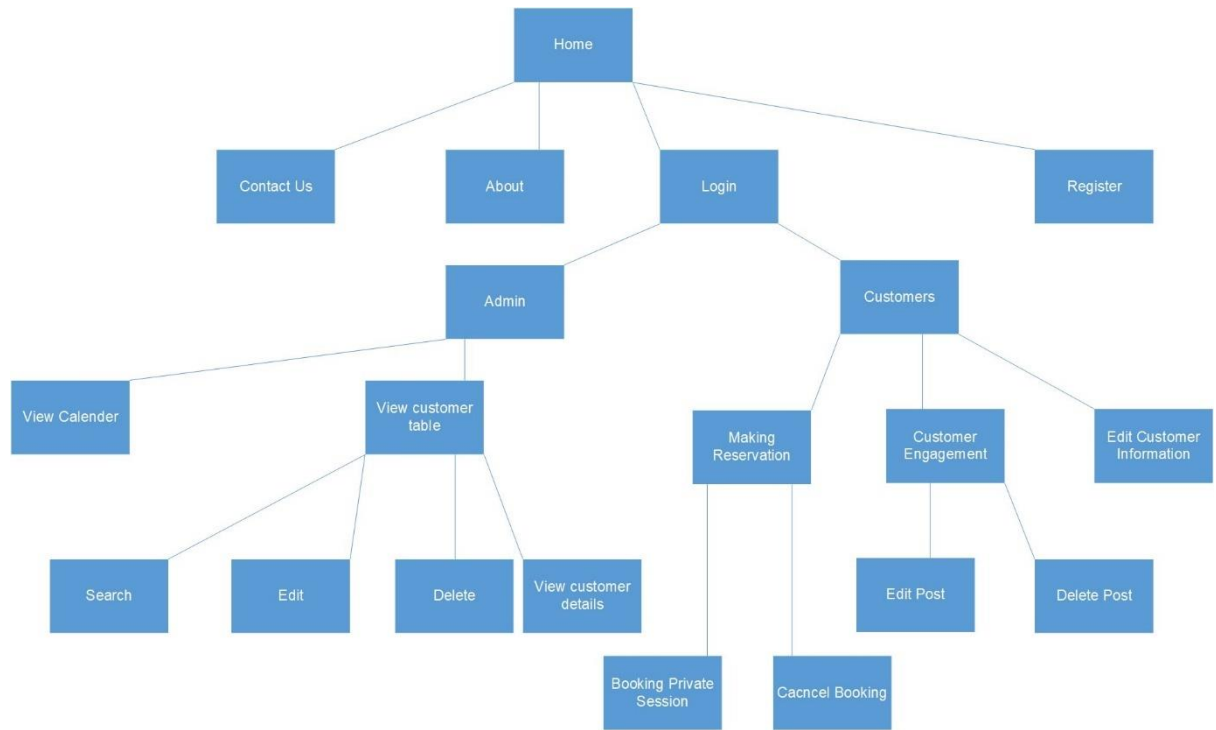
The website serves as a platform for a content manager to manage the customers' information, provide the training group, and share the useful blog of nutrition or health.

This report provides the overview of the system, where people can connect with others who have the same habit about nutrition and fitness.

## II. User Stories

- As an admin, I want to manage booking list and blog list (update, view and delete).
- As an admin, I want to view all customer's information.
- As a user, I want to view and edit my information.
- As a user, I can book my private training session (1-1 with personal trainer)
- As a user, I can make/share and edit a post to gym website (common post)

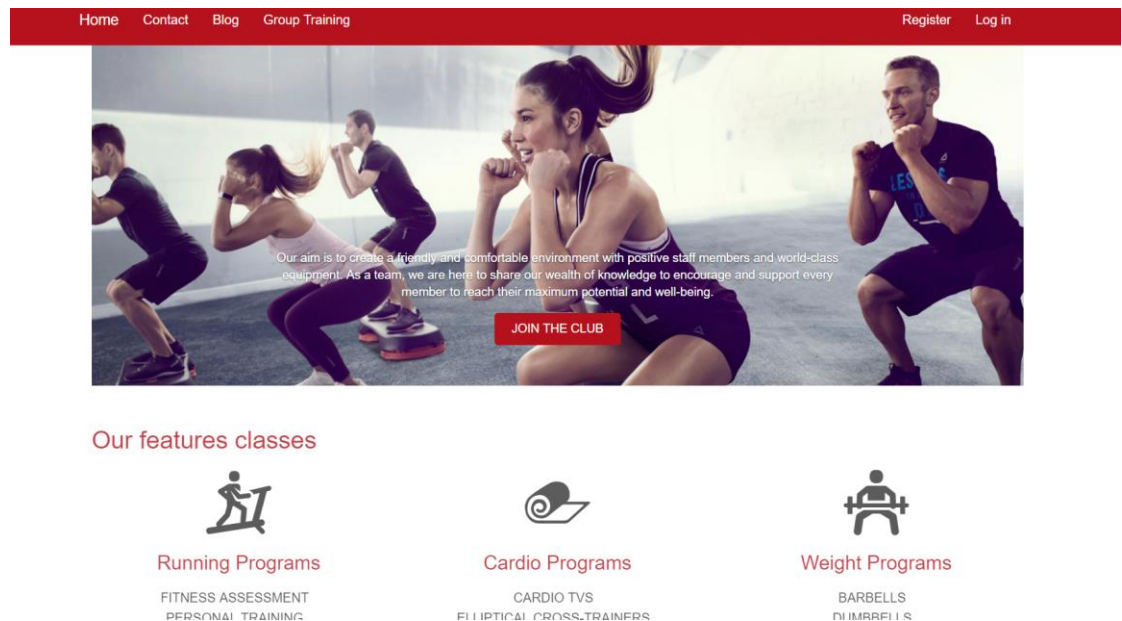
### III. Functional Diagram



### IV. Core Program Functionality

According to the functional diagram, the core program functionality will provide the information for each function in the fitness first system. The main functionality for fitness first system including login, register, booking training group, and creating blogs.

## A. Homepage



The Homepage provides information about the fitness first website, including the features classes as well as the training group. From the homepage, users can select group training, blog, register as well as login to access the booking group system.

Figure 1: Homepage

## B. Contact us

### Contact.

#### HOW CAN WE HELP YOU?

I want to sign up for a membership or see membership pricing.

I would like to update my billing information.

All billing changes and updates have to be done directly by your Snap Fitness club. Find your local club and use the contact information on its webpage to get in touch with them. They will be happy to help!

#### Call Us

015328569

Figure 2: Contact us

Contact page provides information allowing customers to contact the owner, which includes the phone number.

C. Blog

The blog is the place where customers share their stories about fitness, which includes nutritional information, fitness lesson or motivation stories from fitness models.

Blog for fitness

Create New

Show 10 entries

Search:

Title	Content	Written By	
Workout for new day	Let Start with us	Jean Moulis	<a href="#">Details</a>
Workout for new day	Workout for new day	Jean Moulis	<a href="#">Details</a>
Workouts according to your menstrual cycle	Start a new day with us	Jason Le	<a href="#">Details</a>
Workouts according to your menstrual cycle	Periods. They're something a large number of our members experience every m... <a href="#">Show more &gt;</a>	Jason Le	<a href="#">Details</a>

Showing 1 to 4 of 4 entries

Previous

1

Next

Figure 3: Community Blog

The customers can view the blog details by click the “Details” link of each blog.

Title

Workouts according to your menstrual cycle

Description

Periods. They're something a large number of our members experience every month and they can have a massive impact on your daily life, diet and gym routine. In fact, through a recent survey we revealed that a quarter (25.1%) of UK women have left a gym class or workout early due to symptoms relating to their period, and just under half (49.8%) have cancelled a gym class or workout entirely. We all know how frustrating it can be, just as you're hitting your groove with both your gym routine and diet, BOOM, hello bloating, overwhelming fatigue and all the chocolate cravings. When exercising and working out can be a great mood booster, how can us females optimise our workouts around our monthly cycle? We've teamed up with some of our top female personal trainers at PureGym and Dr Sarah Hattam from ConcilioHealth to build out a weekly workout plan, which takes into account the impact your period can have, as well as how you can make your hormones work in your favour! We know that every female's experience is not the same but we hope that this guideline provides some useful information when it comes to optimising your workouts around your monthly cycle. The Key Hormones Throughout your menstrual cycle, there are three key hormones that fluctuate in levels: Oestrogen is the primary female sex hormone. It enhances endurance performance via effects on carbohydrate, fat and protein metabolism - and also suppresses protein breakdown. One of Progesterone's most important functions is that it thickens the lining of the uterus each month. This hormone does the opposite to Oestrogen, which is why supplementing energy by getting extra protein in your diet can be beneficial when your Progesterone levels are high. Relaxin levels rise after ovulation, during the second half of the menstrual cycle. This can mean a higher risk of injury due to more relaxed joints.

Show less

Image

Figure 4: Blog Details

## D. Login

### Log in.

Use a local account to log in.

---

Email	<input type="text"/>
Password	<input type="password"/>
<input type="checkbox"/>	Remember me?
<input type="button" value="Log in"/>	


[Register as a new user](#)

---

Figure 5: Login

Login page allows customers and admin to login and access to internal services including managing/booking training group and managing/editing/creating the website blog.

## E. Register



Email	<input type="text"/>
First Name	<input type="text"/>
Last Name	<input type="text"/>
Date Of Birth	<input type="text"/>
Password	<input type="password"/>
Confirm password	<input type="password"/>
<input type="button" value="Register"/>	

**EASY AS 1,2,3**

No matter what your health and wellness goals are, Snap Fitness is here to help you achieve them. With 24/7 access to high quality equipment and world-class support, we are confident you'll love what you find at our clubs.

Ready to join Snap Fitness? Great! Enrolling online is easy. Below you will see our standard membership rates. Our club has additional membership options available. For more information on these results-driven memberships, contact us or stop in during staffed hours.

>

---

Figure 6: Register Form

Register page allows new customers to register. After registration, customers can create/update/remove their own blogs, which provide the information about nutrition or fitness program. Besides, customers can have the opportunities to book their group training class, which includes intensive fitness programs.

## F. Customers

In terms of customer functionality, after login, customer can edit their personal information, edit/delete their post, booking/cancelling private training session.

### Booking/cancelling private training session

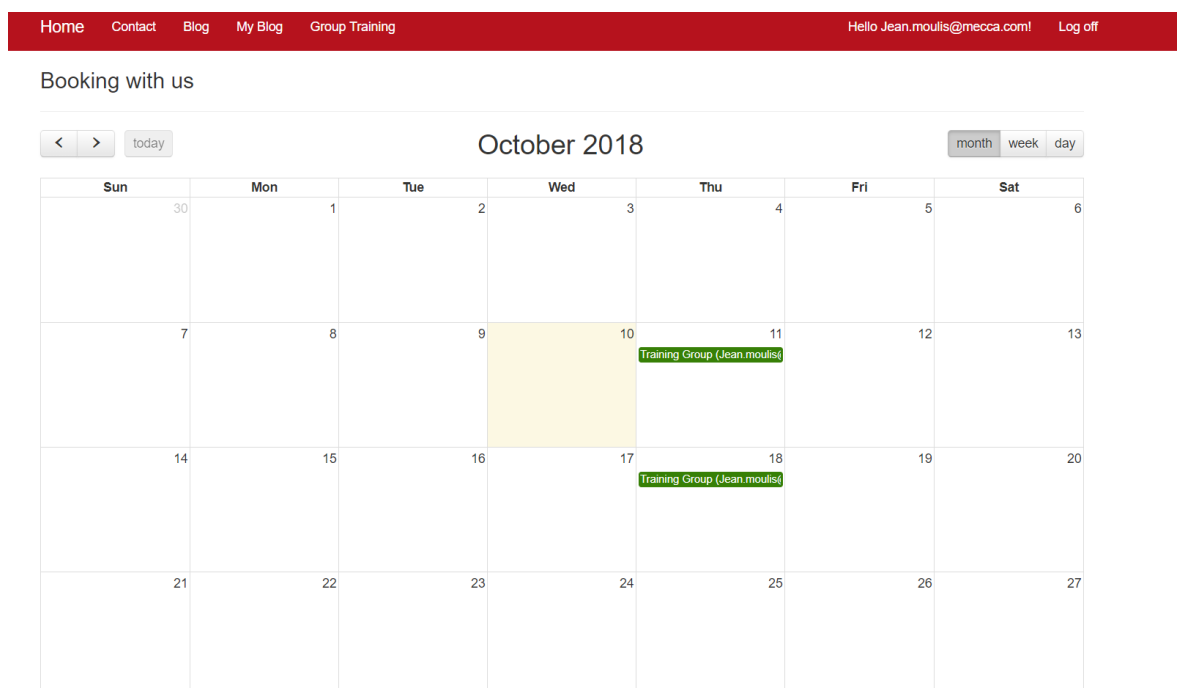


Figure 7: Booking private training



After login, the customers can select the date for private training with the personal trainer. The validation will be applied for booking as the customers will not be able to book the date in the past.

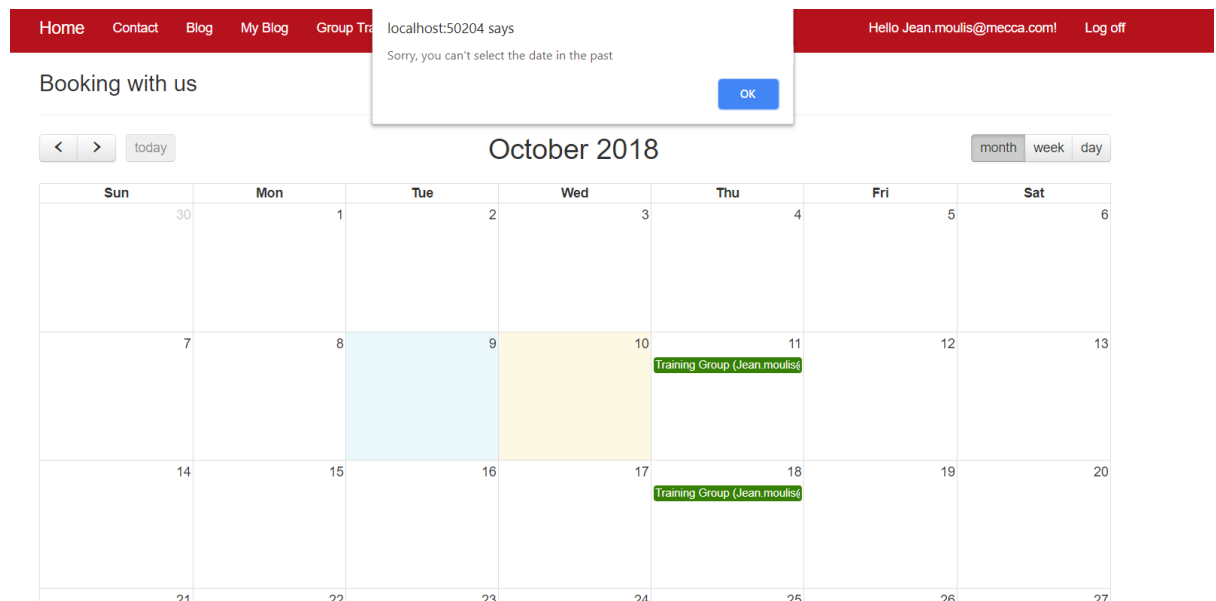


Figure 8: Booking validation

Besides, the customers can cancel their booking by clicking the cancel link.

Email		Booking Date				
<a href="#">Jean.moulis@mecca.com</a>		2018/10/11				
<a href="#">Jean.moulis@mecca.com</a>		2018/10/18				

Figure 9: Cancel booking

The cancel your booking link will redirect to cancel form, which allows user to cancel the booking for the selected date.

## Delete

Are you sure you want to delete this?

GroupTraining

Email [Jean.moulis@mecca.com](mailto:Jean.moulis@mecca.com)  
Booking Date 2018/10/11

[Cancel Your Booking](#) | [Back to List](#)

Figure 10: Cancel booking form

## Creating/Delete personal blog

After login, customers can manage their own blog and share information about nutrition, fitness program or motivation lesson. Their own blog will contribute to the common blog of the website.

[Home](#) [Contact](#) [Blog](#) [My Blog](#) [Group Training](#) Hello Jean.moulis@mecca.com! [Log off](#)

### My Blog

Show  entries Search:

Title	Content	Written By	
Workout for new day	Let Start with us	Jean Moulis	<a href="#">Details</a>   <a href="#">Edit</a>   <a href="#">Remove</a>
Workout for new day	Workout for new day	Jean Moulis	<a href="#">Details</a>   <a href="#">Edit</a>   <a href="#">Remove</a>

Showing 1 to 2 of 2 entries Previous **1** Next

[Create a new blog](#)

Figure 11: Personal blog

If customers click on “**create a new blog**”, then can create a new blog.

## Share your stories with us

Title

Description

Select File

No file chosen

[Back to List](#)

Figure 12: Create a new Blog


If customers click on “Edit” link, they can edit that blog.

Edit Your Blogss

**Title**

**Description**

**Select File**



No file chosen

[Back to List](#)

Figure 13: Edit Blog

If customers click on “Remove” link, they can remove that blog.

## Delete

Are you sure you want to delete this?

Editor

---

<b>Title</b>	Workout for new day
<b>Description</b>	Let Start with us

[Delete](#) | [Back to List](#)


---

Figure 14: Remove Blog

If customers click on “Details” link, they can view the details of that blog.

Workout for new day

---

<b>Title</b>	Workout for new day
<b>Description</b>	Let Start with us
<b>Image</b>	

[Back to List](#)

---

Figure 15: My Blog Details

## G. Admin

In terms of admin functionality, after login, admin can edit/delete/create all blogs, booking/cancelling all private training sessions.

### Managing common blog

[Home](#) [Contact](#) [Blog](#) [Group Training](#) [Manage Blog](#)

Hello hellomama@gmail.com! [Log off](#)

Show  entries Search: Showing 1 to 4 of 4 entries Previous **1** Next

Figure 16: Manage common blog

After login, admin can manage all user blogs including editing, removing or creating a new blog.

## Managing training session

Admin can manage all training sessions by editing, viewing or removing all the booking.

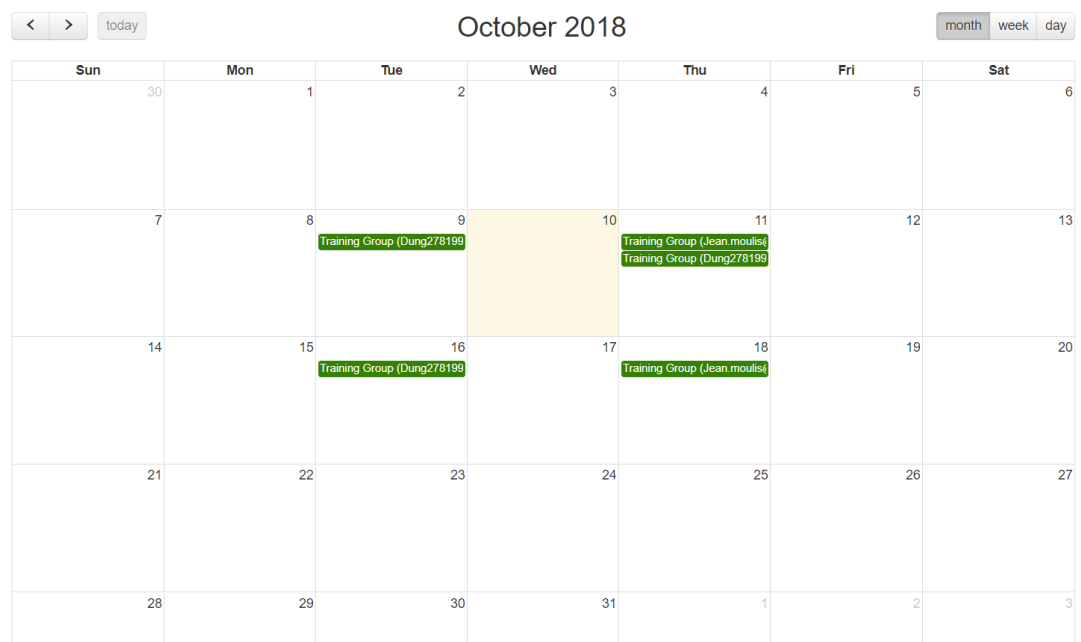


Figure 17: Manage customer's booking training session

Email	Booking Date	
Dung2781993@gmail.com	2018/09/21	<a href="#">Cancel Your Booking</a>
Jean.moulis@mecca.com	2018/09/21	<a href="#">Cancel Your Booking</a>
Jean.moulis@mecca.com	2018/09/25	<a href="#">Cancel Your Booking</a>
Jean.moulis@mecca.com	2018/09/28	<a href="#">Cancel Your Booking</a>
Jean.moulis@mecca.com	2018/09/27	<a href="#">Cancel Your Booking</a>
Jean.moulis@mecca.com	2018/10/11	<a href="#">Cancel Your Booking</a>
Dung2781993@gmail.com	2018/10/11	<a href="#">Cancel Your Booking</a>
Dung2781993@gmail.com	2018/10/09	<a href="#">Cancel Your Booking</a>
Dung2781993@gmail.com	2018/10/16	<a href="#">Cancel Your Booking</a>
Jean.moulis@mecca.com	2018/10/18	<a href="#">Cancel Your Booking</a>

*Figure 18: Cancelling customer's booking training sessions.*

## V. Mobiles/Tablets Design

The website is designed to be responsive, which is supported multiple devices.

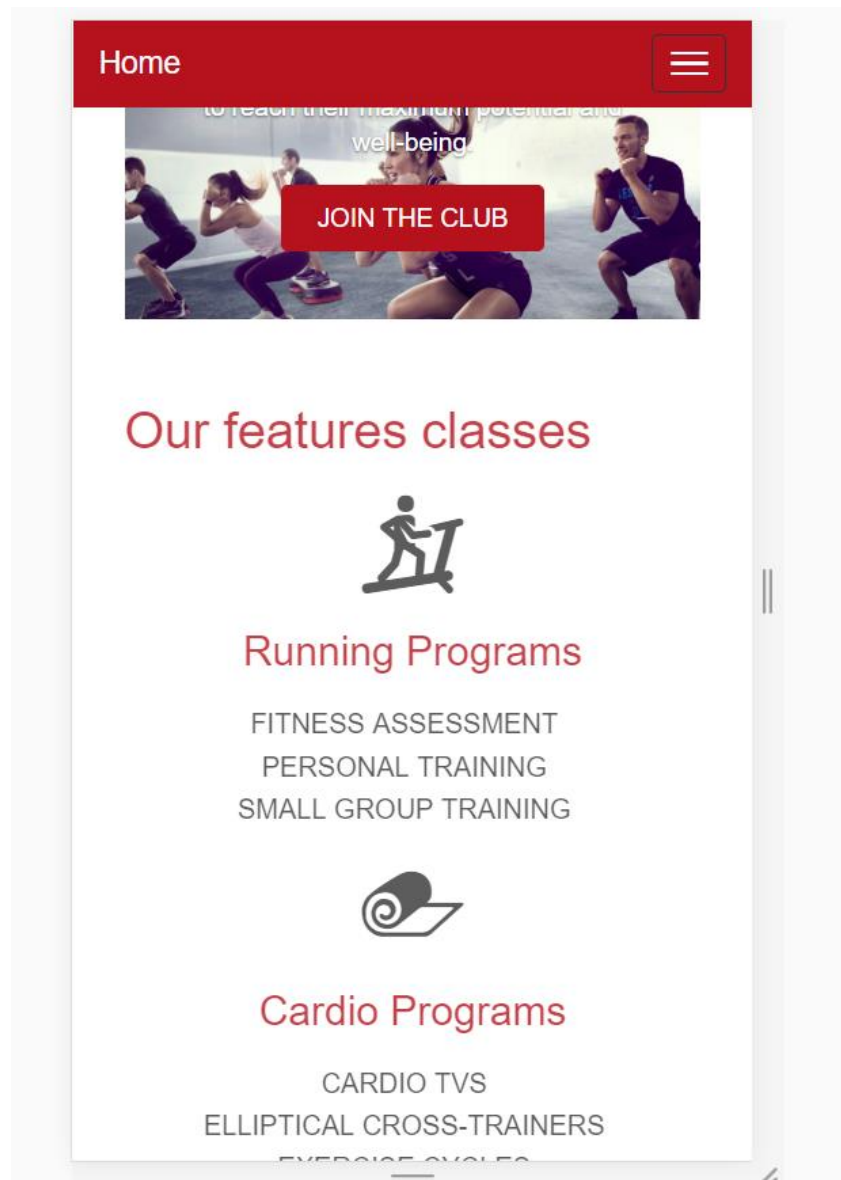


Figure 19: Mobile View

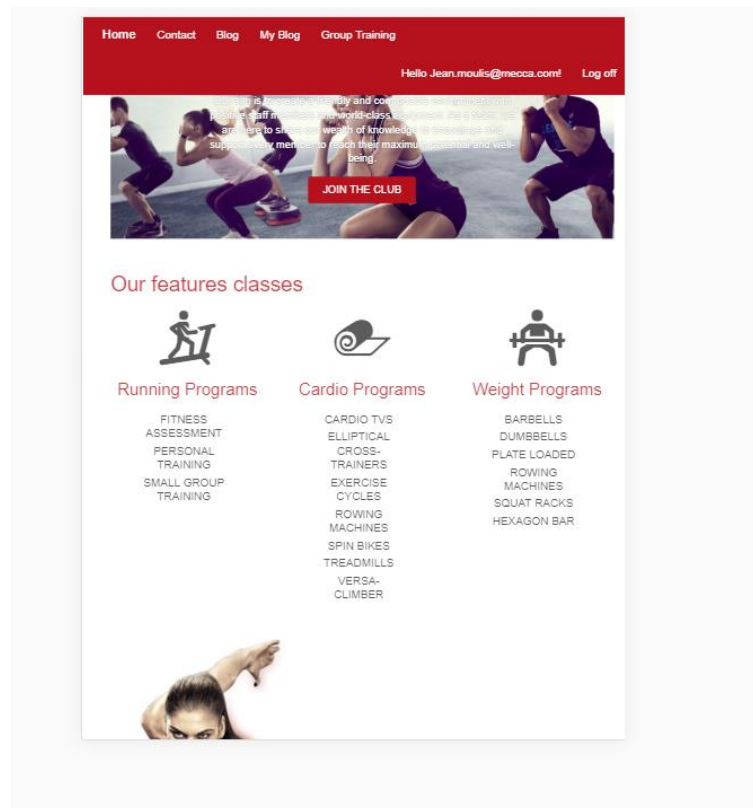


Figure 20: Tablet View

## VI. Usability Design Review

- **Navigation:** The website is designed to support customers who is going to gym. Main pages are grouped together, as well as relevant sub-pages, if any.
- **Familiarity:** The layout is familiar to users, where items are placed at where they are as usual such as menu items on top of the page, search bar above table, and edit/details/delete links are on every row of the table.
- **Consistency:** All pages share a common layout design, and data tables are displayed in an identical way.
- **Error Prevention:** When the user edits a record, all fields are validated before submitting to the database to prevent data type errors.
- **Feedback:** The website is responsible to user's inputs. A click on a link returns destination page quickly, and search function returns results immediately.
- **Visual Clarity:** The website is easy to read and explore, with contrasting colours and bright text.



- **Flexibility:** Navigation is flexible, where user can jump to different parts of the website with ease thanks to fixed menu bar.

## VII. Database and Code Structure

### Database Design

In terms of database design, the system has 7 tables.

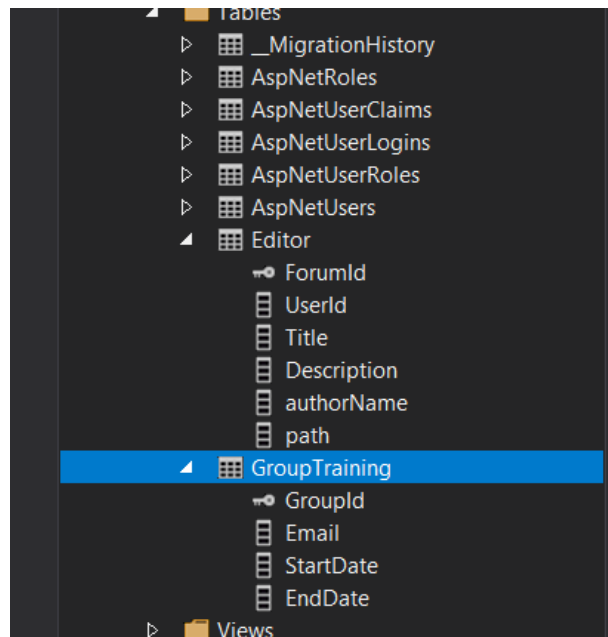


Figure 21: Database Structure

There are two added table named Group Training and Editor, which allows users to book the training group session and share the blog about nutrition or fitness.

The new tables are designed by using Database First Approach, which will connect to “*AspNetUser*” by *UserId* and *Email*.

## Code Structure

In terms of code structure, the website is built based on MVC structure.

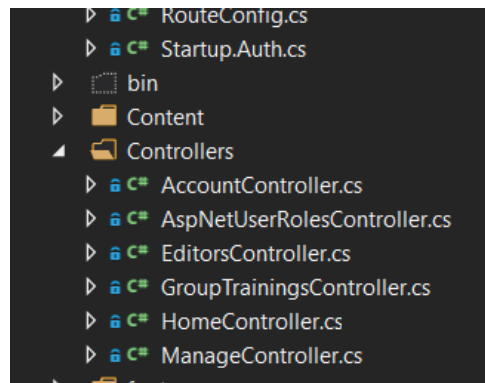


Figure 22: Controllers

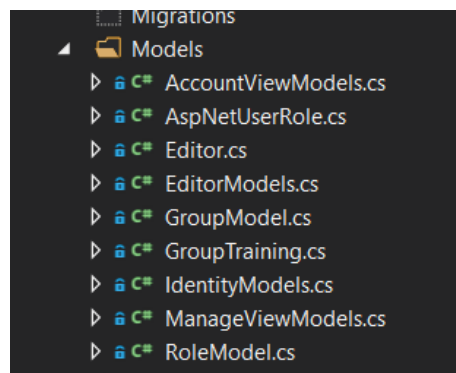


Figure 23: Models

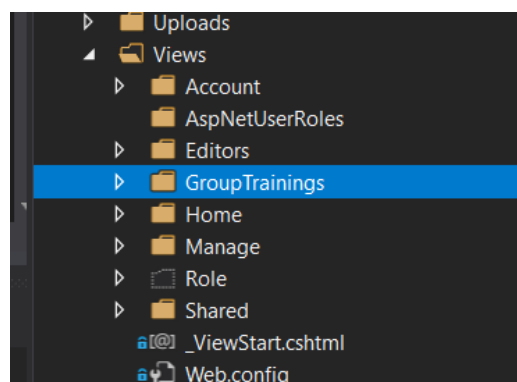
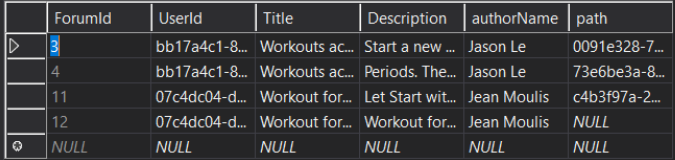


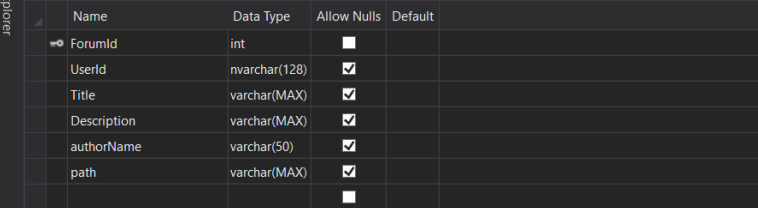
Figure 24: Views

## VIII. Data Dictionary

## 1. Editor Table



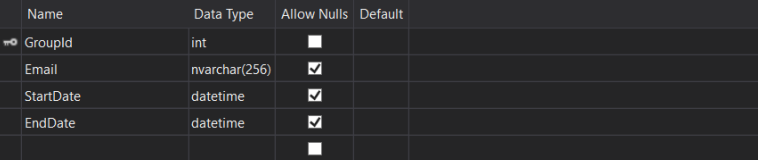
	ForumId	UserId	Title	Description	authorName	path
3		bb17a4c1-8...	Workouts ac...	Start a new ...	Jason Le	0091e328-7...
4		bb17a4c1-8...	Workouts ac...	Periods. The...	Jason Le	73e6be3a-8...
11		07c4dc04-d...	Workout for...	Let Start wit...	Jean Moulis	c4b3f97a-2...
12		07c4dc04-d...	Workout for...	Workout for...	Jean Moulis	NULL
	NULL	NULL	NULL	NULL	NULL	NULL



Name	Data Type	Allow Nulls	Default
ForumId	int	<input type="checkbox"/>	
UserId	nvarchar(128)	<input checked="" type="checkbox"/>	
Title	varchar(MAX)	<input checked="" type="checkbox"/>	
Description	varchar(MAX)	<input checked="" type="checkbox"/>	
authorName	varchar(50)	<input checked="" type="checkbox"/>	
path	varchar(MAX)	<input checked="" type="checkbox"/>	

**Keys (1)**  
<unnamed> (Primary Key, Clustered: ForumId)  
**Check Constraints (0)**  
**Indexes (0)**  
**Foreign Keys (0)**  
**Triggers (0)**

## 2. Group Training Table



Name	Data Type	Allow Nulls	Default
GroupId	int	<input type="checkbox"/>	
Email	nvarchar(256)	<input checked="" type="checkbox"/>	
StartDate	datetime	<input checked="" type="checkbox"/>	
EndDate	datetime	<input checked="" type="checkbox"/>	

**Keys (1)**  
<unnamed> (Primary Key, Clustered: GroupId)  
**Check Constraints (0)**  
**Indexes (0)**  
**Foreign Keys (0)**  
**Triggers (0)**

**Design** | **T-SQL**

```
1 CREATE TABLE [dbo].[GroupTraining] (  
2 [GroupId] INT IDENTITY (1, 1) NOT NULL,  
3 [Email] NVARCHAR (256) NULL,  
4 [StartDate] DATETIME NULL,  
5 [EndDate] DATETIME NULL,  
6 PRIMARY KEY CLUSTERED ([GroupId] ASC)  
7 );
```

GroupId	Email	StartDate	EndDate
14	Dung27819...	21/09/2018 ...	NULL
16	Jean.moulis...	21/09/2018 ...	NULL
17	Jean.moulis...	25/09/2018 ...	NULL
18	Jean.moulis...	28/09/2018 ...	NULL
1017	Jean.moulis...	27/09/2018 ...	NULL
1019	Jean.moulis...	11/10/2018 ...	NULL
1020	Dung27819...	11/10/2018 ...	NULL
1021	Dung27819...	9/10/2018 7...	NULL
1023	Dung27819...	16/10/2018 ...	NULL
1024	Jean.moulis...	18/10/2018 ...	NULL
NULL	NULL	NULL	NULL

## IX. Repository

Using bitbucket for code storing and managing the version. Using bitbucket allows to revert if necessary.

URL to bitbucket:

<https://bitbucket.org/global2708/fit5032/src/master/>

Commit	Description	Date	Author	Commit
10 Oct 2018 14:34	Update validation for date of birth and edit blog image	3 Oct 2018 23:41	Dung2781993@gn	bbed586
3 Oct 2018 22:45	Update booking validation	3 Oct 2018 22:45	Dung2781993@gn	896cebe
23 Sep 2018 18:11	no message	23 Sep 2018 18:11	Dung2781993@gn	5a6378a
22 Sep 2018 15:02	Update Calendar validation	22 Sep 2018 15:02	Dung2781993@gn	1b6396e
19 Sep 2018 0:37	Merge tag 'fit5032_2' into develop	19 Sep 2018 0:37	Dung2781993@gn	3790ebf
19 Sep 2018 0:37	Merge branch 'fit5032_3' into develop	19 Sep 2018 0:37	Dung2781993@gn	520b562
19 Sep 2018 0:29	fit5032_3: Update Training Class View	19 Sep 2018 0:29	Dung2781993@gn	0d53188
19 Sep 2018 0:28	fit5032_3: Update calendar	19 Sep 2018 0:28	Dung2781993@gn	611c718
18 Sep 2018 1:33	fit5032_3: Update Training Group	18 Sep 2018 1:33	Dung2781993@gn	2546efd
17 Sep 2018 23:48	Merge branch 'feature/fit5032_2' into develop	17 Sep 2018 23:48	Dung2781993@gn	bc9ac7c
16 Sep 2018 23:52	no message	16 Sep 2018 23:52	Dung2781993@gn	e4479ca
16 Sep 2018 23:51	fit5032_2: Fixing Edit Blog	16 Sep 2018 23:51	Dung2781993@gn	2a42b5e
14 Sep 2018 11:30	Fit5032_2: Update editor page	14 Sep 2018 11:30	Dung2781993@gn	f81eb0d
13 Sep 2018 19:01	fit5032_2: Settinng Blon	13 Sep 2018 19:01	Dung2781993@gn	6b97583
12 Sep 2018 16:12	fit5032_2: Settinng Blon	12 Sep 2018 16:12	Dung2781993@gn	575a962

## X. Checklist of site functionality

1. (Layout Page)	TICK if complete
Good Design	X
Stylesheet	X
JavaScript	X
Menu	X

<b>2. (Home page)</b>	
Design and content	X
Banner Image	X
<b>3. (User Log in)</b>	
Web form and validation controls	X
Formatted data entry display	X
Overall page design	X
<b>4. (Customised Views and Controllers)</b>	
Customised Views	X
Customised Controllers	X
Other customisations	
<b>5. (Documentation)</b>	
Code Comments	X
Attribution of Source of any code used	
<b>6 Additional Distinction Items</b>	
<b>Basic Module 1:</b>	
Creating common blog allows customers to contribute	X
Search through the list of people using key word (title, description or created by)	X
Administration can manage the common blog	X
<b>Basic Module 2:</b>	
Confirmation email after booking	X
Using calendar for booking training session	X
Administration can manage the booking training session	X
<b>7 Additional High Distinction Items</b>	
Sending email for booking confirmation	X
Validation for booking using calendar	X
<b>Advanced Module:</b>	
Using repository for code storing	X

<b>Audit</b>	
No breaking of copyright	

## **XI. References**

<https://www.snapfitness.com/au/>