Sport Stretching Project Summary

I. Project Introduction

Project name	Sport stretching
Project description	The Sport Stretching project is a management system for fitness centers specializing in stretching exercises. The system allows fitness centers to manage customers, service packages, booking schedules, and other related information.
Client	HongKong
Team size	4
Programing language	Typescript / Javascript
Framework	**Front-end**: ReactJs, Redux , Redux toolkit , Ant design (ProComponents), Scss, Jest, Lodash , Babel **Back-end**: Nodejs, ExpressJs
Database	MySQL
Methodology	Agile Scrum
Project start date	08/2023
Project end date	Now

II. Responsibilities (fullstack)
Development
- *Front-end :*
  - o Estimate, plan and develop applications function
  - o Create a project, choose the technology to use and install the necessary libraries into the project such as: redux-toolkit, lodash, firebase, Sass, ant-design/charts.....
  - o Program modules and system functions
  - o Creating source code optimization components for team members to use, Optimized source code components for reuse by the team
  - o Contribute ideas to develop each phase of the project
  - o Review code and solution for front-end team
  - o Bug Fixing (UI UX, data flow , change function)
- *Back-end*
  - o *Participate in designing the booking models database*
  - o *Program controllers in booking, add, edit, delete, update...*

III. System Description
1. The Sport Stretching system includes the following modules:
- **Dashboard:** This module displays general information about the system, such as the number of customers, the number of service packages sold, and total revenue.
- **Client:** This module manages customer information, including name, age, address, phone number, email address, gender, and fitness goals.
- **User:** This module manages user information, including name, role, and permissions.
- **Clubs:** This module manages information about fitness centers, including name, address, operating hours, contact information, and pictures.
- **Package:** This module manages service packages, including package type, package price, package duration, and package benefits.

- **Booking:** This module manages customer booking schedules, including booking date, time, and location.

2. Operation Process

The operation process of the Sport Stretching system is as follows:
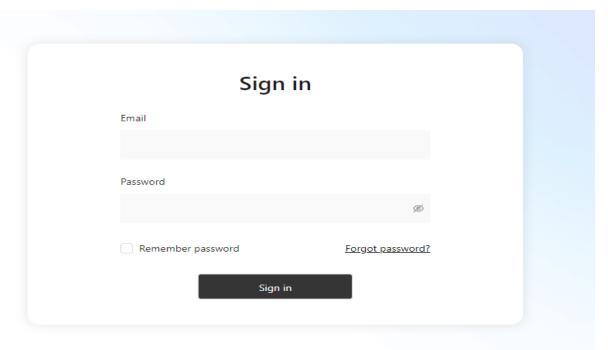
❖ *Customers register an account***:** Customers can register an account on the website or application of the system. The registration process requires customers to provide their name, age, address, phone number, email address, gender, and fitness goals.

❖ *Fitness centers create an account***:** Fitness centers can create an account for themselves on the system. The account creation process requires fitness centers to provide their name, address, operating hours, contact information, and pictures.

❖ *Customers select a service package***:** Customers can select a service package that meets their needs. The service package selection process allows customers to view the details of each service package, such as the package type, package price, package duration, and package benefits.

❖ *Fitness centers confirm booking:* Fitness centers can confirm a customer's booking. The booking confirmation process allows fitness centers to view the details of the customer's booking, such as the booking date, time, and location.

❖ *Customers come to the fitness center to train:* Customers come to the fitness center to train according to the schedule they have booked.
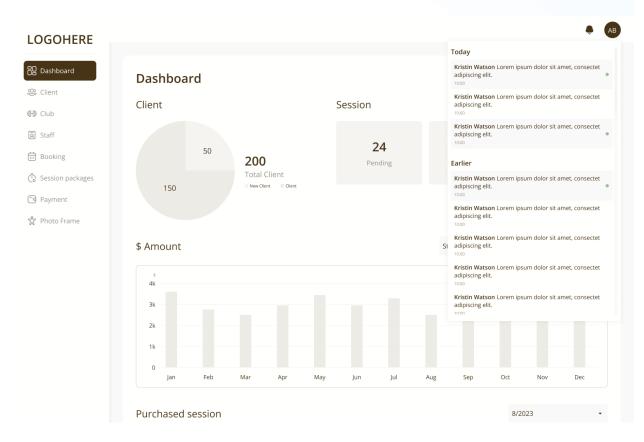
3. Database

- *The Sport Stretching system uses the MySQL database to store data. The database includes the following tables***:**
    - **clients:** Stores customer information.
    - **users:** Stores user information.

- **clubs:** Stores information about fitness centers.
- **packages:** Stores information about service packages.
- **bookings:** Stores information about booking schedules.

- *The Sport Stretching system uses a variety of security measures to protect user data, including:*
  - Strong passwords: Users are required to create strong passwords that meet certain criteria.
  - Two-factor authentication: Users can choose to enable two-factor authentication for added security.
  - Data encryption: All user data is encrypted at rest and in transit.

4. **Scalability:** The Sport Stretching system is built on a scalable architecture that can be easily expanded to meet the needs of growing fitness centers. The system is designed to be able to handle a large number of users and transactions.
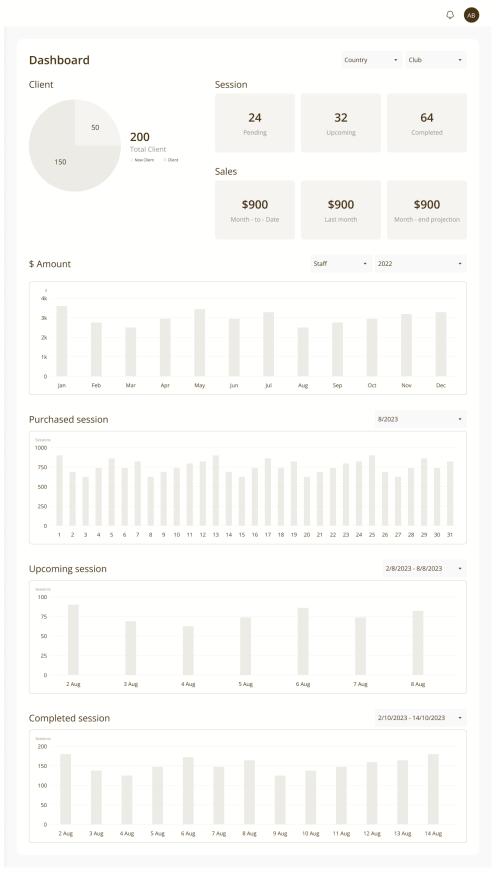
IV. Project Overview Interface

LOGOHERE

- Dashboard
- Client
- Club
- Staff
- Booking
- Session packages
- Payment
- Photo Frame

Dashboard

Country ▾   Club ▾

Client

50
150
200
Total Client
☐ New Client ☐ Client

Session

24	32	64
Pending	Upcoming	Completed

Sales

$900	$900	$900
Month - to - Date	Last month	Month - end projection

$ Amount

Staff ▾   2022 ▾

$
4k
3k
2k
1k
0
Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Purchased session

8/2023 ▾

Sessions
1000
750
500
250
0
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Upcoming session

2/8/2023 - 8/8/2023 ▾

Sessions
100
75
50
25
0
2 Aug   3 Aug   4 Aug   5 Aug   6 Aug   7 Aug   8 Aug

Completed session

2/10/2023 - 14/10/2023 ▾

Sessions
200
150
100
50
0
2 Aug 3 Aug 4 Aug 5 Aug 6 Aug 7 Aug 8 Aug 9 Aug 10 Aug 11 Aug 12 Aug 13 Aug 14 Aug

LOGOHERE

- Dashboard
- Client
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AB

‹ New Staff

Profile picture

Account information

Email

Password

Personal information

Name

Club

ID/Passport Number

Phone

Country

Role

Professional qualification

Education

Cancel   Save

LOGOHERE

- Dashboard
- Client
- Club
- **Staff**
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- Payment
- Photo Frame

AB

‹ Jackson Graham

Deactivate

General information   Session   Client   Rate & Comment

Profile picture

Account information

Username

jacksongraham@gmail.com

Edit password

General information

Name

Jackson Graham

Club

ID/Passport Number

001122334455

Phone

0123456789

Country

Hong Kong

Role

Staff

Professional qualification

Lorem ipsum dolor

Education

Lorem ipsum dolor

Cancel   Save

LOGOHERE

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AB

< **Body progress**

30/08/2023

23/08/2023

16/08/2023

09/08/2023

LOGOHERE

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- Photo Frame

AB

< **Jackson Graham**

Deactivate

General information   Session   Client   Rate & Comment

Account information

Username
jacksongraham@gmail.com

Edit password

General information

Name
Jackson Graham

Club
Square Fitness HK

ID/Passport Number
001122334455

Phone
0123456789

Country
Hong Kong

Role
Staff

Professional qualification
Lorem ipsum dolor

Education
Lorem ipsum dolor

Cancel   Save

LOGOHERE

- Dashboard
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‹ **New Client**

⬆ Profile picture

Personal information

First Name*

Last Name*

ID/Passport Number

Phone*

Gender

Age

Height (cm)

Weight (kg)

Occupation

Email*

Password*

Address information

Country

City

State/Province

Address

Health information

Pain/discomfort area

| Neck | Back | Shoulder | Hips & Knees | Feet | Wrists |

Medical history

Cancel   Save

LOGOHERE

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‹ Ronald Richards

| General information | Progress | **Session** | Editing log | Purchase history |

| **64** Purchased sessions | **32** Remaining sessions | **8** Expired sessions |

Time range ▾ | Club ▾ | Status ▾

Time	Package	Staff	Client	Club	Status
07/07/2023 10:00 AM - 11:00 AM	Package name		Ronald Richards	Square Fitness HK	Pending ▾
07/07/2023 10:00 AM - 11:00 AM	Package name	Jackson Graham	Ronald Richards	Square Fitness HK	Booked ▾
07/07/2023 10:00 AM - 11:00 AM	Package name	Jackson Graham	Ronald Richards	Square Fitness HK	Completed ▾
07/07/2023 10:00 AM - 11:00 AM	Package name	Jackson Graham	Ronald Richards	Square Fitness HK	Early canceled ▾
07/07/2023 10:00 AM - 11:00 AM	Package name	Jackson Graham	Ronald Richards	Square Fitness HK	No Show ▾
07/07/2023 10:00 AM - 11:00 AM	Package name	Jackson Graham	Ronald Richards	Square Fitness HK	Late canceled ▾
07/07/2023 10:00 AM - 11:00 AM	Package name	Jackson Graham	Ronald Richards	Square Fitness HK	Rejected ▾

‹ 1 2 … 9 10 ›

LOGOHERE

- Dashboard
- **Client**
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‹ **Session**

| Staff | Jackson Graham | Date | 07/07/2023 | Time | 10:00 AM - 11:00 AM | Club | Square Fitness HK |

Client review

★★★★☆

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22/08/2023 21:30

Session results

NECK

Neck flexion	Neck extension	Neck rotation	Neck side flexion
2.5	2.5	2.5	2.5

BACK

Body forward bending	Body back bending	Body rotation	Body side flexion
2.5	2.5	2.5	2.5

SHOULDER

Shoulder flexion	Shoulder (Apley's scratch test)	Shoulder extension
2.5	2.5	2.5

HIPS & KNEES

Pelvis symmetry	Hips (Faber test)	Hamstring 90/90 (Left)	Hamstring 90/90 (Right)
2.5	2.5	2.5	2.5

Knee symmetry
2.5

FEET

Feet symmetry	Foot & ankle dorsiflexion test
2.5	2.5

WRISTS

Wrist extension	Wrist supination
2.5	2.5

Images

Upload Image

Comments

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Cancel   Save

11

LOGOHERE

- Dashboard
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- Staff
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- Photo Frame

‹ **Session**

| Staff | Jackson Graham | Date | 07/07/2023 | Time | 10:00 AM - 11:00 AM | Club | Square Fitness HK |

Session results

NECK

Neck flexion	Neck extension	Neck rotation	Neck side flexion
2.5	2.5	2.5	2.5

BACK

Body forward bending	Body back bending	Body rotation	Body side flexion
2.5	2.5	2.5	2.5

SHOULDER

Shoulder flexion	Shoulder (Apley's scratch test)	Shoulder extension
2.5	2.5	2.5

HIPS & KNEES

Pelvis symmetry	Hips (Faber test)	Hamstring 90/90 (Left)	Hamstring 90/90 (Right)
2.5	2.5	2.5	2.5

Knee symmetry
2.5

FEET

Feet symmetry	Foot & ankle dorsiflexion test
2.5	2.5

WRISTS

Wrist extension	Wrist supination
2.5	2.5

Images

⬆ Upload Image

Comments

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Cancel   Save

LOGOHERE

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AB

Booking

New Booking | Export

Export this day
Export all

Date	Week	Month

< 08/08/2023 >   Staff ▾   Country ▾   Club   Status

Time	Package	Staff	Client	Country	Club	Status
07/07/2023 10:00 AM - 11:00 AM	Package name		Ronald Richards	Hong Kong	Square Fitness HK	Pending ▾
07/07/2023 10:00 AM - 11:00 AM	Package name	Jackson Graham	Ronald Richards	Hong Kong	Square Fitness HK	Booked ▾
07/07/2023 10:00 AM - 11:00 AM	Package name	Jackson Graham	Ronald Richards	Hong Kong	Square Fitness HK	Rejected ▾
07/07/2023 10:00 AM - 11:00 AM	Package name	Jackson Graham	Ronald Richards	Hong Kong	Square Fitness HK	Early canceled ▾
07/07/2023 10:00 AM - 11:00 AM	Package name	Jackson Graham	Ronald Richards	Hong Kong	Square Fitness HK	Late canceled ▾
07/07/2023 10:00 AM - 11:00 AM	Package name	Jackson Graham	Ronald Richards	Hong Kong	Square Fitness HK	No Show ▾
07/07/2023 10:00 AM - 11:00 AM	Package name	Jackson Graham	Ronald Richards	Hong Kong	Square Fitness HK	Completed ▾

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LOGOHERE

- Dashboard
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- Club
- Staff
- **Booking**
- Session packages
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AB

Booking

New Booking | Export

Date	Week	Month

< 31 July 2023 - 6 August 2023 >   Staff ▾   Club ▾   Status ▾

31 Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday	5 Saturday	6 Sunday
10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards
10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards
10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards
10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards
10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards
10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards
10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards
10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards		10:30 AM Ronald Richards	10:30 AM Ronald Richards	10:30 AM Ronald Richards
		10:30 AM Ronald Richards			10:30 AM Ronald Richards	10:30 AM Ronald Richards
					10:30 AM Ronald Richards	

New Sale

Date

Client

Package

Club

Number of sessions

Tier	Expire date	Amount
-	-	-

In charge staff

Payment method

Cancel   Save

LOGOHERE

- Dashboard
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Payment

New Sale | Export

Staff ▾ | Club ▾

Sale ID	Date	Client	Package	Sessions	Amount	Payment method	Club	Staff
SALE123	07/07/2023	Ronald Richards	Package name	5	$120.00	Credit card	Square Fitness HK	Jackson Graham
SALE123	07/07/2023	Ronald Richards	Package name	5	$120.00	Credit card	Square Fitness HK	Jackson Graham
SALE123	07/07/2023	Ronald Richards	Package name	5	$120.00	Credit card	Square Fitness HK	Jackson Graham
SALE123	07/07/2023	Ronald Richards	Package name	5	$120.00	Credit card	Square Fitness HK	Jackson Graham
SALE123	07/07/2023	Ronald Richards	Package name	5	$120.00	Credit card	Square Fitness HK	Jackson Graham
SALE123	07/07/2023	Ronald Richards	Package name	5	$120.00	Credit card	Square Fitness HK	Jackson Graham
SALE123	07/07/2023	Ronald Richards	Package name	5	$120.00	Credit card	Square Fitness HK	Jackson Graham
SALE123	07/07/2023	Ronald Richards	Package name	5	$120.00	Credit card	Square Fitness HK	Jackson Graham
SALE123	07/07/2023	Ronald Richards	Package name	5	$120.00	Credit card	Square Fitness HK	Jackson Graham

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