

Fitness Buddy

Software Engineering-2 project documentation

OVERVIEW & PURPOSE

A Fitness website that can be visited anytime and used anywhere to get fit. ... Our Website can perform various functions such as allowing users to set fitness goals, tracking caloric intake, gathering workout ideas.

Our Website is able to make workout/diet plans easier than traditional ways like contacting with Trainer , you can simply get your plan on your mail box or on your account on the Website by inserting some data like "height - weight - training days" that can be filled easy by simple instructions , we usually respond on this request in 10 days by sending workout/diet plan to our users ... also user can check his progress on the website to be up on date with his program

Sprint one functions

1. Users can register themselves as Trainees
2. Users can login as Admin or Trainee
3. Trainee users can view their profiles
4. Trainee users can Update their profiles
5. Admin has a Static view page that has buttons to delete Trainees, Assign packages and View feedback (functions later implemented in sprint two)

6. Trainee can send their feedback

Sprint two Functions

1. Admin can delete Trainees
2. Admin can assign workout package to Trainees.
3. Admin can View Feedback from Trainees.
4. Admin can update Trainees' progress
5. Trainee can view their workout plan for the day