**ABM Fitness**

The topic of the project is "Planner for tracking fitness training"

The main target of the project:

* Help people of all shapes and ages to get in touch with their body
* Create effective set of exercises, which would suit for different purposes
* Communication with professionals, whom will advise the user on path of change

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Project’s requirements:

1. Creating your own profile with the user's physical parameters
2. Online calculator for calculating consumed and expended calories.
3. The possibility of determining the intensity and time of training.
4. Creation of a training schedule during the week (with a selection of certain exercises) taking into account the intensity and time chosen by the user
5. Communication with trainers and their rating

**In our project we will have two main categories of users: User and Trainer**

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| --- | --- |
| User | Main system user, which can follow his exercises in schedule, see the results and schedule history, communicate with trainers and rate them |
| Trainer | Advanced user, which can create new groups of users, also advise and give them new ideas for training |

**Authentication and authorization system (profile adjustment)**

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| Sign Up | User can register into system |
| Log in | User can log in using a unique name and password |
| Password change | User can change his log in information by changing his password |
| Values change | User will be able to add his weight/height his sex and also intensity of trainings hi willing to have |

**Club system**

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| --- | --- |
| Club create | User can create its own club |
| Club view | User can see clubs of other users |
| Grouping | Club suggestions to user |

**Routine system**

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| Routine create | User can create its own routine and select routine type |
| Routine view | User can see routines of other users |

**User dashboard**

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| --- | --- |
| Clubs and routines | User can see created clubs/routines and clubs/routines he is in |
| Club/routine edit | User can edit its own clubs and routines |