

PROJECT REPORT

CHANGES IN THE INTERFACES:

SELECT WORKOUT PLAN:



FLEX TRAINER MANAGMENT SYSTEM

RESET

Filter on the basis of

Goal

ok

Experience Level

ok

Creator

ok

Workout ID

Select

SELECT DIET PLAN:



FLEX TRAINER MANAGMENT SYSTEM

RESET

Filter on the basis of

Purpose

ok

Type

ok


Creator

ok

Dietplan ID

Select

CREATE WORKOUT PLAN:



FLEX TRAINER MANAGMENT SYSTEM

CREATE WORKOUT PLAN

Goal

Experience Level

NEXT

<

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:

<

FLEX TRAINER MANAGMENT SYSTEM

CREATE DIET PLAN

Purpose

Type

No of Meals

NEXT



FLEX TRAINER MANAGEMENT SYSTEM

CREATE DIET PLANS


Meal ID

Add

You want to add a new meal?

Done

ADD SESSIONS:



FLEX TRAINER MANAGEMENT SYSTEM

ADD SESSION

Session id

GYM OWNER'S MAIN PAGE:



FLEX TRAINER MANAGEMENT SYSTEM

WELCOME OWNER!

Member Report

Approve/Revoke Trainer


Accept/Reject Trainer

Trainer Report

Accept/Reject Member

Approve/Revoke Member

ACCEPT/REJECT MEMBER:



FLEX TRAINER MANAGMENT SYSTEM

ACCEPT/REJECT MEMBER


REQUESTS •

Member username

ACCEPT

REJECT

APPROVE/REVOKE MEMBER:



FLEX TRAINER MANAGMENT SYSTEM

APPROVE/REVOKE MEMBER

Member username

APPROVE

REVOKE

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.