**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:**



