

PanGains Manual

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Flutter Installation

Following the flutter installation guide supplied by flutter ensure that flutter is fully installed and that when running the command flutter doctor there are no errors.

<https://docs.flutter.dev/get-started/install/windows>

MySQL Download

There are two options available to install MySQL.

First option, download and install MySQL workbench this will auto start a MySQL server for you if installed correctly.

<https://www.mysql.com/downloads/>

Second Option, download XAMPP and follow the installation instructions. Once installed then download SqlYog to view the database.

<https://www.apachefriends.org/download.html>

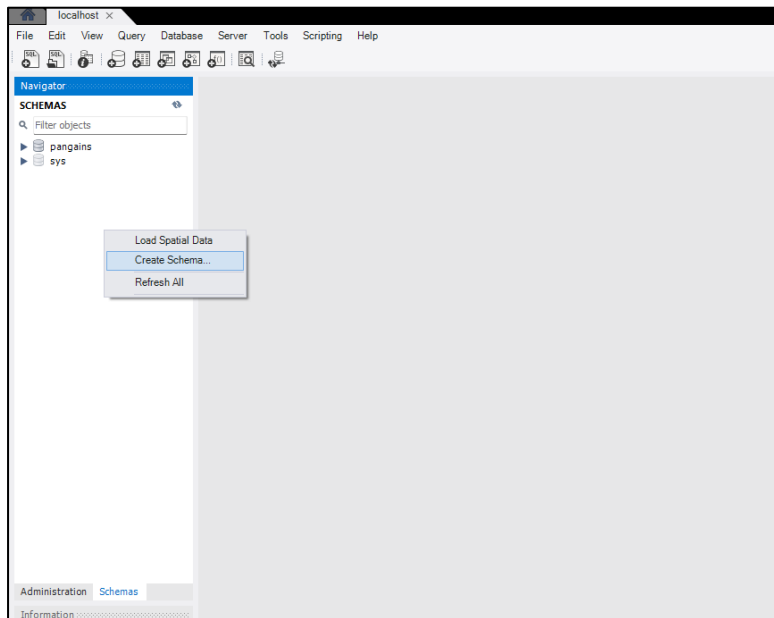
<https://webyog.com/product/sqlyog/>

For PanGains we recommend you use the MySQL Workbench as we can show you how to import the data.

Data Import

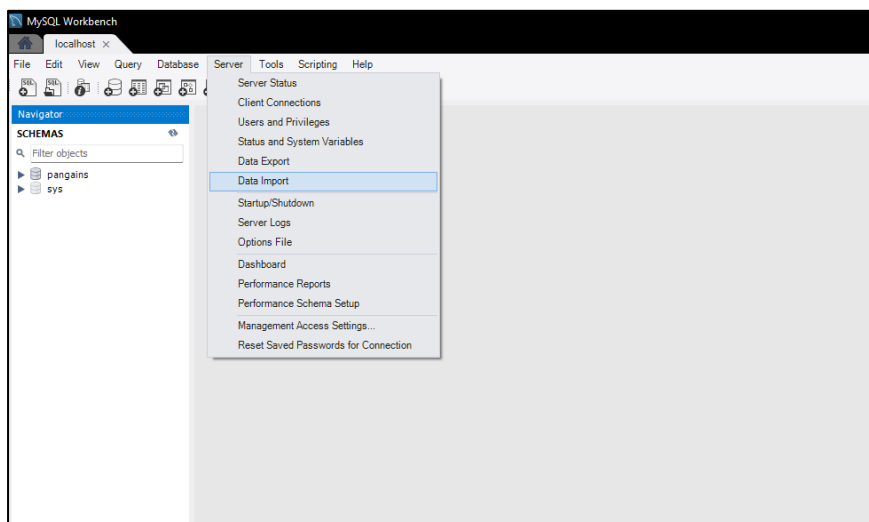
Locate the Database File and open MySQL Workbench.

Once workbench is open create a new Schema called PanGains. To do this right click the schema browser and click on create schema.

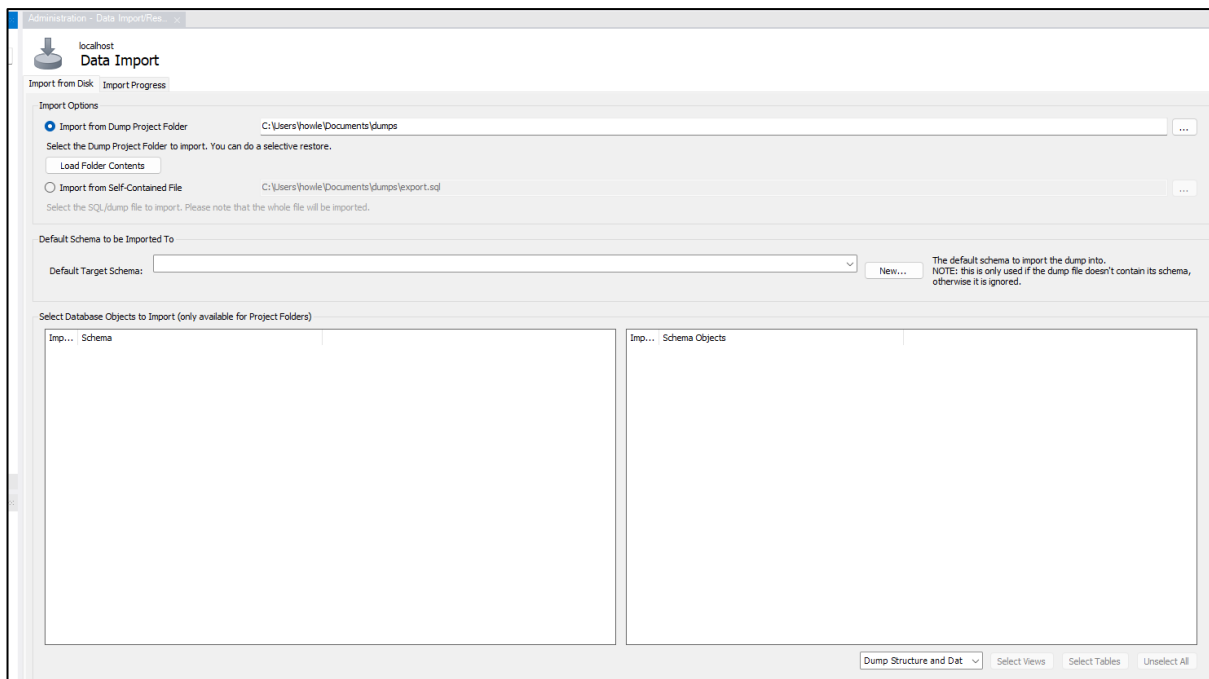


Now we are going to import the data file.

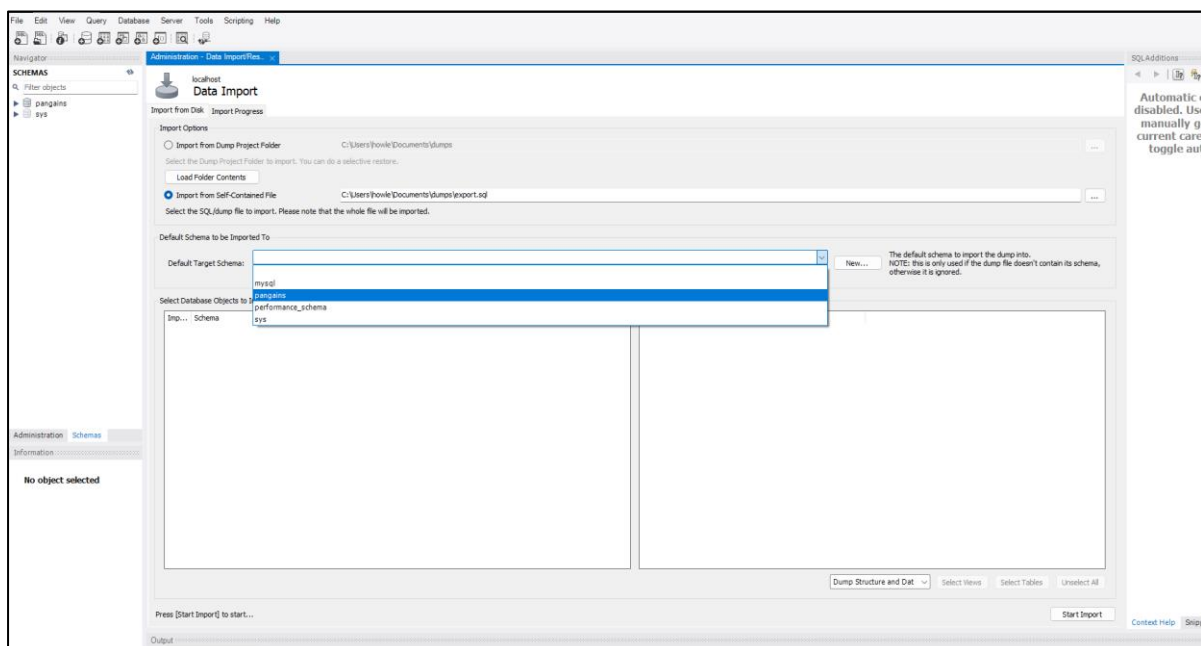
First locate the tab Server and click on it to view the options select Data Import.



Once selected you will see a screen like this.



Then select the following options

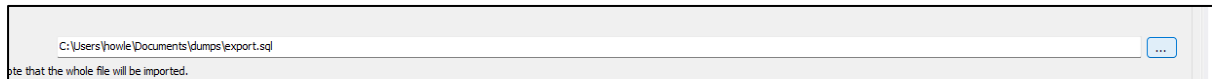


Import from self-contained file.

Default Target Schema and select PanGains.

Now we are going to locate the file.

Click the three dots and browse to where the file is.



Then click Start Import located bottom right.

Now if you encounter any errors, these are the following common errors.

1. Wrong file selected.
2. Forgot to select the schema.

Now the database is imported I will attach a screenshot of all the data field properties so that you can ensure they are the same as what they are meant to be.





Account Table:

Column Name	Datatype	PK	NN	UQ	B	UN	ZF	AI	G	Default/Expression
AccountID	INT	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Firstname	LONGTEXT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	NULL
Lastname	LONGTEXT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	NULL
Email	LONGTEXT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	NULL
Title	LONGTEXT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	NULL
ProfilePicture	LONGTEXT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	NULL
Description	LONGTEXT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	NULL
Private	TINYINT(1)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Notifications	TINYINT(1)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
AverageChallengePos	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Type	LONGTEXT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	NULL
Role	LONGTEXT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	NULL
Password	LONGTEXT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	NULL
MessageToken	LONGTEXT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	NULL







Challenges Table:

Column Name	Datatype	PK	NN	UQ	B	UN	ZF	AI	G	Default/Expression
ChallengesID	INT	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
ChallengeName	LONGTEXT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	





ChallengeStats Table:

Column Name	Datatype	PK	NN	UQ	B	UN	ZF	AI	G	Default/Expression
 ChallengeStatsID	INT	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
 AccountID	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 LeaderboardID	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 ChallengeTotalReps	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	



CompletedWorkout Table:

Column Name	Datatype	PK	NN	UQ	B	UN	ZF	AI	G	Default/Expression
 CompletedWorkoutID	INT	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
 AccountID	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 RoutineID	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 DateCompleted	LONGTEXT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 Duration	LONGTEXT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 TotalWeightLifted	DOUBLE	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	





DaysWorkedOut Table:

Column Name	Datatype	PK	NN	UQ	B	UN	ZF	AI	G	Default/Expression
 DaysWorkedOutID	INT	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
 AccountID	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 Day	LONGTEXT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 Hours	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	





Exercise Table:

Column Name	Datatype	PK	NN	UQ	B	UN	ZF	AI	G	Default/Expression
 ExerciseID	INT	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
 ExerciseName	LONGTEXT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	




Folder Table:

Column Name	Datatype	PK	NN	UQ	B	UN	ZF	AI	G	Default/Expression
 FolderID	INT	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
 AccountID	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 FolderName	LONGTEXT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 FolderLikes	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	








Leaderboard Table:

Column Name	Datatype	PK	NN	UQ	B	UN	ZF	AI	G	Default/Expression
 LeaderboardID	INT	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
 LeaderboardDate	DATETIME(6)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 TotalParticipants	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 ChallengesID	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	'0'
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	




Routine Table:

Column Name	Datatype	PK	NN	UQ	B	UN	ZF	AI	G	Default/Expression
 RoutineID	INT	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
 FolderID	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 RoutineName	LONGTEXT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	








Set Table:

Column Name	Datatype	PK	NN	UQ	B	UN	ZF	AI	G	Default/Expression
 SetID	INT	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
 YourExerciseID	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 SetRow	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 SetType	LONGTEXT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 Previous	LONGTEXT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	NULL
 Kg	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 Reps	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	




Social Table:

Column Name	Datatype	PK	NN	UQ	B	UN	ZF	AI	G	Default/Expression
 SocialID	INT	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
 AccountID	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 FollowingID	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Statistics Table:

Column Name	Datatype	PK	NN	UQ	B	UN	ZF	AI	G	Default/Expression
 StatisticsID	INT	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
 AccountID	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 TotalWorkouts	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 AvgWorkoutTime	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 TotalLifted	DOUBLE	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 AvgReps	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 AvgSets	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

YourExercise Table:

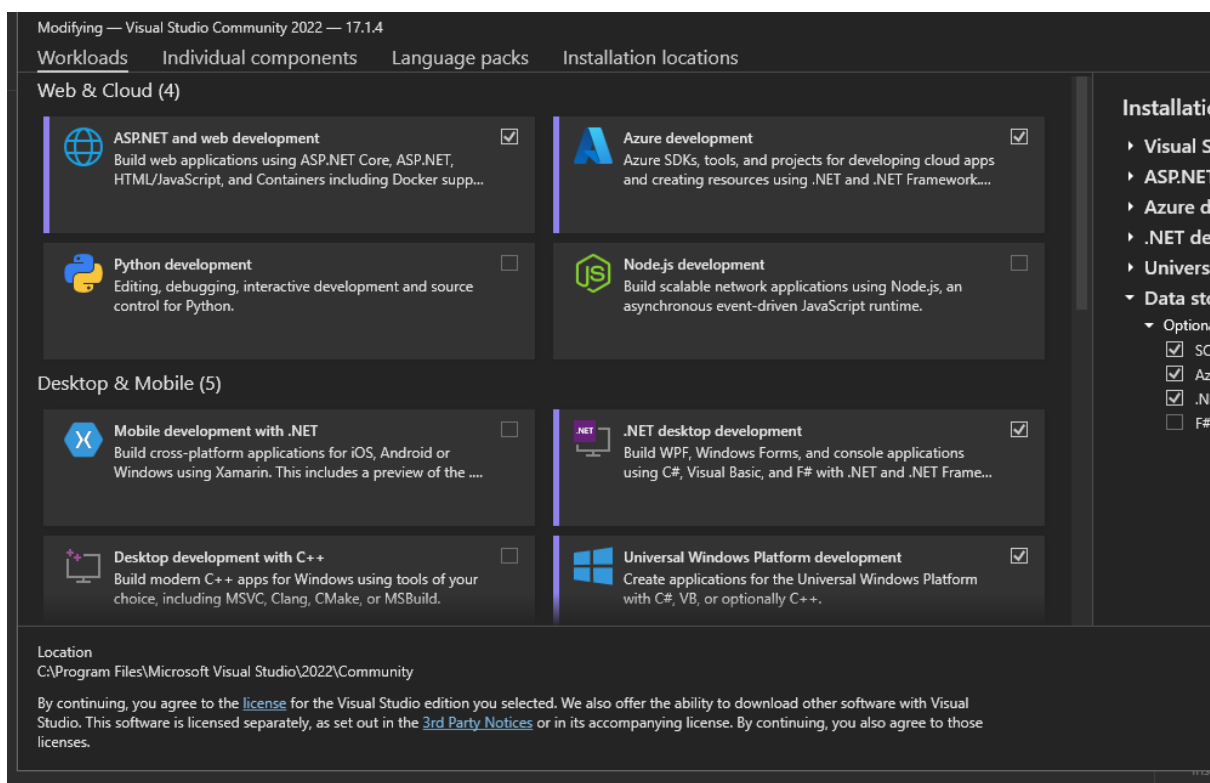
Column Name	Datatype	PK	NN	UQ	B	UN	ZF	AI	G	Default/Expression
 YourExerciseID	INT	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
 RoutineID	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
 ExerciseID	INT	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Visual Studio 2022 Installation

Install vs22, this will be what runs the API and the web app.

<https://visualstudio.microsoft.com/vs/>

Ensure that the following are selected.



Visual Studio Code Installation

Install visual studio code so that you can run the PanGains app. You should already have this installed from last year.

<https://code.visualstudio.com/>

Opening Code – All Repo Downloads

Web API Download

Now clone the PanGains web API repo or download the file whichever is easiest.

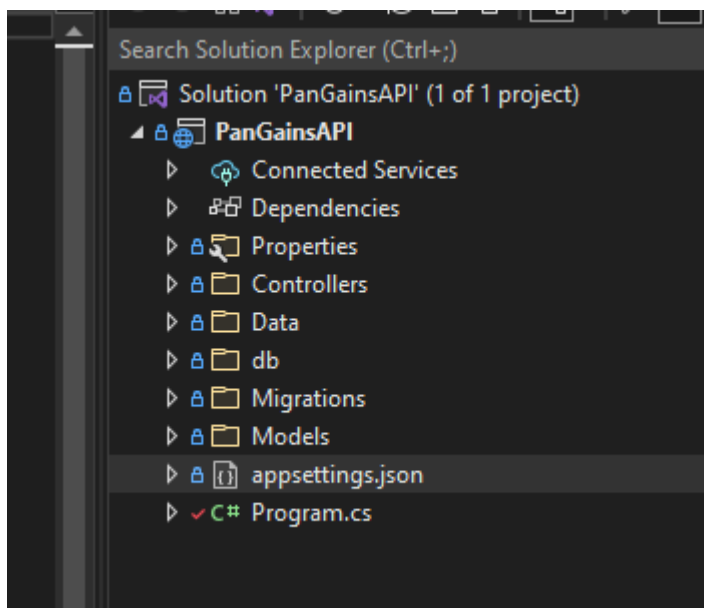
<https://github.com/theomcmullien/PanGainsAPI-MySql>

Web App Download

Now clone the PanGains web app repo or download the file whichever is easiest.

<https://github.com/theomcmullien/PanGainsWebApp>

Once the above are all installed go ahead and open the web API and web app with visual studio 22. Locate the solution explorer and go to appsettings.json.



Looking at the following connection strings

```
"ConnectionStrings": {  
  "PanGainsAPIContext": "Server=(localdb)\\mssqllocaldb;Database=PanGainsAPIContext-c8f3abda-2a3f-46c9-ael2;Trusted_Connection=True;MultipleActiveResultSets=true",  
  "PanGainsMySQL": "Server=localhost;Database=pangains;Uid=root;pwd=admin123",  
  "PanGainsContextSqlite": "Data Source=db/PanGains.db"
```

Locate the MySQL line and update the connection string to your uid and pwd.

Now do this for the API and the web app.

Now run both and they should be perfect.

Mobile App Download

Now clone the PanGains mobile app repo or download the file whichever is easiest.

<https://github.com/Riley-Howley/PanGains>

Now extract the file and open with visual studio code. You will not need to change anything in the application.

Now run the program with an android emulator.

Mobile App Manual

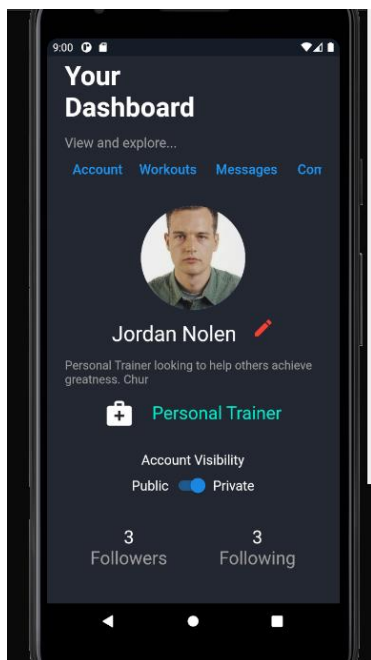
Once the app is loaded Sign up or sign in. Popular accounts are

Email: j.nolen@gmail.com

Password: 123

You can also Sign up for a new account.

Once you have reached the main app screen your screen will look like this.



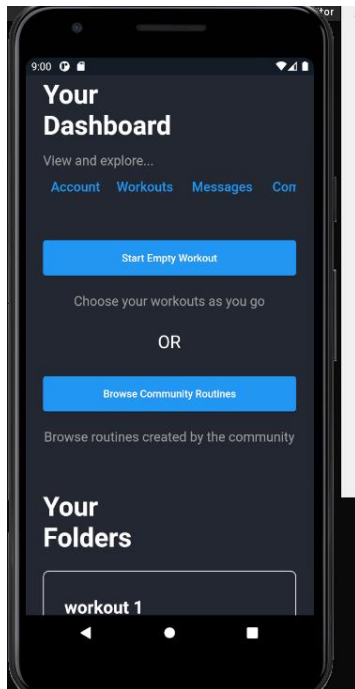
If you would like to edit the data of the account, click the red pen.

To view Followers, click on followers.

To View following click on following.

Scroll down have a look the rest is self-explanatory.

Next Locate the Workouts Page

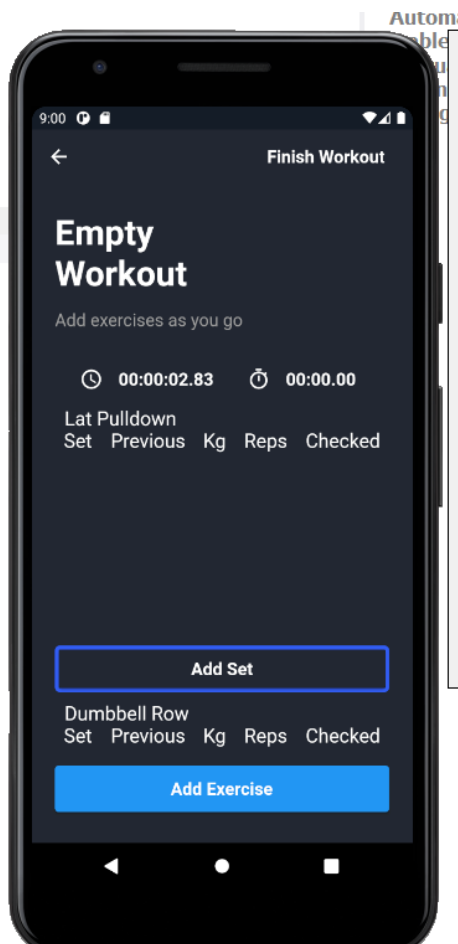


You can click start empty workout and select an exercise or Browse Community routines.

If the account has any folder feel free to click on them as well.

Clicking on a folder you can see a delete button this will delete the whole folder but if you want to delete a routine press and hold. I made this hidden because only people who make excuses delete routines.

Then scroll down and can see show history etc.

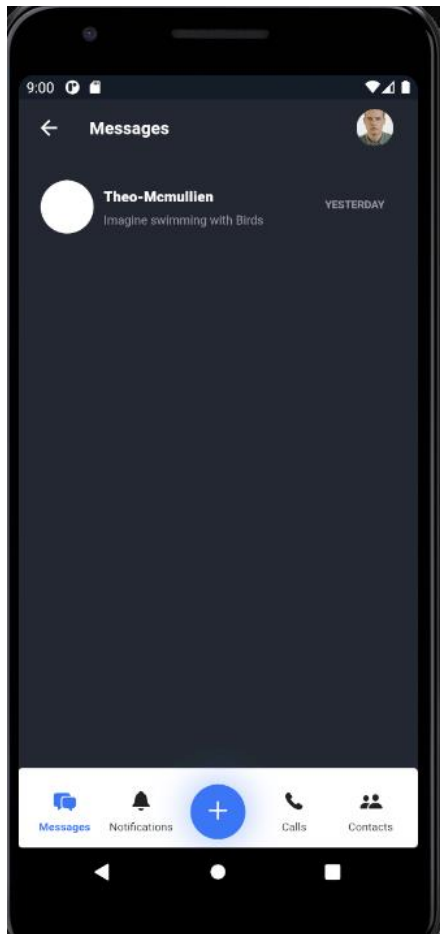


Here is the main part of the app. Click on the time on the right to set your rest timer.

Click add set and change the kg and reps. Then click add set and do as many sets as you like.

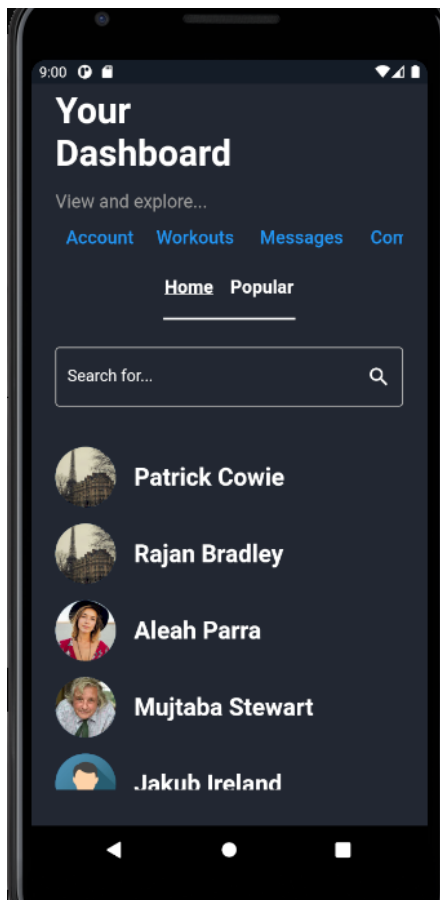
Once finished click checked and it will glow green. Now finish the workout and view your stats.

Next Locate the Message Screen



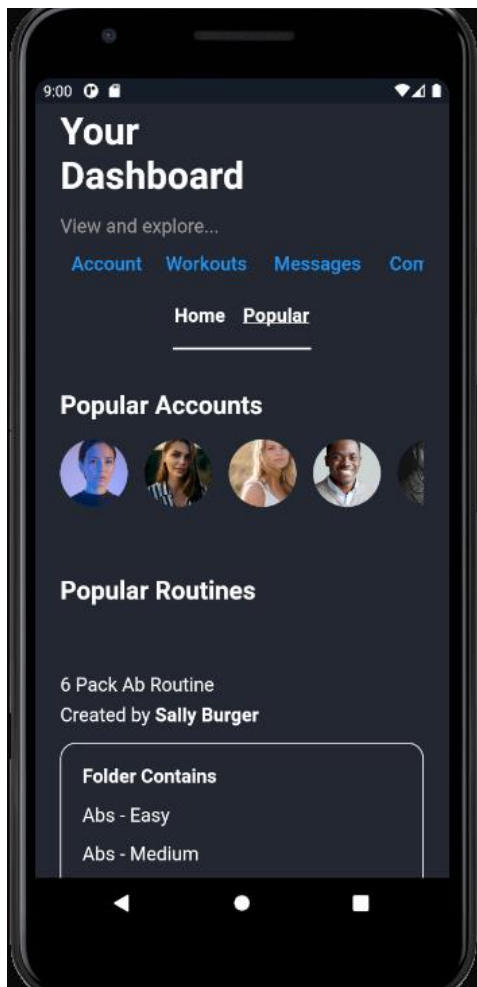
This is a full messaging part of the app and can talk to anyone in the app. Even PT.

Now locate the Community screen.

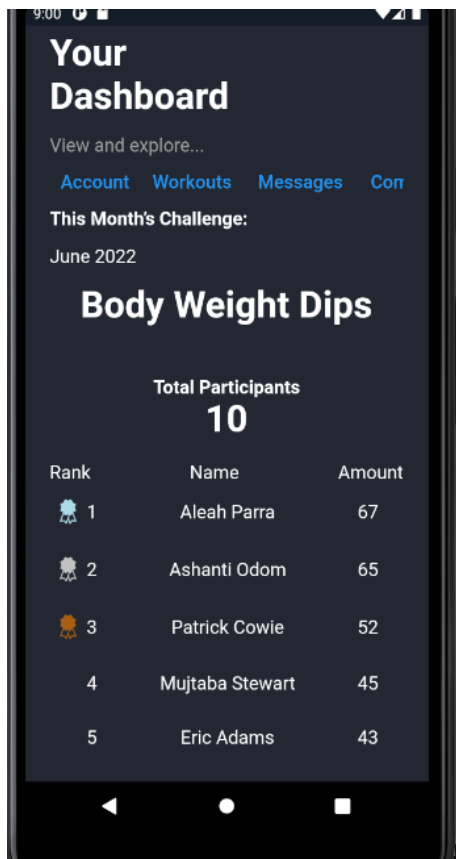


Here you can view all accounts that are public in the app and not private. You can also search. Click on the profile to view their details and stats and you can follow them like a full social media app.

Popular screen is fake data due to lack of users on the app.



Lastly locate the Leaderboard Screen.



This shows the stats of everyone that participated in the challenge.

The application will have bugs due to the size and limited time but here is the Full Social Media Application.

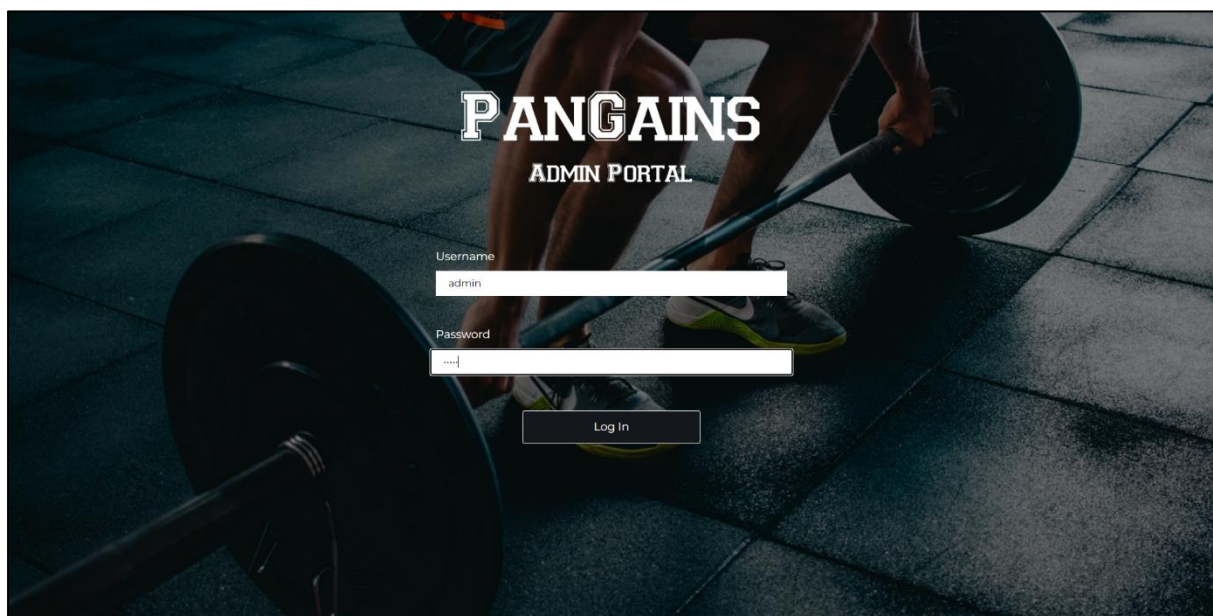
Web App/Admin Portal Manual

Log In Page

This page will be displayed on load of the application and will require an admin username and password for signing into the app. There will be no sign up or guest functionality on the web app as it is for administrative purposes only and will only be used for pre-existing admin accounts.

Admin Accounts:

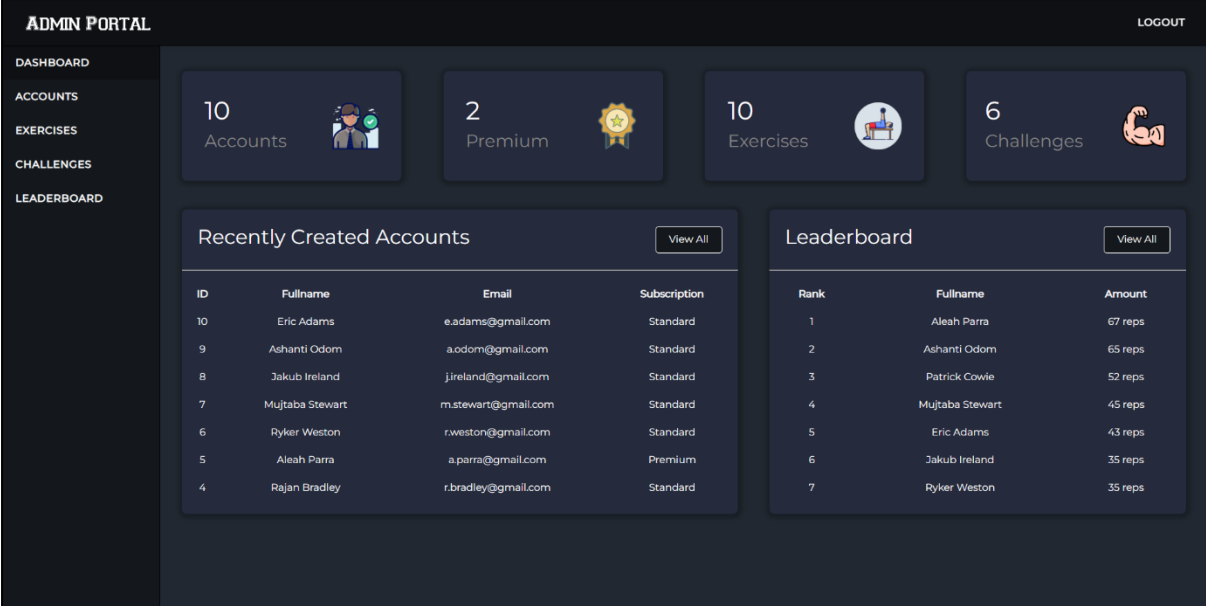
Username	Password
admin	123
Theo	123
Riley	123
Ameil	123
Kyle	123



Dashboard Page

This page will be displayed after logging in.

Every screen/page of the admin portal (Excluding the log in page) will display a log out button and a sidebar used for navigation with the following tabs: Dashboard, Accounts, Exercises, Challenges and Leader board.



The screenshot displays the Admin Portal dashboard. At the top, there is a header with 'ADMIN PORTAL' on the left and 'LOGOUT' on the right. A sidebar on the left contains navigation links: 'DASHBOARD', 'ACCOUNTS', 'EXERCISES', 'CHALLENGES', and 'LEADERBOARD'. The main content area features four summary cards: '10 Accounts' with a person icon, '2 Premium' with a gold medal icon, '10 Exercises' with a person at a desk icon, and '6 Challenges' with a flexing arm icon. Below these cards are two tables. The 'Recently Created Accounts' table lists 7 accounts with columns for ID, Fullname, Email, and Subscription. The 'Leaderboard' table lists 7 users with columns for Rank, Fullname, and Amount (in reps).

ID	Fullname	Email	Subscription
10	Eric Adams	e.adams@gmail.com	Standard
9	Ashanti Odom	a.odom@gmail.com	Standard
8	Jakub Ireland	j.ireland@gmail.com	Standard
7	Mujtaba Stewart	m.stewart@gmail.com	Standard
6	Ryker Weston	r.weston@gmail.com	Standard
5	Aleah Parra	a.parra@gmail.com	Premium
4	Rajan Bradley	r.bradley@gmail.com	Standard

Rank	Fullname	Amount
1	Aleah Parra	67 reps
2	Ashanti Odom	65 reps
3	Patrick Cowie	52 reps
4	Mujtaba Stewart	45 reps
5	Eric Adams	43 reps
6	Jakub Ireland	35 reps
7	Ryker Weston	35 reps

Accounts Page

This page will be displayed after an admin user clicks on the accounts tab on the navigation sidebar. This page will display every account registered within the app, filtered by most recent. There will be a search feature positioned at the top of the page allowing an admin user to search for a specific account via the accounts id, first name, last name, full name, email, or subscription type (Unfortunately this is case sensitive). The admin user will also have the ability to view, edit and delete an individual account via their respective buttons listed under the action column of the table.

ADMIN PORTAL

LOGOUT

DASHBOARD

ACCOUNTS

EXERCISES

CHALLENGES

LEADERBOARD

User Accounts

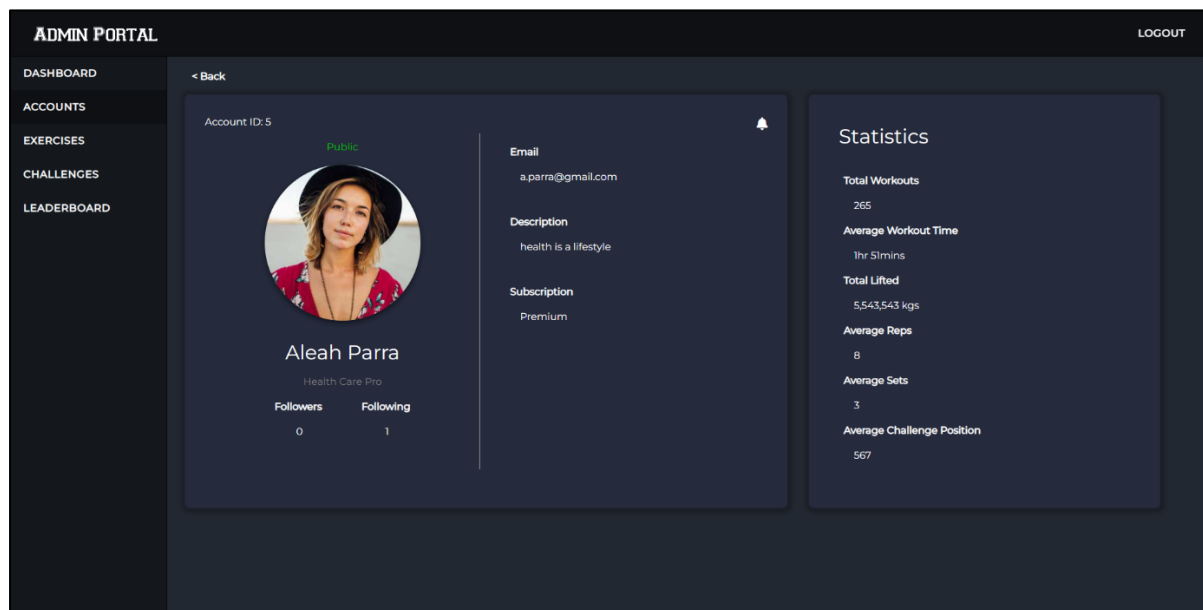
search...

Search

ID	Fullname	Email	Subscription	Action
10	Eric Adams	e.adams@gmail.com	Standard	<div><div></div><div></div><div></div></div>
9	Ashanti Odorn	a.odorn@gmail.com	Standard	<div><div></div><div></div><div></div></div>
8	Jakub Ireland	j.ireland@gmail.com	Standard	<div><div></div><div></div><div></div></div>
7	Mujtaba Stewart	m.stewart@gmail.com	Standard	<div><div></div><div></div><div></div></div>
6	Ryker Weston	r.weston@gmail.com	Standard	<div><div></div><div></div><div></div></div>
5	Aleah Parra	a.parra@gmail.com	Premium	<div><div></div><div></div><div></div></div>
4	Rajan Bradley	r.bradley@gmail.com	Standard	<div><div></div><div></div><div></div></div>
3	Patrick Cowie	p.cowie@gmail.com	Standard	<div><div></div><div></div><div></div></div>
2	Robert Smith	r.smith@gmail.com	Standard	<div><div></div><div></div><div></div></div>
1	John Doe	j.doe@gmail.com	Standard	<div><div></div><div></div><div></div></div>

Individual Account Details Page

This page will be displayed after an admin user clicks on the details button next to an account on the accounts table. This page will display all of the account's details and statistics along with a back button positioned on the top left of the screen which will redirect the admin user back to the accounts page.



Individual Accounts Edit Page

This page will be displayed after an admin user clicks on the edit button next to an account on the accounts table. This page will display all of the account's details and statistics. You can edit any of this information and press the save changes button to save the changes made. This will permanently save the changes on the web app and database. As well as a back button positioned on the top left of the screen which will redirect the admin user back to the accounts page.

The screenshot shows the 'ADMIN PORTAL' interface. On the left is a sidebar menu with options: DASHBOARD, ACCOUNTS, EXERCISES, CHALLENGES, and LEADERBOARD. The main content area is titled 'Edit Account Info' and includes a '< Back' button. The form contains the following fields:

- Firstname:** Aleah
- Lastname:** Parra
- Email:** a.parra@gmail.com
- Title:** Health Care Pro
- Description:** health is a lifestyle

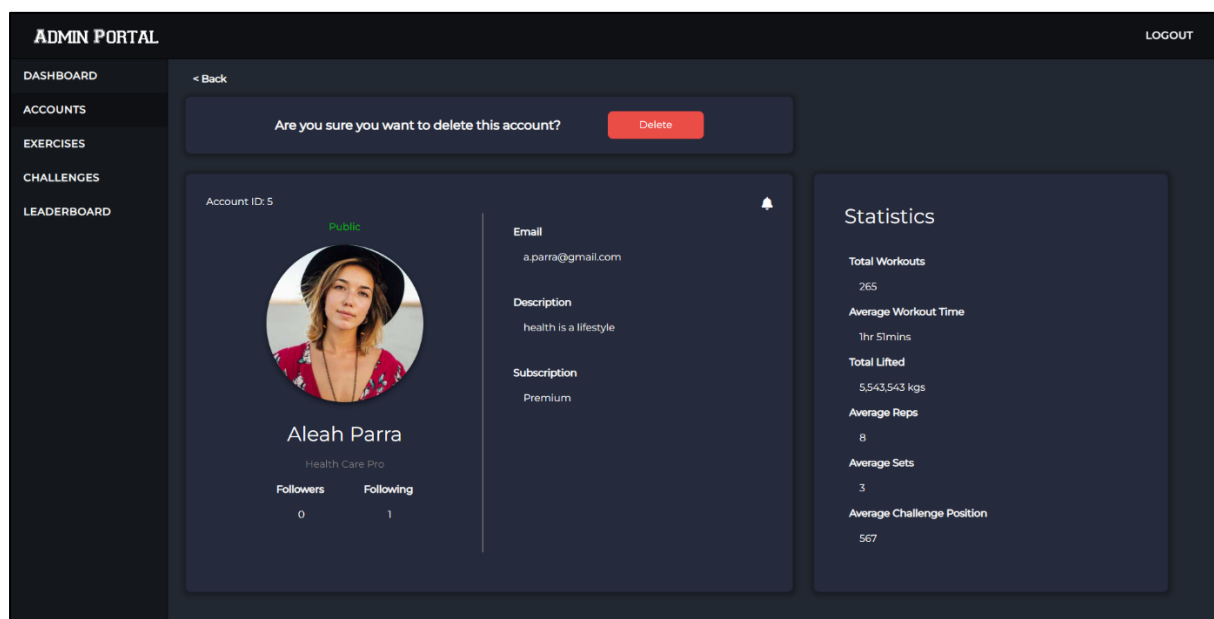
At the bottom of the form is a 'Save Changes' button. To the right of the form, the account details are displayed:

- Account ID:** 5
- Status:** Public
- Profile Picture:** A circular image of a woman with blonde hair wearing a red top.
- Name:** Aleah Parra
- Role:** Health Care Pro
- Email:** a.parra@gmail.com
- Description:** health is a lifestyle
- Subscription:** Premium

A 'LOGOUT' button is located in the top right corner of the portal.

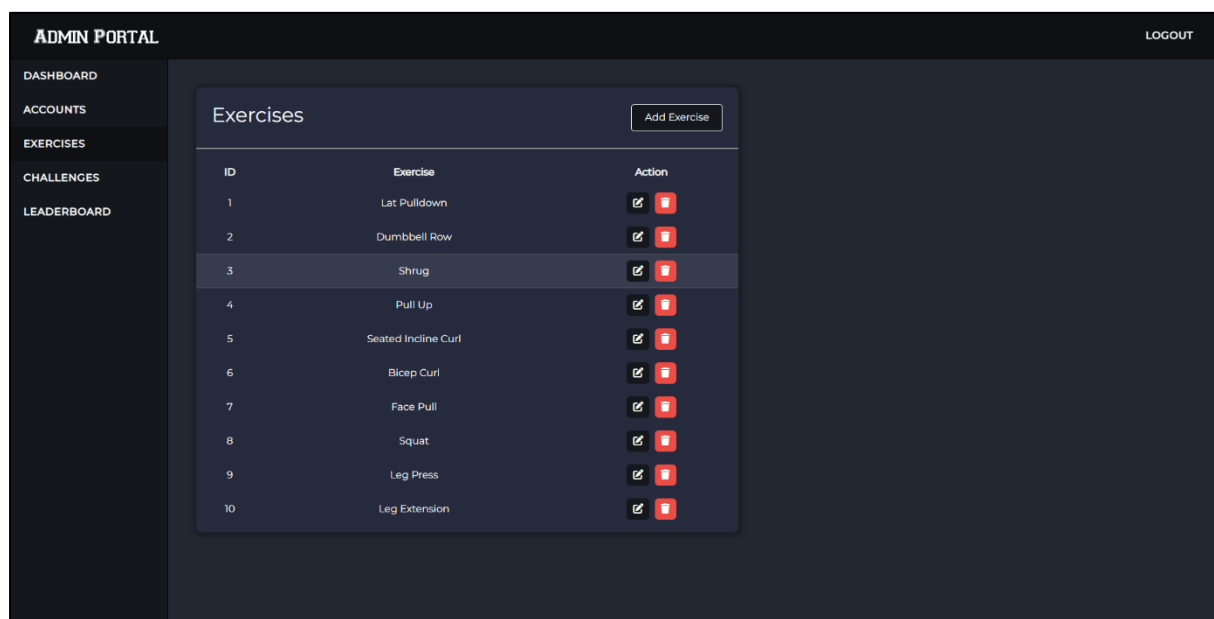
Individual Accounts Delete Page

This page will be displayed after an admin user clicks on the delete button next to an account on the accounts table. This page will display all of the account's details and statistics with a delete button near the top of the screen to confirm the deletion of the account before fully deleting it from the accounts page and database. This page will also consist of a back button positioned on the top left of the screen which will redirect the admin user back to the accounts page.



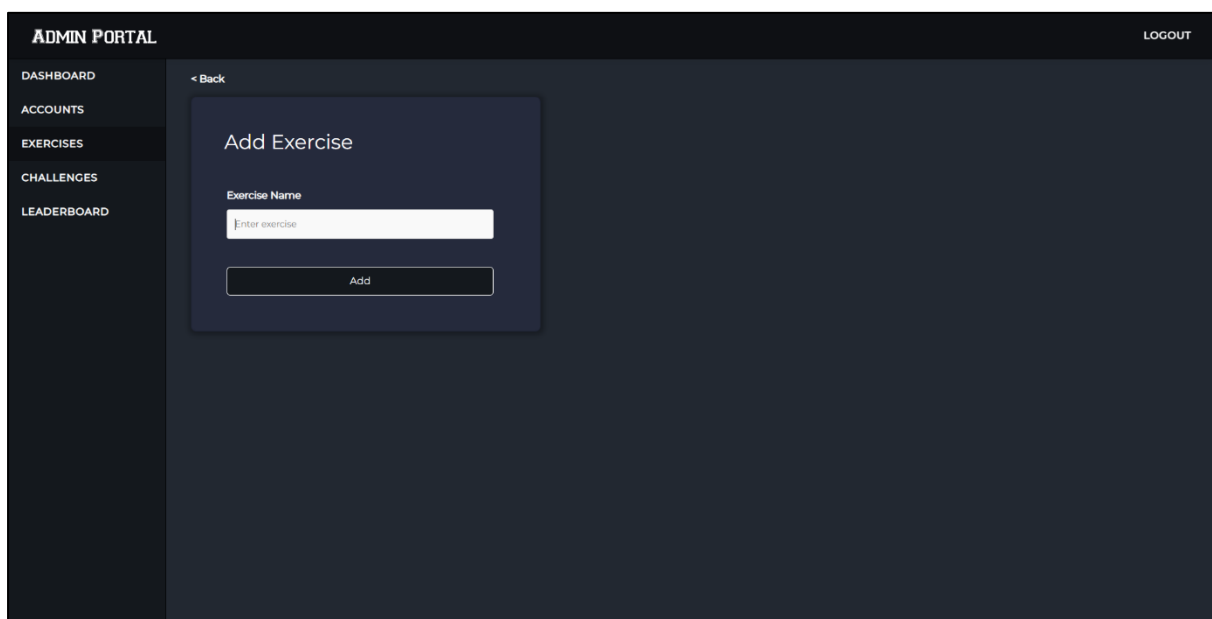
Exercises Page

This page will be displayed after an admin user clicks on the exercises tab on the navigation sidebar. This page will display every exercise within the app, filtered by id. There will be an add exercise button positioned at the top of the page allowing an admin user to add/create a new exercise on the exercises page and within the database itself. The admin user will also have the ability to edit and delete an exercise via their respective buttons listed under the action column of the table.



Exercises Create Page

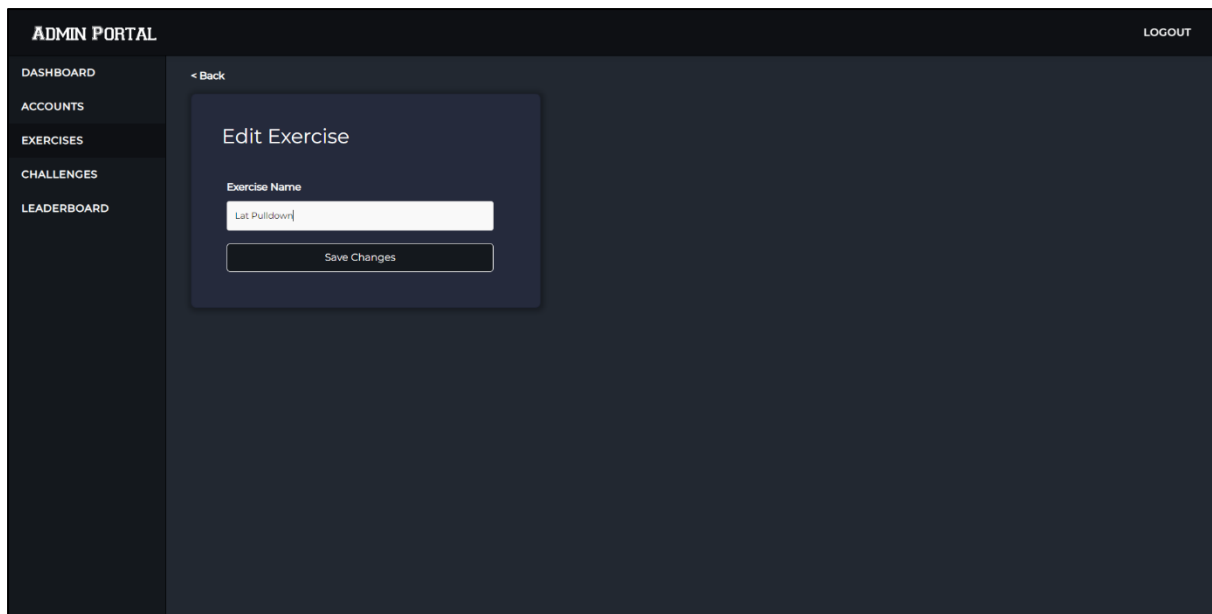
This page will be displayed after an admin user clicks on the add exercise button on the exercises page. This page will consist of a single input field and an add button in which the admin user can insert the name of a new exercise and click the add button, adding the new exercise into the exercises page and within the database itself. This page will also consist of a back button positioned on the top left of the screen which will redirect the admin user back to the exercises page.



The screenshot displays the 'ADMIN PORTAL' interface. On the left, a vertical sidebar contains navigation links: DASHBOARD, ACCOUNTS, EXERCISES, CHALLENGES, and LEADERBOARD. The 'EXERCISES' link is highlighted. In the top right corner, there is a 'LOGOUT' link. The main content area features a dark background with a central modal box titled 'Add Exercise'. Inside this modal, there is a label 'Exercise Name' above a text input field with the placeholder text 'Enter exercise'. Below the input field is an 'Add' button. A '< Back' link is located at the top left of the modal box.

Exercises Edit Page

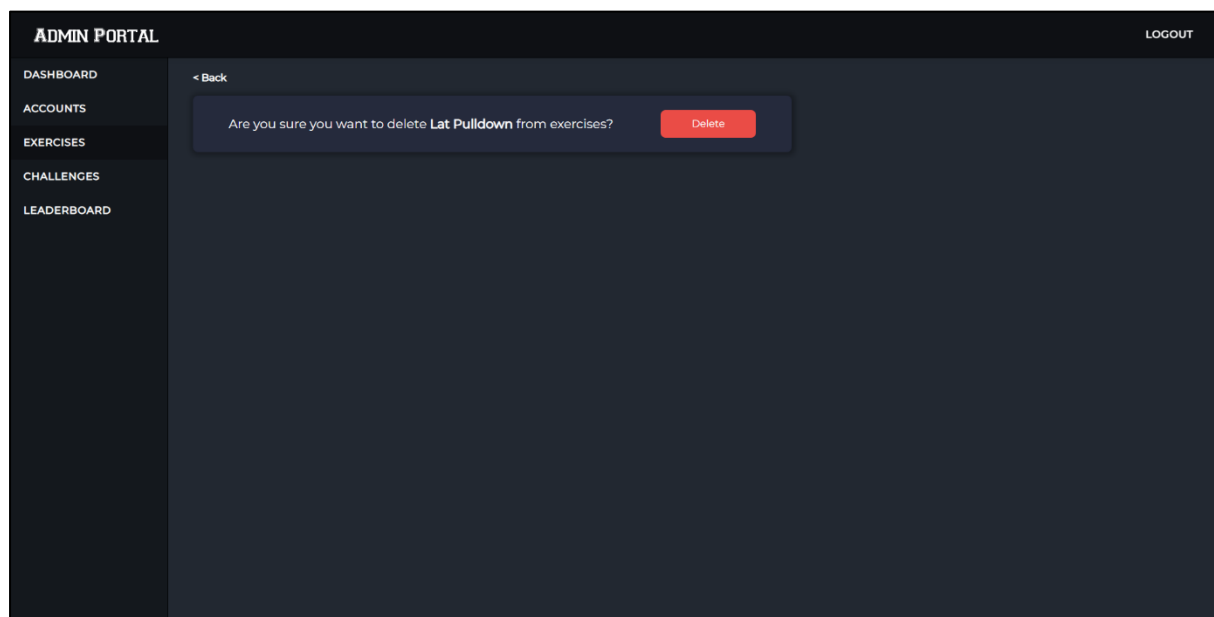
This page will be displayed after an admin user clicks on the edit button next to a specific exercise on the exercises page. This page will consist of a single input field which will be automatically filled in with the name of the exercise that was clicked on. From here the admin user can edit the exercise name and click save changes to update the exercises name on the exercises page and within the database itself. This page will also consist of a back button positioned on the top left of the screen which will redirect the admin user back to the exercises page.



The screenshot displays the 'ADMIN PORTAL' interface. On the left, a vertical sidebar contains navigation links: DASHBOARD, ACCOUNTS, EXERCISES (highlighted), CHALLENGES, and LEADERBOARD. The top right corner features a 'LOGOUT' link. The main content area has a dark background. At the top left of this area is a '< Back' button. Centered is a light gray modal box titled 'Edit Exercise'. Inside the modal, there is a label 'Exercise Name' above a text input field containing the placeholder 'Let Pulldown'. Below the input field is a 'Save Changes' button.

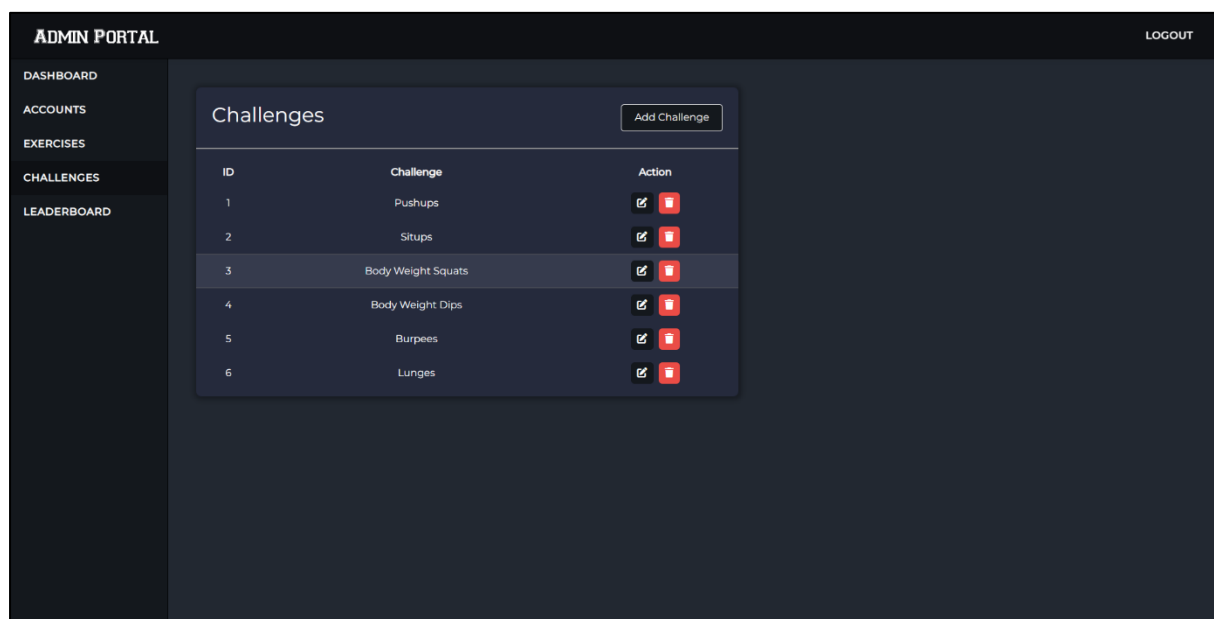
Exercises Delete Page

This page will be displayed after an admin user clicks on the delete button next to a specific exercise on the exercises page. This page will consist of a delete button near the top of the screen to confirm the deletion of the exercise before fully deleting it from the exercises page and the database itself. This page will also consist of a back button positioned on the top left of the screen which will redirect the admin user back to the exercises page.



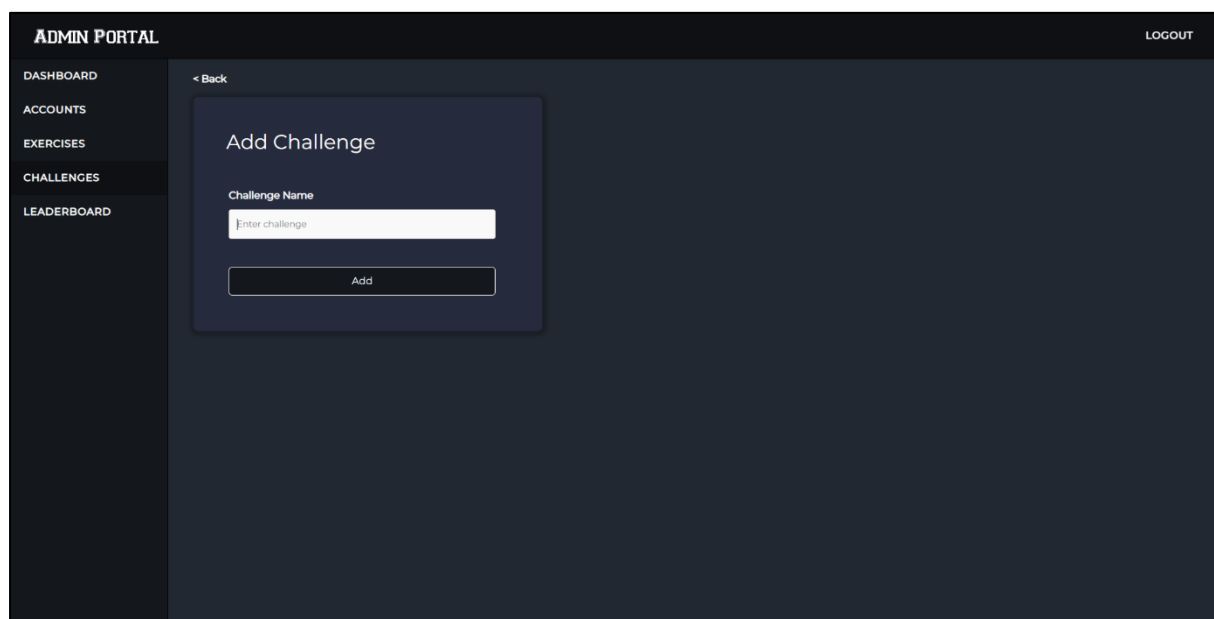
Challenges Page

This page will be displayed after an admin user clicks on the challenges tab on the navigation sidebar. This page will display every challenge within the app, filtered by id. There will be an add challenge button positioned at the top of the page allowing an admin user to add/create a new challenge on the challenges page and within the database itself. The admin user will also have the ability to edit and delete a challenge via their respective buttons listed under the action column of the table.



Challenges Create Page

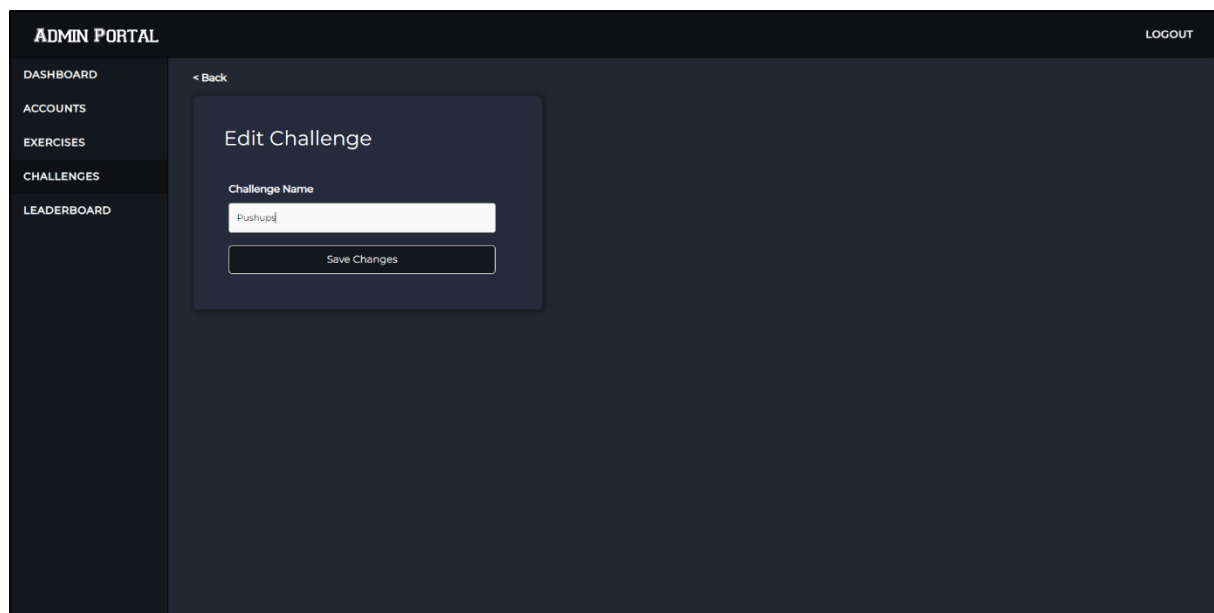
This page will be displayed after an admin user clicks on the add challenge button on the challenges page. This page will consist of a single input field and an add button in which the admin user can insert the name of a new challenge and click the add button, adding the new challenge into the challenges page and within the database itself. This page will also consist of a back button positioned on the top left of the screen which will redirect the admin user back to the challenges page.



The screenshot displays the 'ADMIN PORTAL' interface. On the left, a vertical sidebar contains navigation links: DASHBOARD, ACCOUNTS, EXERCISES, CHALLENGES, and LEADERBOARD. The 'CHALLENGES' link is highlighted. In the top right corner, there is a 'LOGOUT' link. The main content area features a dark blue modal box titled 'Add Challenge'. Inside this modal, there is a '< Back' link at the top left. Below it, the text 'Challenge Name' is followed by a white input field containing the placeholder text 'Enter challenge'. At the bottom of the modal is a dark blue button labeled 'Add'.

Challenges Edit Button

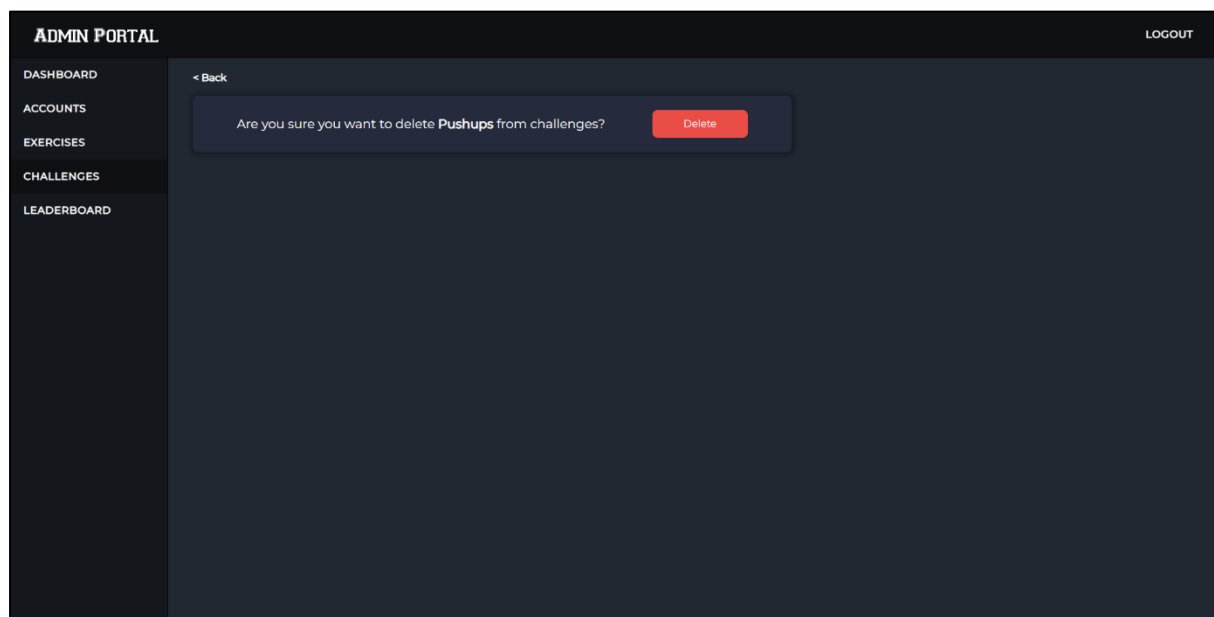
This page will be displayed after an admin user clicks on the edit button next to a specific challenge on the challenges page. This page will consist of a single input field which will be automatically filled in with the name of the challenge that was clicked on. From here the admin user can edit the challenge name and click save changes to update the challenges name on the challenges page and within the database itself. This page will also consist of a back button positioned on the top left of the screen which will redirect the admin user back to the challenges page.



The screenshot shows a dark-themed web application interface. At the top, a header bar contains 'ADMIN PORTAL' on the left and 'LOGOUT' on the right. A vertical sidebar on the left lists navigation options: 'DASHBOARD', 'ACCOUNTS', 'EXERCISES', 'CHALLENGES' (which is highlighted), and 'LEADERBOARD'. The main content area has a dark background. At the top left of this area is a '< Back' link. Centered in the main area is a light gray modal box titled 'Edit Challenge'. Inside this modal, there is a label 'Challenge Name' above a text input field containing the text 'Pushups'. Below the input field is a button labeled 'Save Changes'.

Challenges Delete Page

This page will be displayed after an admin user clicks on the delete button next to a specific challenge on the challenges page. This page will consist of a delete button near the top of the screen to confirm the deletion of the challenge before fully deleting it from the challenges page and the database itself. This page will also consist of a back button positioned on the top left of the screen which will redirect the admin user back to the challenges page.



Leader Board Page

This page will be displayed after an admin user clicks on the leader board tab on the navigation sidebar. This page will display a table of positions of the top ranked accounts of the current monthly challenge, filtered by amount of reps. The right side of the page will display the challenge name of the challenge to be used as the next month's challenge, if no challenge is set, "No Challenge Set" will be displayed. If no challenge has been set for the next month, the admin user will have the ability to click the create challenge button, creating a challenge. If there is a challenge set for the next month, the admin user will have the ability to remove the challenge and create a new challenge.

The screenshot shows the Admin Portal interface. On the left is a sidebar with navigation links: DASHBOARD, ACCOUNTS, EXERCISES, CHALLENGES, and LEADERBOARD (which is highlighted). The main content area is titled 'ADMIN PORTAL' and has a 'LOGOUT' link in the top right. The central part of the page is divided into two main sections. The left section is titled 'Leaderboard' and 'Body Weight Dips'. It contains a table with 10 rows of data. The right section is titled 'Next Months Challenge' and displays 'No Challenge Set' with a 'Create Challenge' button below it.

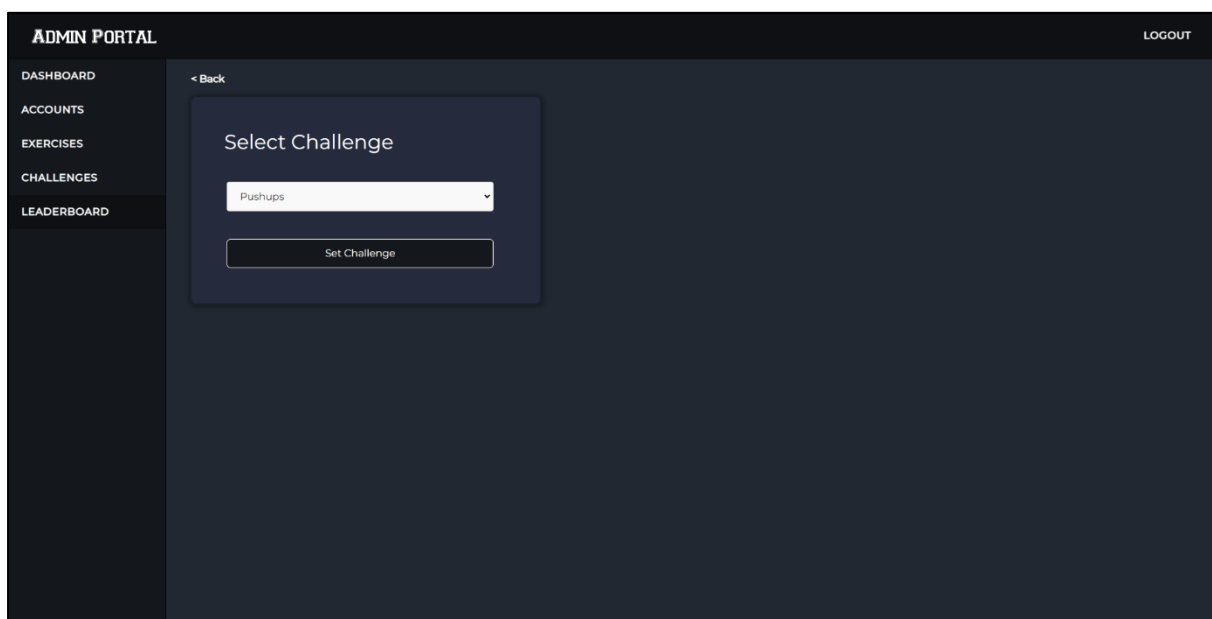
Rank	Fullname	Amount
1	Aleah Parra	67 reps
2	Ashanti Odom	65 reps
3	Patrick Cowie	52 reps
4	Mujtaba Stewart	45 reps
5	Eric Adams	43 reps
6	Jakub Ireland	35 reps
7	Ryker Weston	35 reps
8	Taliyah Bell	34 reps
9	Rajan Bradley	23 reps
10	Jordan Nolen	22 reps

This screenshot shows the same Admin Portal interface as the previous one, but with a different challenge set for the next month. The 'Next Months Challenge' section now displays 'Pushups' and a 'Remove Challenge' button. The 'Leaderboard' table remains the same, showing the top 10 ranked accounts for 'Body Weight Dips'.

Rank	Fullname	Amount
1	Aleah Parra	67 reps
2	Ashanti Odom	65 reps
3	Patrick Cowie	52 reps
4	Mujtaba Stewart	45 reps
5	Eric Adams	43 reps
6	Jakub Ireland	35 reps
7	Ryker Weston	35 reps
8	Taliyah Bell	34 reps
9	Rajan Bradley	23 reps
10	Jordan Nolen	22 reps

Leader Board Create Page

This page will be displayed after an admin user clicks on the create challenge button on the leader board page. This page will consist of a single dropdown field containing all challenges within the database and a set challenge button in which the admin user can then click, creating a new monthly challenge within the database set for next month. This page will also consist of a back button positioned on the top left of the screen which will redirect the admin user back to the leader boards page.



The screenshot displays the 'ADMIN PORTAL' interface. On the left, a dark sidebar contains a menu with the following items: DASHBOARD, ACCOUNTS, EXERCISES, CHALLENGES, and LEADERBOARD. The 'LEADERBOARD' item is highlighted. In the top right corner of the main content area, there is a 'LOGOUT' link. Below the sidebar, a modal window titled 'Select Challenge' is centered. This modal includes a '< Back' link at the top left, a dropdown menu with 'Pushups' selected, and a 'Set Challenge' button at the bottom.

Leader Board Delete Page

This page will be displayed after an admin user clicks on the remove button on the leader board page. This page will consist of a delete button near the top of the screen to confirm the deletion of the monthly challenge before fully deleting it from the database. This page will also consist of a back button positioned on the top left of the screen which will redirect the admin user back to the leader board page.

