



EZ Training

Team 18

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What is EZ Training?

EZ Training combines immersive virtual reality (VR) experiences with personalized workout and nutrition plans to create a holistic fitness environment.



Berkeley

How does it work?

- **Real-time Service Refinement:** Tracking data on workouts, nutrition, and VR sessions allows EZ Trainers to offer personalized feedback and recommendations, keeping users engaged.
- **Enhanced Fitness Experience:** Leveraging data enables tailored workout intensities and meal plans, providing a more immersive and personalized fitness journey.
- **Competitive Edge:** Data analysis helps EZ Trainer stay competitive by improving service quality and adapting to user behavior trends in a tech-driven fitness market.
- **Comprehensive Integration:** VR technology and detailed metrics provide realistic exercise experiences, while post-session nutrition recommendations further enhance the holistic fitness approach.

Database Requirements

The **EZ Training database** integrates key individual data, exercise routines, and nutrition tracking to provide a personalized fitness experience and streamlined administration.

| Category | Data |
|-----------------|--|
| Individual Data | <ul style="list-style-type: none">– Individual: Person ID, Name, Age, Sex, Phone, etc.– Member: Member ID, Membership status, Body measures, Medical conditions, etc.– Employee: Employee ID, Role, Shift timings, Pay rate, etc.– Trainer: Certification, Specialization, Rating– Nutritionist: Certification, Experience level, Active clients |
| Exercise Data | <ul style="list-style-type: none">– Workout Log: Exercise details (set and reps), Calories burnt, Biometrics– Workout Session: Workout ID, Program type, VR environment, etc.– VR Equipment: Equipment ID, Name, Type etc. |
| Nutrition Data | <ul style="list-style-type: none">– Nutrition Plan: Name, Goal, Duration, Calories, Macros |
| Payment Data | <ul style="list-style-type: none">– Payment: Payment ID, Date, Mode, Amount |

Benefits

1. **Personalized Training:** Tailored workout and nutrition plans based on individual health data.
2. **Efficient Staff Management:** Streamlined scheduling and resource allocation using employee data.
3. **Workout Tracking:** Real-time progress tracking with workout logs and biometrics.
4. **Optimized VR & Equipment Use:** Effective management of VR environments and equipment.
5. **Nutrition Optimization:** Customized nutrition plans aligned with workout data.
6. **Payment Tracking:** Easy financial management with detailed payment records.
7. **Data-Driven Insights:** Better decision-making on classes, resources, and marketing.
8. **Improved Retention:** Personalized experiences leading to higher client satisfaction and retention.

Relationships

Nutritionist -**consults** Member

-**creates** Nutrition Plan

Group Trainer -**conducts** Workout Session

Workout Session -**uses** VR Equipment

-**has** Exercise

-**generates** Workout Logs

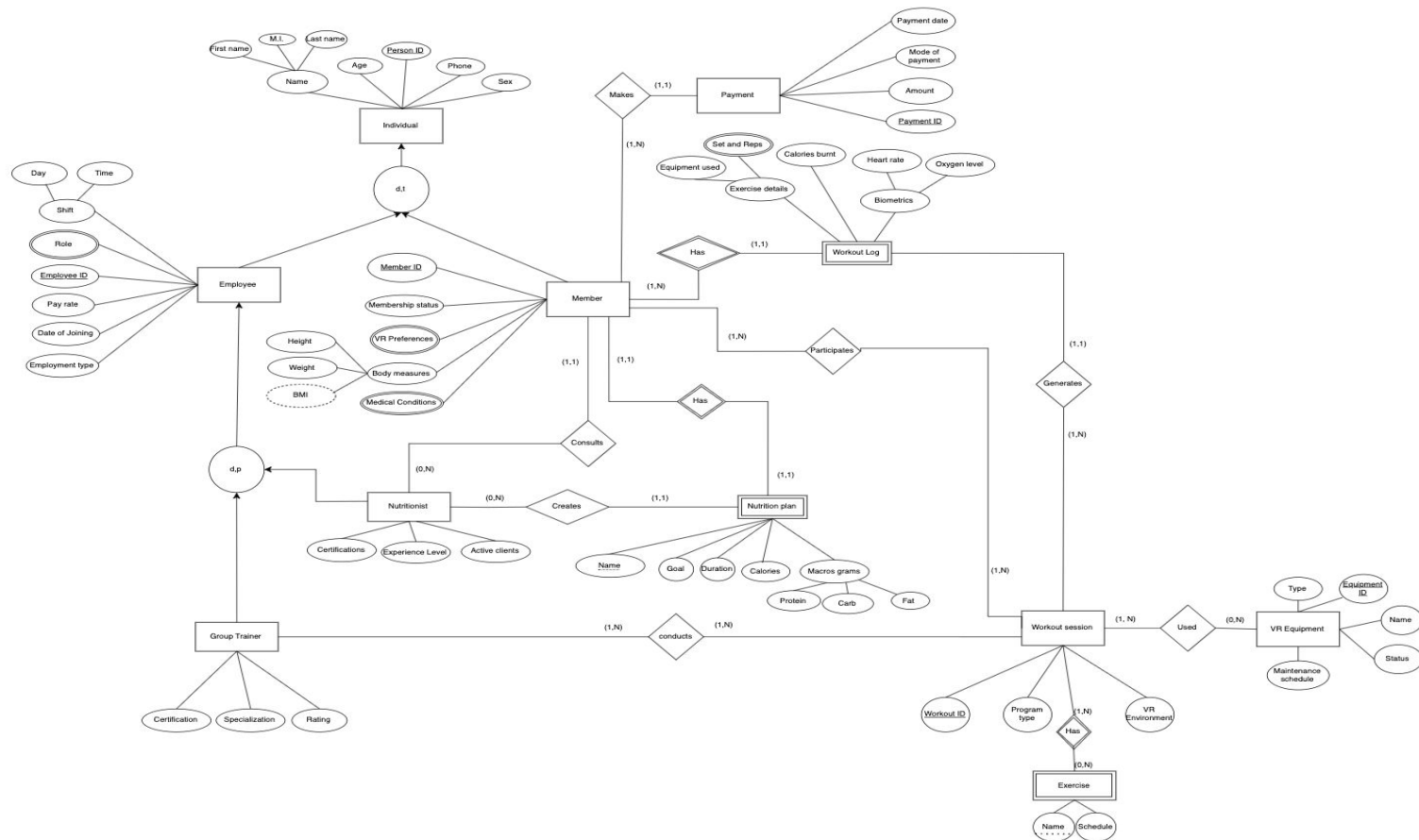
Member -**participates** Workout Session

-**makes** Payment

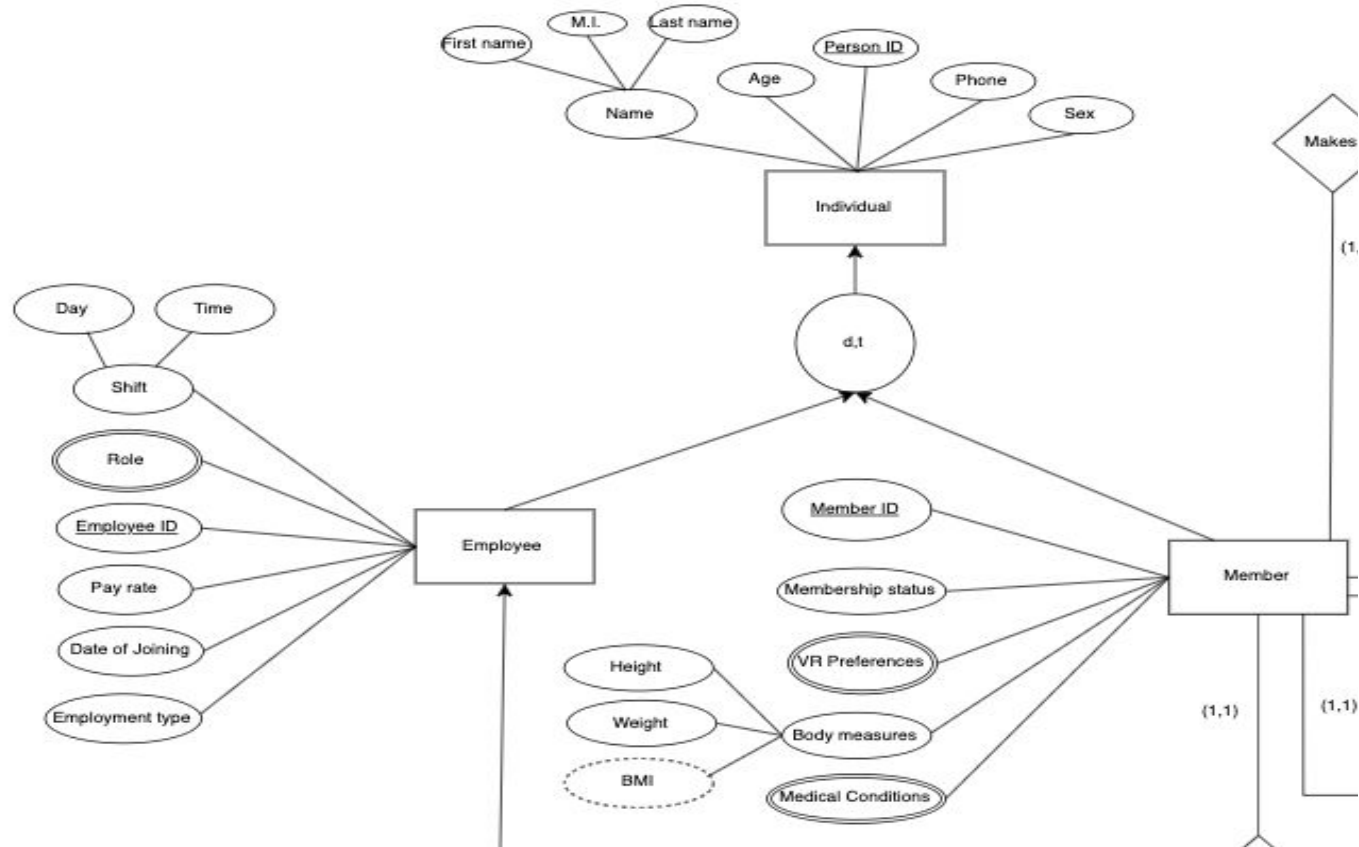
-**has** Workout Logs

-**has** Nutrition Plan

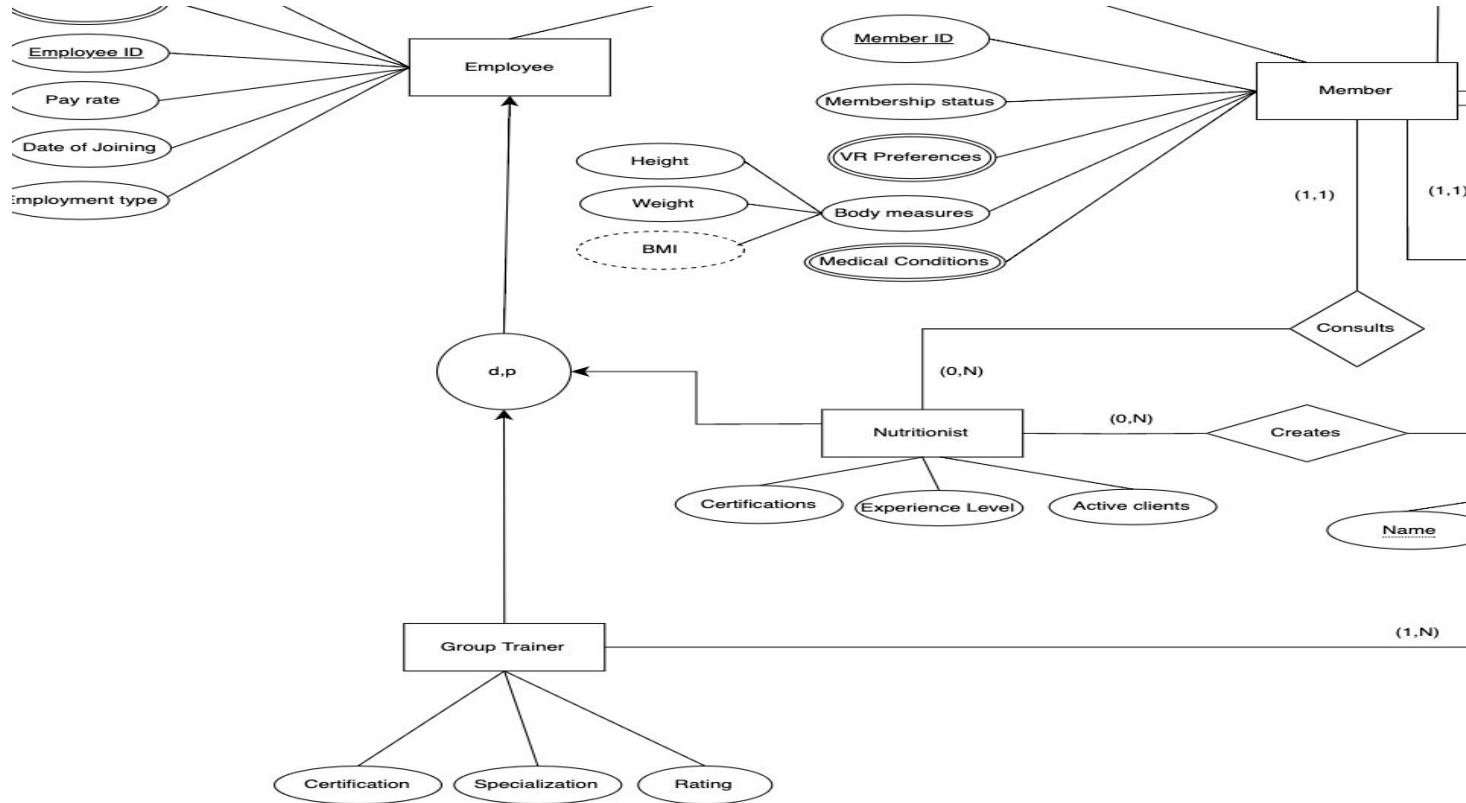
EER Diagram



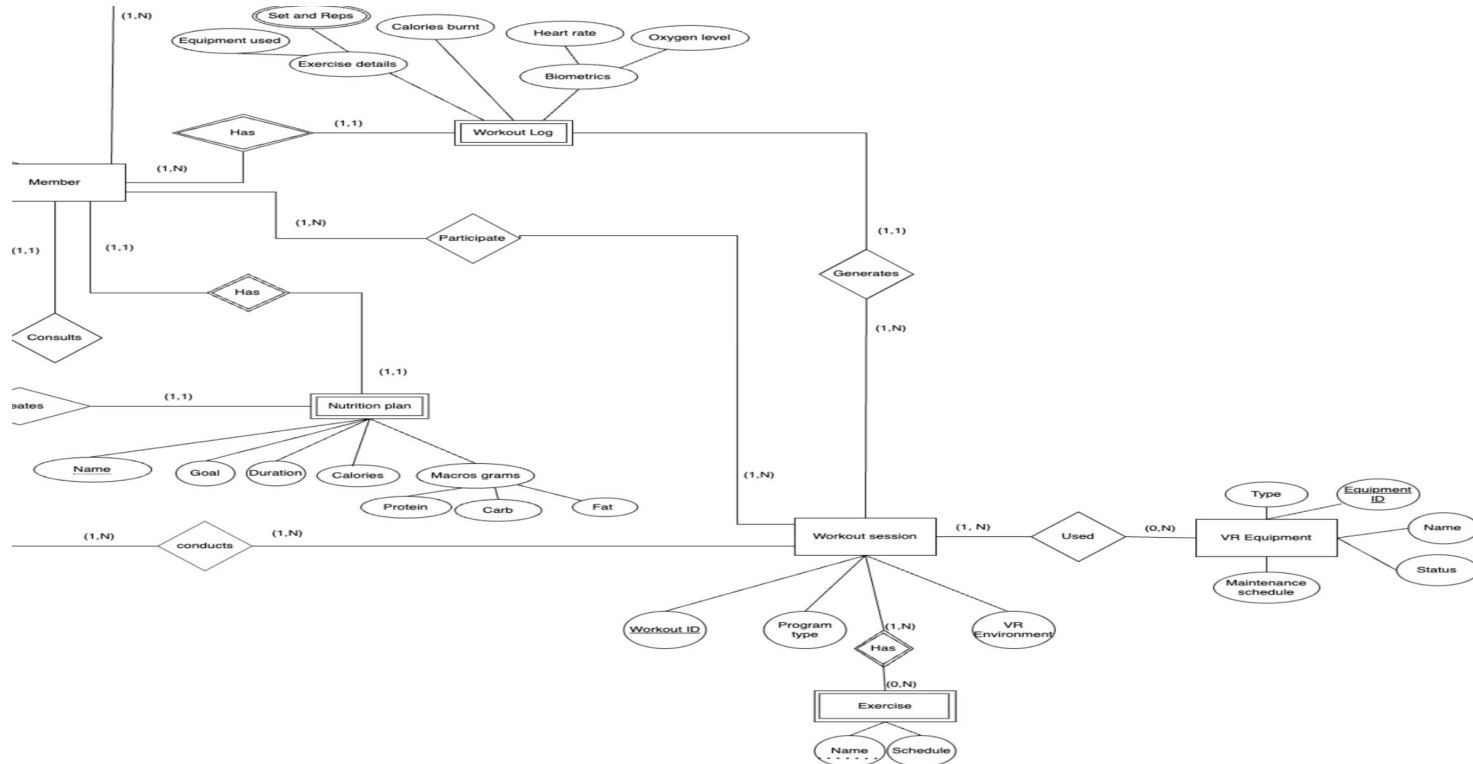
EER Diagram - Individual Superclass



EER Diagram - Employee Superclass



EER Diagram - Nutritional & Workout tracking



Thank you 🙄