Jim’s Gym needs to have an organized system. The clients have a contract for a set time period. They are given a set workout plan that are given on certain days of the week. The plans consist of a push, pull, leg, and cardio days. Each day has a unique set of workouts and reps. The weights must also be tracked as they are needed for each workout. The plans are the same but when each person performs them is different. The clients normally work with one trainer, but all trainers have at least one client.

