Coach

Program tab Cont.

Data
- ~~Program data *BC~~
Functionality
- Global Navigation Bar
- New Program button pop up window
- View details button dynamically pulls databases on Program and Navigates + populates New tab to edit Program

New Program tab Cont.

Data:
Program type: String from drop down
Program name: String
Description: String
Price: Currency // Float
Public: Boolean

Functions
- ⊠: Closes pop up
- Continue to details: Saves current information, opens New page, Creates relationship between this pop ups data and next pages data

Coach

Program Creation for all inclusive Program

[Global Navigation Bar]

All inclusive Program

| Details from last Page |

| Add lifting Plan | | Add meal Program |

| Add Boxing Program | | Create new Program |

| Save Changes |

Functions:
- Pulls Pre-existing Programs and adds them to this one
- Save Changes: Saves changes to this Program

Login ProPageuce

Titan Fitness
[Logo / Banner]

        Welcome Back

Username

[   ]

Password

[   ]

[Sign in]

Need An Account? Sign Up (link)
Forgot Password?

Data:
- username - string
- password - encrypted string   → User Auth Function

Functions:
- Sign in: user Authentication using Password and username
- Forgot password: Prompts user for email for pword Reset
- New Account ~~Logra~~ Creation link

Client

Programs tab lift history

Program name

| log workout | Analytics | History | Chat |

Routine name — date   [Edit] [🗑]
  Exercise name
  Set 1: weight x Reps
  Set 2: weight x Reps

Routine name — date   [Edit] [🗑]
  Exercise name
  Set 1: weight x Reps

- Pulls previous lifts in card format
- ☆ Should add Filter
- Edit Log
- 🗑 : Delete

Program Tab (Coach)

[Global Navigation Bar]

Featured Programs

New Program +

| Premade Program |
| View Details |

| Premade Program |
| View details |

| Premade program |
| View details |

| Premade Program |
| View details |

+ New Program Pop Up

Create New Program   [X]

| O Lifting Plan | | O Diet Program |
| O Posing Program | | O All inclusive |

Program name
_____

Description
_____

Price
_____

Public
[✓]

[Continue to details]

Coach

Program details for Posing Program

[Global Navigation Bar] |Delete Program|

Posing Program
Program details from last
page

Video upload

Photo uploads

|Save uploads|Program|

Data:
• Video: video data
• Photo: Photo data

Functionalities:
• Delete Program: Deletes Program (Pop up Confirmation)
• Save Program: Saves data to Program

Coach Profile Cont.

Data:
Account type: String Drop down selection
Full Name: String
Email: String
Bio: String
Phone #: String?
Specialties: String
Certifications: String
Experience: String
Social Instagram: Link
Twitter: Link
Website: Link
Public Profile: Boolean

Functionalities
- Global Navigation bar
- Sign out button back to login page
- Public Profile Boolean allows Real Clients to view their Profile from Marketplace link
- Save Changes updates DB with new input box data
- Input boxes populate with values from DB
- Links Redirect to the respective link

Client Profile Page

TitanFitness 🏠 Dashboard ☑ Marketplace ⊙⊙ Programs & Profile [Email]

Profile Settings   [Sign Out] (Button)

Account Type

| Client | ∨ | (dropdown)

Full Name

| | (input)

Email

| | (input)

Bio

| | (input)

[Save Changes] (Button)

Data:

Account type: Dropdown

Full name: String

Email: String — Autopopulates from login

Bio: String (max)

☆ Functionality ☆

• Sign out — logs client out and goes to login page

• Save Changes button — updates DB with Account, Name, Email, and Bio

• input boxes are autopopulated with any saved data, but is editable and updatable

• Global Navigation Bar

Couch

Program new details for lifting Plan Cont.

Data:
- Routine name: String
- Schedule: ☆ More Planning needed ☆
- Exercise name: String ← Paperwash touches.
- Sets: Int
- Reps: Range // Int
- Notes: String
- Functions
- Delete program: Button that opens a confirm deletion pop up
- Save changes
- 🗑: Deletes specific Routine or exercise from program

Client

Programs tab

[Global Navigation]

My Programs

Program 1	Program 2	Program 3
View details	View details	View details
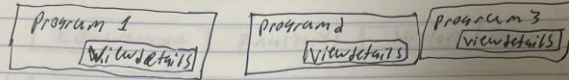
Data:
Program details

Functions:
• View details: Dynamically pulls the data for the plan, populates the log data screen depending on type.

Coach Profile Page

Titan Fitness   🏠 Dashboard   ☑ MarketPlace   🔁 Programs   👤 Profile   [Enroll]

Profile settings | Sign out |

Account type   ∨ (Drop down)

Full Name

Email

Bio

Phone number

Specialties

Certifications

Experience

Social links

instagram 📷

Twitter ✖

website

Public Profile
☑

| Save Changes |

Database schema

Coach dashboard - View Progress
Same view As Clients

| Analytics | History | Chat |

Coach

Program details for Lifting Plan

☆ Details from New Program
POP UP in Same format

Routine 1
Routine name
[   ] 🗑 [sss]

Shcedule // Cycle
[   ]

Exercise name
[   ] 🗑 [sec]

Sets   Reps
[   ]   [   ]

Notes (Weight, RIR, Rest time, Etc)
[   ]

[+ Add exercise]
[+ Add Routine]
[Delete Program]   [Save Changes]