USERMANUAL FOR MEFIT

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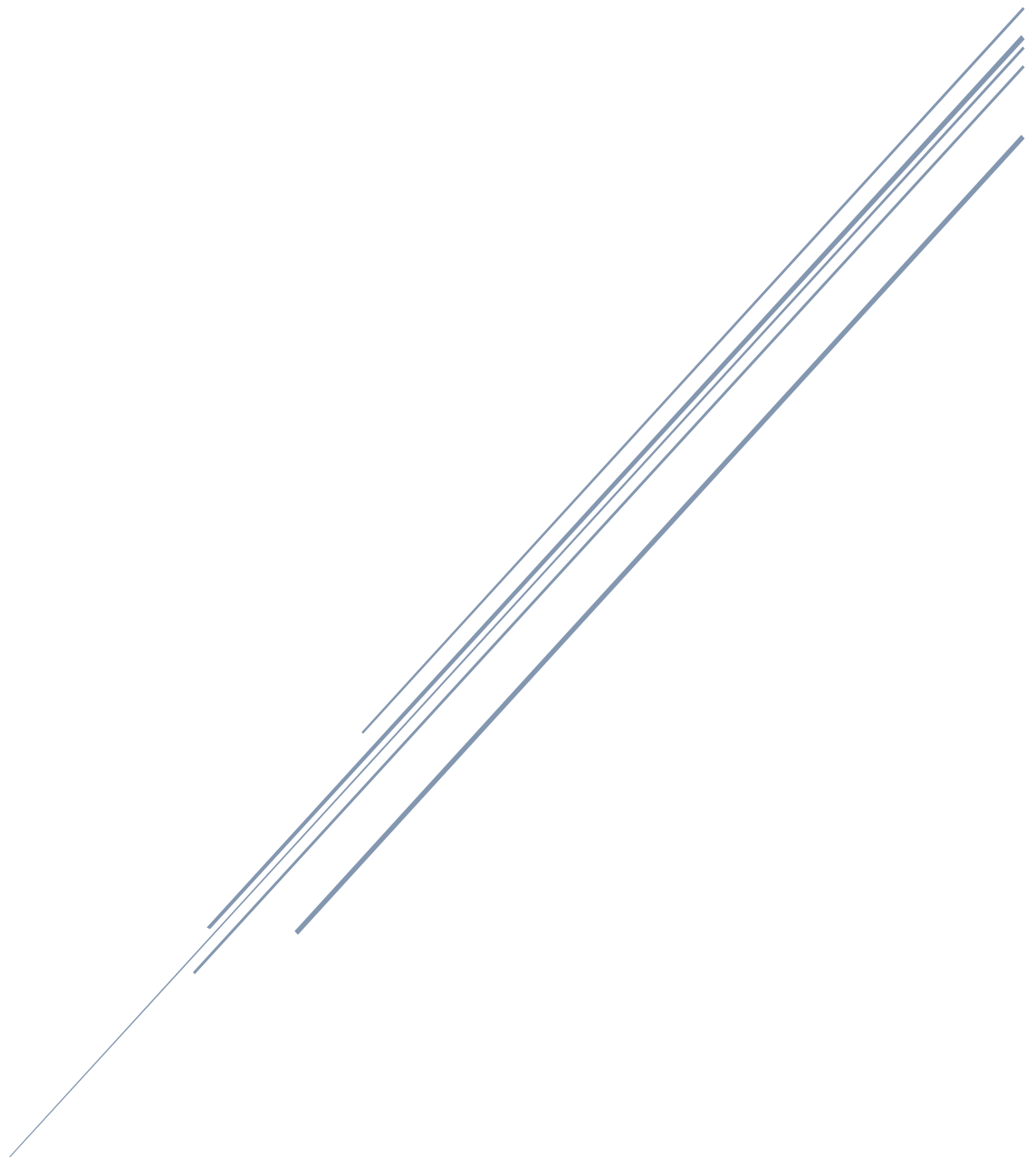
Innhold

Landing Page
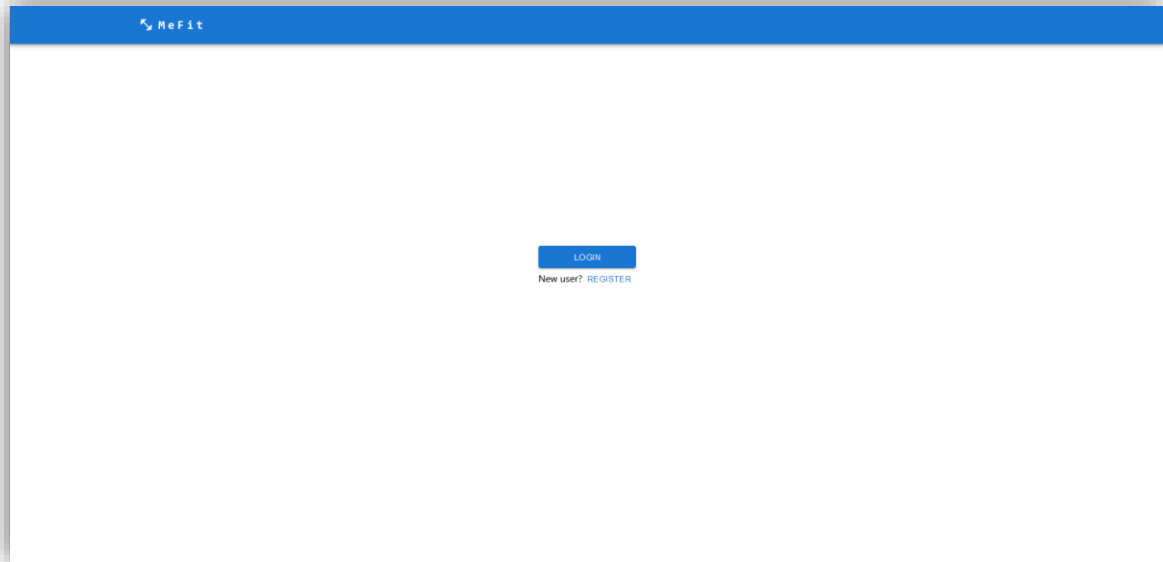
Upon visiting MeFit we are required to log in to access the page. We can choose to log in with an already existing account, or register if we have not used the application previously.

Whether we choose to login or register a new account, we will be taken to an external website to manage our authentication process. For this, we have chosen to use Keycloak, as it allows us to easily manage user accounts in our system.
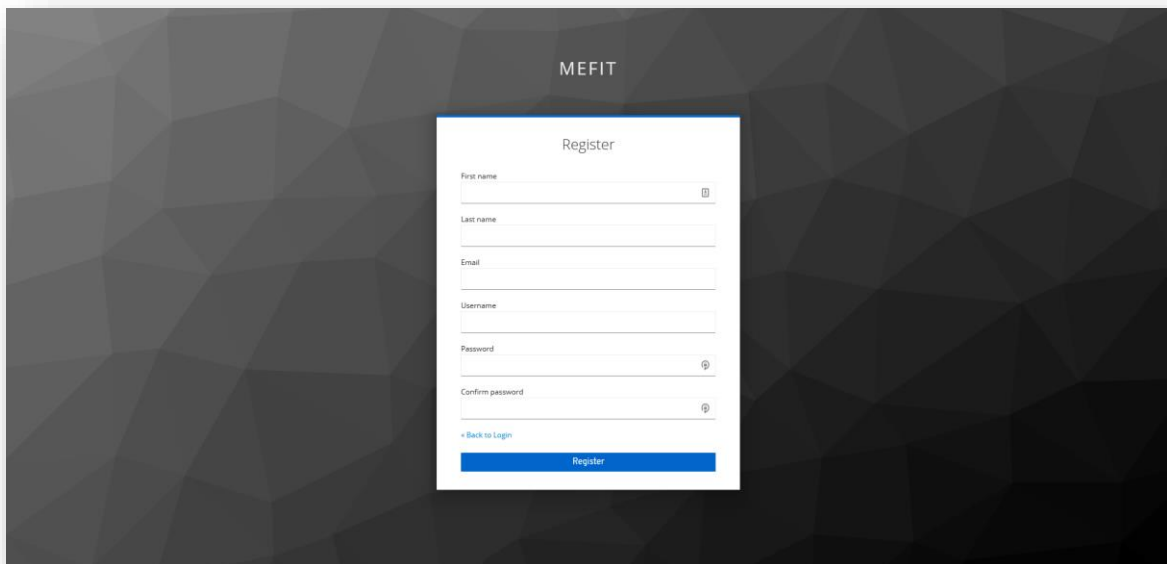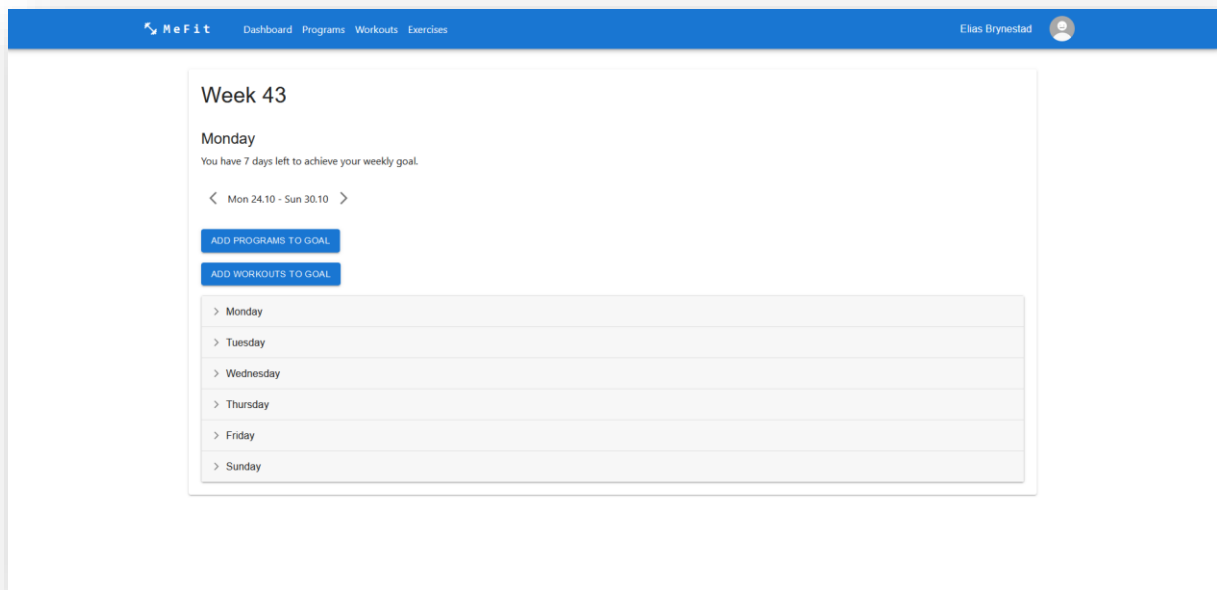

Upon registration, there are a couple of things we are required to provide:

- Our first and last name
- Our email address
- A username and a password for signing in next time we use the application

Once we have created our account, we are taken back to MeFit and will be taken to our dashboard.

Dashboard

Upon seeing the dashboard for the first time, we do not have any workouts visible. There is a calendar showing the current week, what day it is, and how many days there is left of the week to complete our goal. There is also and option to move backwards and forwards through time to view goals for other weeks, either ones we have completed in previous weeks, or goals we have set for the weeks to come. Let's try to add a program to this week's goal by clicking the "Add programs to goal" button.
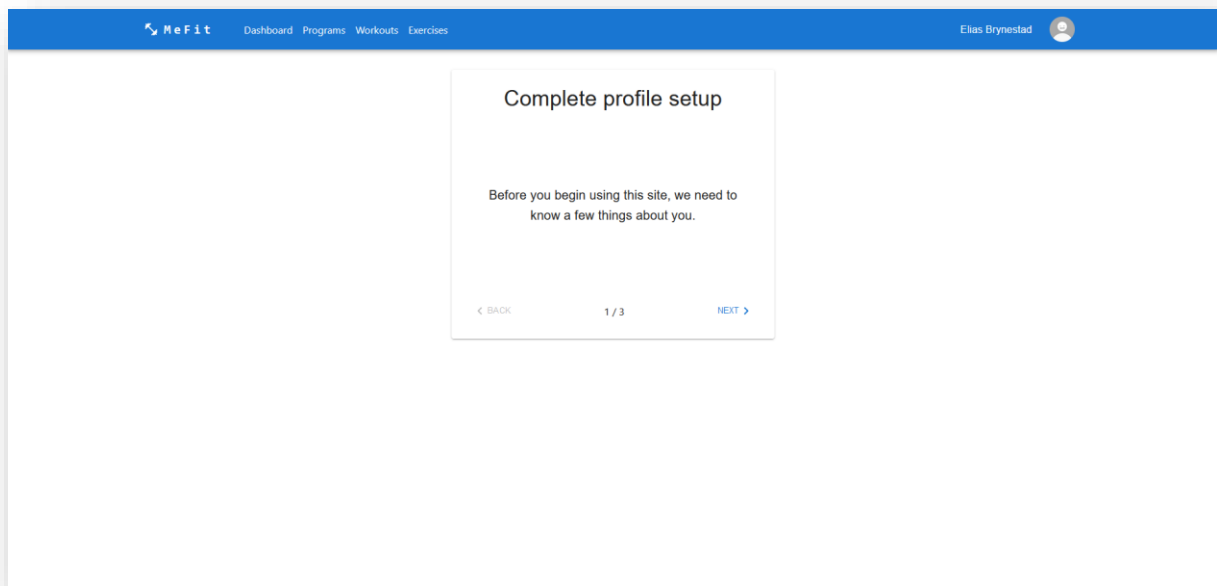
As we can see, we do not yet have access to the full MeFit application yet and are prompted to complete our profile first. For now, we have only had access to our dashboard, but after three short steps we will be authorized to use the entire site.

First, let's give an estimate of our current fitness level on a scale from one to five.
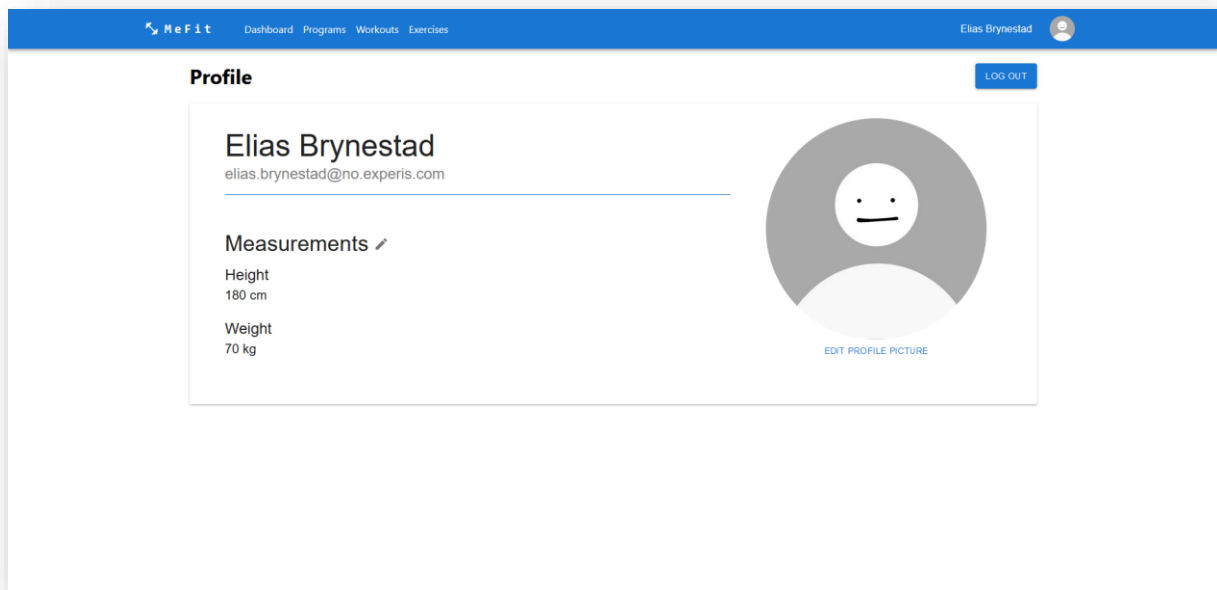

After that, we enter our height and weight measurements and click continue. We will then be taken to our profile page and have full access to the application.

Profile

On the profile page we can see our full name and email address, as well as our measurements and a default profile picture. While we're here, let's change our profile picture by clicking the button below the image. We see a prompt asking us to provide an URL to our image. We paste our link to our profile picture and click continue. Now let's say we have been using the application for a while and have been gaining some muscle. This means we have gained some weight as well and we would like to update our measurements. We click the pencil button next to Measurements and fill out the prompt with our new measurements.
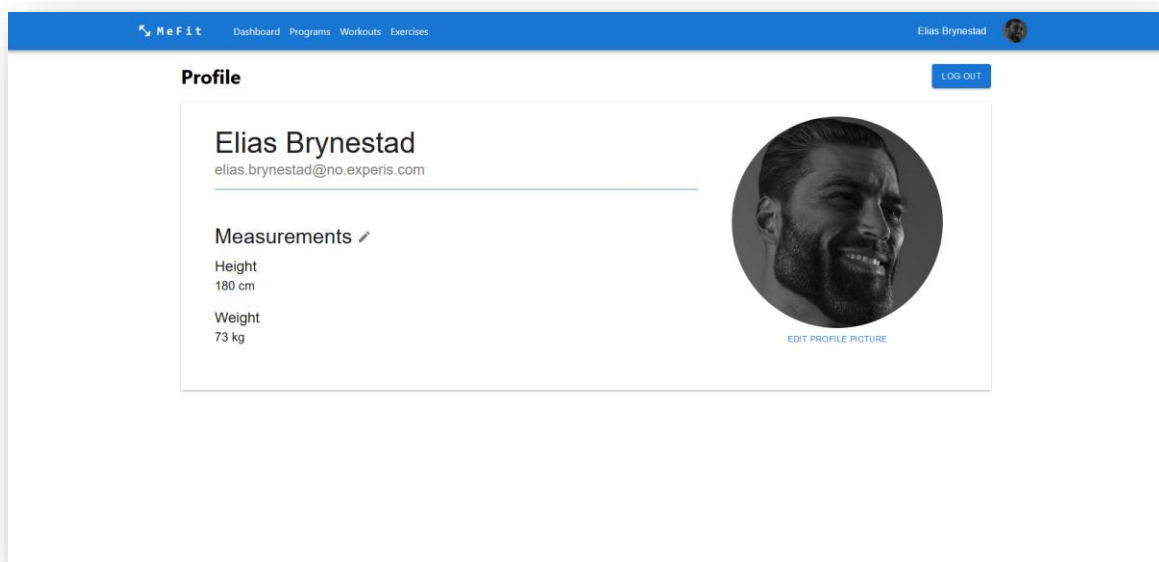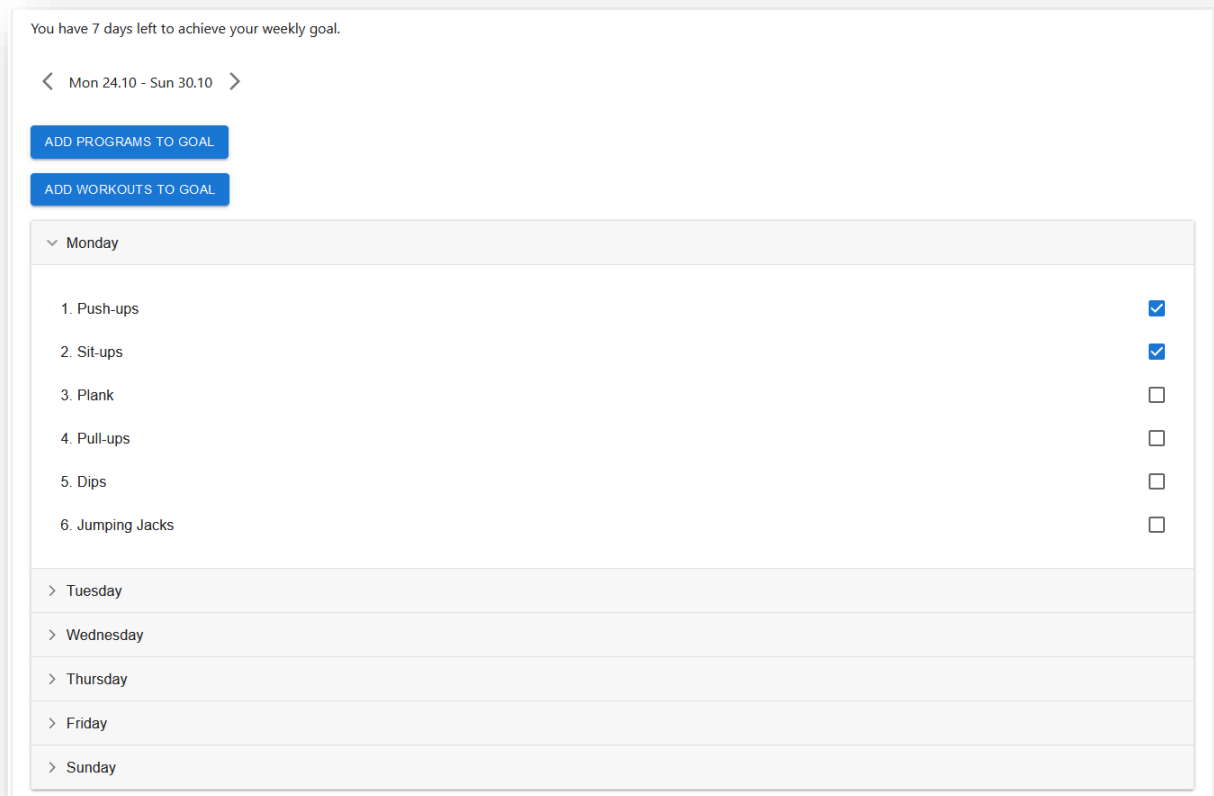

Of course, updating our profile picture and measurements are optional and not required to use the rest of the application. All we need is some initial measurements and an estimate of our fitness level. Let's go back to what we were doing on the dashboard.

Adding Our First Goal

On the dashboard page we have two options; we can add a pre-configured program to our goal, or we can add individual workouts. Let's have a look at the differences between them.

Workouts

A workout is a pre-composed collection of multiple exercises, all which must be completed to finish said workout. The workouts are created by other users with the contributor role in the application. When adding a workout to our goal, we choose which day we would like to do it. Once we have added a workout to our goal, it's exercises will appear under its corresponding day.

As we complete an exercise, we can tick it off in the checkbox to mark it as complete. Once all exercises are completed, the workout of the day is set to complete. Note that there is nothing stopping us from adding multiple workouts to a single day, should we want to work out multiple times a day.

Programs

A program is a collection of workouts a user with the contributor role has created. When creating a program, the user chooses which workouts should be in the program, and on which day they should be completed. We can then import the program to our goal, which fills up each day of the week with the exercises each workout consists of. In the navigation bar on the top of our screen we can navigate to the Programs catalog to see the different programs that exists. We can also click on a program for a more detailed description of it. On this page, the workouts the program consists of are listed, and we can click on them to navigate to that specific workout and see more details on that. The individual workouts also contain a list over the exercises in the workout, which we can click to

see more details on them. There are three catalogs in the application. The program catalog which we just discussed, as well as a workout catalog and exercise catalog.

Contributors

It is also possible to apply to become a contributor for the application by clicking the "Apply for Contributor" button on our profile. The administrators of MeFit will be notified of our application and, should they deem us worthy, approve our application.

As a contributor we have access to another link in our navigation bar on the top of our screen, "Contributors". When we click it, we are taken to the contributor area of the website. From here, we can create new exercises, workouts and programs, and we can delete what we have previously published, should we require that.
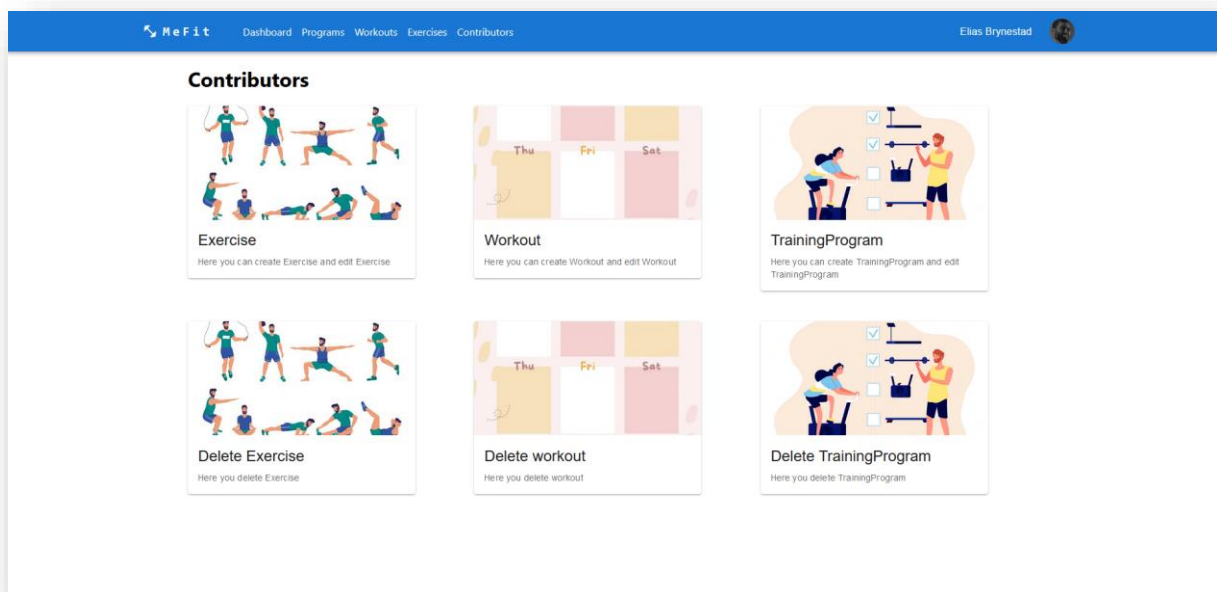

Let's try to add a workout. We click the add workout card and are taken to a form to fill out. We provide a title for the workout, what type of workout it is, e.g. strength or cardio, and the URL to an image to make it look more attractive.
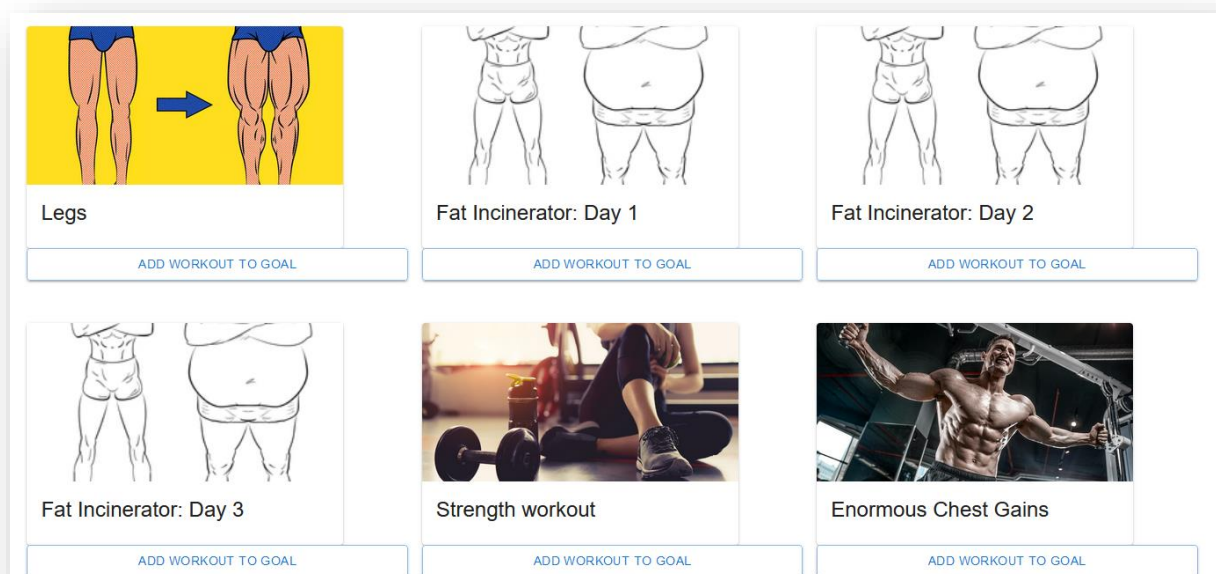
The next step is to add exercises to the workout. We are taken to the exercise catalog where we can click the individual exercises to add them to the workout.
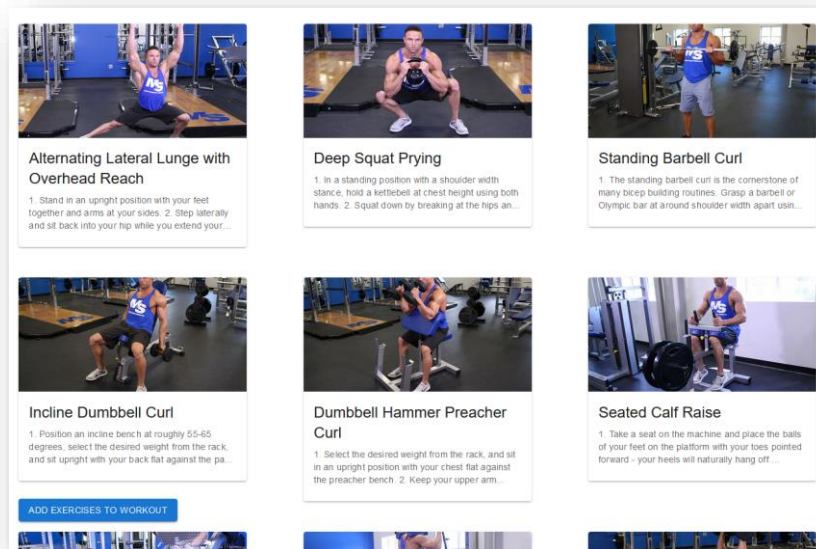
After adding our exercises, we click "Add exercises to workout" on the bottom left of our screen. We can now find our workout as the most recent addition to the workout catalog.

The process for adding programs and exercises is very similar to how you add a workout.