

Requirement Gathering

Date: 10-12-2025

Project Overview

FitNova is an online fitness training platform that combines personalized workouts, live classes, diet guidance, and a fitness product store into one unified system. It supports users, trainers, and administrators through structured workflows such as workout categorization, level-based sessions, trainer-led programs, and progress tracking. This Requirement Gathering outlines the key functional and operational needs required to build a scalable and user-friendly fitness platform.

Additionally, the platform aims to simplify fitness management by centralizing all services in one place. It ensures smooth interaction, secure data handling, and improved accessibility for all types of users.

System Scope

FitNova is designed as a complete digital fitness platform that supports end-to-end workflows—starting from user registration to personalized fitness guidance, trainer-driven programs, dietary suggestions, and product purchasing.

The system scope includes:

- User signup, login, profile setup, and goal creation
- Workout categorization (Yoga, HIIT, Strength) and level-based sessions
- Trainer uploads for training videos, class scheduling, and client monitoring
- Diet plan recommendation and daily nutrition suggestions
- Progress tracking (BMI, calories burned, session attendance)
- Built-in fitness product store with browsing, purchasing, and order tracking
- Admin oversight for users, trainers, classes, products, and reports
- Report generation for user progress, trainer performance, and sales history

The platform ensures smooth workflow, secure data handling, UI consistency, and scalability for future updates.

Target Audience

FitNova is designed for the following key user groups:

1. Users

Individuals who want to follow workout plans, join classes, manage their diet, track progress, and purchase fitness products.

2. Trainers

Certified fitness professionals who create sessions, upload training materials, conduct classes, and track user improvements.

3. Administrators

System-level managers responsible for monitoring users, trainers, workout content, product store updates, transactions, and platform operations.

Each user interacts with FitNova based on role-specific access permissions.

Modules

1. User Personalized Fitness Module

Handles all user-related fitness operations:

- User registration and profile management
- Setting fitness goals and preferences
- Browsing workout categories & levels
- Access to live and recorded sessions
- Viewing diet suggestions
- Progress tracking (BMI trends, workout history, consistency score)
- Purchase history and order tracking
- Feedback and ratings for trainers

This module ensures personalized guidance and consistent user engagement.

2. Trainer Program Management Module

Manages all trainer-related functionalities:

- Trainer registration and verification
- Uploading workout videos and training materials
- Scheduling live classes
- Reviewing user participation
- Monitoring user fitness progress
- Managing training sessions and materials
- Interacting with users via comments or updates

This module ensures trainer-driven, structured fitness mentoring.

3. Fitness Product Store Module

Handles all product browsing and purchase operations:

- Displaying fitness products with categories
- Price, stock availability, and product details
- Add-to-cart, checkout, and purchase flow
- Order status tracking
- Viewing purchase history
- Admin updates for stock, pricing, and offers

This module supports online shopping for fitness essentials.

4. Admin Management Module

Centralized control centre for administrators:

- Approving and managing user and trainer accounts
- Scheduling and managing classes and events
- Updating workout categories and content
- Managing product listings, prices, and inventory

- Monitoring session attendance and trainer performance
- Overseeing user progress reports
- Handling payments, refunds, and order verification
- Generating system-wide analytics and reports

This module ensures overall system stability and structured platform management.

User Roles

• User

- Register, login, and edit profile
- Set fitness goals (weight loss, strength, flexibility)
- Browse workouts and diet plans
- Join live sessions
- Watch recorded workout videos
- Track progress and view fitness reports
- Buy fitness products
- Rate sessions and submit feedback

• Trainer

- Register and verify certification
- Upload training videos/materials
- Schedule live classes
- Review attendance and user activity
- Track user progress
- Update workout instructions and programs

• Administrator

- Manage user accounts and trainer accounts
- Approve/Reject trainer registration

- Control workout categories and content
- Schedule classes and update platform data
- Manage fitness store products and inventory
- View platform analytics, membership statistics, and sales reports
- Handle issues, complaints, and cancellations

System Ownership

FitNova is owned by the development team responsible for creating and maintaining the platform. Ownership includes:

- UI/UX designs
- Database structure (MySQL)
- Backend logic (PHP)
- Workout and diet module architecture
- Product store workflow
- Reports and analytics logic
- Overall platform implementation and intellectual property

Secure ownership ensures data protection, reliable functioning, and long-term maintenance.

Industry / Domain

FitNova belongs to the **Online Fitness & Wellness Platform** domain. It digitally supports users in reaching their fitness goals through structured workouts, trainer programs, diet plans, and product purchases—all in one place.

Data Collection Contacts

Name: Mr. Abish

Role: Fitness Trainer & Gym Coordinator

Contact: 9605272117

Name: Ms. Ashley

Role: Fitness Trainer

Contact: 9846192898

Questionnaire for Data Collection

1. What challenges do users face while accessing fitness guidance online?

Ans: Users often struggle to find trustworthy and personalized fitness guidance online, as many platforms provide generic workouts that don't match their goals. They may also face difficulties in navigating scattered content, inconsistent quality, and lack of proper trainer support. Additionally, poor progress tracking and limited interaction can reduce motivation and long-term engagement.

2. How do trainers manage workout sessions and user progress manually?

Ans: Trainers usually manage workout sessions manually by maintaining physical registers, notebooks, or basic spreadsheets to record attendance and session details. They track user progress through direct observation, periodic check-ins, and manual measurements. This process is time-consuming, prone to errors, and lacks centralized records for long-term monitoring.

3. What difficulties occur in scheduling live/online classes?

Ans: Scheduling live or online classes becomes difficult when trainers and users have conflicting timings or limited availability. Coordinating sessions across multiple users without automated reminders often leads to missed classes. Technical issues like unstable connectivity or platform mismatches can further disrupt smooth scheduling.

4. What issues arise in tracking user progress and workout history?

Ans: Tracking user progress manually often leads to incomplete or inaccurate records because data is stored in scattered notes or spreadsheets. Users may forget to log workouts, and trainers may miss changes in performance or health metrics. This lack of centralized tracking reduces the ability to monitor long-term improvements effectively.

5. How important are personalized workouts and diet plans for users?

Ans: Personalized workouts and diet plans are very important because they help users achieve their goals more effectively based on their fitness level, body type, and health conditions. Customized plans increase motivation and consistency by providing routines that match individual needs. They also reduce the risk of injuries and improve overall fitness outcomes.

6. What factors influence users to join or skip training sessions?

Ans: Users may join or skip training sessions based on their motivation level, convenience, and how well the session fits into their daily schedule. Clear reminders, engaging trainers, and personalized workouts encourage participation. On the other hand, lack of guidance, time conflicts, or low confidence can lead users to skip sessions.

7. How can product purchasing be integrated smoothly within the fitness platform?

Ans: Product purchasing can be integrated smoothly by offering a built-in store where users can browse items, view details, and complete purchases without leaving the platform. A simple checkout process, secure payment system, and clear order tracking improve user convenience. Linking products to workout needs (like mats, dumbbells, or supplements) also makes purchasing more seamless and relevant.

8. What features should admins have to control trainers, users, and classes effectively?

Ans: Admins should have features to approve or manage user and trainer accounts, update workout categories, and schedule or modify classes. They also need tools for monitoring attendance, tracking trainer performance, and managing product inventory. Additionally, access to reports and issue-handling options helps maintain smooth and efficient platform operations.

9. What reports and analytics are useful for monitoring user performance and trainer efficiency?

Ans: Useful reports include user progress reports showing BMI changes, workout consistency, calories burned, and session attendance. Trainer efficiency can be tracked through class participation rates, feedback scores, and performance summaries. Sales reports and activity trends also help admins evaluate platform engagement and overall growth.

10. How important is it for users to receive reminders or notifications for workouts, diet updates, class schedules, or product offers?

Ans: Reminders and notifications are very important because they help users stay consistent with workouts, diet plans, and scheduled classes. Timely alerts keep users engaged and reduce the chances of missing sessions. Notifications about product offers or updates also enhance user convenience and improve platform interaction.

Geo-tagged photos

