📝 Requirement Analysis

Project: Fitness Training & Progress Tracking App
App Name (suggestions): MonsterFac

Target Audience:
Fitness Enthusiasts, Gym Trainers, Athletes, Beginners, Bodybuilders, Personal Trainers, Dieticians, Sports Coaches

Type of Application:
B2C (Public Users), B2B (Gym trainers and clients)

Timeline:
1–2 months (MVP Version)

Total Members:
1 Member (You)

USP:
Track workouts, diet, body progress, schedule training and get personalized guidance from trainers — all in one platform.

🪄 Features

User Features

- Create Account / Login (User & Trainer)
- Update Profile, Goals & Body Type
- Personalized workout plan based on goal
  (Weight Loss / Muscle Gain / Strength / Lean)
- Diet plan with calories & macros
- Add custom workouts & meals
- BMI & BMR calculation
- Weekly progress report
- Reminder notifications for workout & diet
- Trainer suggestions & motivational quotes

Trainer Features

- Login & profile update
- Add clients to system
- Assign workout & diet plans
- Track client's weekly progress
- Provide feedback & chat guidance
- Upload workout videos or images
- Mark client performance rating

📅Project plan

Admin

- Login screen with default credentials
- Add Trainers & Manage Users
- View list of trainers & users
- Manage workout categories
- Manage diet categories
- Remove trainer or user (if needed)
- Handle subscriptions (Phase 2)

Trainer

- Login screen
- Add & remove clients
- Dashboard for trainer with client list
- Create and assign workout plans
- Upload exercise videos or photos
- Track client attendance (did workout or not)
- Send custom diet or workout suggestions
- Chat / Feedback system

User (Client)

- Login/Register screen
- Update credentials
- View workout plan
- View diet plan
- Mark workout as completed
- Mark meals completed
- View test statistics (BMI, macros, calorie burn, weight changes)
- Receive trainer feedback

Thank You 🙏