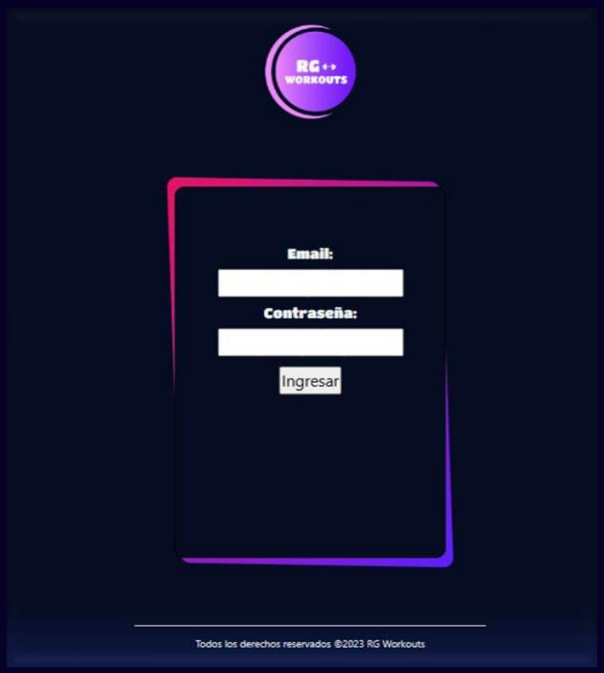


Web application for the creation of routines and student management.

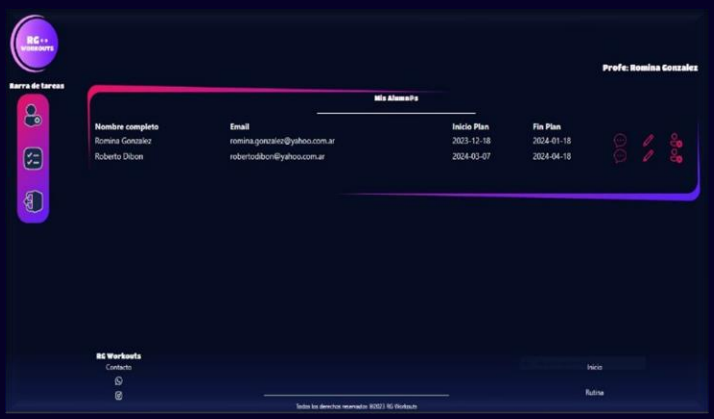
Within the current trends related to health care, progressive overload training is very frequent, which requires a systematic and personalized plan by professionals in the field.

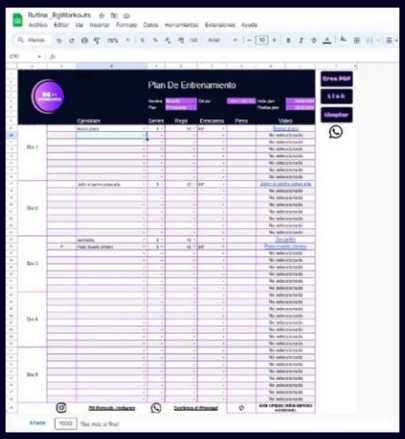
To facilitate their task, I designed a web application created to centralize the coach's activities within a digital and dynamic environment, providing personalized attention to their students.

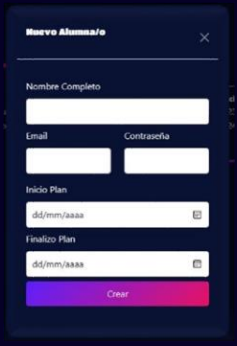
The versatility of the app allows you to connect to an internet domain from any device, being able to:

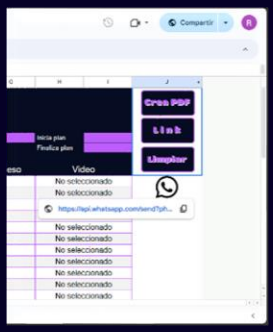
On the part of the Coach:

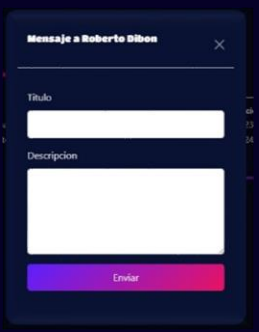
• By means of a user validation, it allows you to schedule students, save personal and contact data. • Create the training routines including videos of each of the exercises for better understanding, details of the times and modes of execution, number of sets, repetitions and respective rests.	• Record training plans and their expirations, as well as facilitate personalized routines to students through the WhatsApp messaging service in an easy and semi-automated way. • A direct messaging service with students.





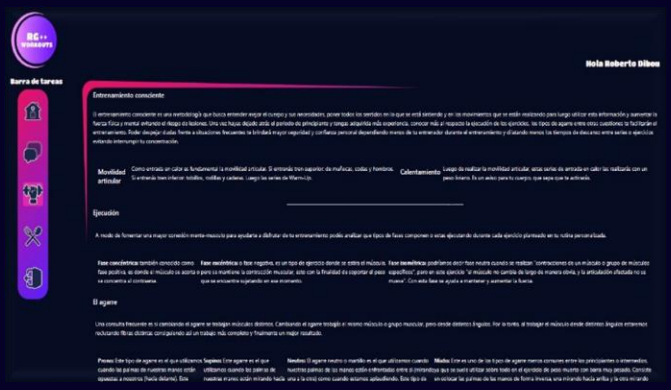






On the part of the Users:

• By means of a user validation, it allows you to enter a taskbar, welcome message and access to your initial form for the beginning of the training plan.	• Additional information on training and mindful eating according to the service. • Access to a messaging service, unilaterally by the coach to facilitate communication channels.



Technologies used in the project

It is entered with a data validation with access of 2 selective types, coach and users (with password encryption stored in the database).

By logging in as a coach , you can access a table with stored student data (C.R.U.D. basic functions), a side taskbar that allows you to create personalized routines; it has a one-sided messaging service (coach-students) at the customer's request and the Log-out button.

The creation of routines is done entirely in a custom Google sheets template, storing the routines in .PDF format in the coach's Google drive service through a button on it. To facilitate the use of the App from mobile devices, routines in this format can be sent in a semi-automated way through the WhatsApp messaging service by means of a button on it, functions developed with Google Apps Scripts.

By logging in as a user , you will enter a welcome message and a form to start the training plan. There is also a side taskbar with access to the messaging system, information relevant to training and nutrition, access to the App's messaging service and Log-out button.

The entry forms are designed with Google docs, sent and stored to the coach's Google drive.

The messaging service connects to a MySql table and has an unread message indicator on the home_user screen.

The Back-end design of the App was created with the Python V3.11.4 language under an MTV architecture model using the Flask V2.3.2 framework. Jinja2 templates were used. The databases are made with MySQL using phpMyAdmin for their management. It stores encrypted log-in data (password hash), it does so through its own Python module (werkzeug.security) encrypting the password in the database inclusive.

The Front-end development following a responsive-design model allowing it to adapt to mobile device and desktop/laptop screens up to 900px wide using HTML 5 and CSS 3 languages for its design. Some template models from Bootstrap were used using the color palette required by the client in accordance with the provided logo of the company, designed by third parties.