Introduction to Database Systems
LIFTA
Project Proposal Report
Team Number: 6

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Project Description

Our project is a website for online coaching and nutrition counseling. Coaches can add content such as meals and exercises, allowing them to create personalized plans for each client and deliver customized products, including diets and workout routines.

Clients can explore a library of gym coaches and nutrition counselors, sorting their options by ratings. They can subscribe to any coach they prefer and share their preferences, goals, and medical information. This information enables the coach to develop a tailored program specifically suited to the client's needs.

Users

- Gym Coach
- Nutritionist
- Client / Trainee

Functionalities

Trainers: Gym Coaches – Nutritionists

1. Create and log to their account
2. Display their information and qualifications a profile page
3. Get notified when new clients request to subscribe
4. Be able to accept or decline client subscription request
5. Add work (videos links, notes about this element) to his library (to be used later in creating workouts – diets)
6. Define different subscription packages (normal – premium / define duration)
7. View the list of their clients
8. View each client's fitness profile (preferences – medical state)
9. Create personalized plans using their library (workouts – diets)
10. Assign (workout – diets) for each client
11. Send real-time messages or updates to clients
12. Choose aspect in his plan and view client's progress
13. View client's feedback
14. Edit any of the above
15. Remove Clients

Clients / Trainees:

1. Create and log to their account
2. Display their information, preferences, goals and health conditions in their profile page
3. View and search for coaches (gym coaches – nutrition councils)
4. Subscribe to any coach/nutritionist package
5. View their daily workouts
6. View their diet program
7. Get reminders for workouts and meals
8. Log their workouts/meals
9. View their progress
10. Send real-time messages to coaches
11. Give ratings and reviews to their coaches
12. Unsubscribe to any program

Admin:

1. Assign / revoke user roles
2. Remove or deactivate users
3. Suspend / ban users for violations
4. View the number of active users (clients/coaches).
5. Access subscription/payment data.
6. Track the number of new users signing up over a specific period

Entities

1. User

Either clients represent trainees who can subscribe to gym coaches and nutritionists, or

Coaches represent trainers who guide trainees in achieving their health and fitness goals.

2. Exercise

The single exercise that a coach can assign to the client.

3. Workout

The whole workout assigned to a certain client, including all the exercises of this workout, the number of sets, repetitions for each exercise, notes for the workout if needed, and the weekly calendar.

4. Meal

The single meal that contains the details of the ingredients.

5. Diet

The diet assigned to a certain client, including all the meals of the day, the quantity of each meal, and the weekly calendar.

6. Subscription

Subscription of a client to a certain package that a coach offers. It includes the duration of subscription, the status of the subscription (pending, accepted, etc..), and all needed information.

7. Notification

The notification that any user can receive (subscription to a coach, any announcement the user can receive, etc...)

8. Message

A message that any user can send/receive.

9. Chat

Chat between any coach and any client. It contains all the messages.

10. Review

A Review that a client can give about a coach (rating and optional comment)

Backup Idea

Notes & Roadmaps Maker

Project Description:

A user-Friendly platform that helps students to learn productively. All of the time, we forget about all what we learn. So, what if we provide a history of this process and make it easy to go back to review at any time. Roadmap Form is the easiest way to track your learning legacy. Also, you can add whatever you want from notes, links, etc.

Users:

- Learner
- Specialist

Functionalities:

1. Learner:

1. Create an account or log in.
2. Save and bookmark roadmaps.
3. Track progress on roadmaps.
4. Add personal notes to roadmaps.
5. Add resources to existing roadmaps.
6. Submit new resources for approval (optional).
7. Share roadmaps or resources with others.

2. Specialist:

1. **Create roadmap**: Define the steps for a field, outlining skills and resources to master it.
2. **Add or remove resources**: Curate the best resources for each step.
3. **Edit roadmap**: Update existing roadmaps with better content or corrections.
4. **Accept user resources**: Review resources suggested by users.
5. **Reject user resources**: Review resources suggested by users.

Entities:

1. **User**
2. **Roadmap**
3. **Resource**
4. **Step (in a roadmap)**
5. **Comment**
6. **Rates**
7. **Admin Approval Log**