

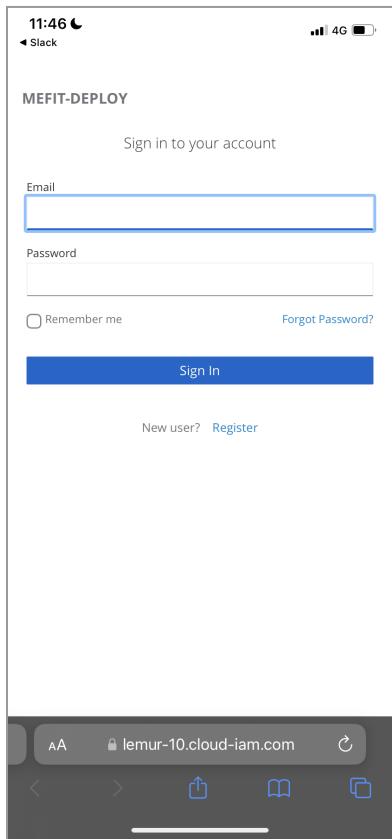
# MeFit User Manual

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# User

## Log in



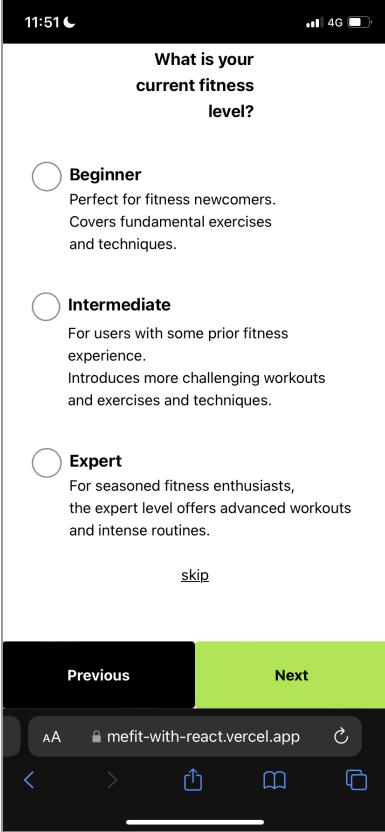
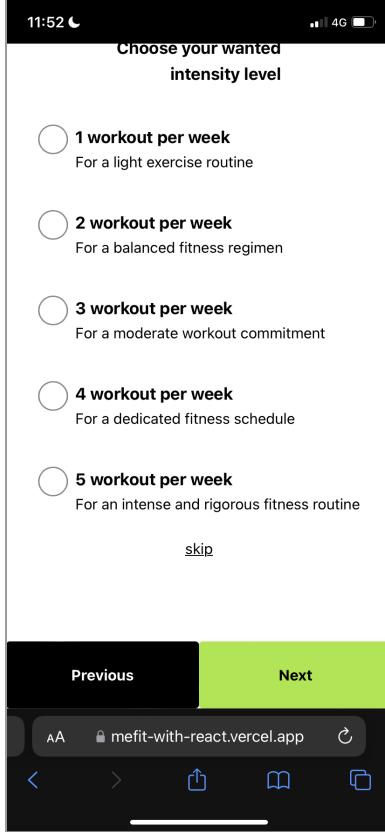
The first thing that meets the user is the keycloak/register page.

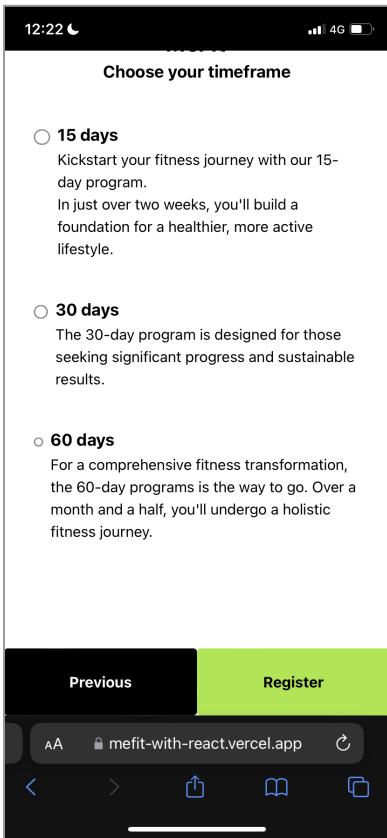
# Registration

The screenshot shows a mobile application interface for 'MEFIT-DEPLOY'. At the top, it displays the time '11:49' and signal strength '4G'. Below this, the title 'MEFIT-DEPLOY' is shown, followed by a 'Register' button. The form consists of several input fields: 'First name' (filled with 'Adam'), 'Last name' (filled with 'Johnson'), 'Email' (filled with 'tom@mail.no'), 'Password' (containing three asterisks), and 'Confirm password' (also containing three asterisks). Below the form is a link '« Back to Login' and a large blue 'Register' button. At the bottom of the screen, there is a standard iOS-style navigation bar with icons for back, forward, search, and other functions.

The register page requires the user to enter details like name, email and password before registering to MeFit.

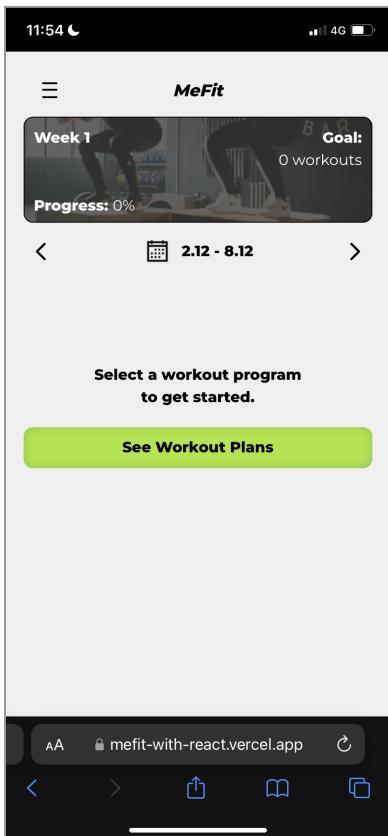
# Onboarding

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| <p>The user can choose their current fitness level in the onboarding right after registering to the page. Choosing one option.</p> | <p>As well as their wanted number of workouts per week. The user can skip the onboarding if they desire.</p> |



The final step in the onboarding allows the user to choose their desired program duration between 15 and 45 days.

## Dashboard

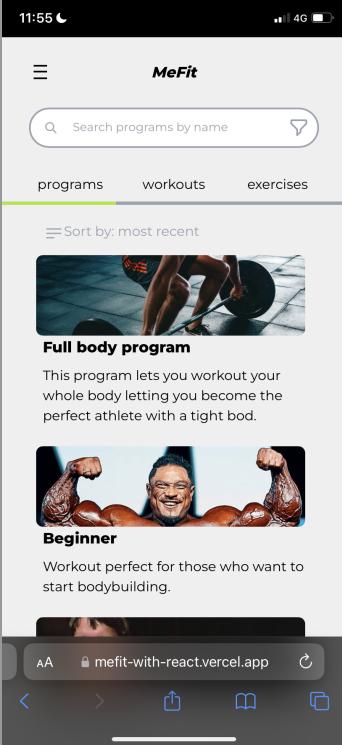
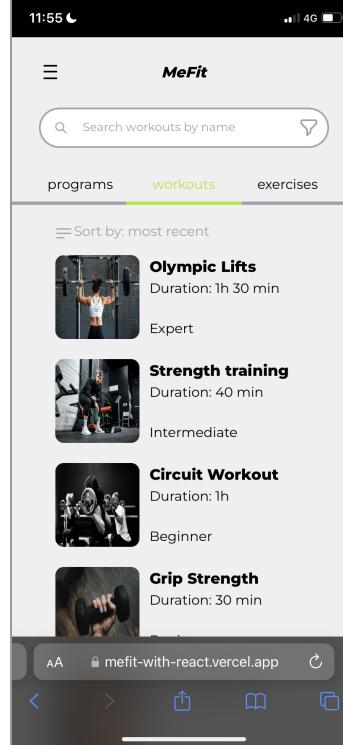
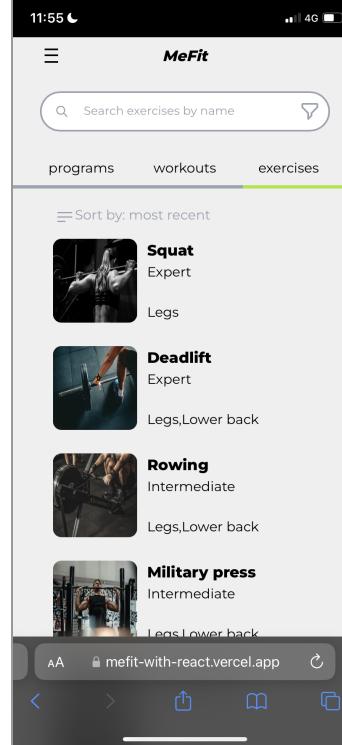


After the onboarding the user is met with the dashboard, allowing them to track their progress. When in a state without a chosen program a call-to-action to see available workout plans is present.

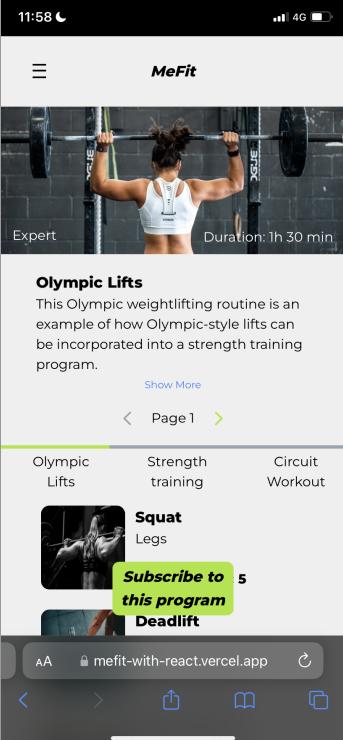
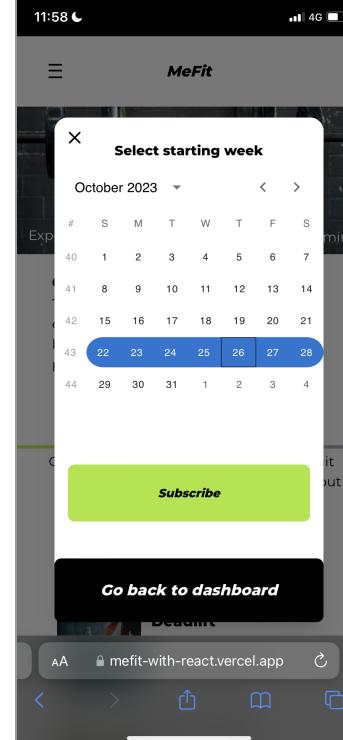
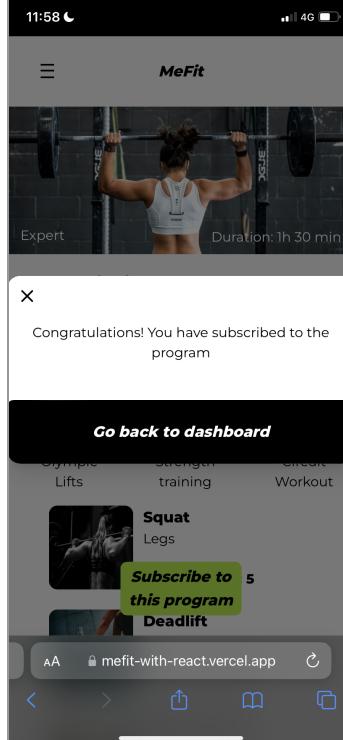
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| <p>When a program is chosen, upcoming workouts are present, allowing the user to get a quick look at the upcoming workouts and their exercises.</p> | <p>When progress is made during the progression bar shows the completed number of workouts, and shifting the completed workout down.</p> |

## Explorer

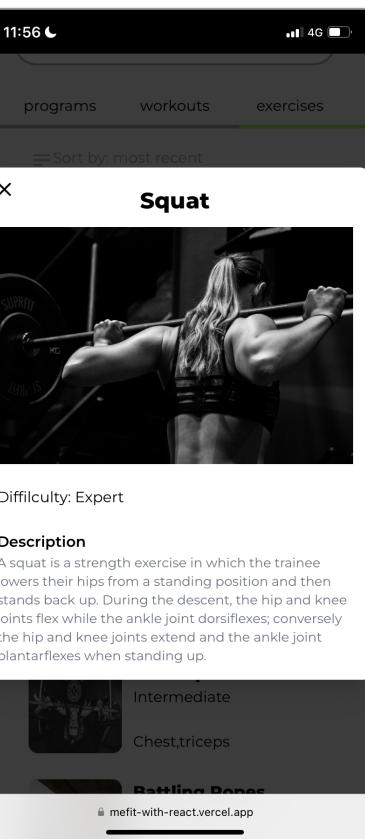
Navigating to the explorer allows the user to see programs, exercises and workouts. A search bar is present at the top of the page allowing specific searches, with a filters button to change to the desired search terms. The user can also sort by different modes for each of the categories (program, workout, exercise) with default being “most recent”.

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| Programs is the first of the categories that meets the users, here all the available training programs. | On the second tab all the available workouts are present.                          | And on the third all the available exercises are present.                            |

## Programs

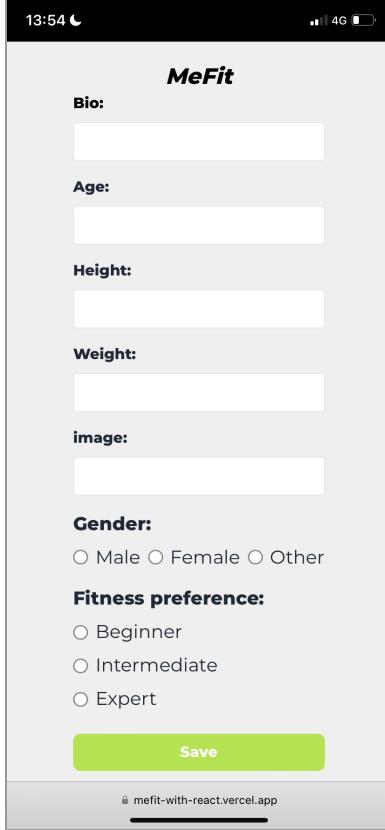
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| <p>Entering a program, shows a description of the program and the corresponding workouts and exercises. The users also subscribe to the program.</p> | <p>After clicking “subscribe” the user is presented with a calendar allowing them to choose a week to start the program, or go back to the dashboard if they desire.</p> | <p>After subscribing the user is congratulated for committing to a program and they have the option to go back to the selected program or go to the dashboard.</p> |

## Exercises

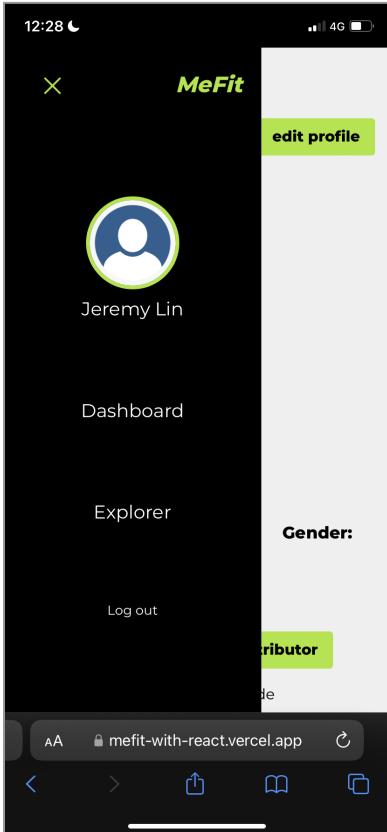


Clicking on an exercise, whether it's in a specific program, workout, or in the explorer, will open a modal with the exercise. Showing a step-by-step guide on how to complete the exercise. Clicking outside the modal or on the "X" in the top-left corner will exit the modal.

## Profile

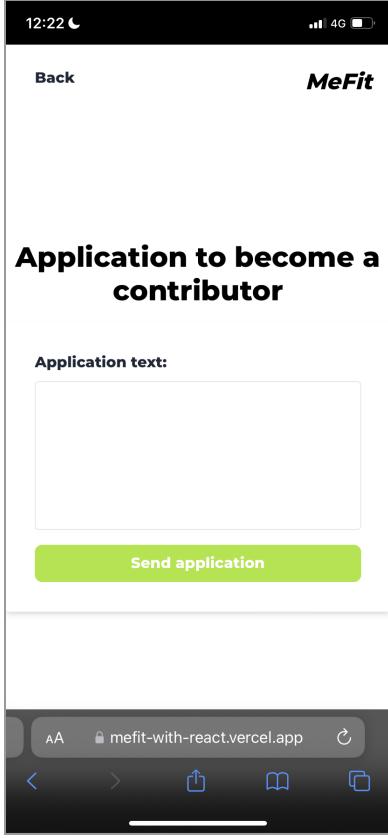
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| <p>Inside the profile page, users see their selected fitness level, their bio, and their age, height, weight and gender. This can be edited in the top right corner on "edit profile". Beneath the current program is revealed with its current progress towards completion. The users can also apply to become a contributor at the bottom button, or switch the whole service to night mode.</p> | <p>Edit profile allows the user to change some demographics about themselves and their fitness preference.</p> |

# Navigation



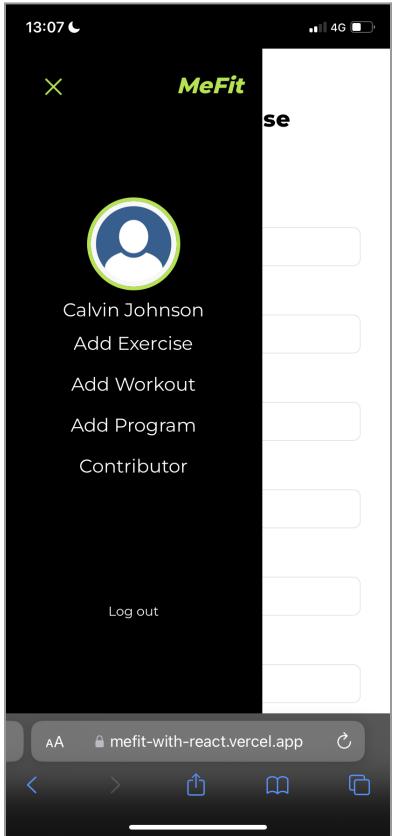
Navigating through the site by selecting the hamburger menu at the top-left corner of the screen (on desktop the navigation is present without the hamburger menu). The user can check their profile by clicking the user image, navigate to the dashboard and explorer and log out of the service.

# Contributor

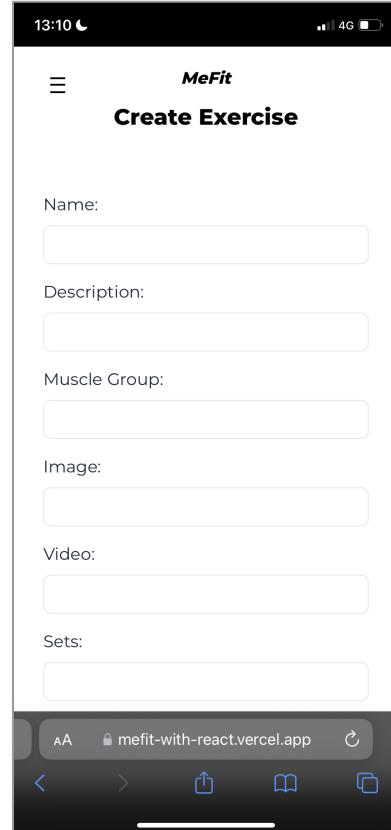
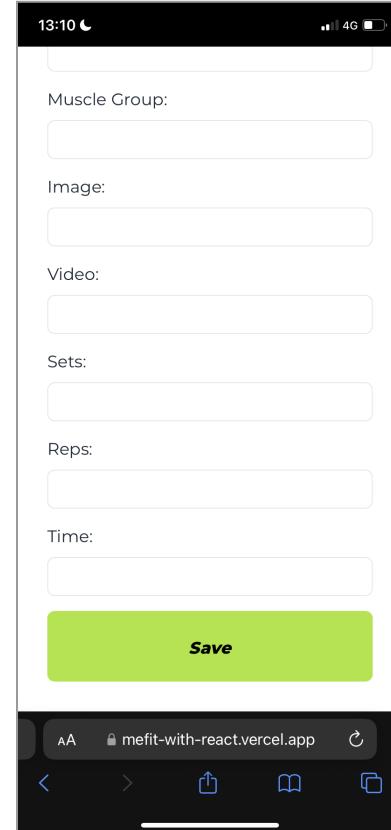


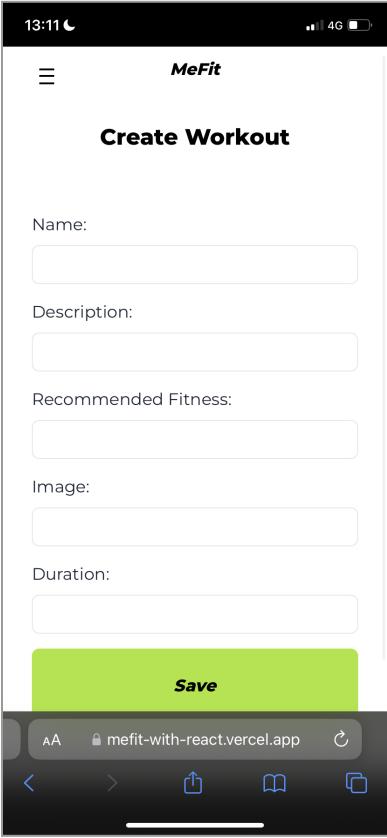
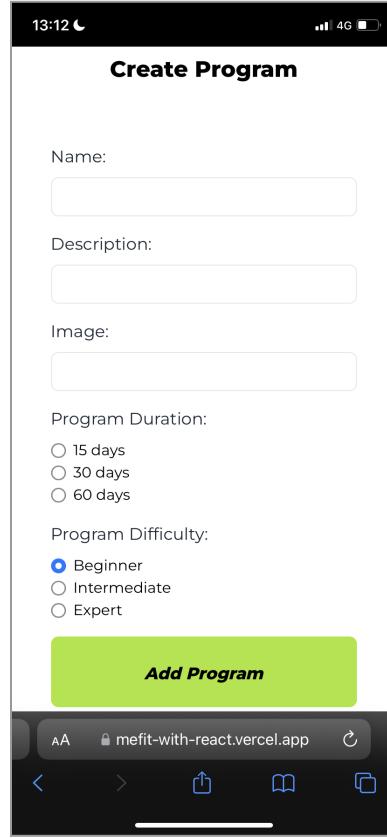
The screenshot shows a mobile application interface for 'MeFit'. At the top, there is a navigation bar with a 'Back' button on the left and the 'MeFit' logo on the right. Below the navigation bar, the title 'Application to become a contributor' is displayed in bold black text. Underneath the title, there is a label 'Application text:' followed by a large, empty text input field. At the bottom of this section is a green button labeled 'Send application'. Below this main section, there is a thin horizontal line and another empty text input field. At the very bottom of the screen, there is a dark navigation bar with icons for back, forward, search, and other standard mobile functions. The URL 'mefit-with-react.vercel.app' is visible in the address bar of the browser window.

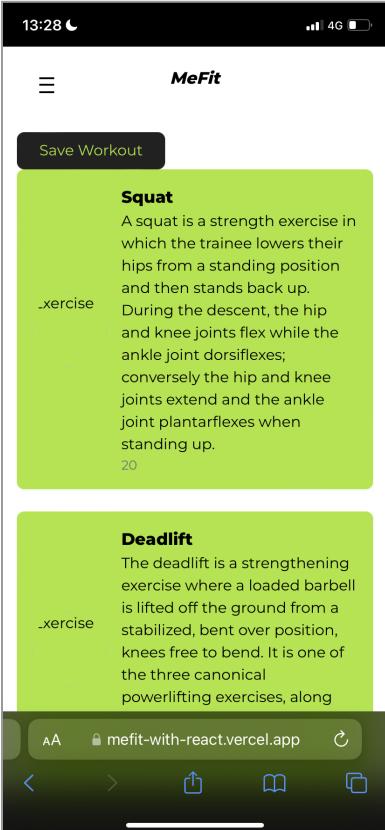
By clicking apply to become a contributor (in the profile page) the user can enter an application text before sending in the application.

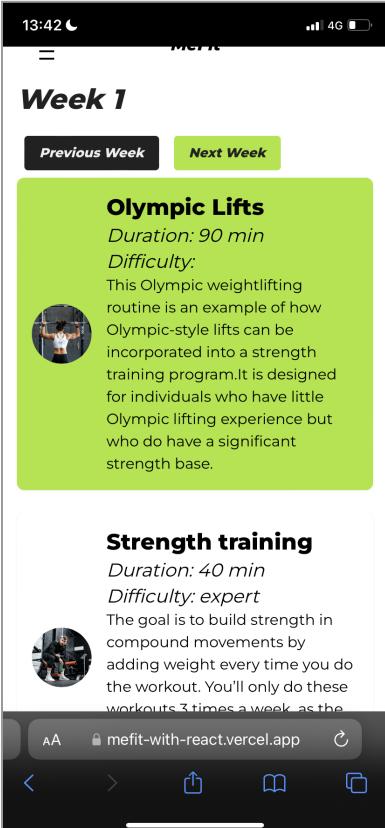
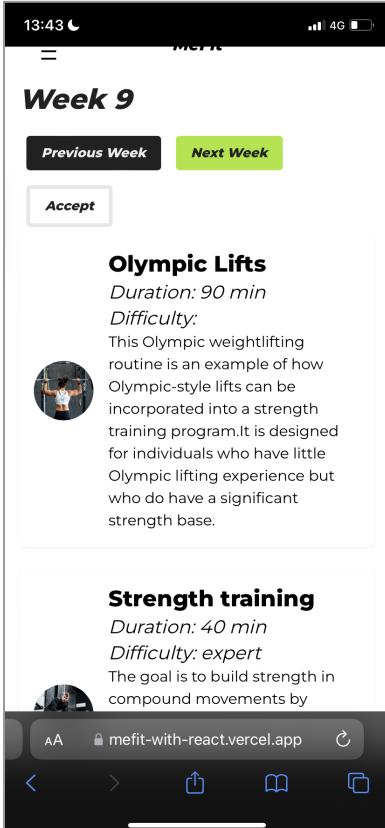


After being approved by an administrator more options are available in the navigation for the contributor. Here options to add a new exercise, workout and program is present.

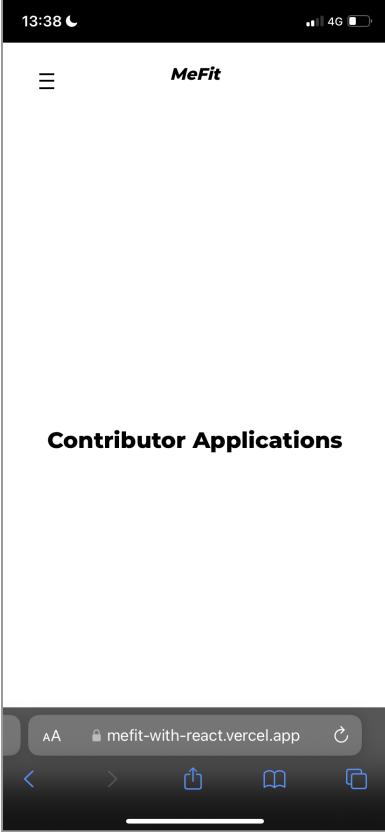
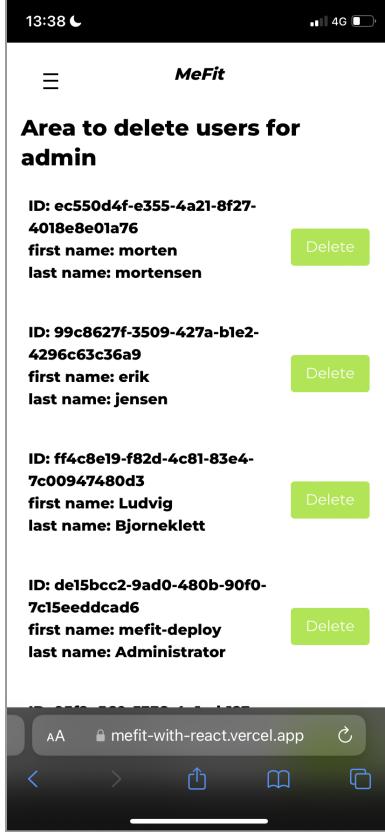
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|  <p>MeFit</p> <h3>Create Exercise</h3> <p>Name:</p> <input type="text"/> <p>Description:</p> <input type="text"/> <p>Muscle Group:</p> <input type="text"/> <p>Image:</p> <input type="text"/> <p>Video:</p> <input type="text"/> <p>Sets:</p> <input type="text"/> <p>Reps:</p> <p>Time:</p> <p><b>Save</b></p> |  <p>Muscle Group:</p> <input type="text"/> <p>Image:</p> <input type="text"/> <p>Video:</p> <input type="text"/> <p>Sets:</p> <input type="text"/> <p>Reps:</p> <input type="text"/> <p>Time:</p> <p><b>Save</b></p> |
| <p>To add an exercise the contributor can fill in forms for name, description, muscle groups, image, video, sets...</p>  | <p>Reps and time, before saving the exercise.</p>   |

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| <p>To create a workout name, description, recommended fitness, image and duration is required before saving.</p> | <p>To create a workout name, description, image is required in different forms, while program duration and program difficulty can be selected by radio buttons before adding the program.</p> |

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|  <p>The screenshot shows a mobile application interface for 'MeFit'. At the top, there's a header with a menu icon, the app name 'MeFit', and a 'Save Workout' button. Below this, there are two green rectangular cards representing exercises:</p> <ul style="list-style-type: none"> <li><b>Squat</b>: A squat is a strength exercise in which the trainee lowers their hips from a standing position and then stands back up. During the descent, the hip and knee joints flex while the ankle joint dorsiflexes; conversely the hip and knee joints extend and the ankle joint plantarflexes when standing up.</li> <li><b>Deadlift</b>: The deadlift is a strengthening exercise where a loaded barbell is lifted off the ground from a stabilized, bent over position, knees free to bend. It is one of the three canonical powerlifting exercises, along</li> </ul> <p>At the bottom of the screen, there are standard iOS-style navigation icons: back, forward, search, and others.</p> |  |
| <p>After clicking add program the contributor can select exercise in the specific workouts in the program.</p>  |  |

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| <p>To select workouts in a program and the contributor can select workouts and specify a day inside that week.</p> | <p>By clicking to the end of the weeks an accept button is present, allowing the contributor to add the program to the site.</p> |

# Admin

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|  A screenshot of a mobile application interface titled "MeFit". At the top, there is a navigation bar with three horizontal lines on the left and the text "MeFit" in the center. Below this, the main content area is titled "Contributor Applications" in bold black text. At the bottom of the screen, there is a dark navigation bar with icons for back, forward, refresh, and other app functions. |  A screenshot of the same mobile application interface, but now showing a list of users for deletion. The title at the top reads "Area to delete users for admin". Below this, four user entries are listed, each with a "Delete" button to its right. The first user's details are: ID: ec550d4f-e355-4a21-8f27-4018e8e01a76, first name: morten, last name: mortensen. The second user's details are: ID: 99c8627f-3509-427a-b1e2-4296c63c36a9, first name: erik, last name: jensen. The third user's details are: ID: ff4c8e19-f82d-4c81-83e4-7c00947480d3, first name: Ludvig, last name: Bjorneklett. The fourth user's details are: ID: de15bcc2-9ad0-480b-90f0-7c15eeddcad6, first name: mefit-deploy, last name: Administrator. |
| The admin can see the different contributor applications in the admin page   | And has the option to delete users.  |