Documentation

Main Page:

- Main page was mainly **Front-end**, it is the beginning page of the website, containing a **navigation bar** that gives the user easiness in navigating through the website. Making it easy also for the user to **log in or sign up** directly with buttons, a clear about us section comes after the intro, after that stating **membership plans** for the user to be able to view them easily and in a beautiful structure. The section after it was done using HTML, CSS, and JavaScript allowing the user to calculate his/her **BMI**, and at the end of the webpage, **php** was used to build a connection with the **database** to allow the user to enter his review/experience on our website, which will be stored **anonymously in the database**.

Sign Up / Info Page:

- This page contains a form written by HTML that takes user info, using javascript checks if the entered info are correctly entered as required, then using php and database, stores the info in the database. Credit card is a separate table from users, but the user holds a foreign key to reference which credit card belongs to him/her.

Log In Page:

- A form using HTML, also using JavaScript to check if the entered info are correctly entered as required, then using php checks if this user exists in the database and entered the correct password, he will be redirected to his/her profile, or if the info were not correctly entered (wrong email or password), then the user will be alerted that he entered invalid email or password and be redirected to the login page again.

Profile:

- The profile was built in a php file to be able to make each user access his/her own profile, displaying his name from the database, his/her email, his/her subscription, his/her password with the ability to edit the password, and his/her credit card. This was done by using the session function in php allowing to transfer info between php files, so when user logs in, a session is started from the log in php page, continued in the profile page and all other pages that needs the user to be logged in, transferring to the profile the email and getting info from the database by the email. A log out button is placed at the top allowing the user to log out using php which stops the session using the destroy function. And a button to allow the user to navigate to the workout center.

Workout Center:

- The workout center is basically only HTML and CSS, allowing the user to navigate through everything in the website, user can return to his/her profile, go to the training plans, go to the Library of exercises, or the option to add a goal. Also if not logged in and the user was trying to access his/her profile, he will be redirected to the login page.

Library of Exercises:

- This was built using html tables, displaying all exercises and maybe some additional exercises not found in training plans, with a search bar done in JavaScript for the user to be able to

search for a specific exercise. The user can either go to his profile directly, or going back to the workout center.

Training Plans:

- There is a reference to 3 html pages inside the Training Plans page, all done using only HTML and CSS, showing the user 3 different training plans so he can choose the training plan that he prefers to be doing.

Add Goal:

- This page is to allow the user to add a goal according to his email, using php, the goal gets stored in the database according to the email and viewed in a separate php page with previous goals (email is a foreign key in the goals table in the database), or user can view his/her goals which are displayed in a php page also according to the email from the database. After adding the goal or viewing his/her goals, user has the ability to either go back and add another goal (a button that takes the user to the add goal page again), go directly to the workout center, or press the checkbox beside the goal he added and pressing the update button which states that his goal is completed and deletes the entry from the database.

Changes Applied to Project 1

- In the main page, user is now able to add his/her review.
- Log In / Sign Up pages now functions perfectly.
- Search bar was added to the Library of Exercises.
- A new functionality which is adding goals is presented.
- Profile now displays username, and user's info.
- In project 1 profile was only able to go back to either training plans or library of exercises, changed to give him/her the ability to go to the workout center instead which gives access to everything.