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

Authors:
- Andriy Kasiyan
- Borys Sheika
- Mykhailo Kordyuk

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

User	Main system user, which can follow his exercises, 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)

Sign Up	User can register into system
Log in	User can log in using his nick_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

A system for storing and displaying schedule data (schedule editing)

Schedule View	User can see his exercises for the next week to adjust his daily routine
Schedule History	User can see his schedule history and the exercises he did
Schedule editing	User can create a new day routine, it schedule or completely delete it

User and trainer interaction system

Trainer rating	User can rate the trainer he worked with
Trainer list	User can see information of all trainers in the system
Grouping	Trainer can add User to the group
Messaging	User can message to his trainer if he is added to trainers group

Use-case diagram and UML-model: