**User Guide**

This program has been created to assist our managers, employees and customers.

* Our program has two entries as members and staff.
* A user name and password are entered into the system.
* User names and passwords registered in the system:
* Username for member: member
* Password: member
* Username for staff: admin
* Password: admin
* staff can add or delete trainers.
* staff can add and delete members.
* personnel can look at the equipment registered in the system.
* Members can view their training programs.
* Members can calculate their index by writing their height and weight.