PROJECT REPORT

CHANGES IN THE INTERFACES:

SELECT WORKOUT PLAN:

FLEX TRAINER MANAGMENT SYSTEM	
Filter on the basis of	RESET
Goal	
ok	
Experience Level	
ok Creator	
ok	
	Workout ID
	Select

SELECT DIET PLAN:



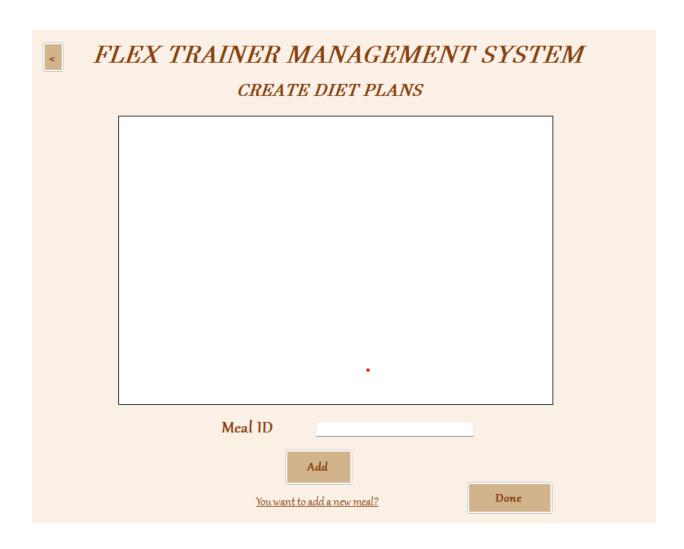
CREATE WORKOUT PLAN:



FLEX TRAINER MANAGEMENT SYSTEM CREATE WORKOUT PLANS		
Exercise		
Sets		
Reps		
Rest Interval		•
Day	~	
	Add	You want to add a new exercise in it?

CREATE DIET PLAN:





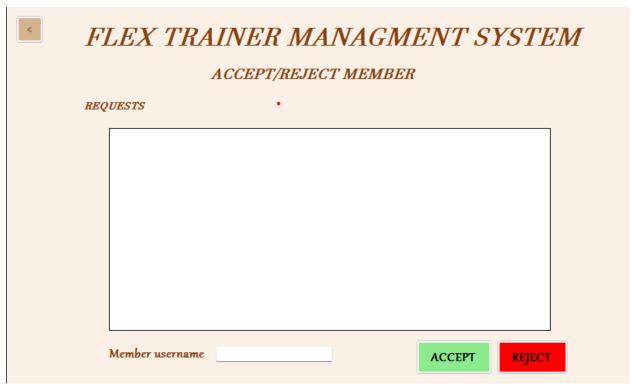
ADD SESSIONS:



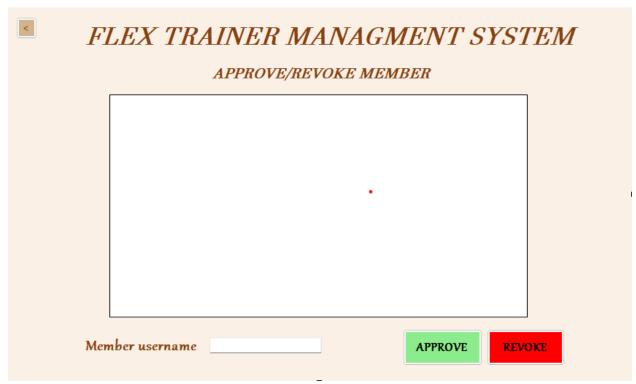
GYM OWNER'S MAIN PAGE:



ACCEPT/REJECT MEMBER:



APPROVE/REVOKE MEMBER:



FUNCTIONALITIES:

Admin Functionalities:

There is only one admin who can reject or accept gym requests and can also revoke a gym, which will consequently revoke the registration of the trainers and members associated with that gym. The admin can also generate reports for the gyms.

Gym/Gym Owner Functionalities:

The gym owner can send a registration request to the admin. Gym owners have the authority to accept or reject membership and trainer requests for registration in their gym. Additionally, the gym owners can revoke the registrations of trainers and members associated with their gym.

Member Functionalities:

Members are allowed to send membership requests to one gym only. They possess the capability to create workout plans and diet plans. Furthermore, they can choose workout and diet plans from those they've created themselves, plans created by other members, or plans created by trainers. Members also have the option to send session booking requests to trainers and provide feedback based on their performance.

Trainer Functionalities:

Trainers can send registration requests to multiple gyms. They can create workout and diet plans. Additionally, trainers can cancel and reschedule sessions with members, as well as accept or reject session requests sent to them by various members. Furthermore, trainers can view feedback provided by members from different gyms.

CONTRIBUTION OF EACH MEMBER:

Athaar Naqvi:

- Member backend and frontend.
- Triggers/Forms for workout and diet plans.
- Form creation for reports.
- Creation and insertion of tables.
- Integration

Ambreen Arshad:

- Trainer frontend and backend.
- Project reports and trainer additional reports.
- Triggers for Members, trainers, gym and sessions.
- Creation and insertion of tables.
- Integration

Heer Harish:

- Gym/Admin backend and frontend.
- Gym additional reports.
- Creation and insertion of gym, gymOwner and Admin tables.