

FIT WITH DY

Complete User Guide

TRANSFORMING FITNESS COACHING DIGITALLY

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INTRODUCTION

Welcome to **Fit With DY** — a comprehensive digital fitness coaching platform designed to revolutionize how fitness businesses operate and how trainers connect with their clients.

What is Fit With DY?

Fit With DY is a complete fitness management ecosystem that bridges the gap between fitness professionals and their clients. The platform provides powerful tools for creating personalized diet plans, customized workout routines, and comprehensive progress tracking — all in one unified system.

The Platform Enables:

For Administrators

Complete control over the fitness business — manage trainers, clients, subscriptions, and payments from a single dashboard.

For Trainers

Professional coaching tools to create and deliver personalized plans, track client progress, and manage their client roster efficiently.

For Clients

Easy access to assigned diet and workout plans, progress tracking,

transformation photos, and direct communication with trainers.

USER ROLES OVERVIEW

The Fit With DY platform operates with three distinct user roles, each with specific permissions and capabilities tailored to their needs.



ADMIN

Controls the entire system. Manages all trainers and clients, handles subscriptions and payments, and configures platform settings.



TRAINER

Creates personalized diet and workout plans for assigned clients. Uses professional libraries and tracks client progress.



CLIENT

Follows assigned diet and workout plans. Tracks their transformation journey with progress photos and metrics.



Role-Based Access

Each user only sees features relevant to their role. This ensures a clean, focused experience and maintains data privacy across the platform.

ADMIN PANEL GUIDE

The Admin Dashboard provides complete control over your fitness business. Here you can manage users, monitor subscriptions, and handle payments.

The screenshot displays the FitAdmin Admin Panel Dashboard. On the left, a sidebar menu lists 'Dashboard', 'Trainers', 'Clients', 'Subscriptions', 'Payments', and 'Settings'. The main dashboard area features several key performance indicators (KPIs) in large, rounded boxes with red outlines:

- Total Trainers: 1,245 (with a trend arrow pointing up)
- Total Clients: 23,402
- Active Subscriptions: 18,500 (92% Renewed)
- Revenue: \$5,450,200 (+15% this month)

Below these KPIs is a section titled 'Recent Users & Payments' containing a table of recent users:

Name	Status
Alex C.	Active
Sarah K.	Active
Sarah M.	Inactive
Alex C.	Inactive
Sarah K.	Active

To the right, there is a 'QR Code Payments' section featuring a large QR code with a red border and the text 'Scan to Pay for Premium'. A list of recent transactions is visible on the far right.

Admin Dashboard Overview — Stats, User Management, and Payment Control

Admin Features:

- ✓ **Dashboard Overview** — View total trainers, clients, active subscriptions, and revenue at a glance
- ✓ **Trainer Management** — Add, view, and remove trainers from the platform
- ✓ **Client Management** — Monitor all clients across all trainers
- ✓ **Subscription Control** — See validity dates and manage user access
- ✓ **Payment Approval** — Review and approve pending payment submissions
- ✓ **QR Code System** — Configure the payment QR code for subscriptions
- ✓ **Settings** — Configure subscription duration, pricing, and platform settings

Admin Access

Admin credentials should be kept secure. The admin has full access to all data and user management capabilities.

TRAINER DASHBOARD GUIDE

The Trainer Dashboard is your command center for managing clients and creating personalized fitness plans.



Clients

Add Client

		Active
		Inactive
		Pending
		Active
		Active

Food Library

Workout Library

Supplement Library

ACTIVE CLIENTS:
48



Clean, modern typography

Trainer Dashboard — Client Management and Professional Tools

Trainer Capabilities:

Client Management

- ✓ Add new clients by email
- ✓ View client profiles and stats
- ✓ Track subscription validity
- ✓ Remove clients when needed

Plan Creation

- ✓ Create personalized diet plans
- ✓ Design custom workout routines
- ✓ Use built-in food database
- ✓ Access exercise library

Progress Tracking

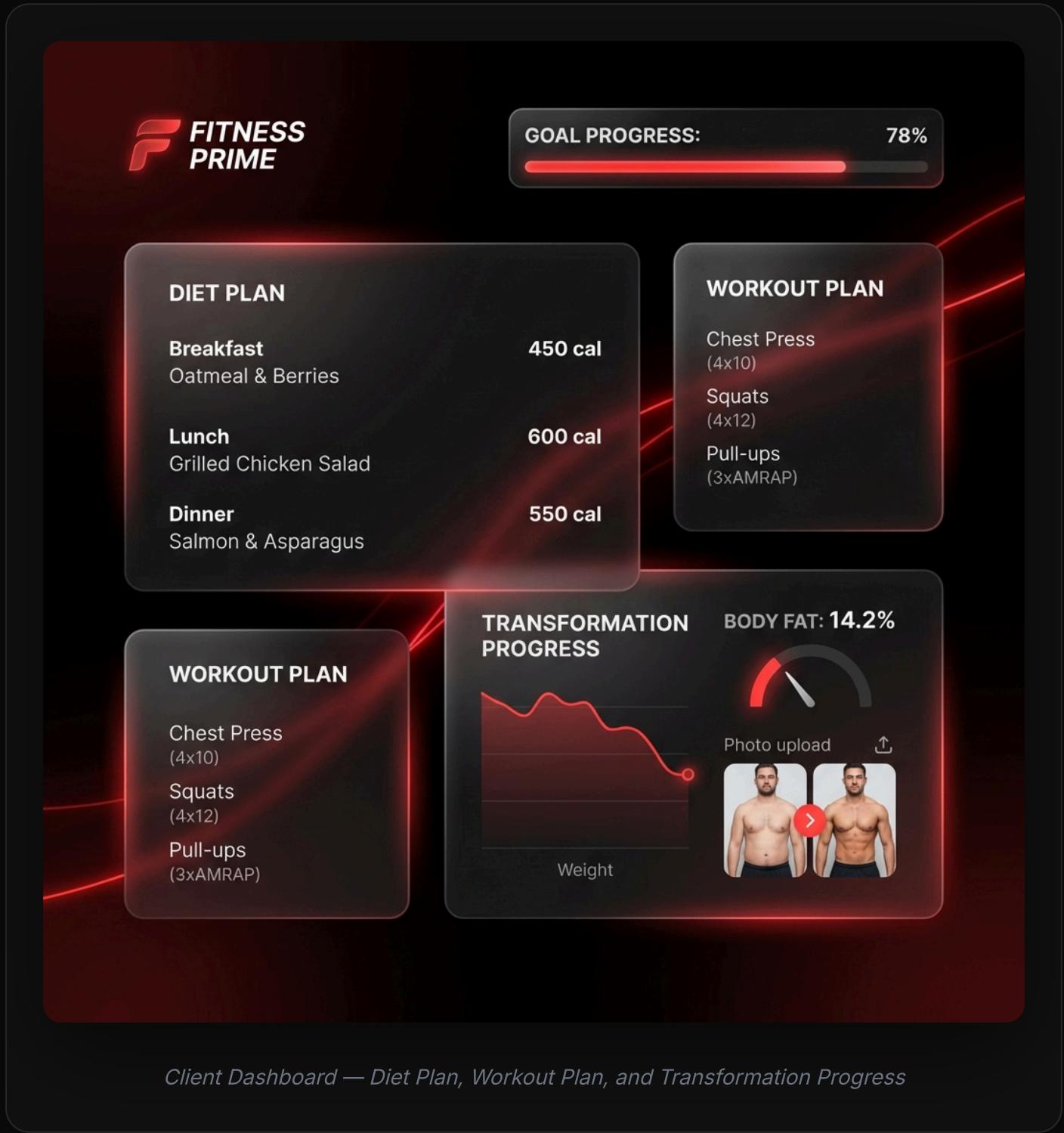
- ✓ Update client weight
- ✓ Update body fat percentage
- ✓ View transformation history
- ✓ See progress photos

Professional Libraries

- ✓ Food Library (500+ items)
- ✓ Workout Library (100+ exercises)
- ✓ Supplement Library (50+ items)
- ✓ Add custom entries

CLIENT DASHBOARD GUIDE

The Client Dashboard provides a clear, focused view of your fitness journey with easy access to your assigned plans and progress tracking.



The dashboard features a dark-themed interface with red highlights. At the top left is the Fitness Prime logo. A progress bar at the top right shows 78% completion. Below the logo are two main sections: 'DIET PLAN' and 'WORKOUT PLAN'. The Diet Plan section lists three meals with their calorie counts: Breakfast (450 cal), Lunch (600 cal), and Dinner (550 cal). The Workout Plan section lists three exercises: Chest Press (4x10), Squats (4x12), and Pull-ups (3xAMRAP). To the right is a 'TRANSFORMATION PROGRESS' section showing a line graph of weight loss over time, a body fat percentage of 14.2%, and a photo comparison of the client's physique from two different angles. A 'Photo upload' button is also present in this section.

FITNESS PRIME

GOAL PROGRESS: 78%

DIET PLAN

Breakfast
Oatmeal & Berries 450 cal

Lunch
Grilled Chicken Salad 600 cal

Dinner
Salmon & Asparagus 550 cal

WORKOUT PLAN

Chest Press (4x10)
Squats (4x12)
Pull-ups (3xAMRAP)

TRANSFORMATION PROGRESS

BODY FAT: 14.2%

Photo upload

Weight

Photo comparison: Before and After transformation.

Client Dashboard — Diet Plan, Workout Plan, and Transformation Progress

Client Features:

- ✓ **Diet Plan View** — See your complete daily meal plan with calorie and macro information
- ✓ **Workout Plan View** — Access your personalized workout routine with sets, reps, and instructions
- ✓ **Transformation Progress** — Track your weight and body fat percentage over time
- ✓ **Progress Photos** — Upload before/after photos to visualize your transformation
- ✓ **Goal Tracking** — Monitor your progress towards fitness goals
- ✓ **Trainer Feedback** — Communicate with your trainer about your progress
- ✓ **Subscription Status** — View your subscription validity and renewal date

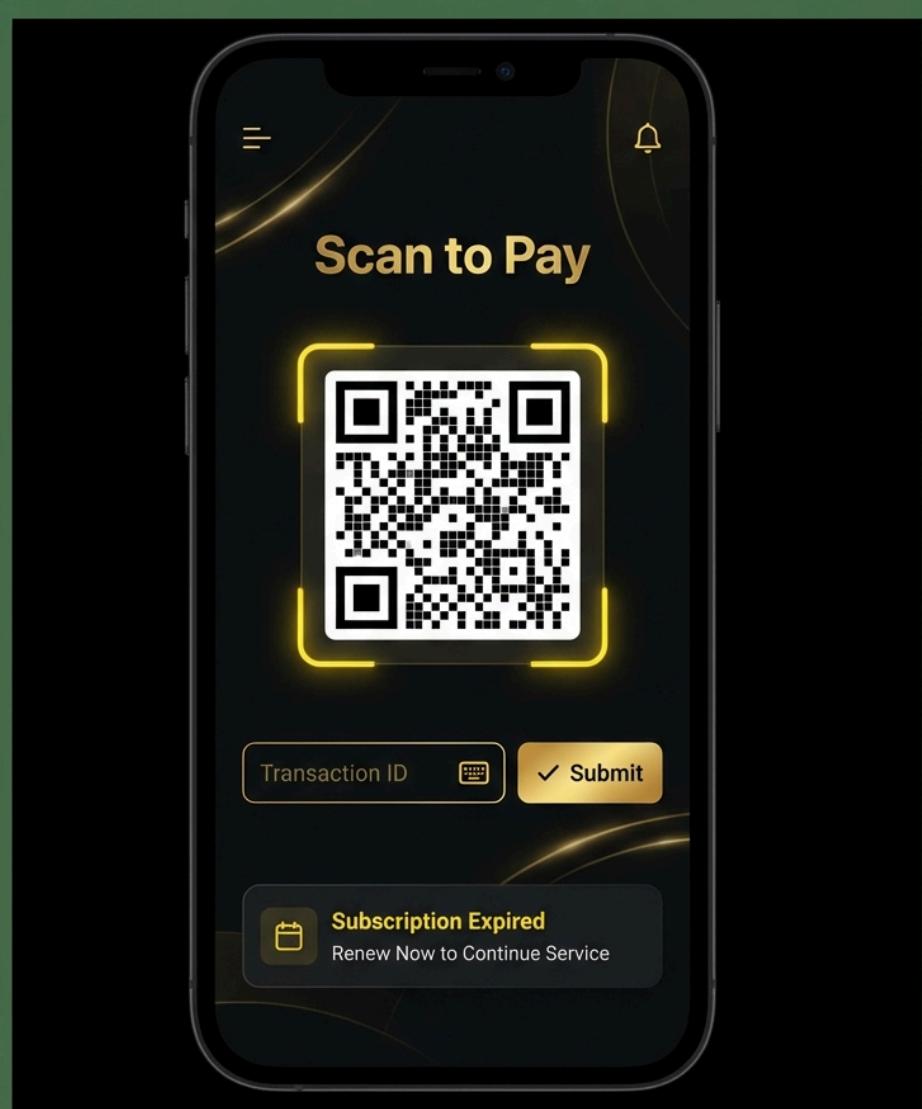
 **Stay Updated**

Your diet and workout plans are updated by your trainer. Check your dashboard regularly for the latest plans and instructions.

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PAYMENT & SUBSCRIPTION SYSTEM

The platform uses a QR-based payment system for easy subscription management. Here's how the payment flow works:



QR Payment Interface — Scan, Pay, and Submit Transaction ID

Payment Process:

1

Subscription Expires

When a user's subscription validity ends, they are automatically redirected to the payment page.

2

Scan QR Code

The user scans the displayed QR code using their preferred payment app (UPI, bank app, etc.).

3

Complete Payment

User makes the payment for the subscription amount through their payment app.

4

Enter Transaction ID

After payment, the user enters the transaction/reference ID in the provided field.

5

Admin Approval

The admin receives the payment request and can verify and approve it from the admin panel.

6

Account Reactivated

Once approved, the user's subscription is renewed and they regain full access to the platform.

LIBRARIES SYSTEM

Trainers have access to three professional libraries that help them create comprehensive and accurate plans quickly.



FOOD LIBRARY

500+ Foods with
Nutrition Data



WORKOUT LIBRARY

100+ Exercises with
Details



SUPPLEMENT LIBRARY

50+ Supplements with
Usage Guide

NUTRIDATA

Search Food Database...

Filter by Category: All ▾

Chicken Breast	Card	165 kcal	31g Protein	0g Carbs	3.6g Fat/Fat per 100g
Brown Rice	Card	111 kcal	2.6g Protein	23g Carbs	0.9g Fat/Fat per 100g
Eggs (Large)	Card	155 kcal	13g Protein	1.1g Carbs	11g Fat/Fat per 100g
Avocado	Card	155 kcal	2.6g Protein	1.1g Carbs	1.1g Fat/Fat per 100g
Salmon	Card	111 kcal	41g Protein	0g Carbs	3.6g Fat/Fat per 100g
Broccoli	Card	31 kcal	1.1g Protein	2.6g Carbs	0.9g Fat/Fat per 100g

Add Custom Food

Food Library — Complete Nutrition
Database

Search exercises...

Filter by Muscle Group ▾

Bench Press

Chest Advanced

3 Sets 8-12 Reps

Squats

Legs Advanced

4 Sets 6-10 Reps

Pull-Ups

Back Intermediate

3 Sets AMRAP

Push-Ups

Chest Beginner

3 Sets 12-15 Reps

Add Custom Exercise

Workout Library — Exercise Database

Library Features:

- ✓ **Search & Filter** — Quickly find foods, exercises, or supplements by name or category
- ✓ **Detailed Information** — Each item includes comprehensive details (nutrition, muscle groups, dosage)
- ✓ **Add to Plan** — Easily add items from the library directly into client plans
- ✓ **Custom Entries** — Trainers can add their own custom foods, exercises, or supplements

Supplement Disclaimer

The Supplement Library is for informational purposes only. Users should consult a healthcare professional before starting any new supplements, especially if they have medical conditions.

8 PROGRESS TRACKING SYSTEM

Track your fitness transformation with comprehensive progress monitoring tools.

What Gets Tracked

Body Metrics

- ✓ Weight (kg/lbs)
- ✓ Body Fat Percentage
- ✓ Measurement History

Visual Progress

- ✓ Before Photos
- ✓ After Photos
- ✓ Date-stamped Uploads

How Progress Tracking Works:

1 Trainer Records Data

The trainer updates the client's weight and body fat percentage during sessions or check-ins.

2 Client Sees Progress

The client's dashboard displays a visual chart showing their transformation over time.

3 Photo Documentation

Clients can upload progress photos that are stored securely and visible to their trainer.

4 Historical Records

All progress data is saved, allowing both trainer and client to review the complete journey.

SECURITY & ACCESS CONTROL

The platform implements multiple layers of security to protect user data and ensure proper access control.

Security Features

- ✓ **Role-Based Access Control** — Each user type (Admin, Trainer, Client) can only access features relevant to their role
- ✓ **Secure Authentication** — Password-protected login with encrypted credentials
- ✓ **Expiry Lock System** — Expired subscriptions automatically restrict platform access until renewed
- ✓ **Admin Approval Control** — Critical actions like payment verification require admin authorization
- ✓ **Data Isolation** — Trainers can only see their own clients; clients can only see their own data



Admin Access

Full system control,
all user data,
payment
management



Trainer Access

Own clients only,
create plans, view
progress



Client Access

Personal plans, own
progress, photo
uploads

BENEFITS OF THE SYSTEM

Fit With DY provides significant advantages for all user types in the fitness ecosystem.

FOR ADMINISTRATORS

- ✓ Complete business control
- ✓ Automated subscription tracking
- ✓ Simplified payment management
- ✓ User analytics at a glance
- ✓ Scalable platform

FOR TRAINERS

- ✓ Professional coaching tools
- ✓ Faster plan creation
- ✓ Comprehensive food/workout databases
- ✓ Easy client management
- ✓ Progress tracking visibility

FOR CLIENTS

- ✓ Clear fitness guidance
- ✓ Personalized plans
- ✓ Visual progress tracking
- ✓ Easy-to-follow interface
- ✓ Transformation documentation

Why Choose Fit With DY?

A complete digital ecosystem designed specifically for the fitness industry. From business management to client transformation — everything in one powerful platform.

FIT WITH DY

Digital Fitness Evolution

Transform your fitness business with the power of digital coaching. Connect trainers with clients, create personalized plans, and track real transformations.

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