



## **PROJECT MILESTONE #2**

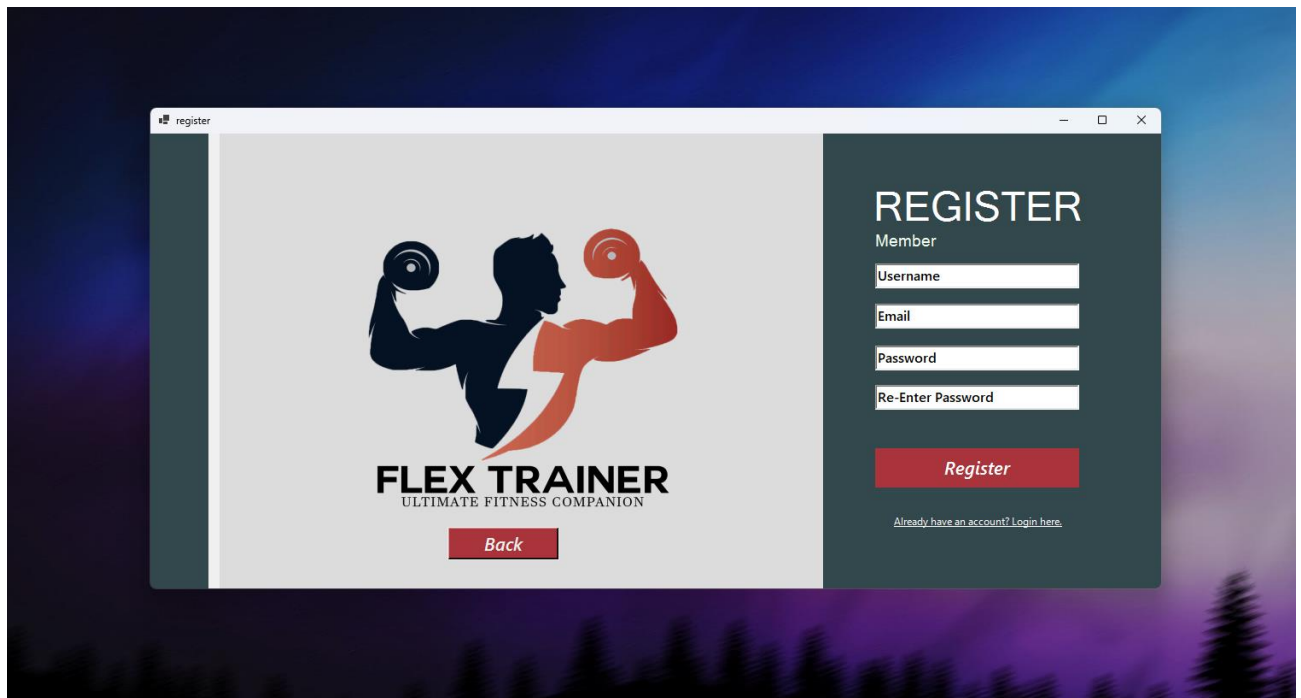
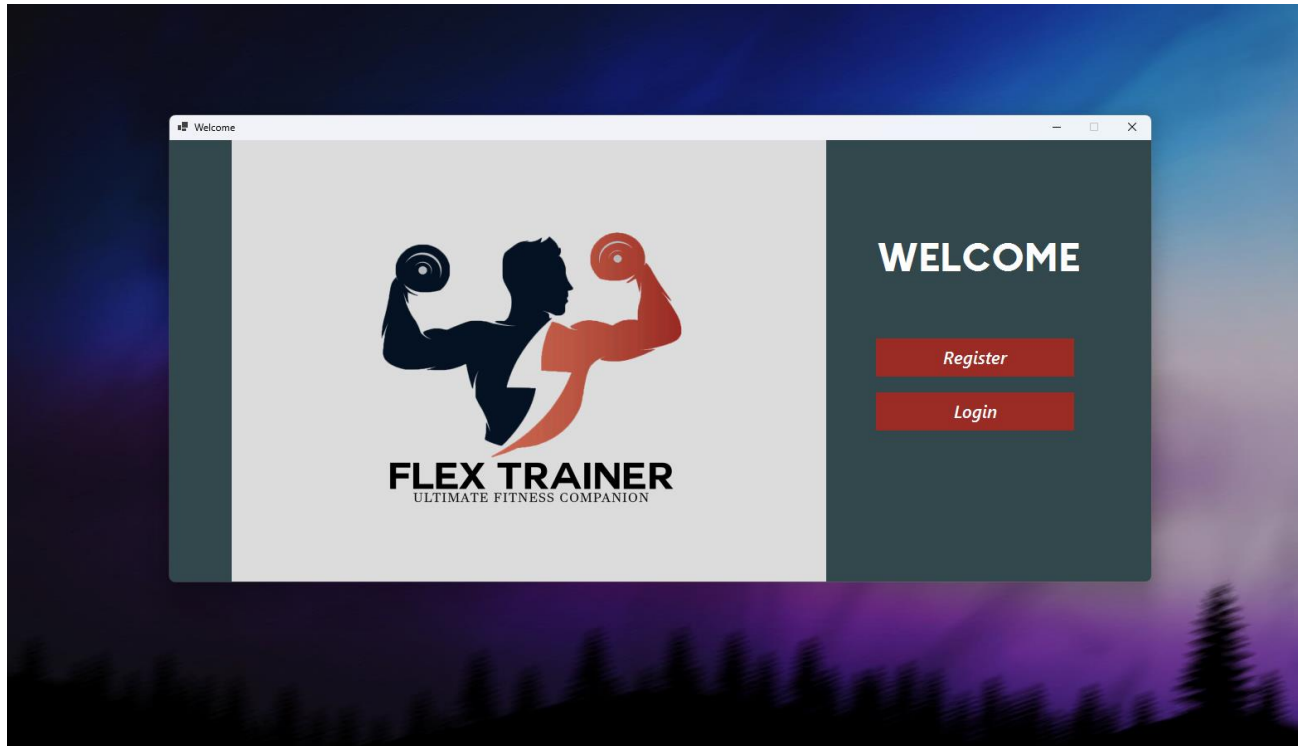
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**Section : K**

## Login/Register Interface



When a user first visits the application, they are prompted to register as a member.

login



**FLEX TRAINER**  
ULTIMATE FITNESS COMPANION

[Back](#)

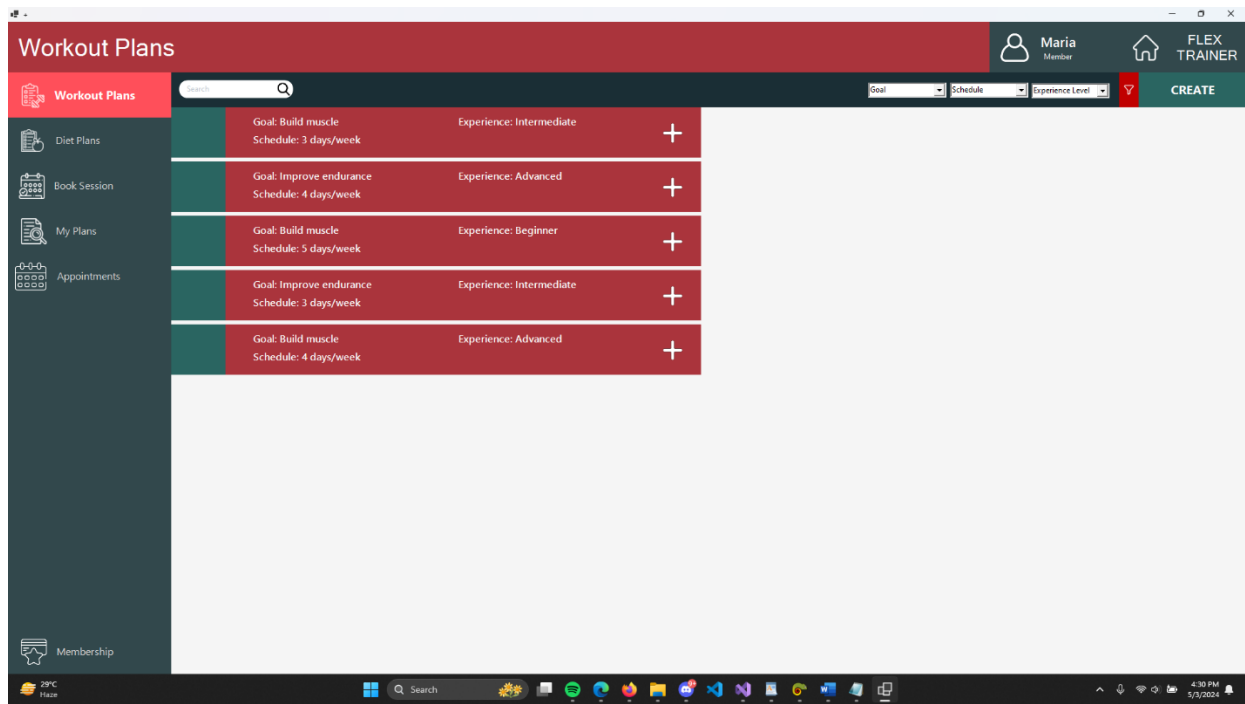
## LOGIN

Member

[Login](#)

[Don't have an account? Register here.](#)

# Member Interface



‘Workout Plans’ in navigation bar displays workout plans created by other members/trainers and allows the user to select any plan. The ‘Create’ button at the top right allows the user to create his own Workout Plan.

### CREATE WORKOUT PLAN

Goal

Schedule

Experience Level

CREATE

Exercises

### CREATE WORKOUT PLAN

#### EXERCISE

Go

Sc

Ex

Target Muscle

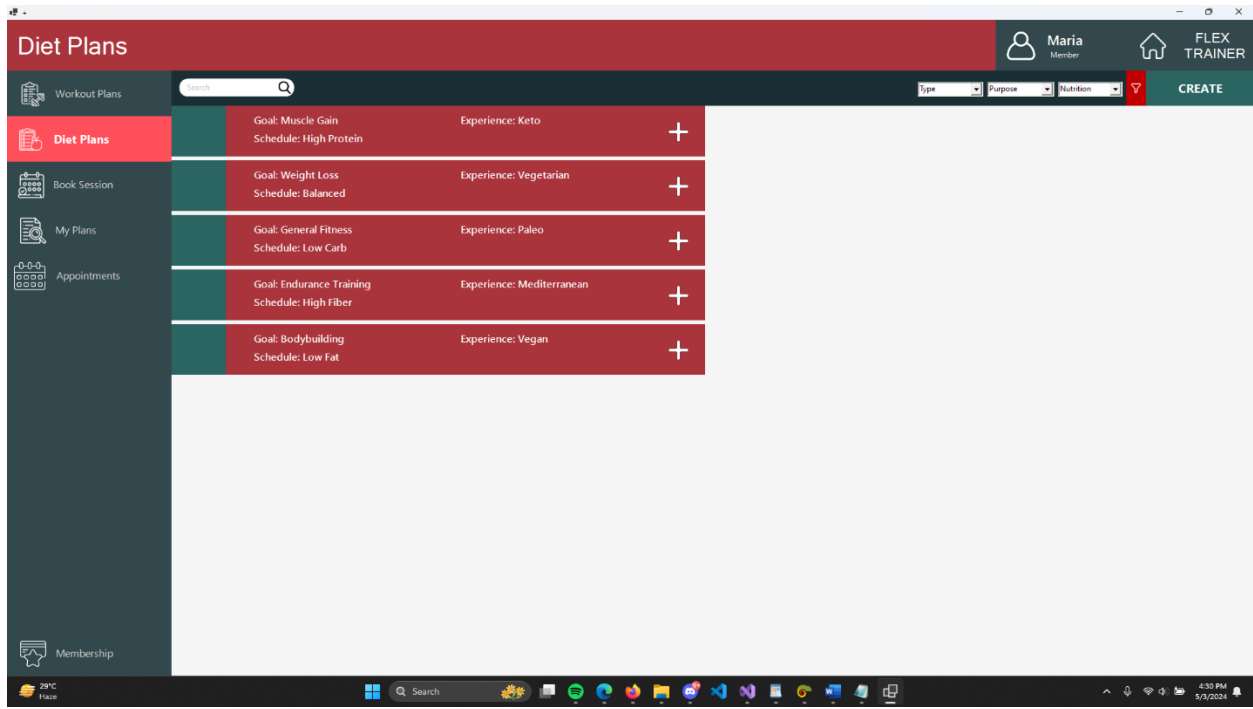
Routine (Days)

Machine

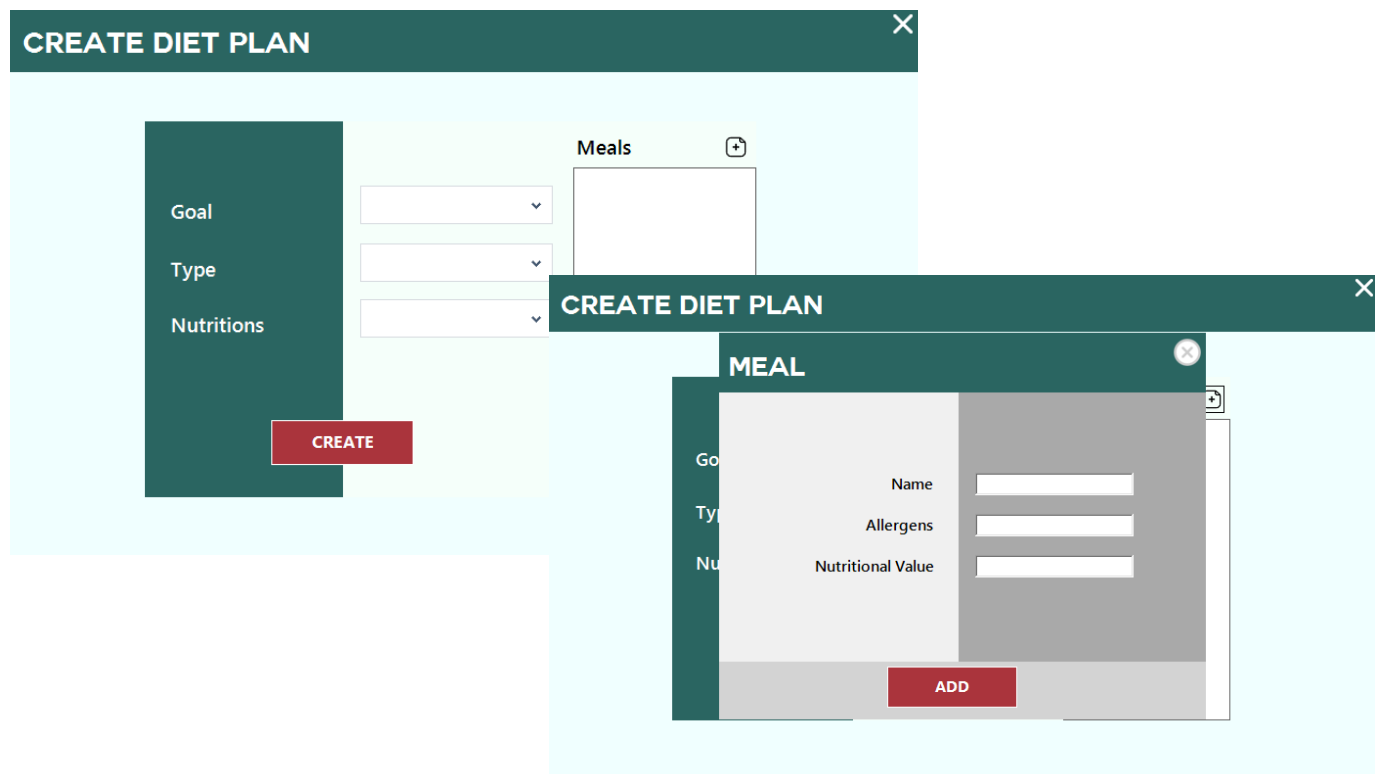
Sets

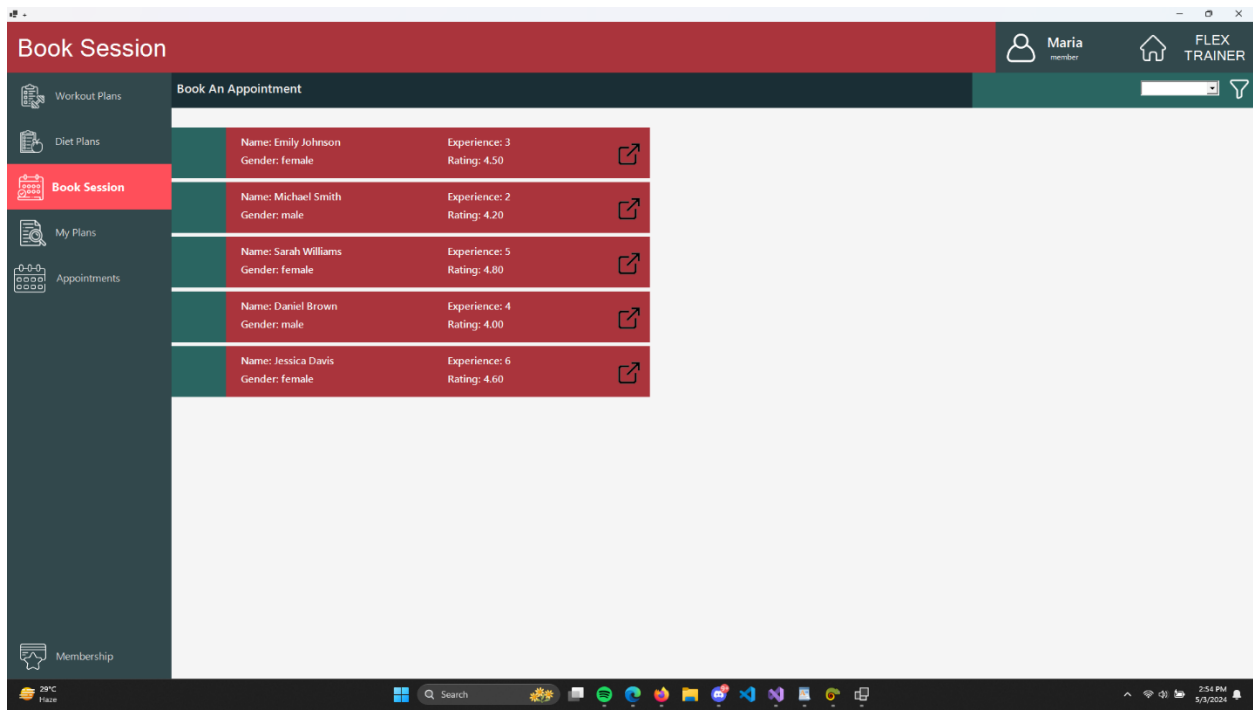
Reps

ADD

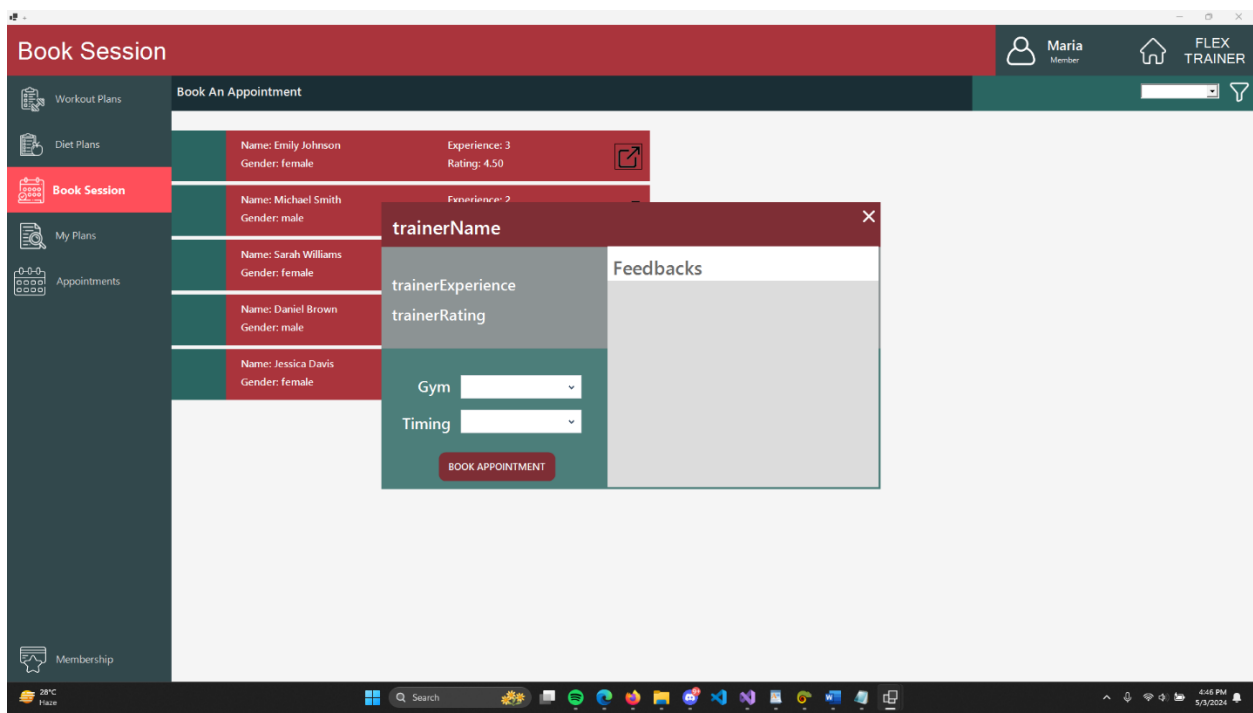


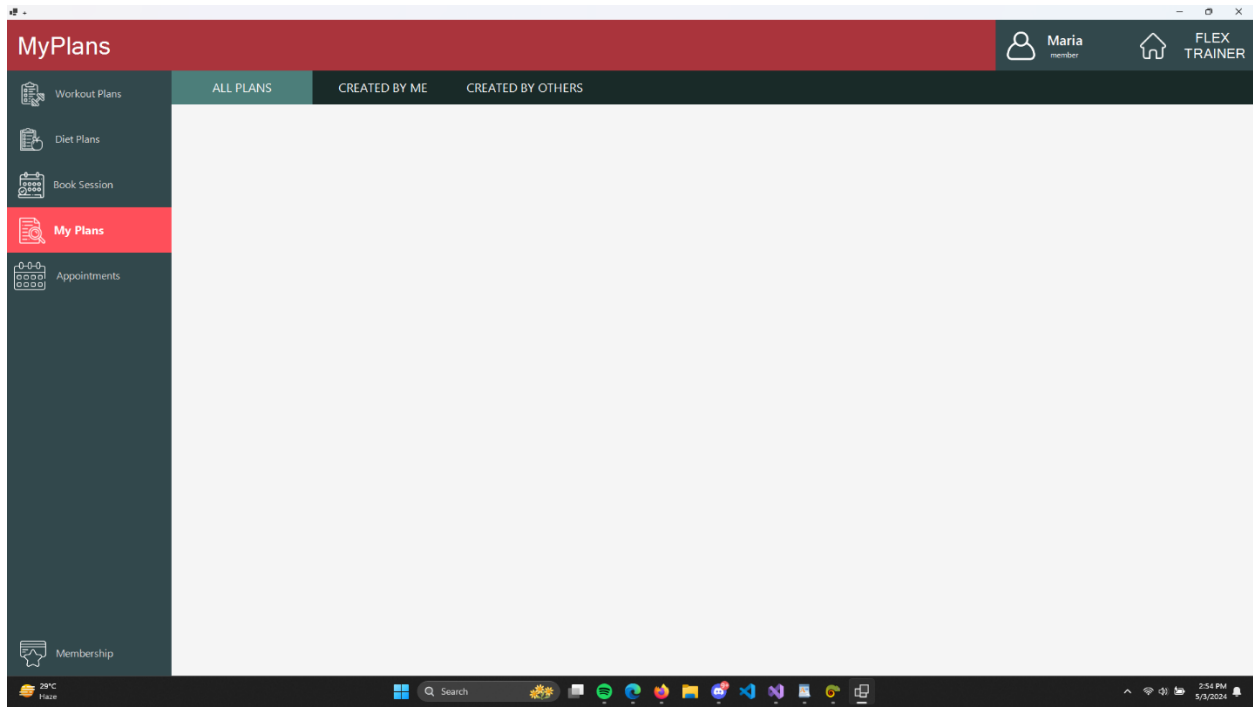
‘Diet Plans’ in navigation bar displays diet plans created by other members/trainers and allows the user to select any plan. The ‘Create’ button at the top right allows the user to create his own Diet Plan.



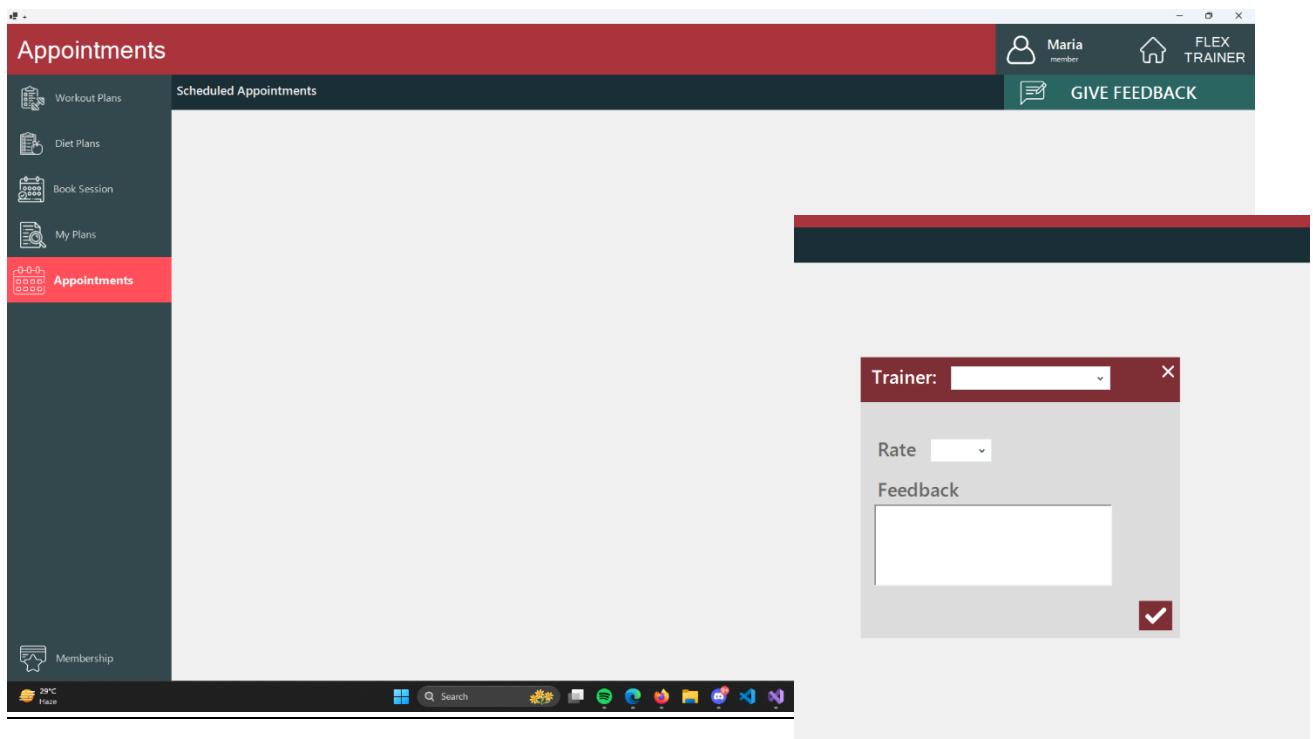


‘Book Sessions’ in navigation bar displays the list of all Trainers. The user can expand the view, and book an appointment with any Trainer.

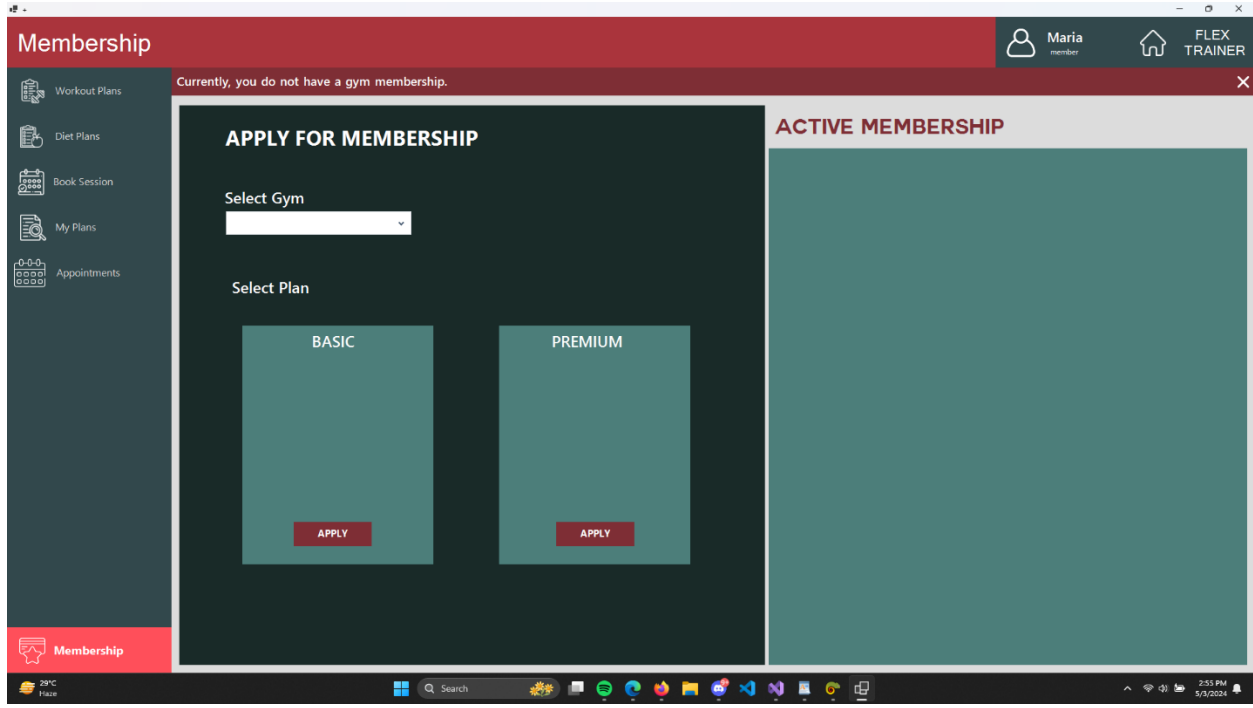




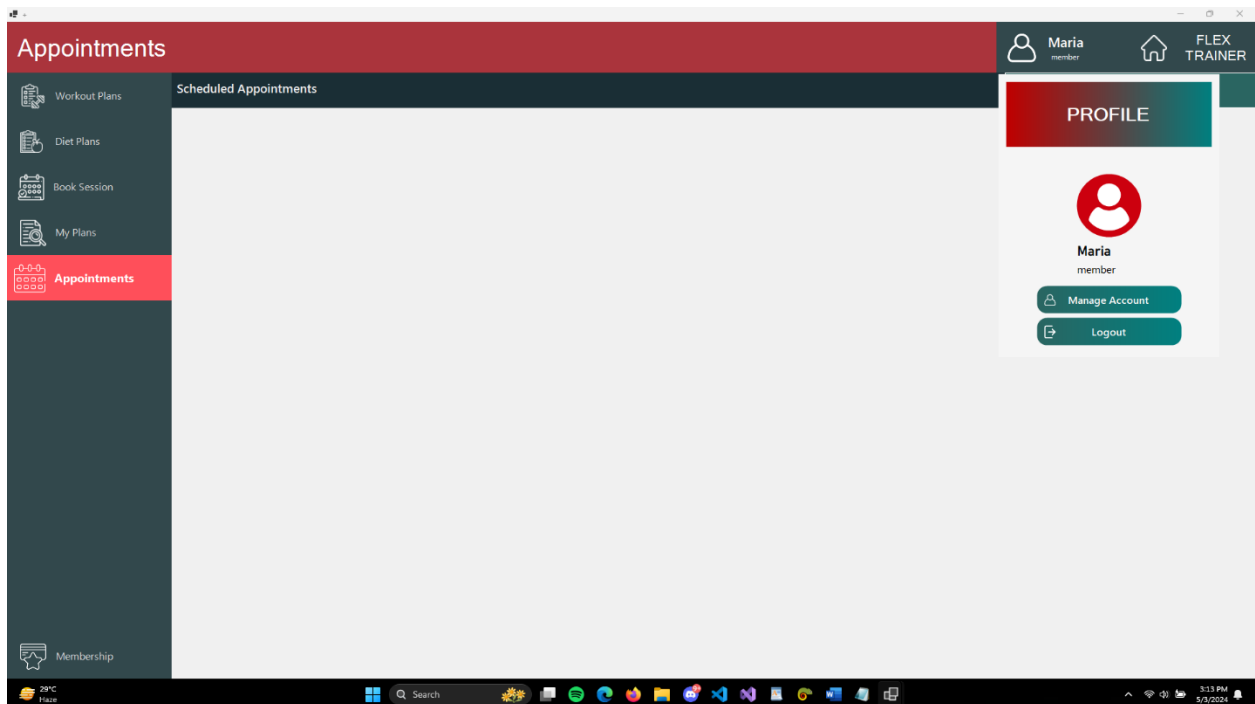
‘My Plans’ displays the list of all Plans selected/created by the Member. He can also navigate through other tabs and filter the list of Plans.



‘Appointments’ displays the list of current scheduled appointments with Trainers. The user can also give feedback by clicking the ‘Give Feedback’ button at the top right.

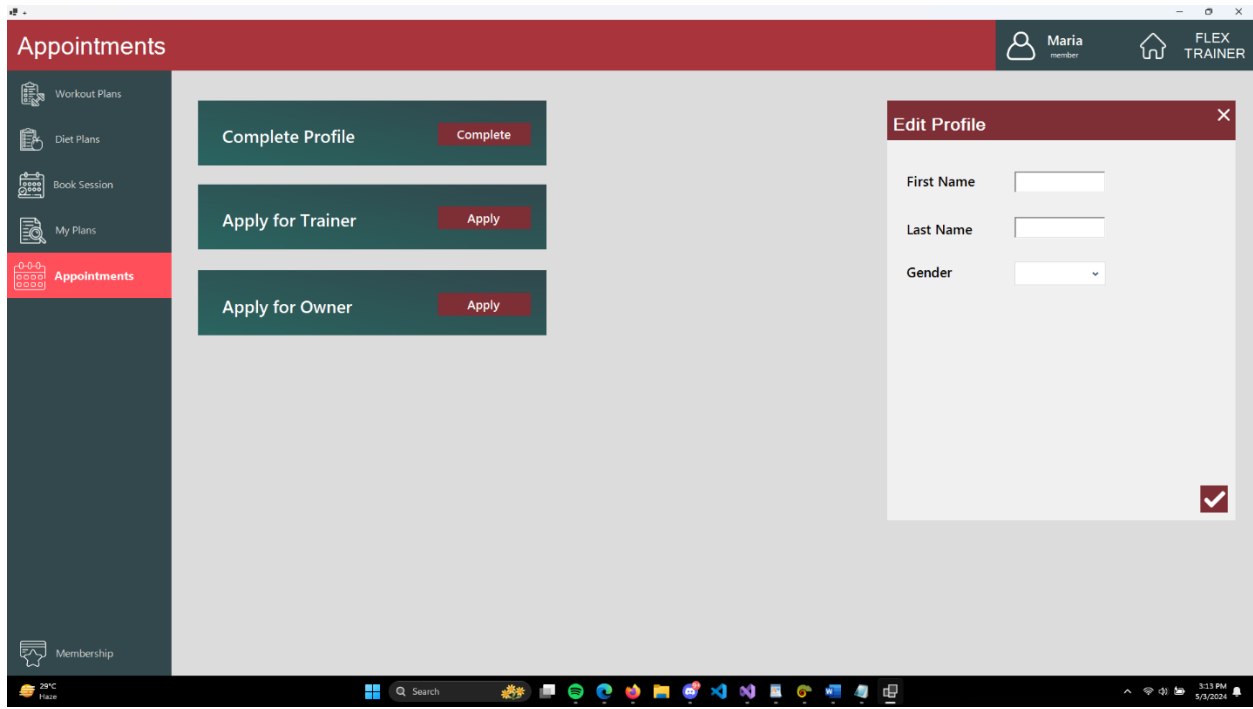


‘Membership’ tab displays a Form to apply for Membership of any Gym. The Basic and Premium Price will be displayed to the user. Active Membership will display the information of current Membership of the User (if he has already applied)



User can click on the profile button at the top to display a form with logout and manage account option.

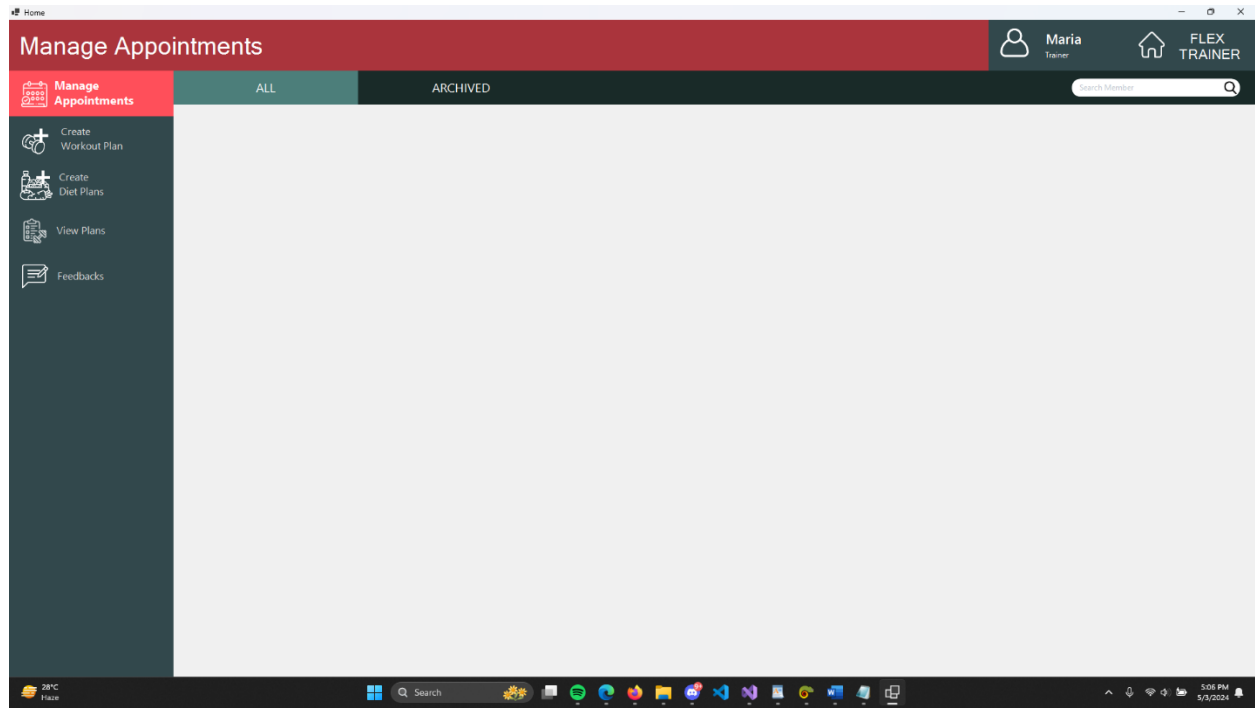




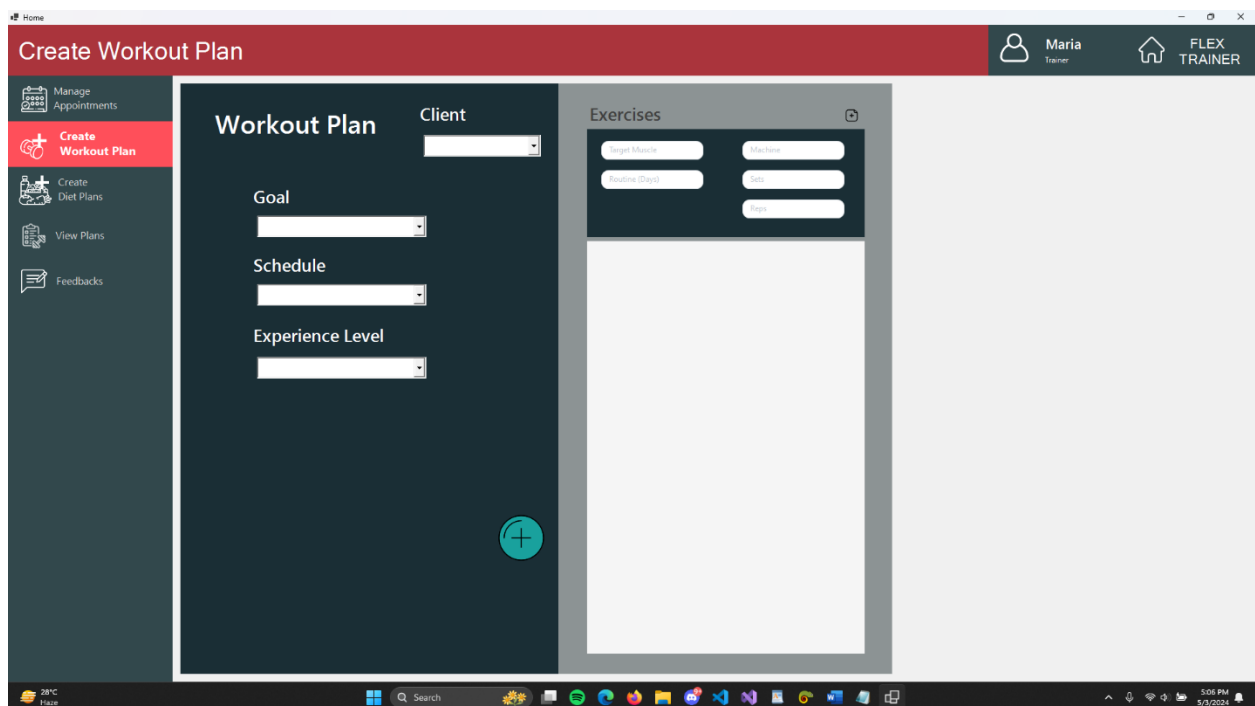
‘Manage Account’ option will display the options to Apply for Trainer or Owner. User can fill the details and apply (Request will be sent to Gym Owner or Admin) Furthermore, if User hasn’t completed his profile (i.e. missing personal info) he can add it from here.

This is a screenshot of the 'Apply For Trainer' form. The form has a dark red header with the title 'Apply For Trainer'. Below the header, there is a 'Gym' dropdown menu with a red '+' button next to it. To the right of the dropdown is a section titled 'Selected Gyms' which is currently empty. At the bottom of the form is a red 'Apply' button.This is a screenshot of the 'Apply For Owner' form. The form has a dark red header with the title 'Apply For Owner'. Below the header, there are two input fields: 'Gym Name' and 'Location'. At the bottom of the form is a red 'Apply' button with the text '(Send Request)' below it.

# Trainer Interface



‘Manage Appointments’ in the navigation bar displays the list of All Appointments. Archived Appointments will display appointments that were cancelled etc.



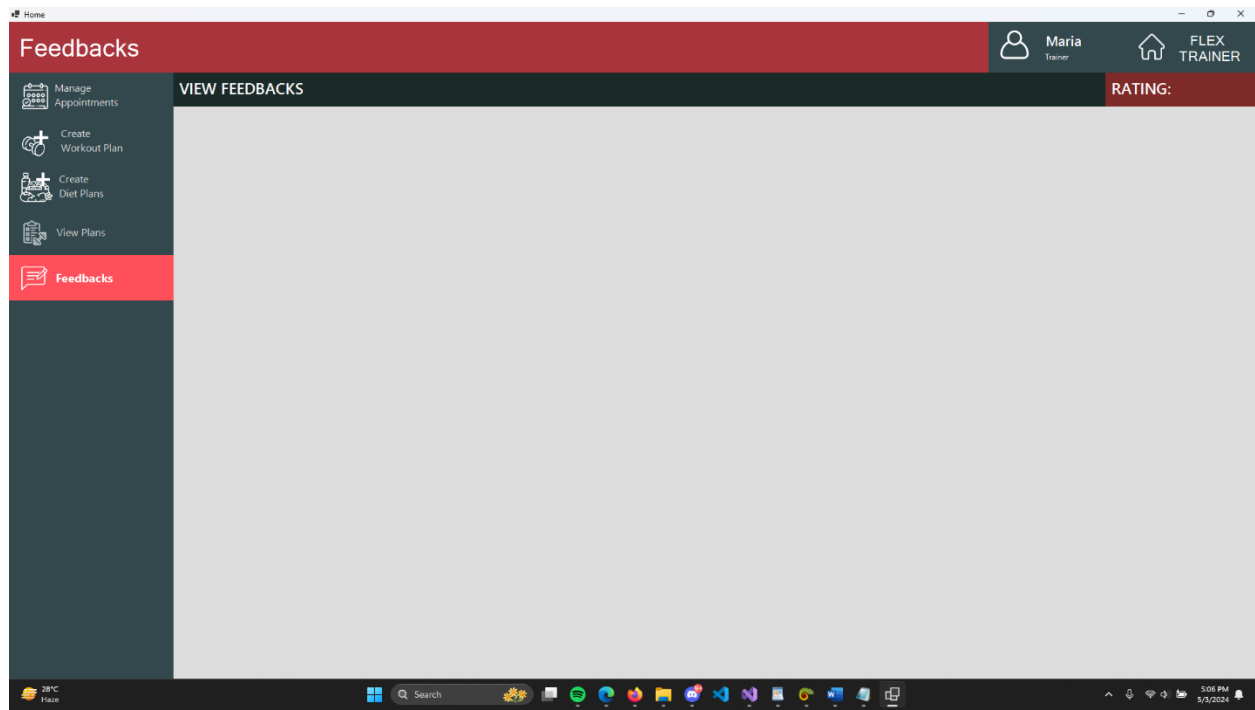
‘Create Workout Plans’ will allow the Trainer to create workout plans for their Clients.

The screenshot shows a web application titled 'Create Diet Plan'. The interface includes a sidebar on the left with navigation options: 'Manage Appointments', 'Create Workout Plan', 'Create Diet Plans' (highlighted in red), 'View Plans', and 'Feedbacks'. The main content area is divided into two sections. The 'Diet Plan' section on the left contains a 'Client' dropdown menu, a 'Goal' dropdown menu, a 'Type' dropdown menu, and a 'Nutrition' dropdown menu. The 'Meals' section on the right contains three input fields labeled 'Name', 'Ingredients', and 'Additional Value'. The top right corner of the application shows the user's profile 'Maria Trainer' and the logo 'FLEX TRAINER'. The bottom of the screen displays a Windows taskbar with the date '5/3/2024' and time '5:06 PM'.

Similarly ‘Create Diet Plans’ will allow the Trainer to create diet plans for their Clients.

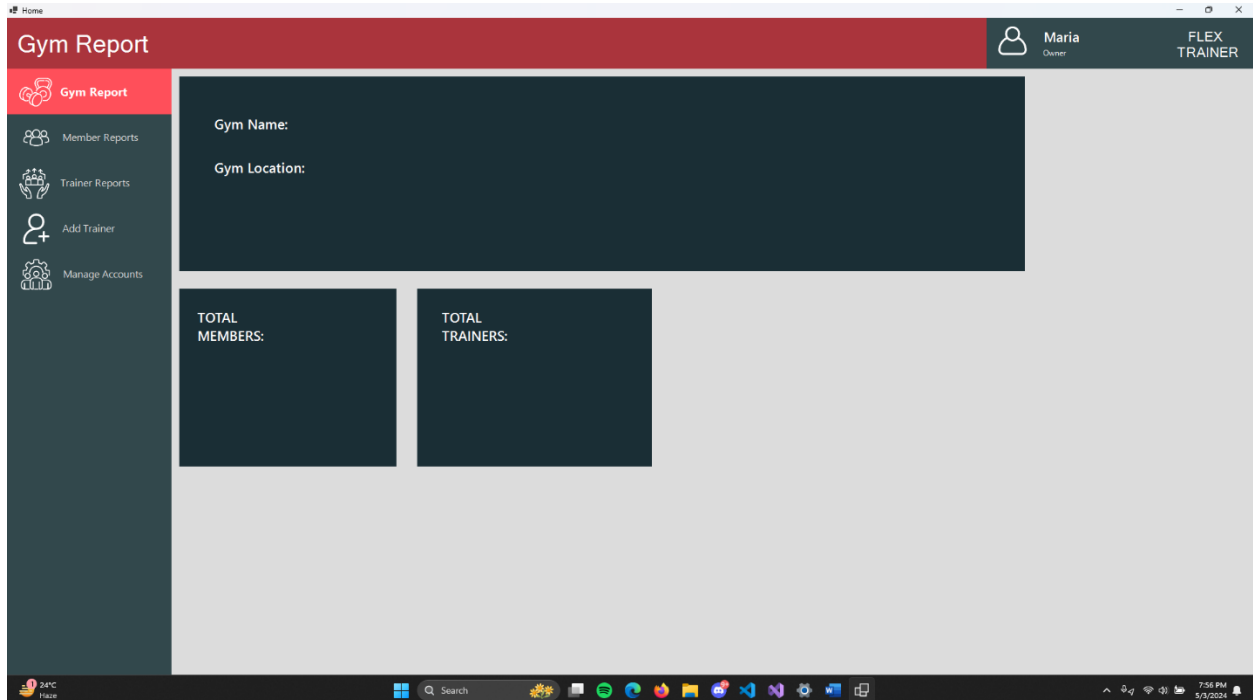
The screenshot shows a web application titled 'View Plans'. The interface includes a sidebar on the left with navigation options: 'Manage Appointments', 'Create Workout Plan', 'Create Diet Plans', 'View Plans' (highlighted in red), and 'Feedbacks'. The main content area is divided into two sections: 'Workout Plans' and 'Diet Plans'. The 'Diet Plans' section is currently selected, showing a list of diet plans. The top right corner of the application shows the user's profile 'Maria Trainer' and the logo 'FLEX TRAINER'. The bottom of the screen displays a Windows taskbar with the date '5/3/2024' and time '5:06 PM'.

‘View plans’ display reports of plans within the interface, allowing Trainers to track the progress of their clients

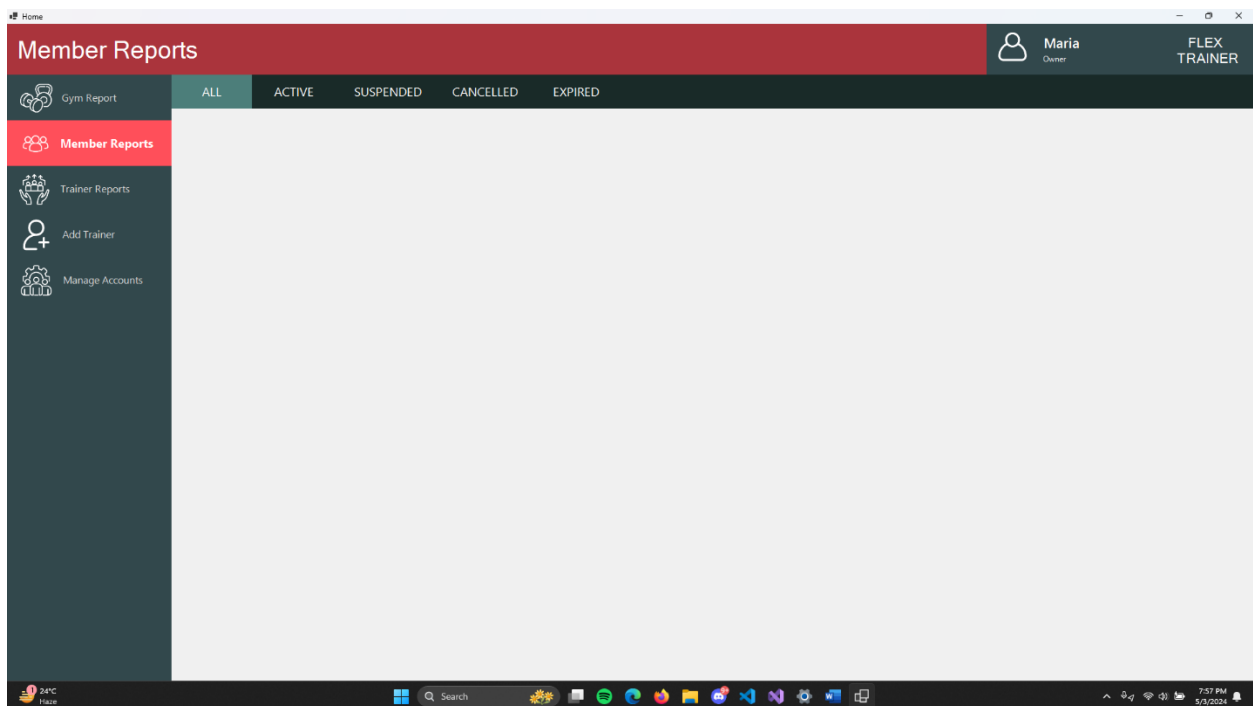


‘Feedbacks’ allows the Trainer to see the feedback given by the gym members. The combined overall rating will also be displayed at the top right.

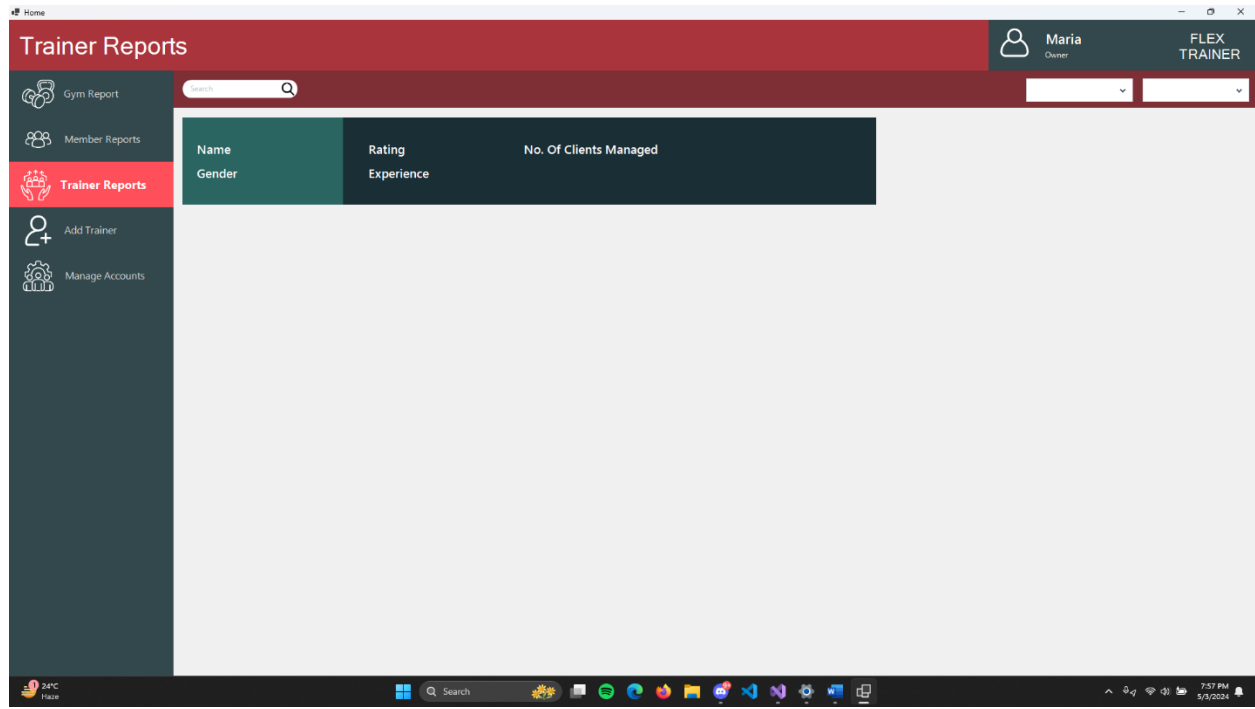
# Owner Interface



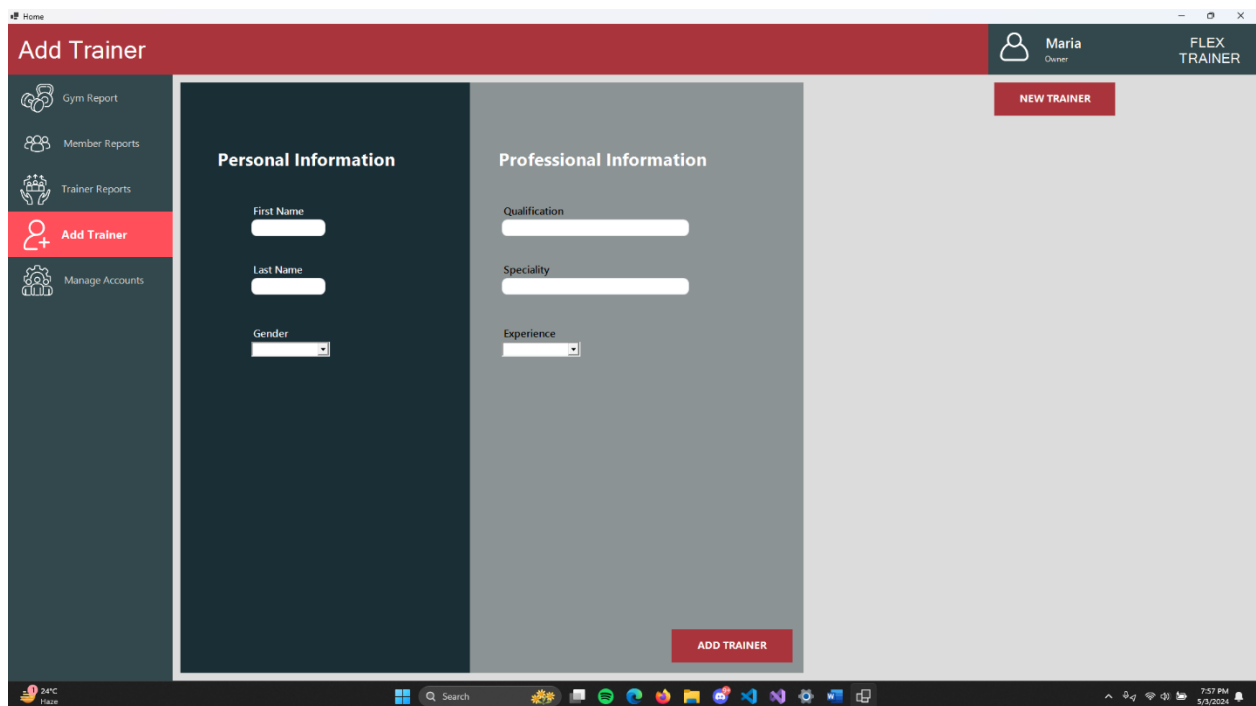
‘Gym Report’ tab will allow the Owner to view the Gym Statistics.



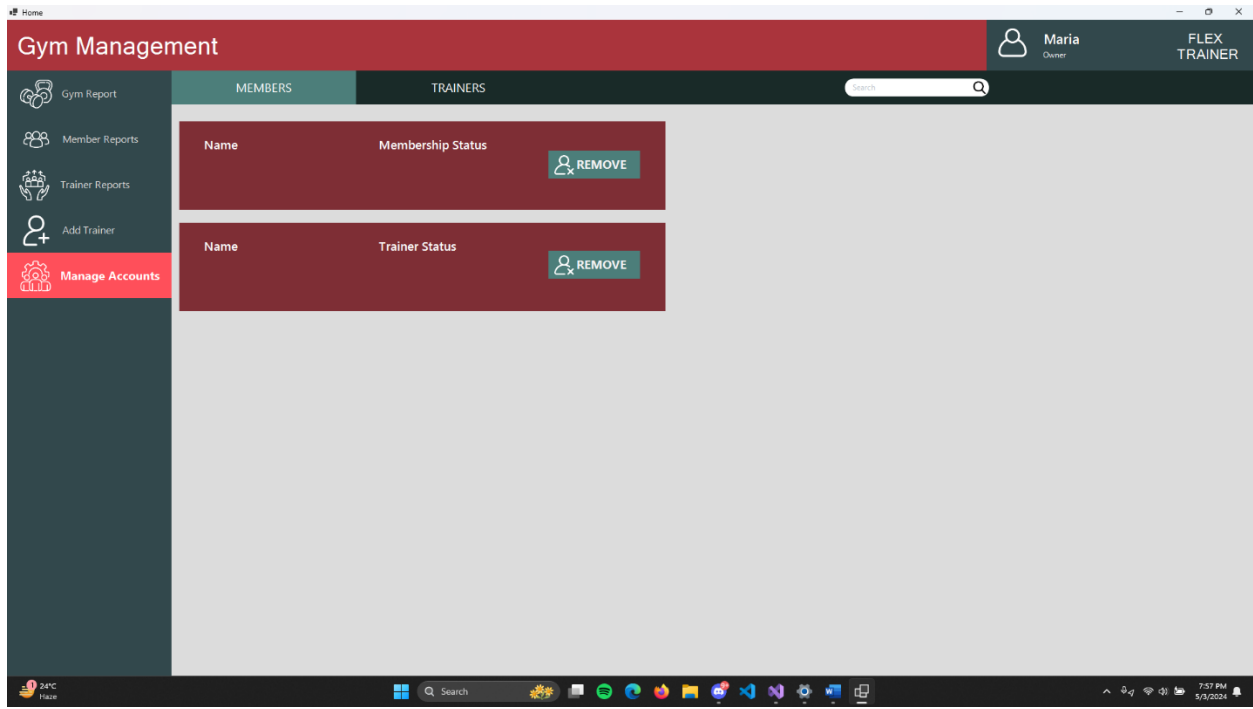
‘Member reports’ tab will allow the owner to view the reports of all members of the gym. The owner can also filter the members based on their membership status like ‘active’, ‘suspended’, ‘cancelled’ etc



‘Trainer Reports’ allows the Owner to view the trainers report.

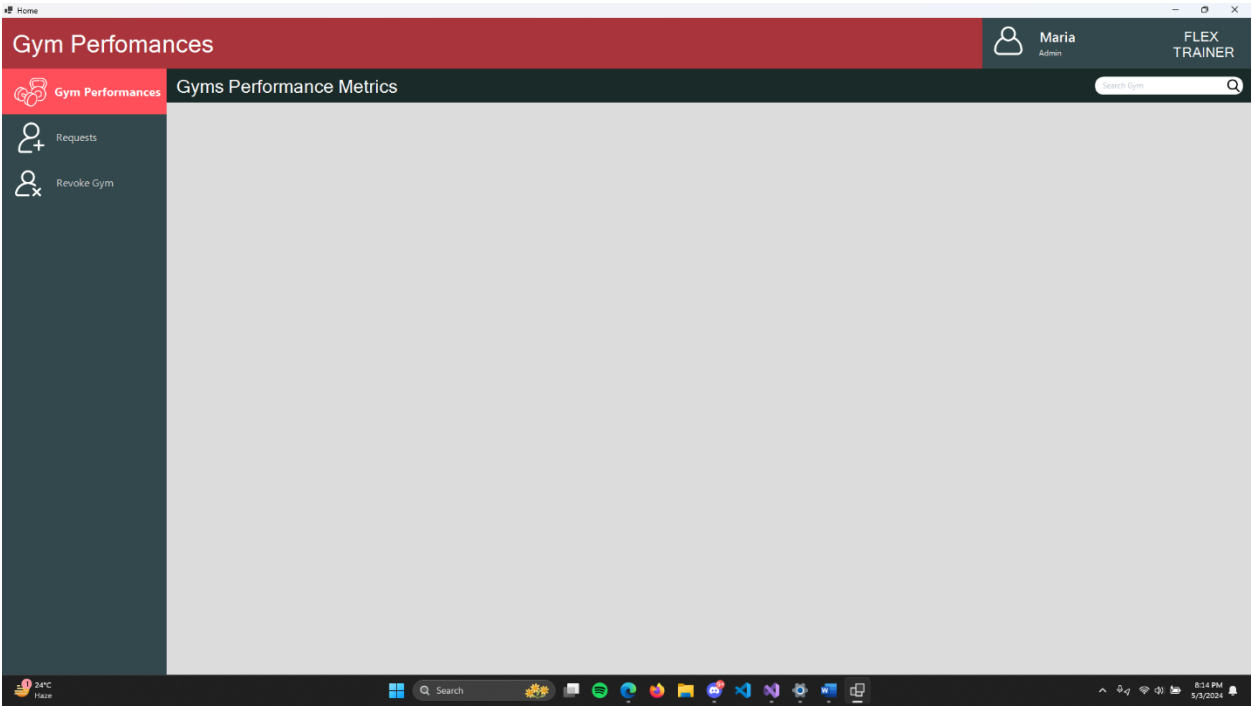


‘Add Trainer’ tab allows the Owner to add new trainers to the platform.

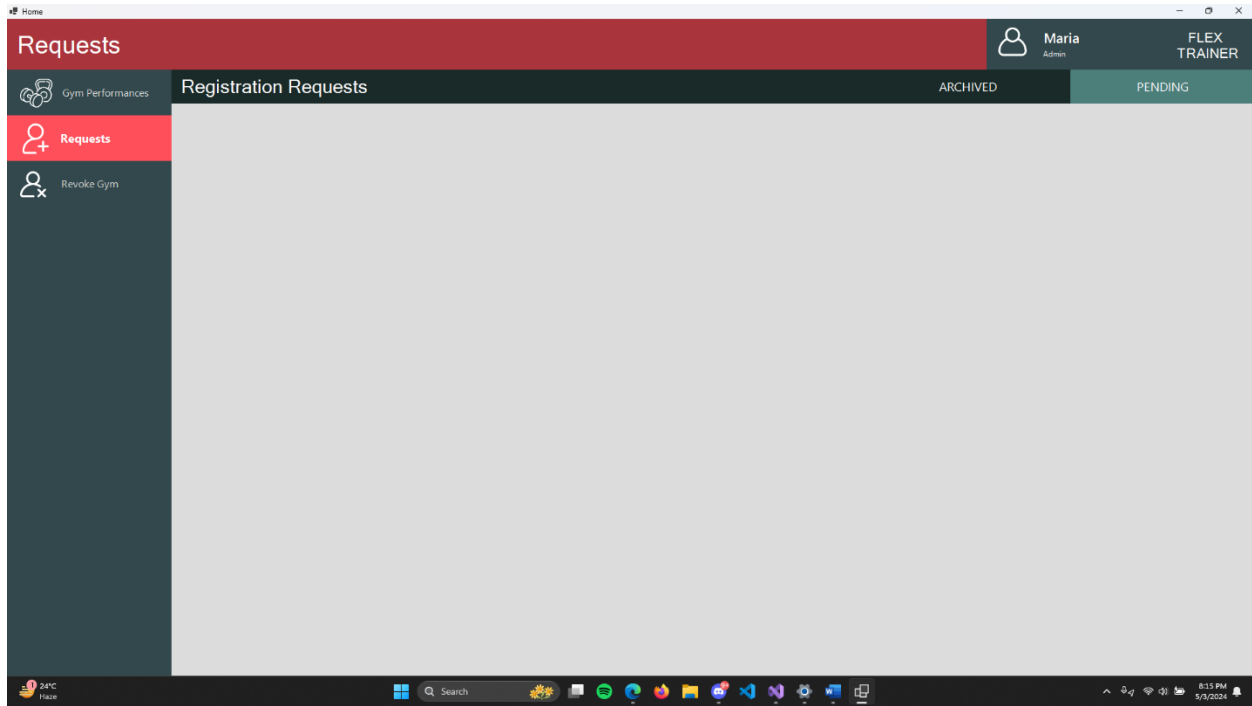


‘Gym Management’ will allow the Owners to view all the trainers and members of the Gym. He can navigate through the tabs to view the details and also search for trainer/member.

# Admin Interface

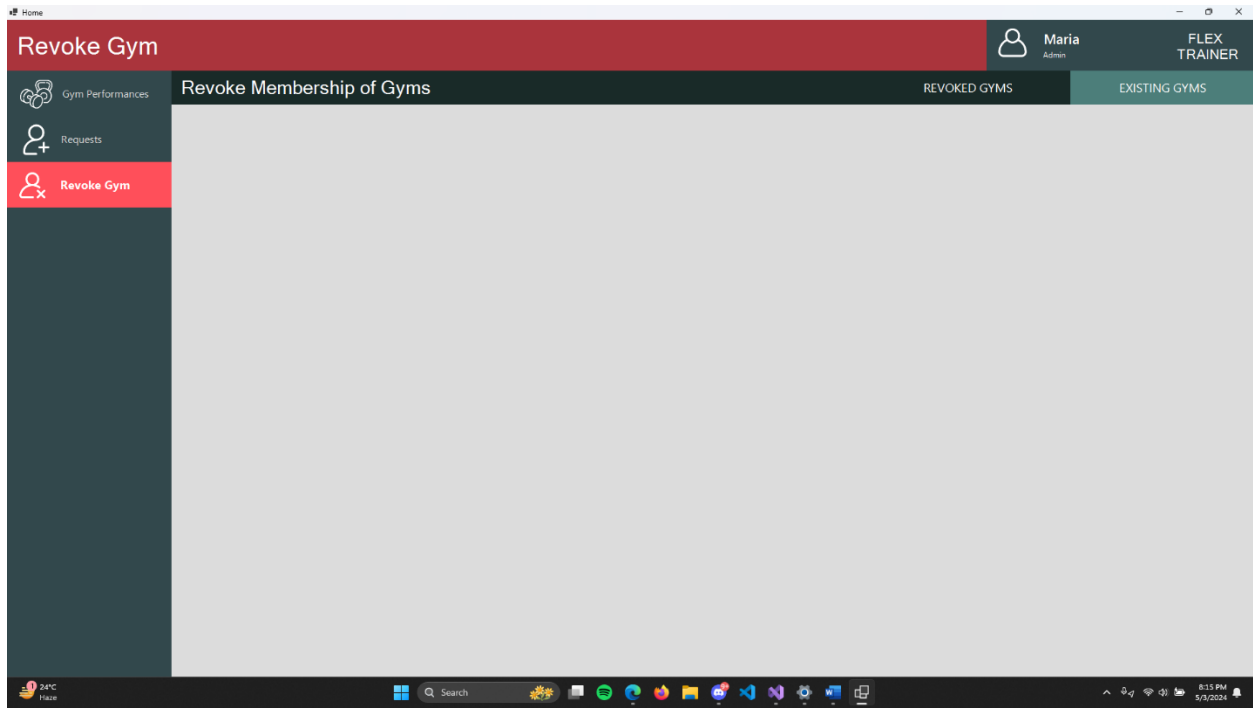


‘Gym Performances’ will allow the Admin view the performances of Gyms. Admin will also be able to search for a Gym using the search bar at the top right.





‘Requests’ tab will display the list of all pending requests. The admin will have the option to approve or reject the request. Rejected requests can be viewed from the ‘Archived’ tab.



‘Revoke Gym’ tab will allow the admin to deactivate or remove gym locations from the network. Revoked Gyms can be viewed from the ‘Revoked Gyms’ tab.