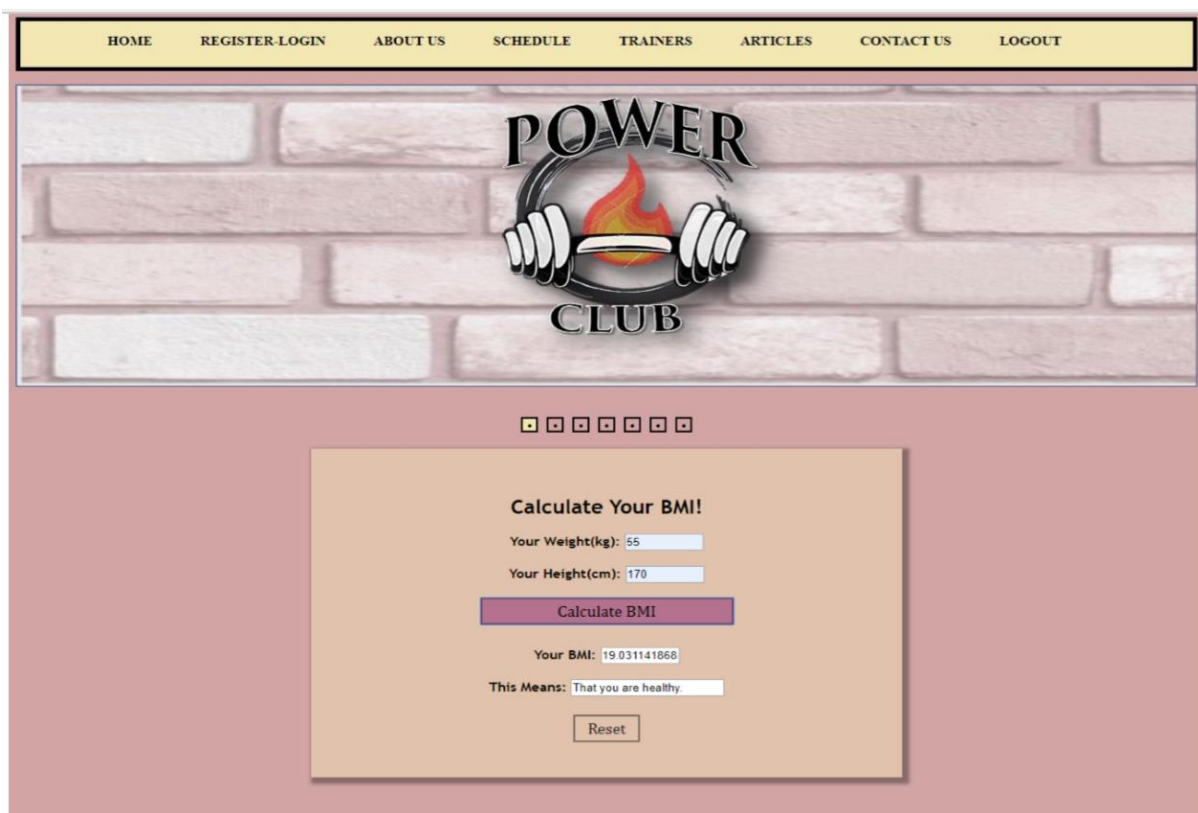# (Help Manual and Instructions)

This file is to give some instructions about how to use the website.

This project is a power club website, or a gym management system.

The project has been created by: Raneem, Bayan, Leen, Amara, and Rafif. The students of cyber security in UPM.

Our website includes the following pages:

1- Home.html:

This is the first page that appears when you enter the website.

You will find a JavaScript code that use a (ready-to-use) java code which helps to create the slider in the middle of the home page.

The full code is in the js file which you can find up in the project file.

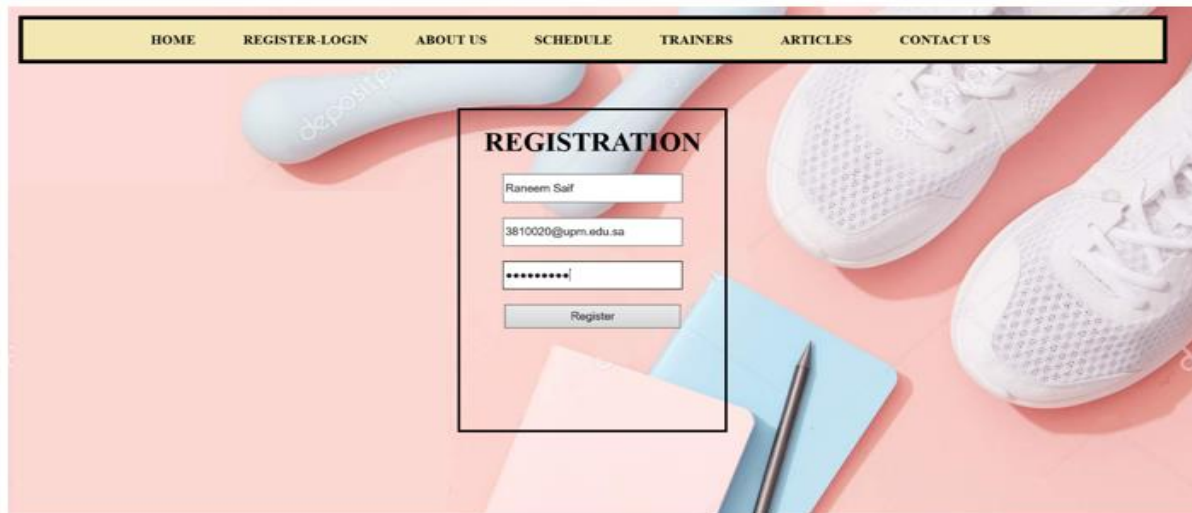After that there is another java script code that we use to calculate the BMI of the users.

Moreover, the style section includes the CSS for this page.

Furthermore, there is the nav bar code which includes the links for the other pages.

Notice that all the links take you to the login page because we want the user to have an account before she can view the other pages.

After that the slider code with the images that appear in the slider.

All of the images used in this project are either in (img) or (slid) files. After that there is the form where the user enters his data to calculate his BMI.
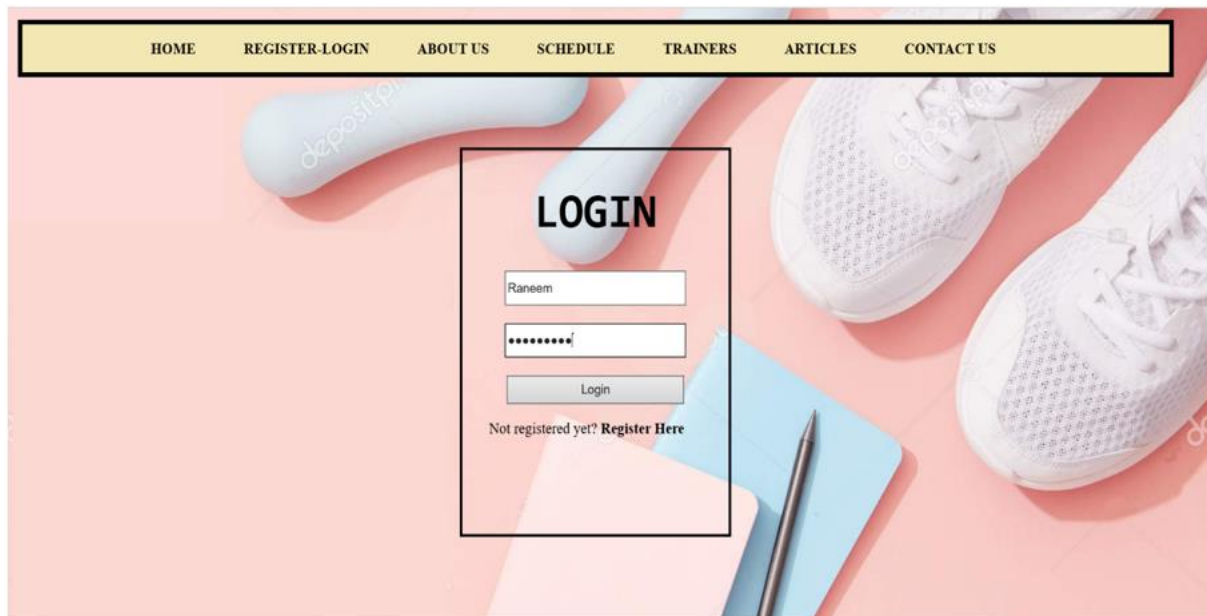

2- Registration.php:

When the user clicks on (register here) this page will appear.

This page starts by a link to (style.css) page and some other CSS code.

Then there is a php code that create a new record in the users table in the data base.

This code will accept only new and unique user names and emails.

3- Login.php:

While you still in the home page before logging in you have no choice but to visit this page.

This page allows the user to enter his name and password to login.

If the user does not have an account she will click on (register here) to visit the register page.

At the beginning there is a link to the (style.css) page which include a CSS code to control the nav bar and some other parts of the code.

Then there is some small CSS code for this page only.

After that there is a php code that connect this page to the database and to the users table. The data

of the user should be saved there and compared with his entries. If the data match, the user can login. Otherwise a message will appear to tell the user there is incorrect information and she need to enter the correct data.

After that there is the navbar html code and the form code where the user enters his data.
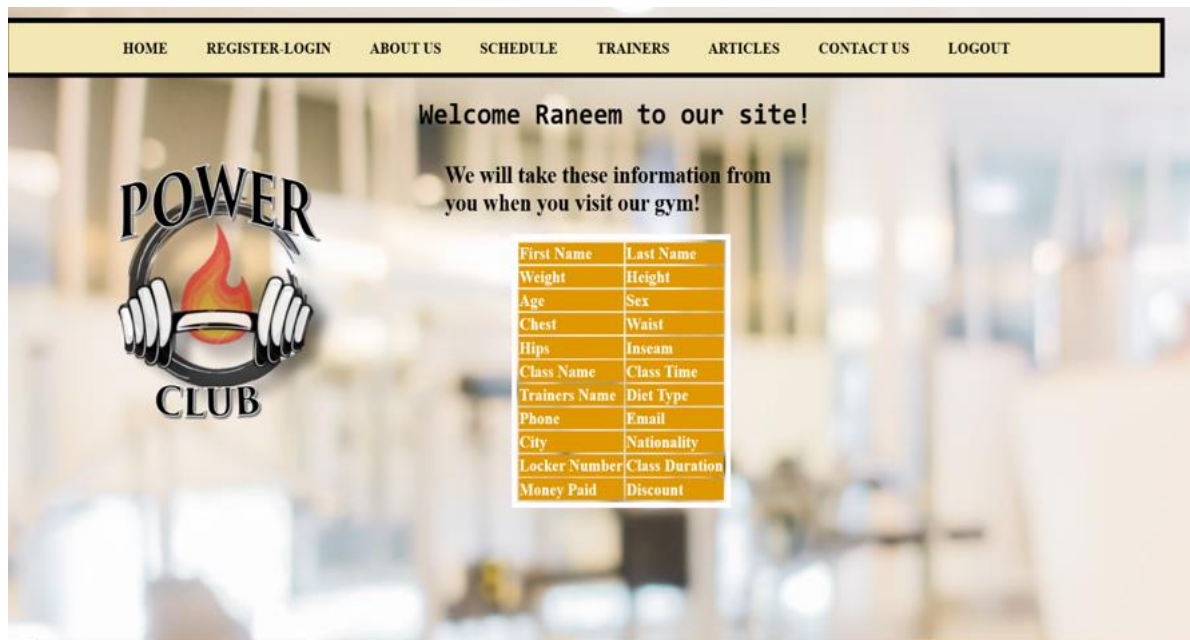
4- Index.php:

When the user login this page will appear.

This page has a code that include the (auth.php) page which starts a new session for the user.

Then it has a CSS code for the style of its elements in addition to the (style.css) page.

Then there is the nav bar code and then there is a welcoming statement that take the user name and show it in the head of the page.

After that there is the logo of our site.

And finally, there is a table that shows the user the information she needs to provide when she visits the gym building.
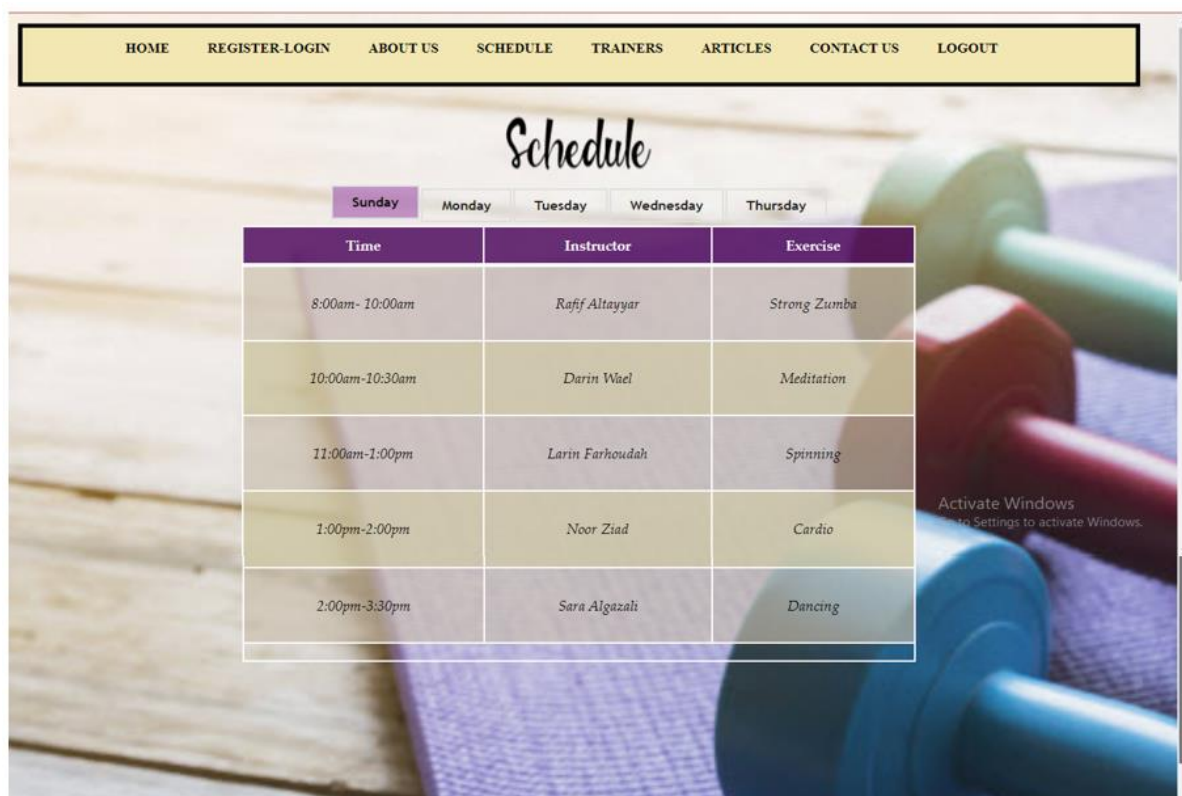
5- About.html:

This page is to give an over view for our gym and the services inside it.

It has CSS code in addition to (style.css) page.

Then the nav bar code.

Then the page is divided for two sections. The right section has the text that introduce our gym and a list with the most important information about it.

The left section has some images that show the activities in the gym.

6- Schedule.html:

This page has the weekly schedule of the gym activities with their times and trainers.

It starts by linking two style sheets: (style.css) and (styleSce.css). The second page has some styles code for this page and its subpages.

Then there is the nav bar code.

Then there are some buttons that take you to the subpages. A page for each day in the week: (mon.html), (tues.html), (wed.html), and (thurs.html). Each page has the same style they just have different schedules. The (Schedule.html) has the Sunday schedule.

Then there is the schedule code (table tag).

And finally, java script code that control every button and link it to its subpage.
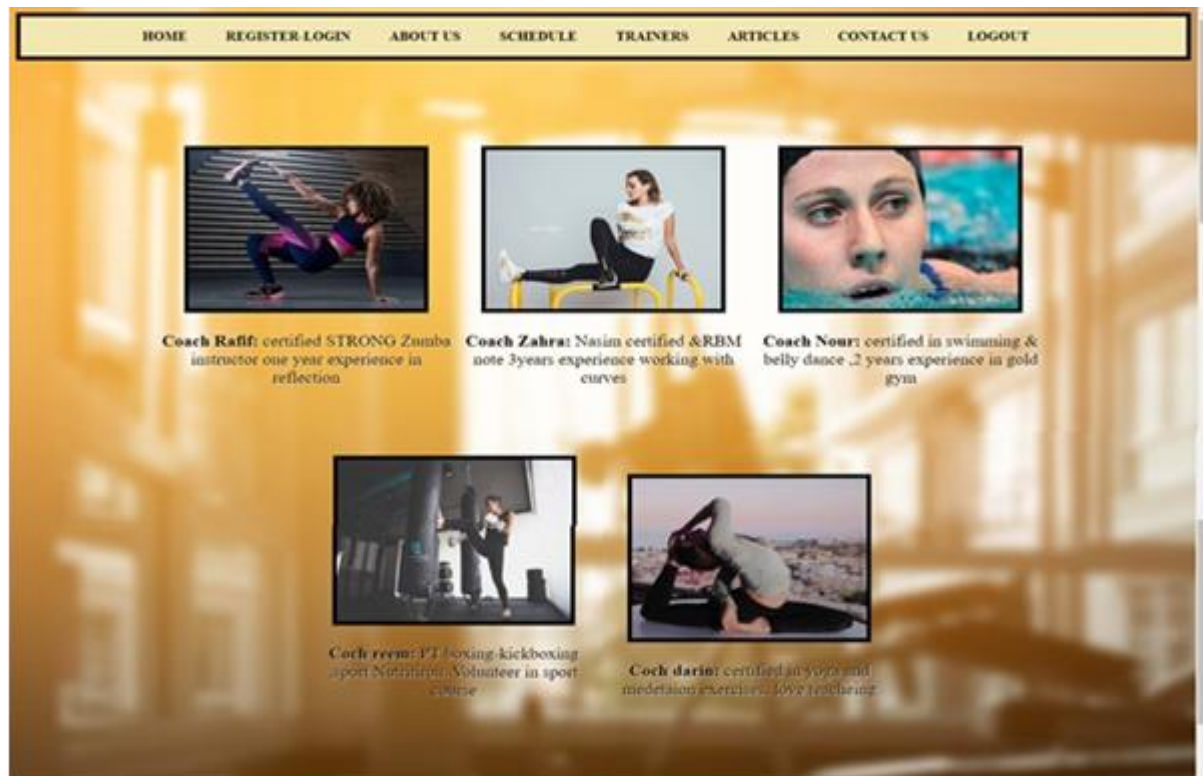
7- Trainer.html:

This page shows our trainers with a brief description for their experts.

It starts by a link to (style.css) page and some other CSS code.

Then there is the nav bar code.

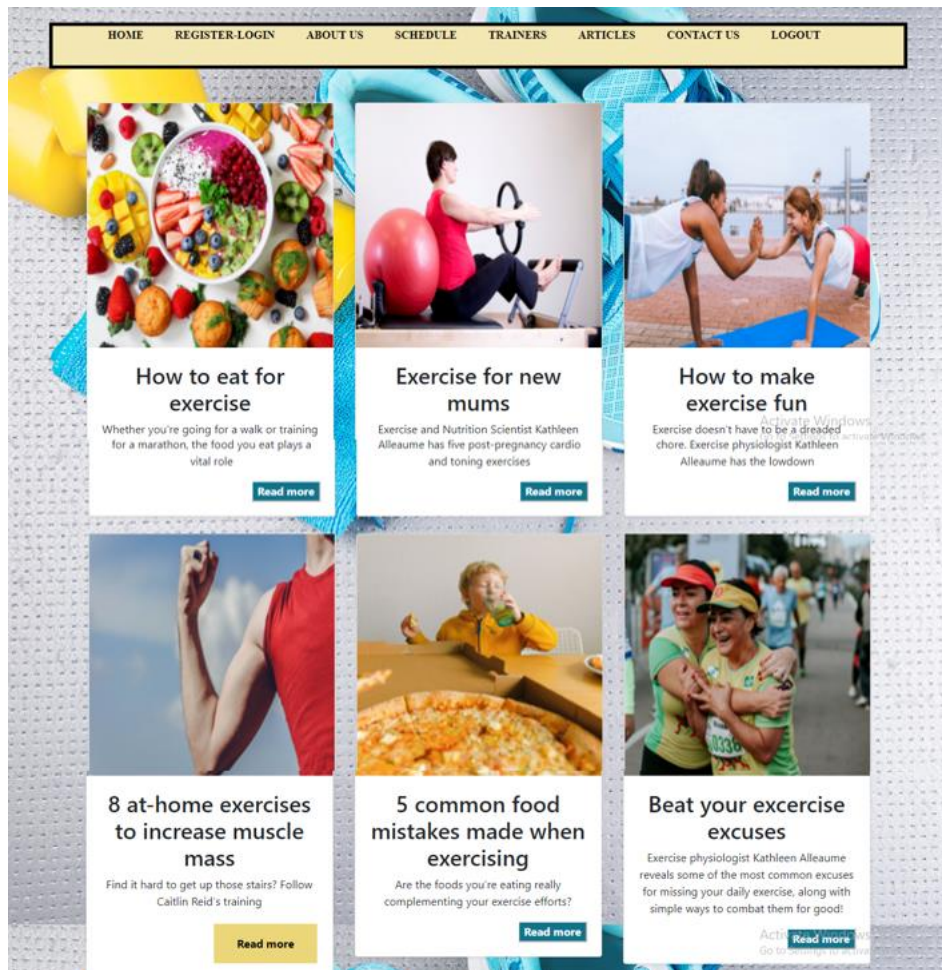Then 5 (div tags) that include a picture and some text about the trainer.

8- Articls.html:

This page has different articles which are related to health and exercise.

It starts by bootstrap links that apply specific design to the cards and make them in this shape.

Then there is some other CSS code for the page style.

Then there is the nav bar code.

Then for every card there is specific (div tags) with specific classes names that make them in this shape.

Every card has a photo and a part of the article and a (read more) button that take you to the full article.

For every full article there is an html page that have the name of the article.

Every page of them has its own text and photo but they all have the same style which you can find in the (articlessStyl.css) page.
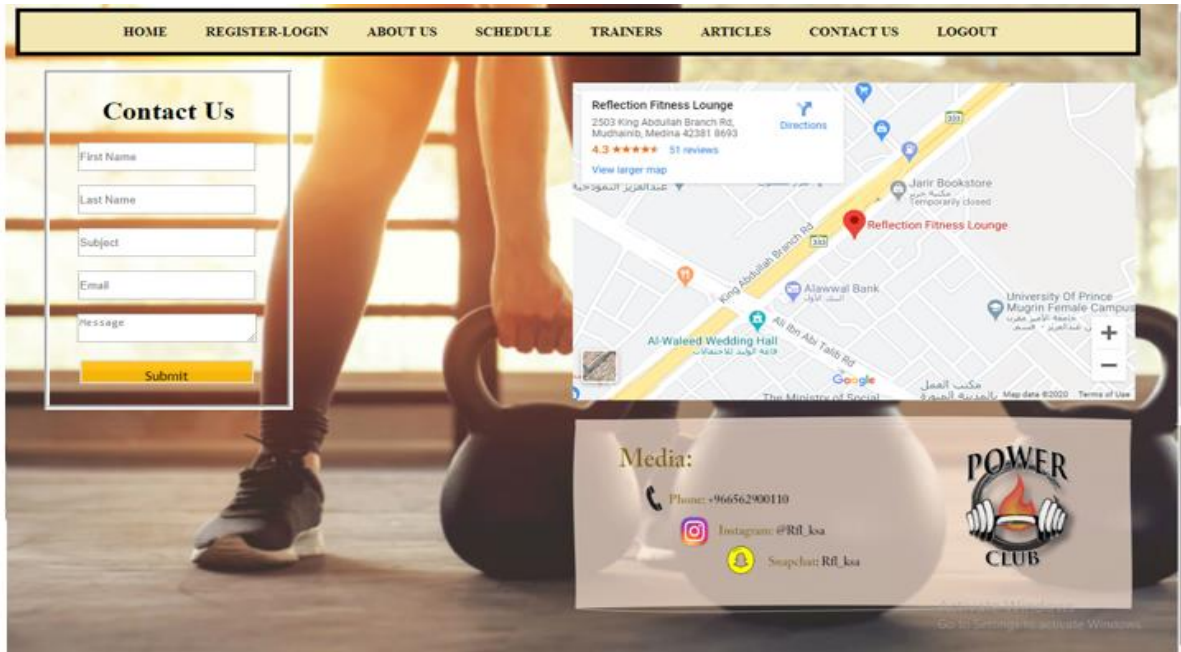
9- Form.php:

This page is the contact us page.

It starts by a link to (style.css) page and some other CSS code.

Then there is the nav bar code.

Then there is a form where the user can contact us by any message, she wants us to read.

The form is connected to the (process.php) page which show a thank you message when the user submits the form.

Then there is a code that include a google map link that show the physical location of our gym.

The last thing is an image that have the site logo with the social media accounts and phone number.

10- Logout.php:

When the user clicks on logout in the navbar this code ends the session that has been started when she logs in and it take her to the home page. (home.html).

11- Register.sql:

This page has the SQL codes that we used to create our tables and our data base.

There are two tables: (information) which has the log in data, and (contact us) which has the contact us form data.

12-DB.php:

This page is to test the connection with the database.

It shows an error message if the connection failed.

That was a quick journey in our website. We hope it was clear and easy to understand.

Thank you for reading this.

Have a good time. 😊

https://powerclub.herokuapp.com/home.html