

FIT WITH DY

QUICK USER GUIDE

About the Platform: Fit With DY is a digital fitness coaching system that connects trainers with clients. Trainers create personalized diet and workout plans, track client progress, and manage their coaching business — all in one platform.

USER ROLES

ROLE	RESPONSIBILITY
Admin	Controls entire system — manages trainers, clients, payments, and subscriptions
Trainer	Creates diet & workout plans for clients, tracks their progress
Client	Follows assigned plans, uploads progress photos, tracks transformation

CLIENT FEATURES

- ✓ View assigned diet plan
- ✓ View assigned workout plan
- ✓ Upload progress photos
- ✓ Track weight & body fat %
- ✓ Send feedback to trainer
- ✓ Renew subscription when expired

TRAINER FEATURES

- ✓ Add clients via email
- ✓ Create personalized diet plans
- ✓ Create custom workout plans
- ✓ Update client weight & body fat
- ✓ Use Food Library (500+ items)
- ✓ Use Workout Library (100+ exercises)
- ✓ Use Supplement Library (50+ items)
- ✓ Monitor client transformation

ADMIN FEATURES

- ✓ Manage all trainers
- ✓ Manage all clients
- ✓ Approve payment requests
- ✓ Control subscription validity
- ✓ Configure QR payment code
- ✓ Set subscription pricing

PAYMENT FLOW

Scan QR → Make Payment → Enter Transaction ID → Admin Approves → Account Activated

SUBSCRIPTION RULE

⚠ If subscription validity expires → Platform access is blocked → Renewal required to continue

FIT WITH DY — Your Digital Fitness Partner

Version 1.0 | © 2026