



## WORKSHOP-2

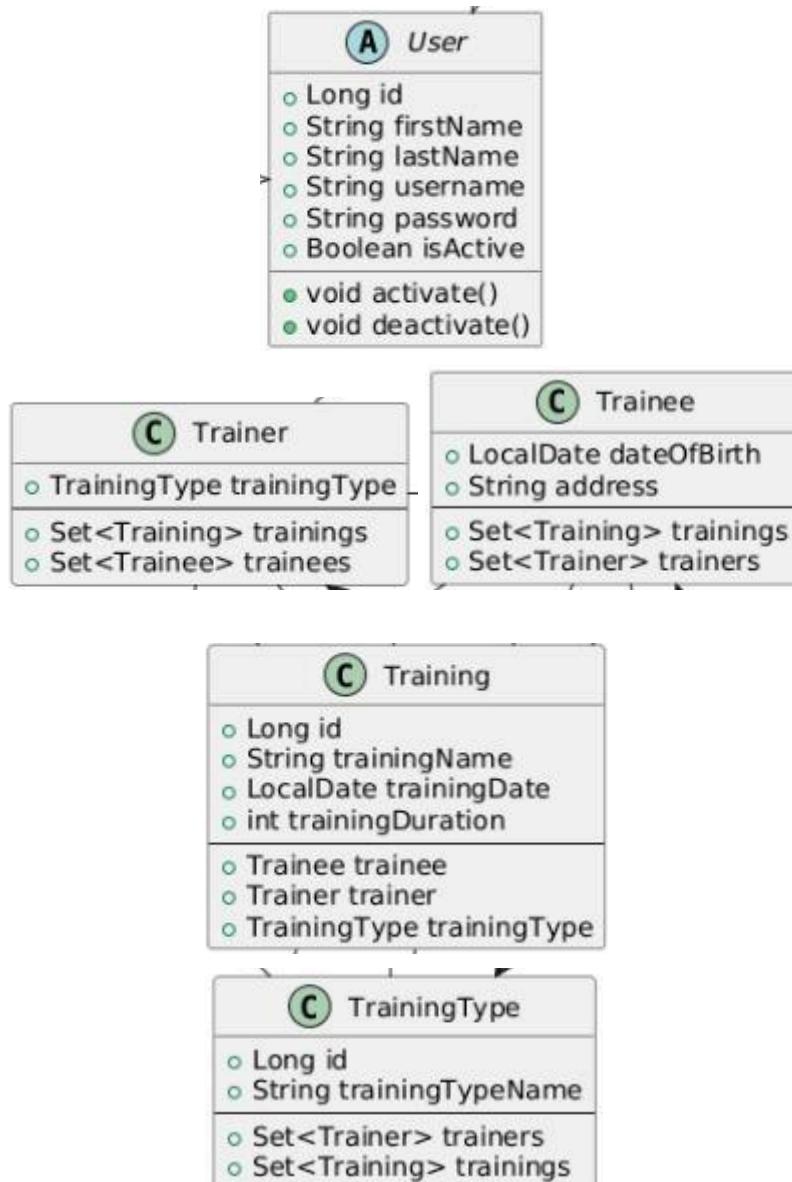
### Estudiantes:

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**Facultad de Ingeniería de Sistemas e Industrial**  
**Ingeniería de Software II**  
**2025**  
**Bogotá, Colombia**

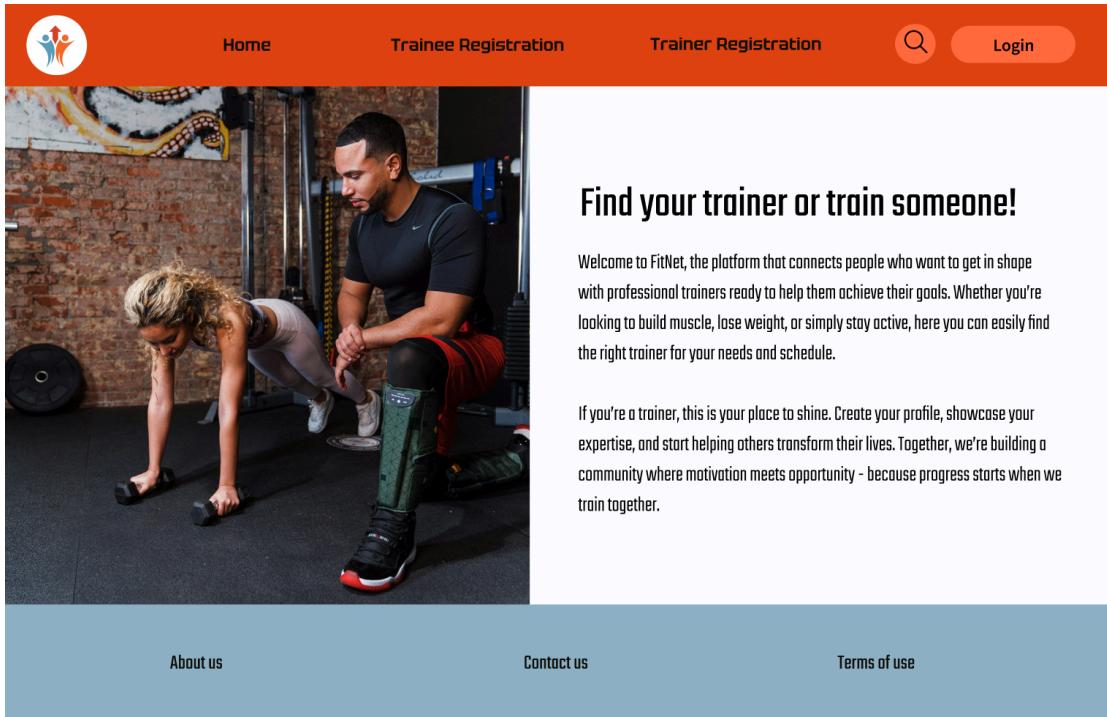
## 1. CRC Cards

Class	Responsibilities	Collaborators
<b>User (abstract)</b>	<ul style="list-style-type: none"> <li>- Represents a generic system user.</li> <li>- Stores basic information such as first name, last name, username, password, and active status.</li> <li>- Provides methods to activate or deactivate the user account.</li> </ul>	Trainee, Trainer (subclasses)
<b>Trainee</b>	<ul style="list-style-type: none"> <li>- Represents a gym member receiving training sessions.</li> <li>- Stores personal details such as date of birth and address.</li> <li>- Maintains a list of associated trainers.- Keeps track of all attended training sessions.</li> </ul>	Training, Trainer
<b>Trainer</b>	<ul style="list-style-type: none"> <li>- Represents a gym trainer or coach.- Manages a list of trainees being trained.- Keeps track of all training sessions conducted.</li> <li>- Linked to a specific training type.</li> </ul>	Trainee, Training, TrainingType
<b>Training</b>	<ul style="list-style-type: none"> <li>- Represents an individual training session.- Stores session details such as name, date, and duration.</li> <li>- Connects a trainee, a trainer, and a training type.</li> </ul>	Trainee, Trainer, TrainingType
<b>TrainingType</b>	<ul style="list-style-type: none"> <li>- Represents a category or type of training (e.g., Strength, Cardio, HIIT).</li> <li>- Keeps a list of trainers specialized in this training type.</li> <li>- Keeps a list of training sessions belonging to this type.</li> </ul>	Trainer, Training



## 2. Mockups

- Home page



The Home Page welcomes users and explains what the app does. New users can read about how the platform connects trainees who want to get fit with trainers who can guide them. The page shows links to register as a trainee or as a trainer and also has a login button to enter the system. At the bottom, there are links for "About us," "Contact us," and "Terms of use." It is the main introduction to the app.

**Find your trainer or train someone!**

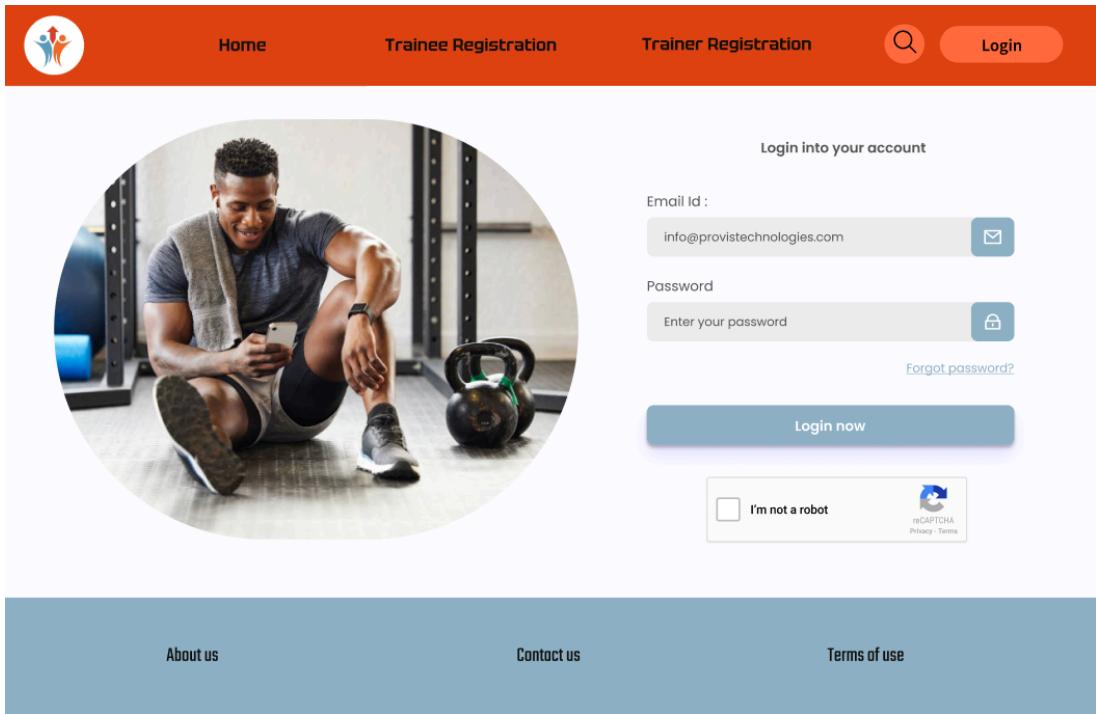
Welcome to FitNet, the platform that connects people who want to get in shape with professional trainers ready to help them achieve their goals. Whether you're looking to build muscle, lose weight, or simply stay active, here you can easily find the right trainer for your needs and schedule.

If you're a trainer, this is your place to shine. Create your profile, showcase your expertise, and start helping others transform their lives. Together, we're building a community where motivation meets opportunity - because progress starts when we train together.

About us      Contact us      Terms of use

The Home Page welcomes users and explains what the app does. New users can read about how the platform connects trainees who want to get fit with trainers who can guide them. The page shows links to register as a trainee or as a trainer and also has a login button to enter the system. At the bottom, there are links for "About us," "Contact us," and "Terms of use." It is the main introduction to the app.

- Login Form



Login into your account

Email Id :  
info@provistechnologies.com

Password

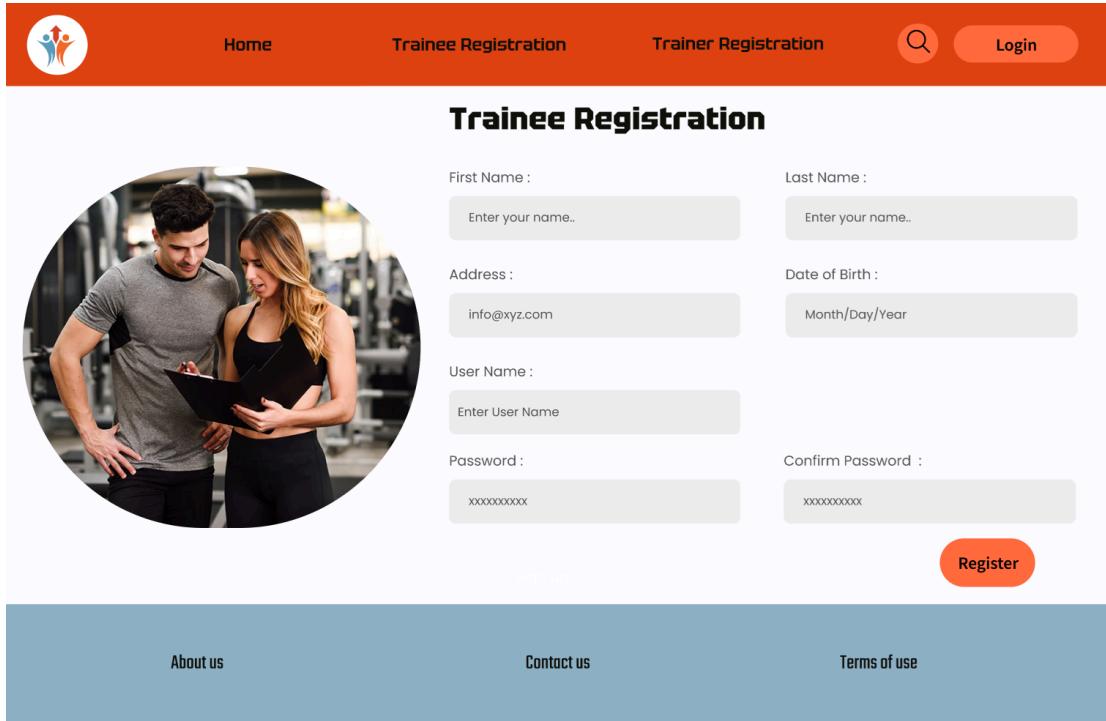
[Forgot password?](#)

I'm not a robot   
reCAPTCHA  
Privacy · Terms

About us      Contact us      Terms of use

The Login Form screen allows both trainees and trainers to enter their accounts. Users type their email and password to access the platform safely. There is also a “Forgot password?” link to recover access if needed, and a CAPTCHA to verify that the user is not a robot. When users click “Login now,” the system checks their information and opens their personal profile. This screen protects user data and gives secure entry to the application.

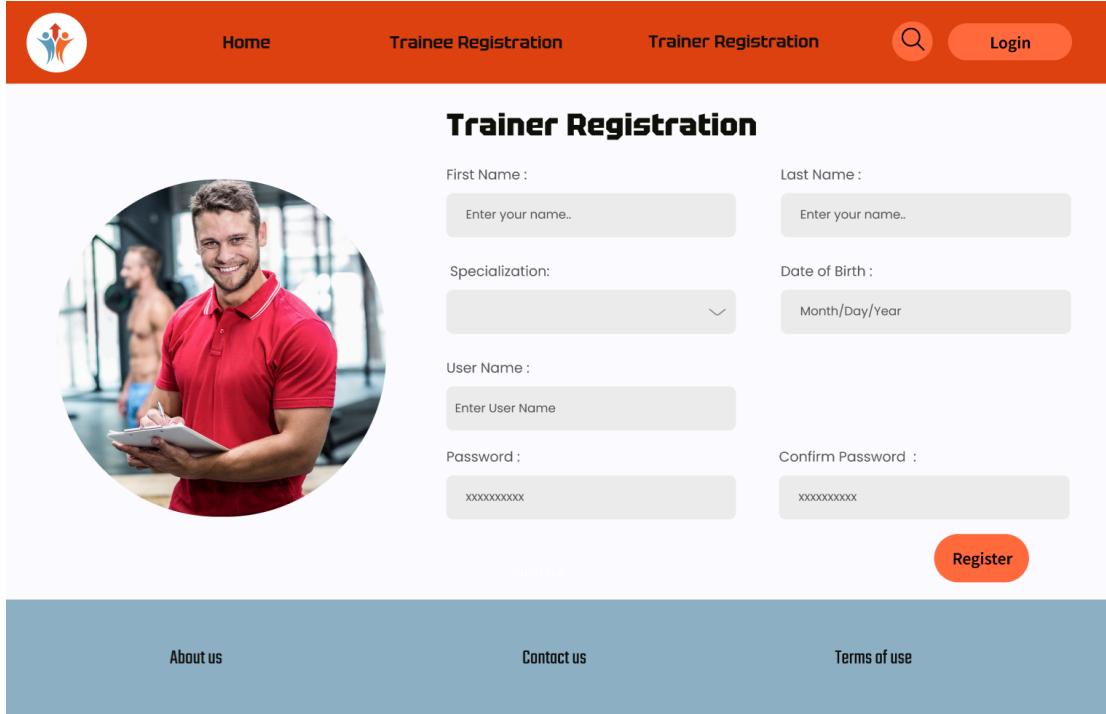
- Trainee registration screen



The image shows the Trainee Registration screen of a fitness application. At the top, there is a navigation bar with icons for Home, Trainee Registration (which is active), Trainer Registration, a search icon, and a Login button. Below the navigation bar, the title "Trainee Registration" is displayed in bold black font. To the left of the form fields is a circular profile picture of a man and a woman in a gym setting. The registration form consists of several input fields: First Name (placeholder: Enter your name..), Last Name (placeholder: Enter your name..), Address (placeholder: info@xyz.com), Date of Birth (placeholder: Month/Day/Year), User Name (placeholder: Enter User Name), Password (placeholder: XXXXXXXX), and Confirm Password (placeholder: XXXXXXXX). At the bottom right of the form is a large orange "Register" button. At the very bottom of the page, there is a footer bar with links for About us, Contact us, and Terms of use.

The Trainee Registration screen lets new users who want to train create their own account. Here, they fill in personal information like first name, last name, address, and date of birth. They also create a username and password to log in later. When they finish, they click the “Register” button to send their data and become part of the platform. This screen helps identify each trainee and saves their information safely in the system.

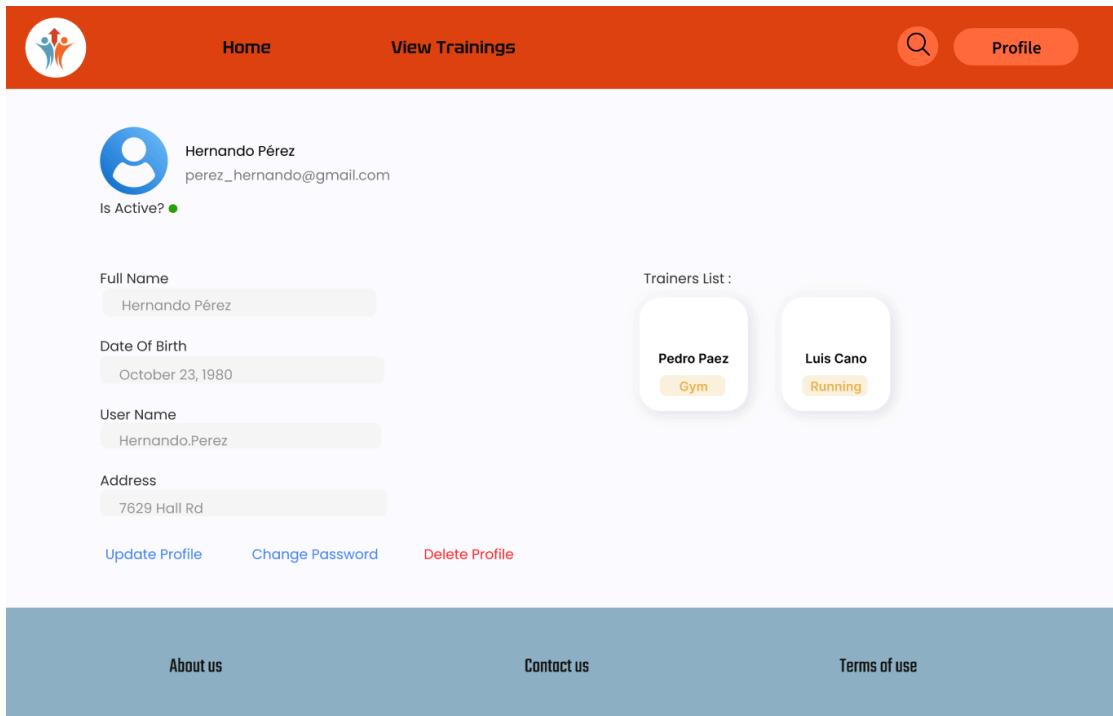
- Trainer registration screen



The Trainer Registration screen is designed for new trainers to join the platform. It features a large circular profile picture of a smiling man in a red polo shirt holding a clipboard. The form includes fields for First Name, Last Name, Specialization, Date of Birth, User Name, Password, and Confirm Password. A "Register" button is at the bottom right. The footer contains links for About us, Contact us, and Terms of use.

The Trainer Registration screen is for new trainers who want to join the platform. Trainers fill in their first and last name, date of birth, and choose their specialization, such as running or yoga. They also create a username and password to log in later. After entering all the information, they press “Register” to complete their account. This screen helps collect trainer details so they can start offering training sessions to trainees.

- Trainee profile screen



The Trainee Profile screen shows a user profile for Hernando Pérez. It includes a blue profile icon, the name Hernando Pérez, and the email perez\_hernando@gmail.com. A green dot indicates the user is active. The profile page lists personal information like Full Name, Date Of Birth, User Name, and Address. It also displays a "Trainers List" with two entries: Pedro Paez (Gym) and Luis Cano (Running). Navigation links for Update Profile, Change Password, and Delete Profile are at the bottom. The footer links are identical to the Trainer Registration screen.

The Trainee Profile screen shows the personal information of a trainee who is already registered. It displays details like the trainee's full name, date of birth, username, address, and if their account is active. On the right, the trainee can see the list of their trainers and each trainer's specialization. The trainee can also update their profile, change their password, or delete their account using the buttons below. This screen helps trainees manage their profile and trainer connections easily.

- Trainer profile screen

The screenshot shows the Trainer Profile screen. At the top, there is a navigation bar with a logo, 'Home', 'View Trainings', a search icon, and a 'Profile' button. Below the navigation bar, the user's profile information is displayed: Luis Cuesta, cuesta\_luis@gmail.com, with an 'Is Active?' status indicator. There are input fields for 'Full Name' (Luis Cuesta), 'Specialization' (CrossFit), and 'User Name' (Cuesta.Luis). To the right, a 'Trainees List' section shows two trainees: Andrea Maria (Gym) and Tim Turner (Running). At the bottom, there are buttons for 'Update Profile', 'Change Password', and 'Delete Profile'. A footer bar at the bottom contains links for 'About us', 'Contact us', and 'Terms of use'.

The Trainer Profile screen shows the personal information of a trainer who is registered in the system. It displays details like the trainer's full name, specialization, username, and if their account is active or inactive. On the right side, the trainer can see the list of trainees they are currently training, with each trainee's name and specialization. The trainer can also update their profile, change their password, or delete their account. This screen helps trainers manage their professional information and relationships with trainees.

- Add Training for Trainee

**Create New Exercise**

Find Trainee

Name

Type

Weighted / Reps

Weighted / Time

Reps

Time

Distance

Muscle Group

Chest

Abs

Shoulders

Biceps

Triceps

Forearms

Lats

Traps

Hamstrings

Quadriceps

Calves

Duration

Set 1	10 lbs	00:00:30	<input type="radio"/>
Set 2	10 lbs	00:00:30	<input type="radio"/>
Set 3	10 lbs	00:00:30	<input type="radio"/>

+ Add Set

Create

About us

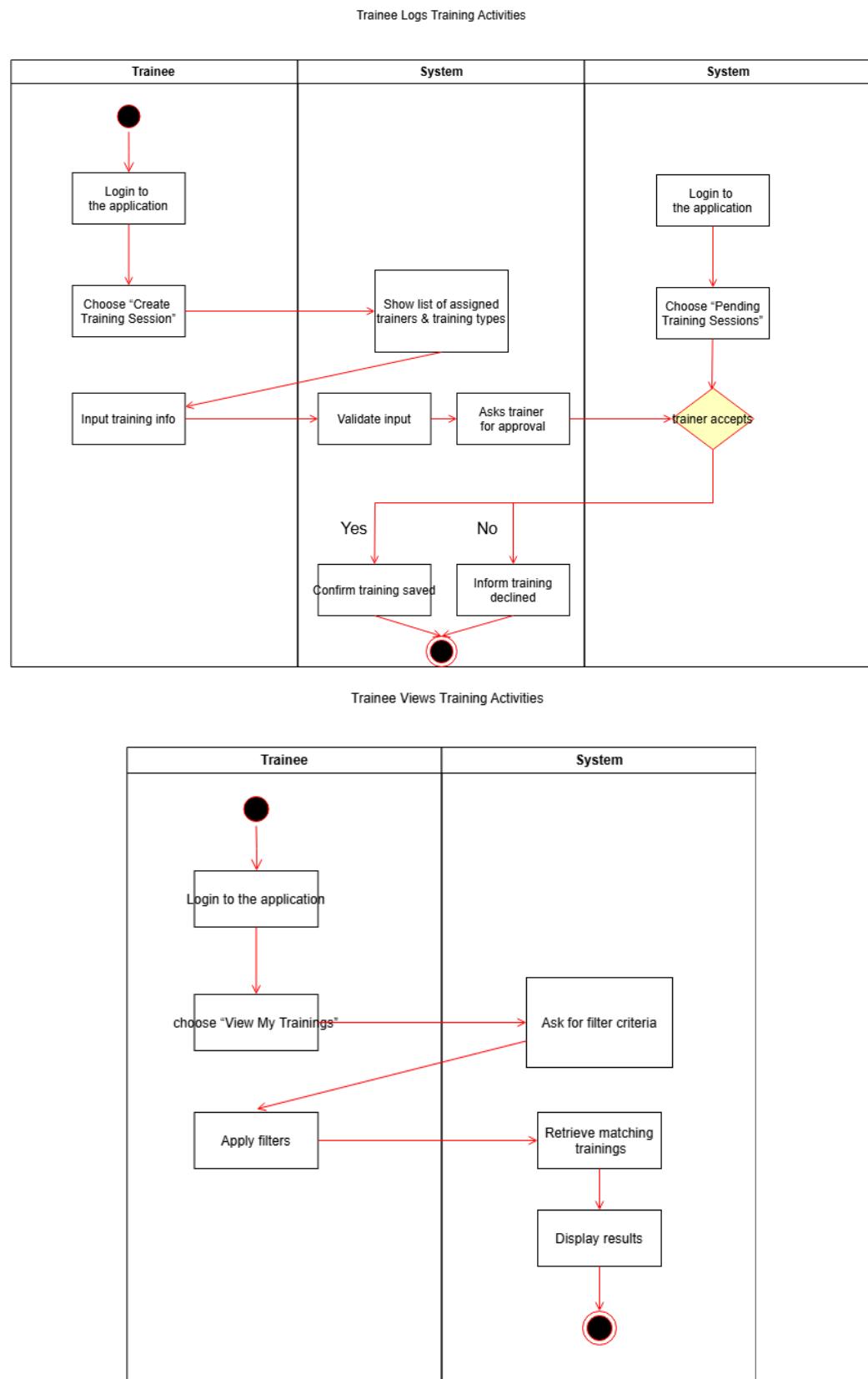
Contact us

Terms of use

The Add Training for Trainee screen lets a trainer create a new exercise or training session for one of their trainees. The trainer can select the trainee's name, choose the type of exercise (for example, by time, reps, or distance), and pick which muscle group the workout focuses on. They can also add details about sets, weight, and duration. After entering everything, the trainer clicks "Create" to save the exercise. This screen helps trainers organize and assign personalized workouts to each trainee.

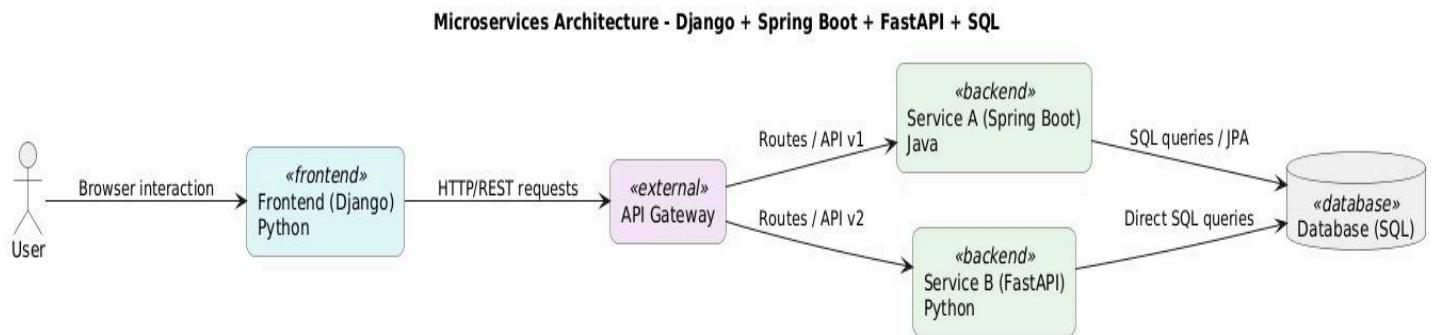
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### 3. Business Model Processes

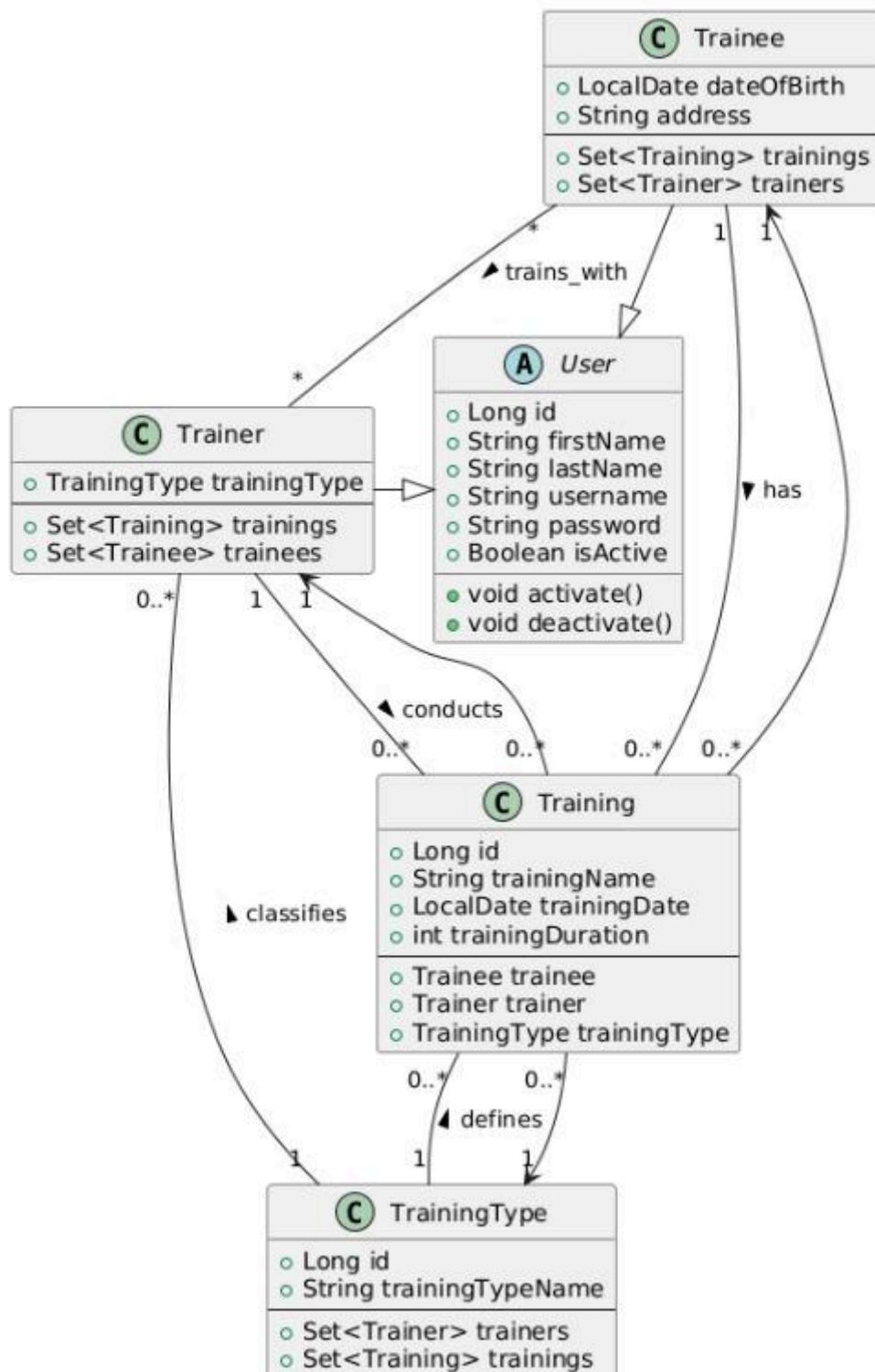


This process allows trainees to record their workout sessions and later review them.

## 4. Architecture Diagram



## 5. Class Diagram



## 6. Relational Database Model

