

Tasks:

- Familiarize with PHP
- Create wireframes
- Link database to application
- Create single SQL script to generate tables and insert data
 - Create and insert trainers table
 - Create and insert exercise table
 - Create and insert group class table
 - Create and insert default foods table
 - Create user table
 - Create user measurement table
 - Create user workout table
 - Create user meal table
- Create login/signup page frontend
 - Implement adding user to table
 - User can login with their uid
- Create nav bar
 - Measurements
 - Workouts
 - Nutrition
 - User
 - Classes
 - Logout button
- Create user home page
 - Implement delete user from table
 - DoB
 - UserID
 - Gender
 - Age
- For all the following tables, each of them should have CRUD
- All CRUD will display user alert on success and failure
- Measurements
 - Implement adding measurement to table
 - Add weight
 - Add height
 - Default to previous
 - Calculate BMI/BMR
 - Display measurements with chart or graph
 - Display average weight, min weight, max weight
 - Chart
 - Select date range(start date, end date)
 - Select display filter
 - Display
 - Date
 - Weight
 - Height
 - BMI
 - Select measurement
 - Update button

- Delete button
- Workouts
 - Create new workout
 - Add Dropdown for exercises
 - Create new exercise
 - Name
 - Calories/30 mins
 - Delete exercise
 - Select group class or N/A
 - Date calendar selector
 - Total duration
 - Total calories
 - Submit new workout
 - View past workouts
 - Date selector
 - Display workout from selected date
 - Delete workout button
 - Update workout button
- Nutrition
 - Display BMR
 - Select Date
 - Set calorie goal
 - Daily consumed calorie goal
 - Update on workout and meal
 - Display daily consumed calories
 - Display daily calories burned
 - Add new meal
 - Select meal type
 - Display meal calories
 - Add food
 - Date
 - Select food
 - Insert quantity
 - Add to meal table button
 - Update meal total calories
 - Create food
 - Food name
 - Food calorie
 - Add to food table button
 - Delete food
- Classes
 - List available classes
 - Class name
 - Class instructor
 - Price
 - Datetime
 - Duration
 - Capacity
 - Class register button

- Add to workouts table
- Register button -> unregister button
- Delete from workouts table

Task Assignment

Task	Name	Deadline
Familiarize with Php	dizhe, clare, vincent	week 1
Create wireframes	vincent	week 1
Login page & nav bar	dizhe	week 1
User home page frontend	clare	week 1
Measurement page frontend	vincent	week 1
Workouts page frontend	dizhe	week 1
Nutrition page frontend	clare or vincent	week 1
Classes page frontend	open	week 1
Default SQL table script	dizhe, vincent, clare	

a) CRUD Functionalities:

- i) Users create new measurements
- ii) Users can view their progress in measurements by date.
- iii) Users can create new workouts containing exercises or classes
- iv) Users can view their daily calories remaining, which will be calculated through their measurements and workouts completed
- v) Users can create new 'meals' containing 'food' items to update their nutrition values.

