Fitness Zone

1. Workout Plan Management

Create:

• Allow users to create custom workout plans by selecting exercises from a library.

• Users can specify details such as the number of sets, repetitions, and rest intervals.

Read:

• Display a list of all user-created workout plans.

• Provide a calendar view to visualize scheduled workouts.

Update:

• Users can edit their existing workout plans, including adding or removing exercises.

• Allow users to reschedule their workouts on the calendar.

Delete:

• Provide an option to delete any workout plan they no longer need.

2. Class and Session Booking

Create:

• Users can book classes or personal training sessions.

• Allow users to create custom sessions for specific goals, like weight loss or strength training.

Read:

• Show a schedule of all available classes and sessions.

• Display a user’s booking history and upcoming sessions.

Update:

• Users can reschedule or update their booked sessions.

• Allow users to modify details of their custom sessions.

Delete:

• Users can cancel booked classes or sessions.

3. Nutrition and Meal Planning

Create:

• Users can create custom meal plans, selecting from a database of healthy recipes.

• Allow users to enter their own recipes and nutritional information.

Read:

• Display a list of all user-created meal plans and individual recipes.

• Provide nutritional analysis and summary views of meal plans.

Update:

• Users can update their meal plans and recipes, including modifying ingredients and portion sizes.

Delete:

• Users can delete meal plans and recipes they no longer want to use.

4. Progress and Goal Tracking

Create:

• Users can set fitness goals (e.g., weight loss, muscle gain) and track their progress.

• Allow users to log workout details and body measurements.

Read:

• Display progress over time with charts and graphs.

• Show a summary of goal achievements and milestones.

Update:

• Users can update their progress logs and adjust their goals as needed.

• Allow users to edit past entries in their progress logs.

Delete:

• Users can delete progress logs or specific entries if they make mistakes or no longer want to track certain data.

Additional Features to Enhance CRUD Operations

1. User Profiles:

• Create: Allow users to create profiles with personal information and fitness preferences.

• Read: Display user profiles with workout history, meal plans, and progress.

• Update: Users can update their profiles with new information or preferences.

• Delete: Users can delete their accounts and all associated data.

2. Community Engagement:

• Create: Users can create and join community groups or forums.

• Read: Display posts and discussions from community groups.

• Update: Users can edit their posts and group memberships.

• Delete: Users can delete their posts and leave groups.

3. Feedback and Reviews:

• Create: Allow users to provide feedback on classes, trainers, and the gym facilities.

• Read: Display reviews and ratings for classes and trainers.

• Update: Users can update their feedback if their opinions change.

• Delete: Users can delete their review