The Shrey Method Fitness Platform Guide

A Step-by-Step Guide for Non-Developers

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Welcome to your comprehensive guide for building The Shrey Method Fitness Platform! This guide is designed for non-developers, breaking down the process into manageable steps with clear explanations.

What We're Building

We're creating a fitness coaching platform that will allow you to:

- Have clients log in to their personal dashboards
- Share workout plans and nutrition guides with clients
- Process payments for your coaching services
- Allow clients to schedule sessions with you
- Manage all your clients from a coach dashboard

Guide Sections

This guide is divided into several sections to make it easier to follow:

1. Web Development Basics - Key concepts explained for beginners
2. Tools Setup - Setting up your computer for development
3. Phase 1: User Login System - Creating authentication
4. Phase 2: Building Dashboards - Client and coach interfaces
5. Phase 3: Payment Processing - Integrating Stripe
6. Phase 4: Scheduling - Integrating Calendly
7. Troubleshooting - Solutions to common issues
8. Glossary - Technical terms explained

How to Use This Guide

1. Start by reading the Web Development Basics section if you're new to web development
2. Follow the Tools Setup guide to prepare your computer
3. Work through each phase in order, as later phases build on earlier ones
4. Use the Troubleshooting section if you encounter any issues
5. Refer to the Glossary for explanations of technical terms

Prerequisites

This guide assumes you have:

- A computer running Windows, macOS, or Linux
- Basic computer skills (installing software, navigating files)

- An internet connection
- A willingness to learn!

No prior programming experience is required.

Ready to get started? Begin with Web Development Basics or jump straight to Tools Setup if you're already familiar with web concepts.