

App Description _ WHOLESOME GYM

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I/ App topic:

I/1- Description:

MERN application that offers to authenticated users the possibility to follow a fully personalized **workout schedule**. Also, the user will have the opportunity to classify himself/herself (overweight, obese, normal, and underweight) according to his/her **BMI** (Body Mass Index). Furthermore, it provides the ability to calculate not only calories for a specific meal, but also it allows users to calculate their **BMR** (Body Metabolic Rate). Hence, the user will have an accurate idea about the **daily calories** needed to maintain his/her weight steady.

Content of the web page (UI):

A one-page webpage containing information like:

- **Navbar**: user's email / Homepage link (title of the gym) / Logout button
- **Home**: containing all React components (protected content: only authorized users can access it)
- **Signup/ Login** page where users enter their email + password to login
- Once they are logged in, the new user will be saved in the DB and his password will be hashed (a matter of security) and a token will be created in the localStorage.

The image shows a UI mockup for the 'WHOLESOME GYM' app. At the top left, there is a box labeled 'WHOLESOME GYM'. At the top right, there is a box with a right-pointing arrow and the text 'SIGNUP / LOGIN'. In the center, there is a white box with a black border containing the text 'Your journey starts here !'. Below this text is a box labeled 'Signup /Login form'. Inside this box are two input fields: 'Email :.....' and 'Password :...'. Below the input fields is a blue button labeled 'BUTTON'.

I/2- Audience:

- People who intend to build a well-shaped body:
 - To get motivated
 - To hit the gym for the first time

I/3- Actors:

a/ Admin:

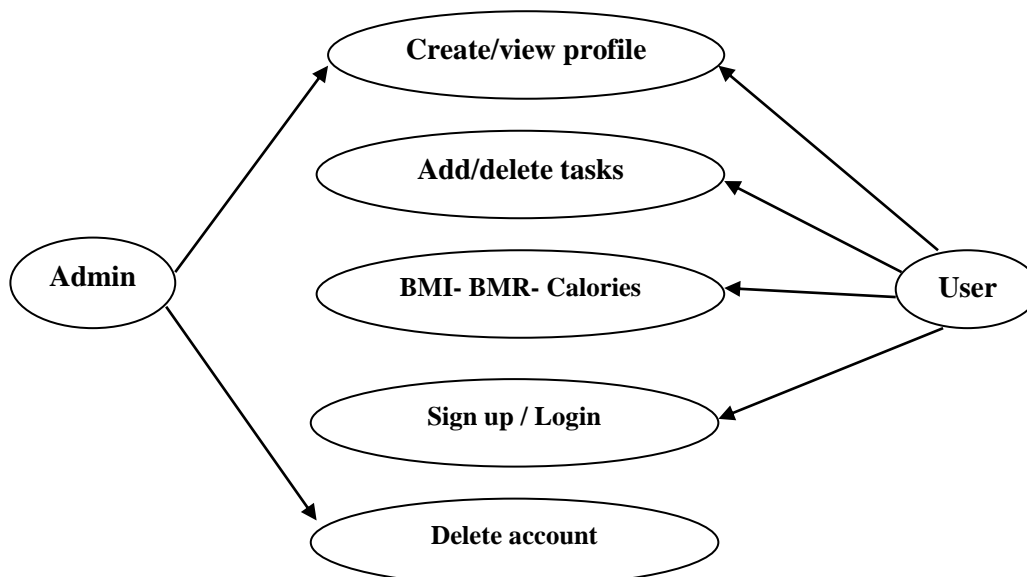
- Managing users accounts (add, delete accounts)
- Providing a personalized Workout plan + BMI + BMR + Daily Calories

b/ User:

- Create an account
- Enjoy the app's content once he/she has been authorized
- Add/delete exercises – BMI ...

In a nutshell, this app allows authenticated users to fix their custom daily exercises. Having an accurate idea about their BMI and BMR will be a kind of **wakeup call** to help them to focus on their eating habits.

II/ Use case diagram:



- **Frontend:** React Context + Custom hooks
- **Backend:** Create a server using Node.js + Express



III/ Class diagram:

