**Requirements**

Due to Covid-19 and closure of indoor gyms, an owner of a Gym wants to make

an application for his institute, so that members can access all fitness information and

guidance related to workout at home. His objective is to provide his registered members

the functionality to manage schedules, memberships, and other facilities.

To use FIT-ME, members information needs to be stored in the database. After

initial registration, members are allowed to set a workout plan. The member can either

create a plan of their own, or follow one already made (by another user, or by trained

staff). While creating/viewing the plan, the member will be able to see what muscle

groups need to be worked out, which exercise will work on the muscle group chosen, and

even which equipment is required for a specific exercise. This plan will dictate what

exercises the member needs to practice, and how frequently. Moreover, the plan also has

details on the quantities of nutritional intake the member is allowed for optimal weight

control/loss. Based on the plan chosen, there will be daily targets set for the user,

notifying them of the exact exercises they need to do, in what order and for how long

they need to work out and exactly what nutritional intake they are allowed. The members

will then log their progress daily, mentioning to what degree they were able to meet the

daily target. This log will allow the members progress to be tracked, allowing detailed

reports, such as BMI change over time, muscle gain over time, weight loss over time, etc.