# FITNESS CLUB DOCUMENTATION

**Date: 20/11/2020**

# GYM Management System

## About

It is an Android Application. The project aims to develop a GYM Management System that will handle all the necessary and minute details easily and provide the proper database security accordingly to the user. The main purpose of the system is to automate the GYM center so that it can make the trainers and trainees data and schedule easily accessible and also making it easy to keep records in a secure database. The database will hold the information about trainers, trainees, registrations, schedules and all the transactions that occur in GYM and lock-up with the graphical user interface. It also provides the facility of search and advanced search for searching the records efficiently and immediately. This system provides an ease for the gym owner to manage the gym center without any hustle.

## Description / User Stories

| User story No. | User Story Title | User Story Description | Technical Details |
|---|---|---|---|
| 1. | Make Reservation | • As a trainee, I want to make a reservation for a particular membership so that I can attend GYM sessions.<br><br>**Acceptance criteria**<br>• I know I am done when I will make the reservation for my desired membership.<br>• My reservation would fail due to technical issue in system. | • Adding data related to a particular membership in a database.<br><br>• Create a user interface for making the reservation. |
| 2. | Cancel Reservation | • As a trainee, I want to cancel my reservation as I have reached my target sessions I required.<br><br>**Acceptance criteria**<br>• I know I am done when I will cancel my reservation for further GYM sessions and empty the slot for others. | • Deleting data related to a particular membership from a database.<br><br>• Create a user interface for cancelling the reservation. |

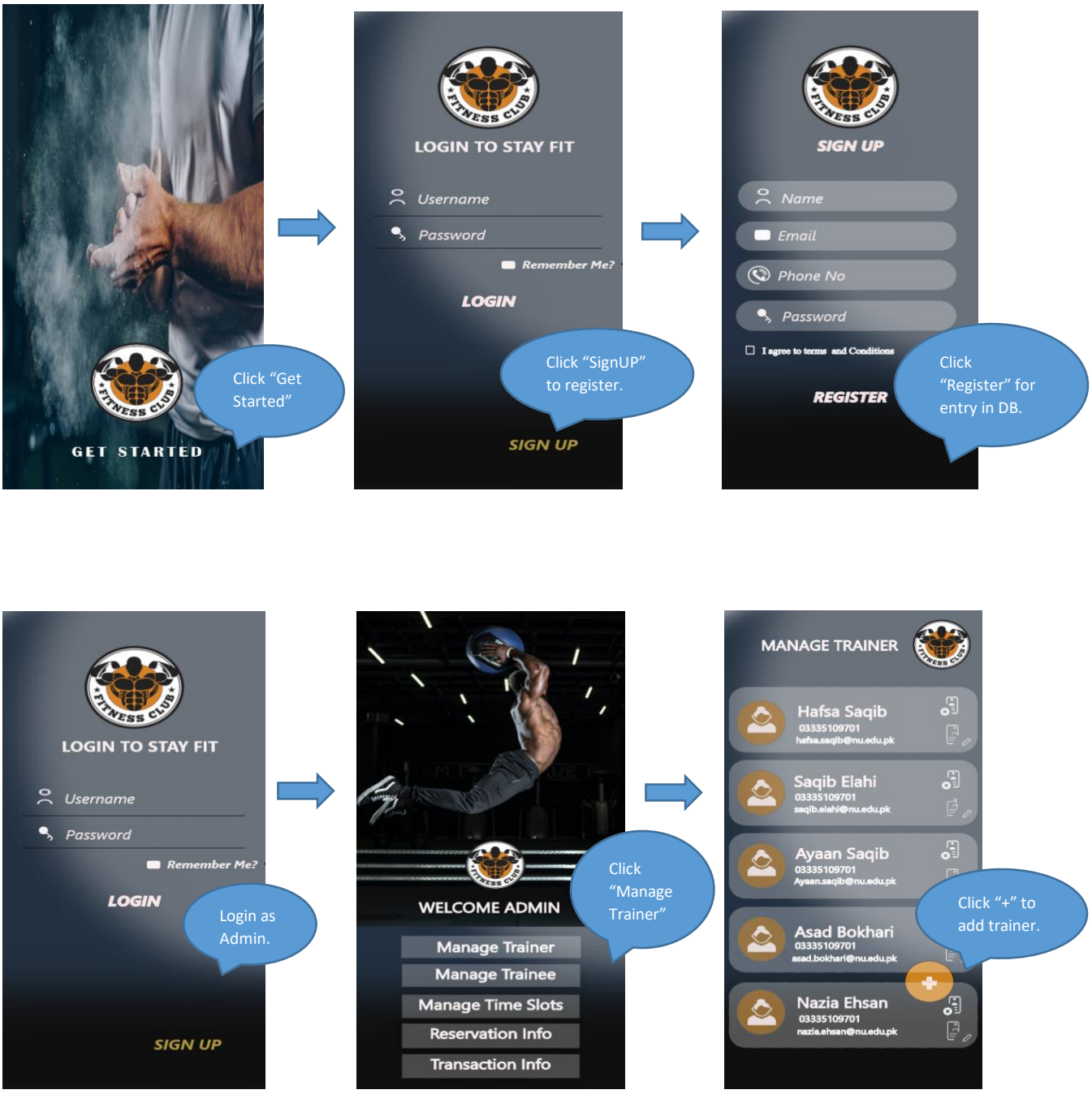
| | | | |
|---|---|---|---|
| | | • My cancelation would fail due to technical issue in system. | |
| 3. | Booking Trainer | • As a trainee, I want to book my trainer my for the GYM sessions according to my needs and wants.<br><br>**Acceptance criteria**<br>• I know I am done when I have booked my trainer according to my requirements.<br>• I failed to book the trainer if trainer availability doesn't match my availability. | • Adding data related to a particular booked trainer into the database.<br><br>• Create a user interface for booking the trainer. |
| 4. | View Attended Sessions | • As a trainee, I want to know the number of sessions I have attended so far so that I may know how many sessions left.<br><br>**Acceptance criteria**<br>• I know I am done when I will look into my sessions done list.<br>• I know I failed if I haven't marked my attended sessions correctly. | • Adding data related to attended sessions in the database.<br><br>• Create a user interface for view attended sessions. |
| 5. | Give Feedback | • As a trainee, I want to give feedback so that management can enhance their facilities.<br><br>**Acceptance criteria**<br>• I know I am done when I will leave honest feedback for the GYM center.<br>• I failed if my feedback is not submitted due to technical issues. | • To store the data of feedback into the database.<br><br>• Create a user interface for feedback of trainee. |

| | | | |
|---|---|---|---|
| 6. | View Schedule | • As a trainee, I want to view my weekly schedule given by trainer to have a proper GYM routine.<br><br>**Acceptance criteria**<br>• I know I am done when I will have my complete schedule to follow.<br>• I know I failed if my schedule is not visible to me. | • Adding data related to the schedule of the gym in the database.<br><br>• Create a user interface for view schedule. |
| 7. | Search Options | • As an admin, I want to know which trainee is supervised by which trainer so that no clashes for the timings arise.<br><br>• As an admin, I want to know about the trainer and their time slots (free + booked).<br><br>**Acceptance criteria**<br>• I know I am done when I have the list of trainees with their trainers and trainers with their time slots<br>• I know I failed if any of the lists is not available to me. | • Searching the data related to the trainees and trainers in the database.<br><br>• Create a user interface for search options. |
| 8. | Show Reservation Information | • As an admin, I want to know how many reservations are made in a day so that I can have their record.<br><br>• As an admin, I want to know how many reservations are cancelled in a day, so that I can have their record. | • Searching the data related to the reservations made and cancelled in the database.<br><br>• Create a user interface for show reservation information. |

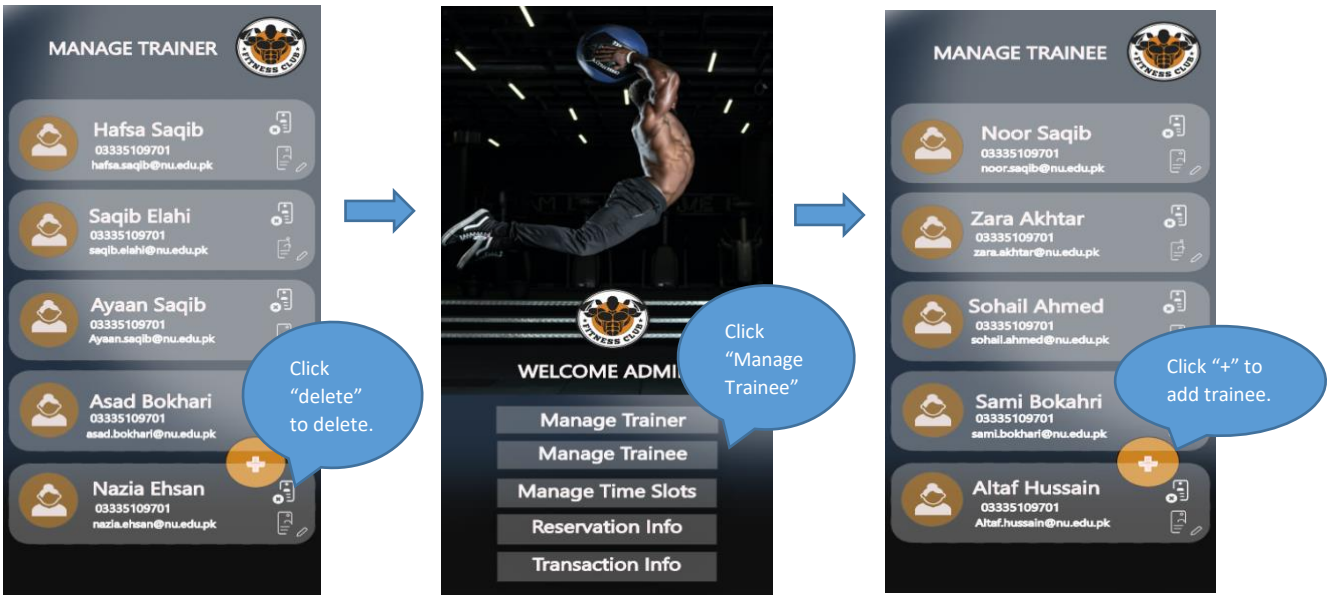
| | | | |
|---|---|---|---|
| | | **Acceptance criteria**<br>• I know I am done when I will have the list of all reservations made in a day and how many reservations are cancelled.<br>• I know I failed if none of the lists are available to me. | |
| 9. | Show Transaction | • As an admin, I want to know how many transactions are made in a month and how many are due to make a smooth running of system.<br><br>**Acceptance criteria**<br>• I know I am done when I have a list of transactions made.<br>I know I failed if none of the transactions are visible to me. | • Searching the data related to the transactions made and due in the database.<br><br>• Create a user interface for show transaction. |
| 10. | Notify Payment Due | • As a trainee associated with particular GYM center, I want myself to be informed about when my next payment is due so that I can make arrangements.<br><br>**Acceptance criteria**<br>• I know I am done when I am informed about my next payment due.<br>• I know I failed if the user is not notified about the next payment due. | • Adding data related to the schedule of the gym in the database.<br><br>• Create a user interface for notify payment due. |

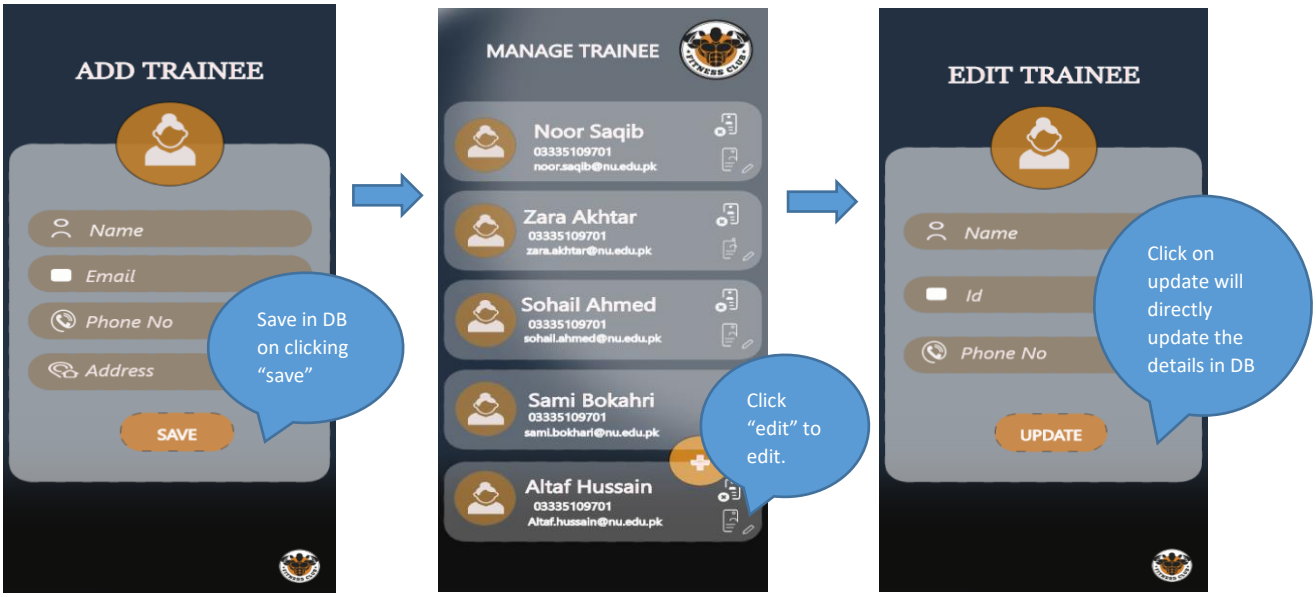
| | | | |
|---|---|---|---|
| 11. | Manage Trainers | • As an admin, I want to manage Trainers (add, edit, delete) so that the system can use the data to build the database.<br><br>**Acceptance criteria**<br>• I know I am done when I get a confirmation.<br>• I know I failed if I have not get any confirmation message. | • Create a Trainers class that contains events.<br><br>• Create user interface to add, edit and delete Trainer's data.<br><br>• Creation of Database on cloud. |
| 12. | Manage Trainees | • As an admin, I want to manage Trainees (add, edit, delete) so that the system can use the data to build the database.<br><br>**Acceptance criteria**<br>• I know I am done when I get a confirmation.<br>• I know I failed if I have not get any confirmation message. | • Create a Trainees class that contains events.<br><br>• Create user interface to add, edit and delete Trainee data.<br><br>• Creation of Database on cloud. |
| 13. | Manage Time Slots | .<br>• As an admin, I want to manage trainers time slots (add, edit, delete) so that the system can use the data to build the database.<br><br>**Acceptance criteria**<br>• I know I am done when I get a confirmation.<br>• I know I failed if I have not get any confirmation message. | • Create a Time Slots class that contains events.<br><br>• Create user interface to add, edit and delete Time Slot data.<br><br>• Creation of Database on cloud. |

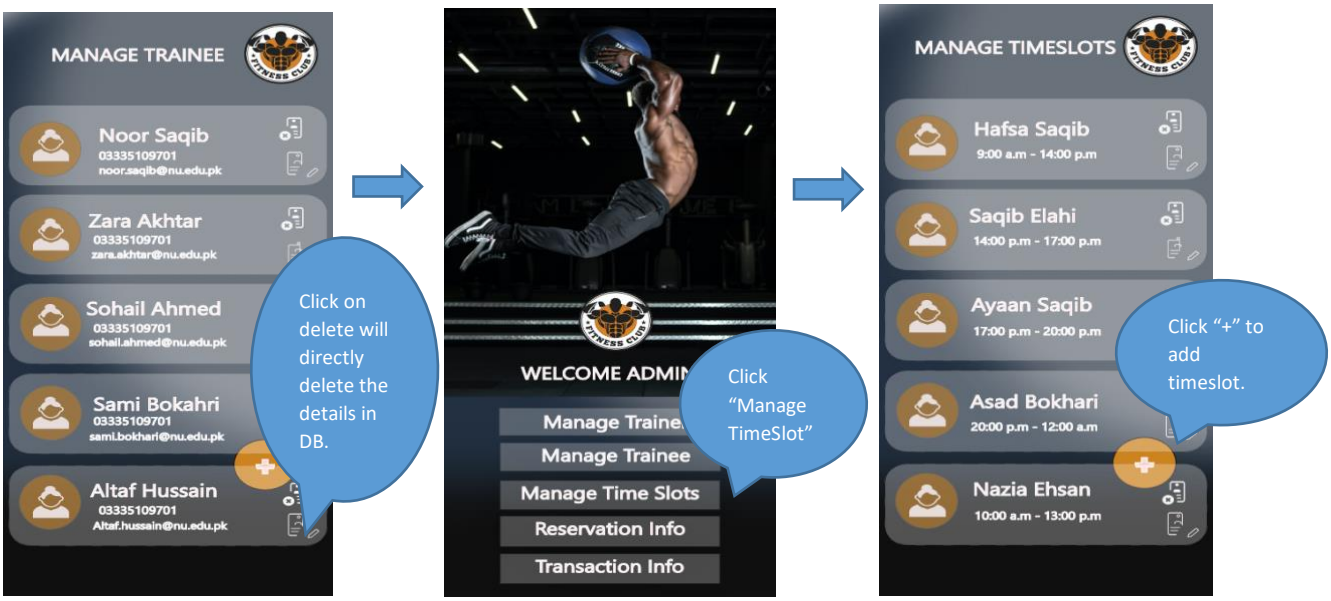
# Navigation Map

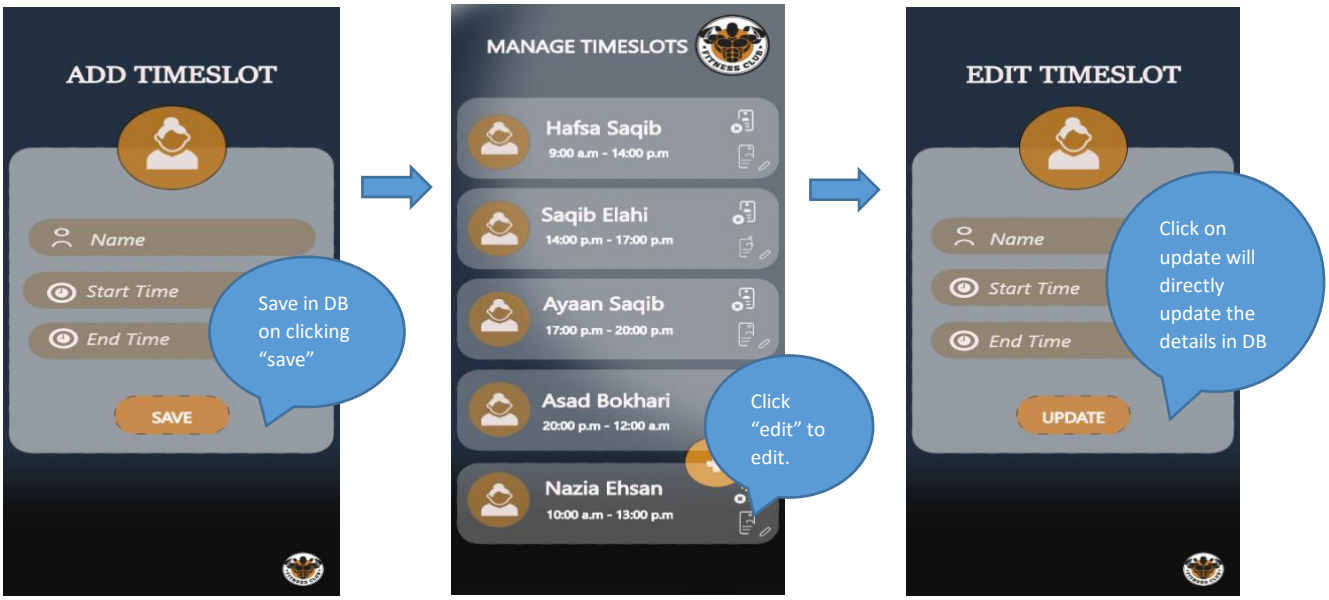


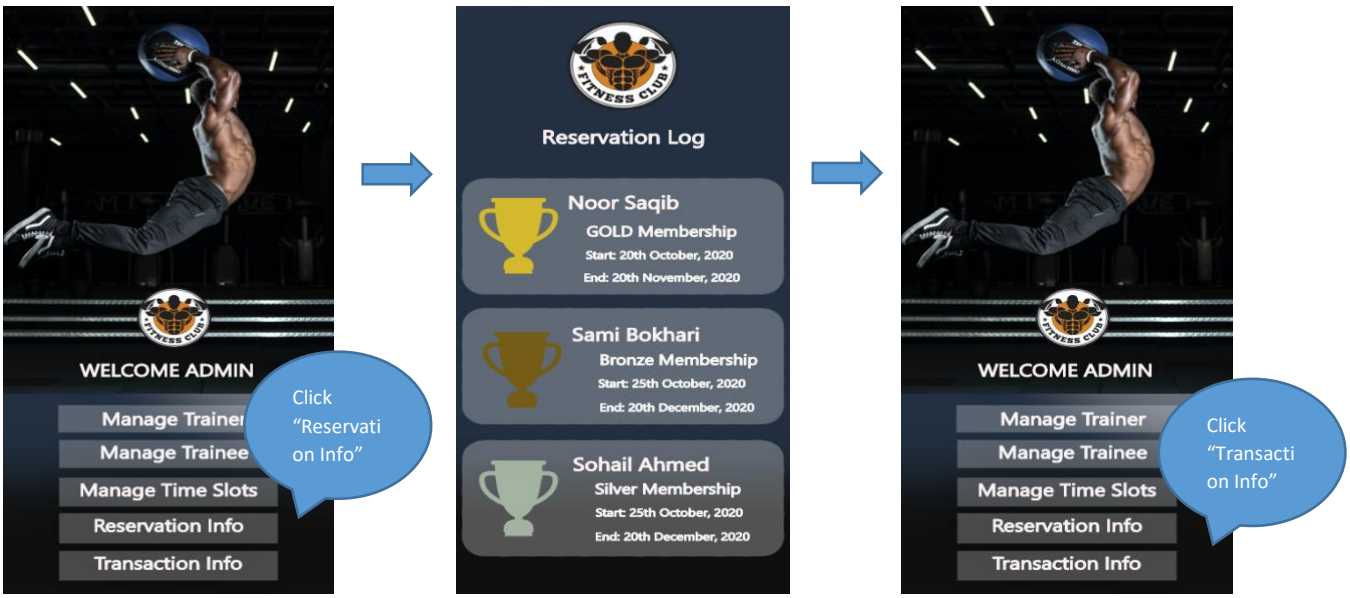
ADD TRAINER
Name
Email
Phone No
Address
SAVE
Save in DB on clicking "save"
MANAGE TRAINER
Hafsa Saqib
03335109701
hafsa.saqib@nu.edu.pk
Saqib Elahi
03335109701
saqib.elahi@nu.edu.pk
Ayaan Saqib
03335109701
Ayaan.saqib@nu.edu.pk
Asad Bokhari
03335109701
asad.bokhari@nu.edu.pk
Nazia Ehsan
03335109701
nazia.ehsan@nu.edu.pk
Click "edit" to edit.
EDIT TRAINER
Name
Id
Phone No
UPDATE
Click on update will directly update the details in DB

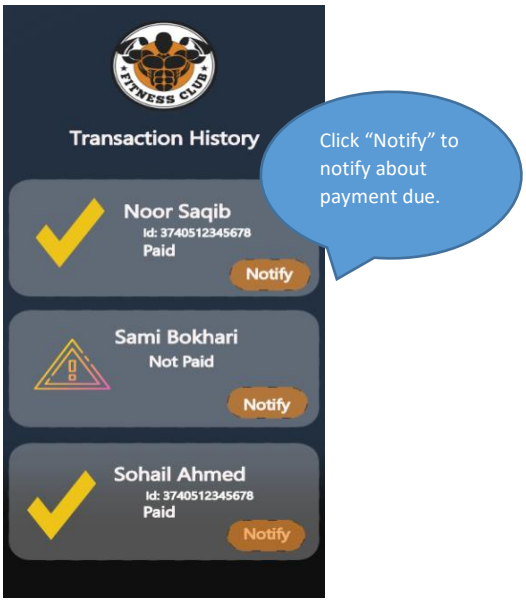

MANAGE TRAINER
Hafsa Saqib
03335109701
hafsa.saqib@nu.edu.pk
Saqib Elahi
03335109701
saqib.elahi@nu.edu.pk
Ayaan Saqib
03335109701
Ayaan.saqib@nu.edu.pk
Asad Bokhari
03335109701
asad.bokhari@nu.edu.pk
Nazia Ehsan
03335109701
nazia.ehsan@nu.edu.pk
Click "delete" to delete.
WELCOME ADMI
Manage Trainer
Manage Trainee
Manage Time Slots
Reservation Info
Transaction Info
Click "Manage Trainee"
MANAGE TRAINEE
Noor Saqib
03335109701
noor.saqib@nu.edu.pk
Zara Akhtar
03335109701
zara.akhtar@nu.edu.pk
Sohail Ahmed
03335109701
sohail.ahmed@nu.edu.pk
Sami Bokahri
03335109701
sami.bokhari@nu.edu.pk
Altaf Hussain
03335109701
Altaf.hussain@nu.edu.pk
Click "+" to add trainee.

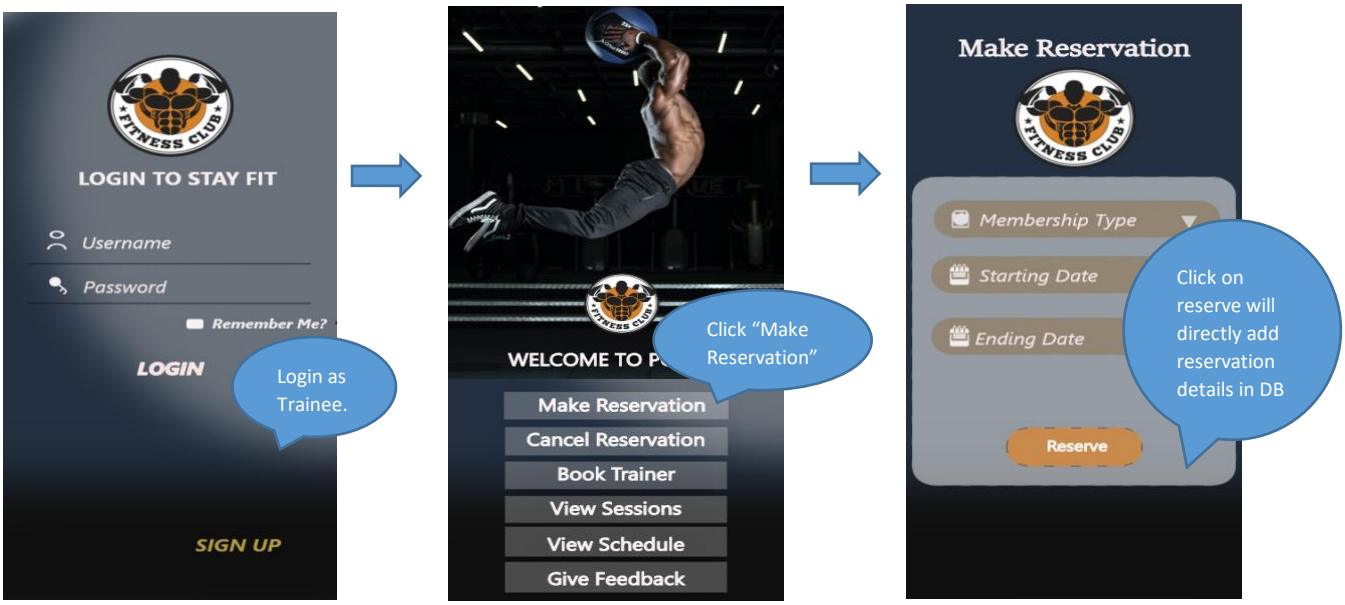

ADD TRAINEE
Name
Email
Phone No
Address
SAVE
Save in DB on clicking "save"
MANAGE TRAINEE
Noor Saqib
03335109701
noor.saqib@nu.edu.pk
Zara Akhtar
03335109701
zara.akhtar@nu.edu.pk
Sohail Ahmed
03335109701
sohail.ahmed@nu.edu.pk
Sami Bokahri
03335109701
sami.bokhari@nu.edu.pk
Altaf Hussain
03335109701
Altaf.hussain@nu.edu.pk
Click "edit" to edit.
EDIT TRAINEE
Name
Id
Phone No
UPDATE
Click on update will directly update the details in DB


MANAGE TRAINEE
Noor Saqib
03335109701
noor.saqib@nu.edu.pk
Zara Akhtar
03335109701
zara.akhtar@nu.edu.pk
Sohail Ahmed
03335109701
sohail.ahmed@nu.edu.pk
Sami Bokahri
03335109701
sami.bokhari@nu.edu.pk
Altaf Hussain
03335109701
Altaf.hussain@nu.edu.pk
Click on delete will directly delete the details in DB.
WELCOME ADMI
Manage Traine
Manage Trainee
Manage Time Slots
Reservation Info
Transaction Info
Click "Manage TimeSlot"
MANAGE TIMESLOTS
Hafsa Saqib
9:00 a.m - 14:00 p.m
Saqib Elahi
14:00 p.m - 17:00 p.m
Ayaan Saqib
17:00 p.m - 20:00 p.m
Asad Bokhari
20:00 p.m - 12:00 a.m
Nazia Ehsan
10:00 a.m - 13:00 p.m
Click "+" to add timeslot.

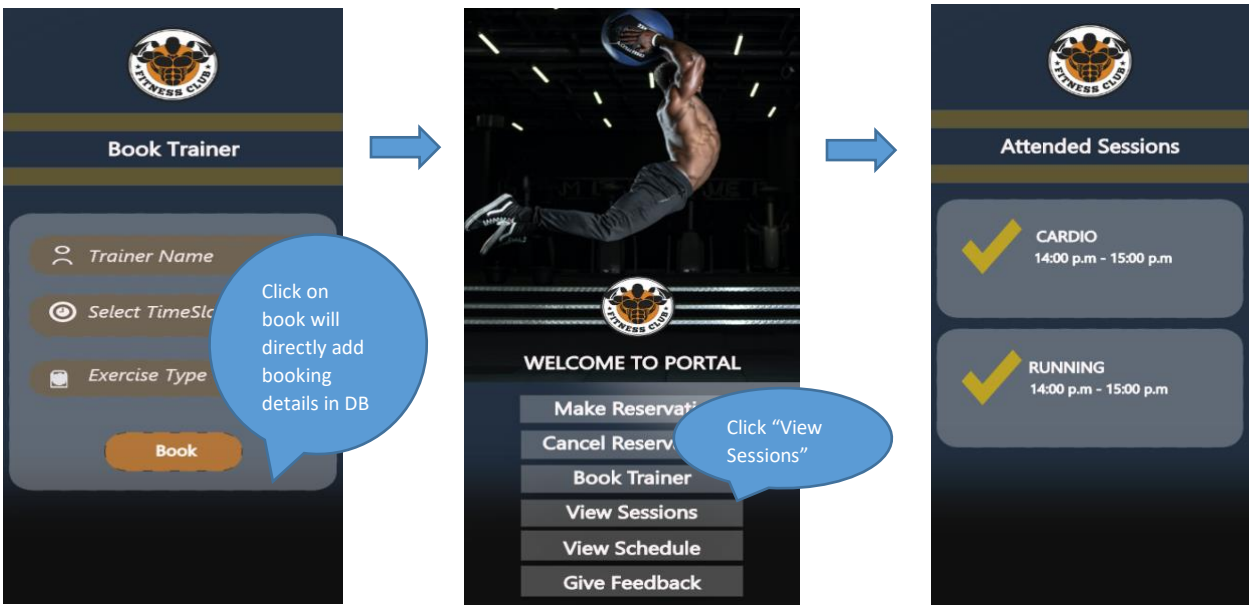

ADD TIMESLOT
Name
Start Time
End Time
SAVE
Save in DB on clicking "save"
MANAGE TIMESLOTS
Hafsa Saqib
9:00 a.m - 14:00 p.m
Saqib Elahi
14:00 p.m - 17:00 p.m
Ayaan Saqib
17:00 p.m - 20:00 p.m
Asad Bokhari
20:00 p.m - 12:00 a.m
Nazia Ehsan
10:00 a.m - 13:00 p.m
Click "edit" to edit.
EDIT TIMESLOT
Name
Start Time
End Time
UPDATE
Click on update will directly update the details in DB

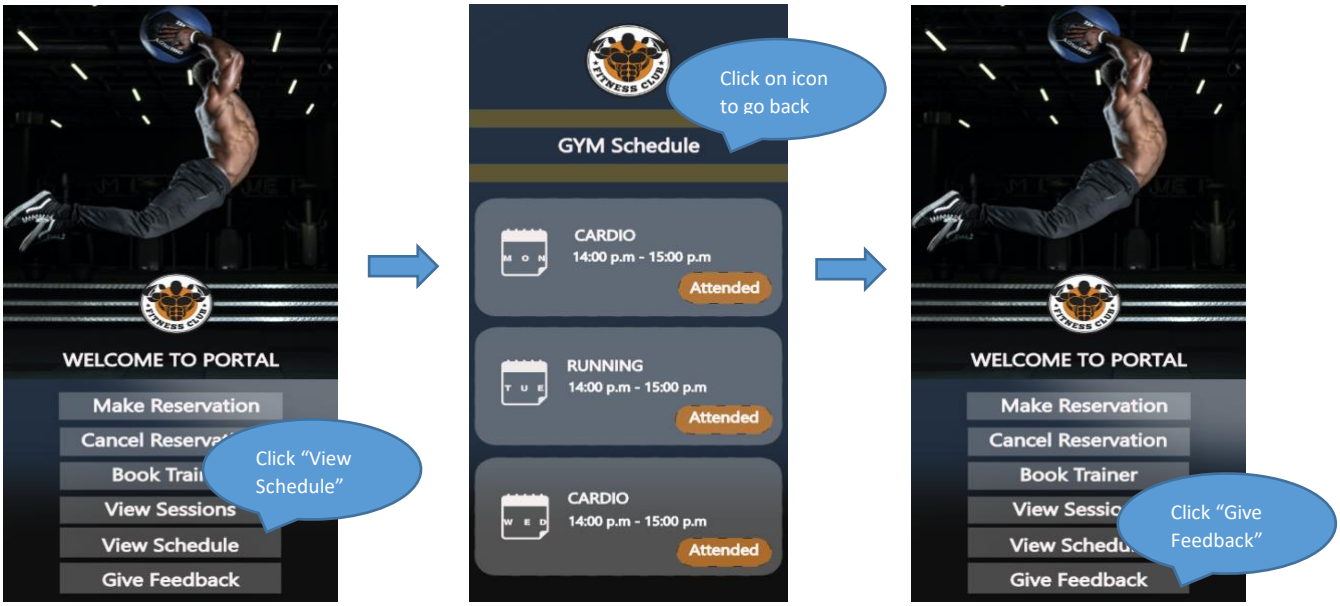

WELCOME ADMIN
Manage Trainer
Manage Trainee
Manage Time Slots
Reservation Info
Transaction Info
Click "Reservation Info"
Reservation Log
Noor Saqib
GOLD Membership
Start: 20th October, 2020
End: 20th November, 2020
Sami Bokhari
Bronze Membership
Start: 25th October, 2020
End: 20th December, 2020
Sohail Ahmed
Silver Membership
Start: 25th October, 2020
End: 20th December, 2020
WELCOME ADMIN
Manage Trainer
Manage Trainee
Manage Time Slots
Reservation Info
Transaction Info
Click "Transaction Info"

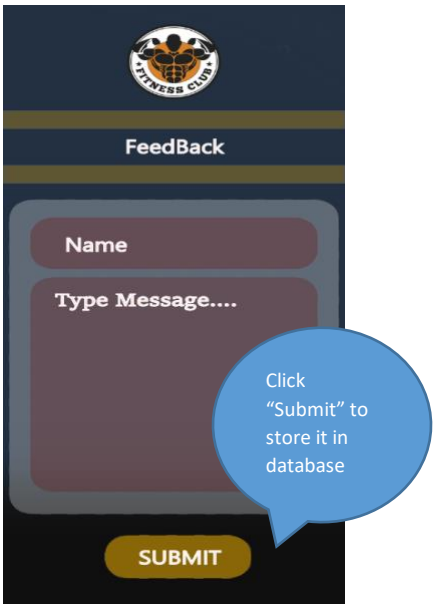

Transaction History
Noor Saqib
Id: 3740512345678
Paid
Notify
Sami Bokhari
Not Paid
Notify
Sohail Ahmed
Id: 3740512345678
Paid
Notify
Click “Notify” to notify about payment due.


LOGIN TO STAY FIT
Username
Password
Remember Me?
LOGIN
SIGN UP
Login as Trainee.
WELCOME TO P
Make Reservation
Cancel Reservation
Book Trainer
View Sessions
View Schedule
Give Feedback
Click “Make Reservation”
Make Reservation
Membership Type
Starting Date
Ending Date
Reserve
Click on reserve will directly add reservation details in DB

WELCOME TO POR
Make Reservatio
Cancel Reservation
Book Trainer
View Sessions
View Schedule
Give Feedback
Click "Cancel Reservation"
Reservation Log
GOLD Membership
Start: 20th October, 2020
End: 20th November, 2020
CANCEL
Click "Cancel" to cancel the reservatio
WELCOME TO PORTAL
Make Reserv
Cancel Reserva
Book Trainer
View Sessions
View Schedule
Give Feedback
Click "Book Trainer"


Book Trainer
Trainer Name
Select TimeSlo
Exercise Type
Book
Click on book will directly add booking details in DB
WELCOME TO PORTAL
Make Reservati
Cancel Reserv
Book Trainer
View Sessions
View Schedule
Give Feedback
Click "View Sessions"
Attended Sessions
CARDIO
14:00 p.m - 15:00 p.m
RUNNING
14:00 p.m - 15:00 p.m


WELCOME TO PORTAL
Make Reservation
Cancel Reserva
Book Trai
View Sessions
View Schedule
Give Feedback
Click "View Schedule"
GYM Schedule
Click on icon to go back
CARDIO
14:00 p.m - 15:00 p.m
Attended
RUNNING
14:00 p.m - 15:00 p.m
Attended
CARDIO
14:00 p.m - 15:00 p.m
Attended
WELCOME TO PORTAL
Make Reservation
Cancel Reservation
Book Trainer
View Sessio
View Schedu
Give Feedback
Click "Give Feedback"


FeedBack
Name
Type Message....
Click "Submit" to store it in database
SUBMIT

# User Personification

- **As a Trainee**

**Julia Richards**

SR. MARKETING MANAGER

Summer Hill, NSW
42
Married, 2 kids

**PERSONALITY**

| | |
|---|---|
| Introvert | Extrovert |
| Thinking | Feeling |
| Sensing | Intuition |
| Judging | Perceiving |

## BIO

Julia is happily married with two kids. Before kids she was consistently active for gym. However, since she's had kids, her priorities shifted and finding time to exercise became almost impossible.

But now that her kids are a bit older and more independent, so she has the time on her hands. She's recently got back to her full time job and also made a decision to get back in shape by joining the gym.

## GOALS

- To find an effective training plan
- Attend gym sessions 4 times a week and see the record and progress
- Get in better shape
- Knowledge full coach with best training skills
- Reminds me when I need to make an installment

## MOTIVATION

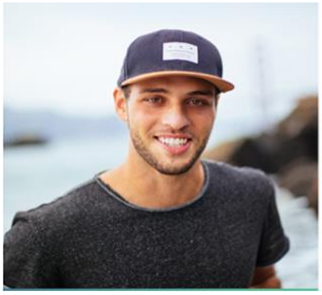
- Mental fitness
- Being fit is really important
- Have the healthier lifestyle

## FRUSTRATIONS

- Switching between the music apps
- Not seeing any diet chart to follow
- The gym is too far, no online training assistance provided

"I am a working mother, so I hardly find time for travelling to the gym, I wish it's in my home and they provided assistance for online training too."

- **As a Trainer**



**MARC JACOBES**

**Fitness Trainer**
**40**
**Single**

**PERSONALITY**

| | |
|---|---|
| Introvert | Extrovert |
| Thinking | Feeling |
| Sensing | Intuition |
| Judging | Perceiving |

## BIO

Marc Jacobes is a fitness coach and is specifically looking for an app that allows him to set up a basic progressive training cycle for the trainee.

He's self motivated and self driven personality and wanted the people to live the healthy lifestyle, and for that he's working really hard to make people achieve their life goals of fitness by giving them their deserving time.

## GOALS

- Increase income
- Increase the number of clients by giving deserving time to GYM.
- Be a part of more elite group of trainers
- Be paid higher
- Maximize the year of experience in coaching and certifications

## MOTIVATION

- Mental fitness
- Being fit is really important
- To give healthier lifestyle to people

## FRUSTRATIONS

- Switching between the music apps
- Not seeing any progress of the trainee
- Not able to give any diet chart for the trainee to follow
- No online assistance and guidance provided to trainee by trainer, in case of absence

"I love being able to combine my interest and knowledge in eastern and western philosophies to achieve wellbeing and inner peace."

- **As an Admin**

**BRYSON ADAMS**
**GYM OWNER**
**33**
**Single**

**PERSONALITY:**

## BIO

Bryson just quit his construction job and is now fully committed to his GYM and is an admin of the GYM. He completed at the Regional Cross-fit Games this year and met many other who are successful GYM owners.

He's inspired by their successes as entrepreneurs and hopes to gain confidence in the technology and Business side of owning a gym.

## GOALS

- Wants to create a website that can help current and future clients meet their fitness goals.
- He wants a management system that's intuitive and easy to use.
- Find answers to questions at any hour

## MOTIVATION

- Mental fitness
- To give healthy lifestyle to people
- Being fit is really important

**TECH CONFIDENCE:**

"I've never built a website, but my peers say I need one if I want to be successful. My day typically starts at 4.30 am, and I don't get out of GYM until 8.30 pm. I don't have much time to figure out what needs to go on each page."

- **User Scenario 1: Handling Trainer Records**

  Bryson Adams, 33 years old is the GYM owner, who runs and manage trainer's data and records. His goal is to hire the trainers and enter their record to the database. Admin can also edit the record of trainer on demand to change any details and can also delete its record when the trainer resign from the GYM. When the trainer wants to join the GYM, they contact the admin for approval. After admin approval, he fills in details of the trainer to maintain a record for future purposes. All those details are stored on cloud database. For this admin login's and then select "Manage Trainers" after that click on the "Add (+)" button to add the details of trainer which include name, phone No, Email and Address. Right after clicking the save button stores those details. Now if any of the trainer's details are changed, then admin click on the shown list and it gives two options "Edit" and "Delete". On clicking "Edit", admin can change Name, Id and Phone No of trainer and on clicking save, updates the record. If admin clicks on "Delete" button then the record is deleted from database and is no longer visible.

- **User Scenario 2: Viewing Trainee List**

  Bryson Adams, 33 years old is the GYM owner, who runs and manage trainee's data and records. His goal is to view the list of trainees who registered themselves and got the membership of GYM. Registered trainee's data appears in the database records from where the GYM owner can view them and can also edit the records if needed. For this admin login's and select "Manage Trainee", after clicking that the list of all registered trainee's would appear to him. On clicking any of the record, he can view the trainee details as Name, Address and Phone No.

- **User Scenario 3: Making the Reservation**

  Justin Glee, 34 years old is the trainee, who attends and manages the gym fitness sessions. His goal is to make the reservation for the gym sessions and get themselves registered for the membership. After the reservation is made, the records are stored into the database and can be viewed by the owner of the gym any time he wants and also has the excess to edit the information of reservation at any time required. For this select trainee's sign up and after signing up select trainee's login and select "Make Reservation", after clicking that the menu appears selecting membership type, starting date and ending date, and then click "Reserve". On clicking reserve, the information is directly directed towards the database to maintain the history.

## Usability Specification

### Interaction 1

| Attribute | View Schedule |
|---|---|
| **Measuring concept** | To view the schedule for GYM sessions. |
| **Measuring method** | Number of explicit user actions to view the GYM schedule. |
| **Now level** | Manual schedule displayed at GYM. |
| **Worst case** | Many actions to be performed to view the GYM schedule. |
| **Planned level** | Maximum of two explicit user actions to view the schedule (Sign In, View Schedule). |
| **Best case** | One explicit viewing schedule action. |

### Interaction 2

| Attribute | Give Feedback |
|---|---|
| **Measuring concept** | To give the feedback about GYM experience. |
| **Measuring method** | Number of explicit user actions to give the GYM feedback. |
| **Now level** | Manual feedback at GYM. |
| **Worst case** | Many actions to be performed to give feedback about GYM experience. |
| **Planned level** | Maximum of three explicit user actions to give the feedback (Sign In, Give Feedback, Submit). |
| **Best case** | Two explicit giving feedback action. |

### Interaction 3

| Attribute | Make Reservation |
|---|---|
| **Measuring concept** | To make a reservation of membership for GYM sessions. |
| **Measuring method** | Number of explicit user actions to make a reservation. |
| **Now level** | Manual reservation at GYM. |
| **Worst case** | Many actions to be performed to make a reservation happen. |
| **Planned level** | Maximum of three explicit user actions to perform the reservation (Sign In, Make Reservation, Reserve). |
| **Best case** | Two explicit reservation action. |

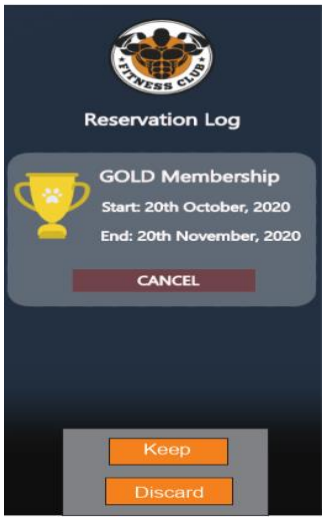
### Interaction 4

| Attribute | Book Trainer |
|---|---|
| **Measuring concept** | To book a trainer for GYM sessions according to needs and wants. |
| **Measuring method** | Number of explicit user actions to book a trainer. |
| **Now level** | Manual booking of trainer. |
| **Worst case** | Many actions to be performed to make the booking of trainer happen. |
| **Planned level** | Maximum of three explicit user actions to perform the booking (Sign In, Book Trainer, Book). |
| **Best case** | One explicit booking action. |

## GUI Evaluation

- **User Control and Freedom**

  This principle talks about giving the user freedom to navigate and perform actions around the application. Here in our application the user has the freedom to undo any accidental actions. In our "Cancel Reservation" log user has got the free to ensure that whether to cancel the reservation or not. Here user has got the option to keep up with the activity if accidently clicked on the cancel reservation button. Reference screen: "Cancel Reservation"



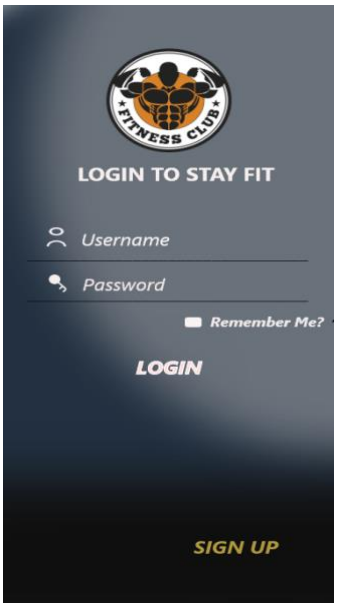

- **Consistency and Standards**

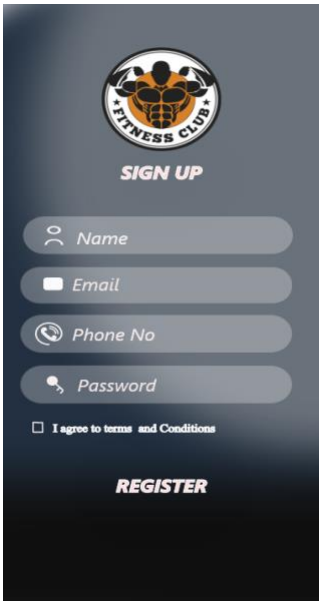
  Consistency is the key. A "save" and "update" button on one page exactly looks same across the website for all other similar pages. The consistency is maintained for the complete application. The header on one page is consistent through-out the application for all other pages. The overall layout for the application is absolutely same. Reference screen: "Add Timeslot"

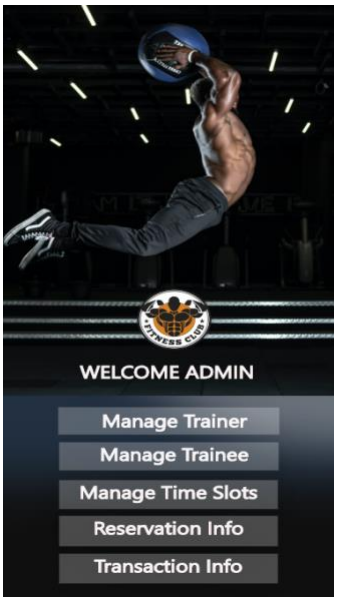
- **Visibility of system status**

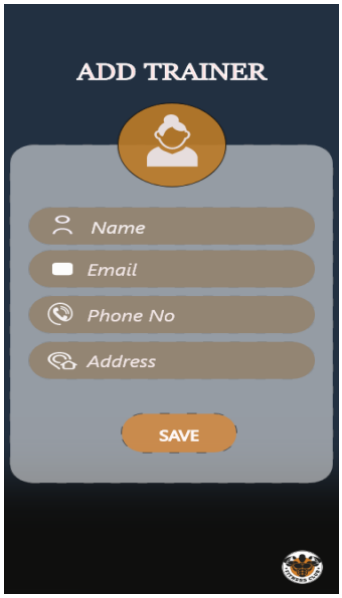
  Every page and the overall design of application is minimal and aesthetically pleasing. There's no extra information on any of the pages and just the required information is present on each and every page. This principle reflects the status of person's information who get himself registered. This log displays the registered person's name, starting and ending date period of the gym reservation. Reference screen: "Reservation Log"

## GUI Screenshots





EDIT TRAINER
Name
Id
Phone No
UPDATE

MANAGE TRAINEE
Noor Saqib
03335109701
noor.saqib@nu.edu.pk
Zara Akhtar
03335109701
zara.akhtar@nu.edu.pk
Sohail Ahmed
03335109701
sohail.ahmed@nu.edu.pk
Sami Bokahri
03335109701
sami.bokhari@nu.edu.pk
Altaf Hussain
03335109701
Altaf.hussain@nu.edu.pk

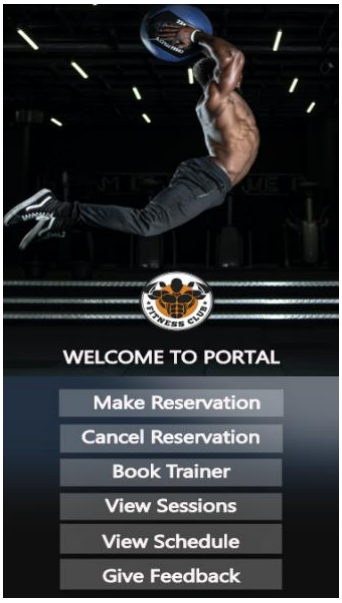
ADD TRAINEE
Name
Email
Phone No
Address
SAVE

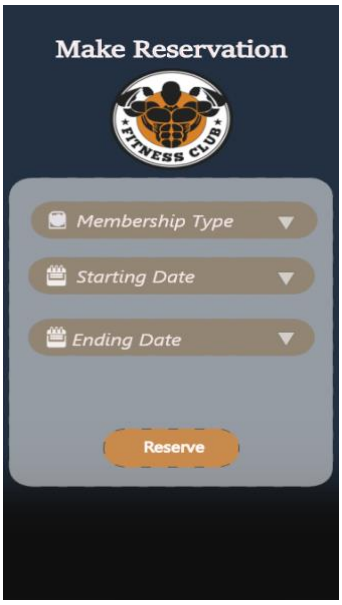
EDIT TRAINEE
Name
Id
Phone No
UPDATE

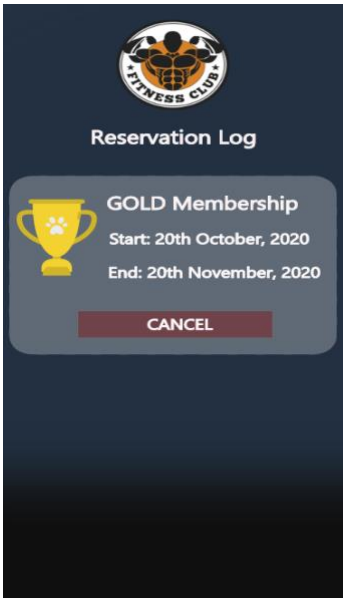
MANAGE TIMESLOTS
Hafsa Saqib
9:00 a.m - 14:00 p.m
Saqib Elahi
14:00 p.m - 17:00 p.m
Ayaan Saqib
17:00 p.m - 20:00 p.m
Asad Bokhari
20:00 p.m - 12:00 a.m
Nazia Ehsan
10:00 a.m - 13:00 p.m

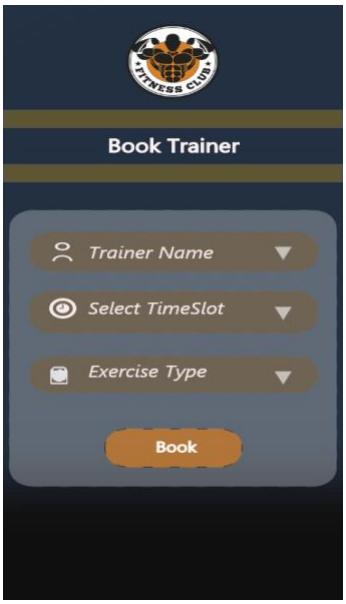
ADD TIMESLOT
Name
Start Time
End Time
SAVE

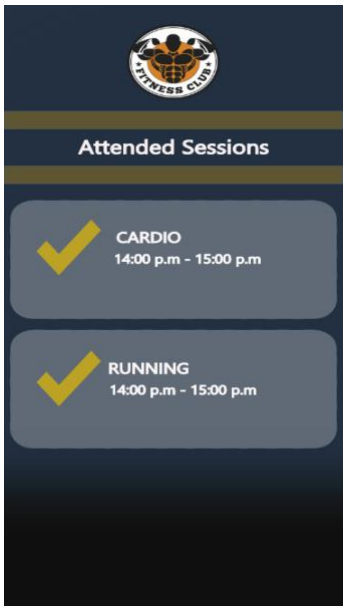
EDIT TIMESLOT
Name
Start Time
End Time
UPDATE

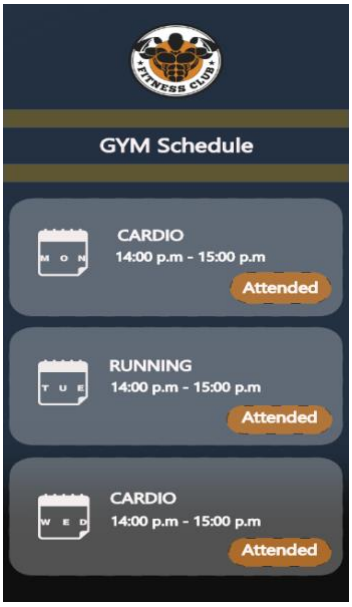

WELCOME TO PORTAL
Make Reservation
Cancel Reservation
Book Trainer
View Sessions
View Schedule
Give Feedback

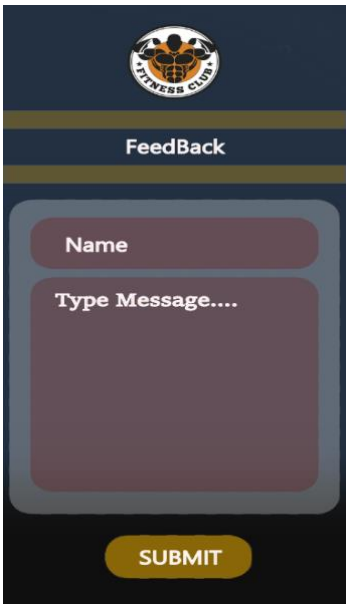

Make Reservation
FITNESS CLUB
Membership Type
Starting Date
Ending Date
Reserve

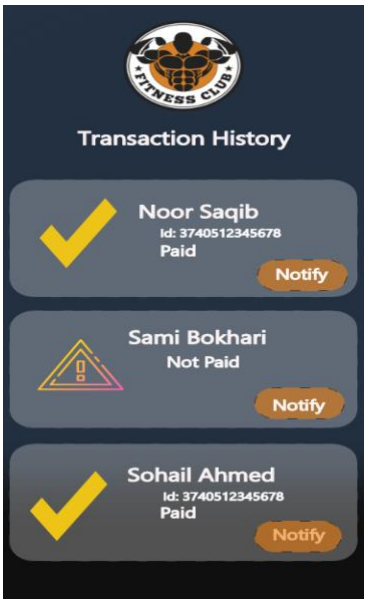

FITNESS CLUB
Reservation Log
GOLD Membership
Start: 20th October, 2020
End: 20th November, 2020
CANCEL


FITNESS CLUB
Book Trainer
Trainer Name
Select TimeSlot
Exercise Type
Book


FITNESS CLUB
Attended Sessions
CARDIO
14:00 p.m - 15:00 p.m
RUNNING
14:00 p.m - 15:00 p.m


GYM Schedule
CARDIO
14:00 p.m - 15:00 p.m
Attended
RUNNING
14:00 p.m - 15:00 p.m
Attended
CARDIO
14:00 p.m - 15:00 p.m
Attended


FeedBack
Name
Type Message....
SUBMIT


Transaction History
Noor Saqib
Id: 3740512345678
Paid
Notify
Sami Bokhari
Not Paid
Notify
Sohail Ahmed
Id: 3740512345678
Paid
Notify

Reservation Log
Noor Saqib
GOLD Membership
Start: 20th October, 2020
End: 20th November, 2020
Sami Bokhari
Bronze Membership
Start: 25th October, 2020
End: 20th December, 2020
Sohail Ahmed
Silver Membership
Start: 25th October, 2020
End: 20th December, 2020

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**END**