Data management and access has quickly become an important issue in today’s society. From secure personal data to common data shared to the many. The world of Personal Training is no exception. The trust between a Personal Trainer and Client is built on the progress made during and after sessions. That progress can only be shown numerically if it is recorded. Currently the way that the data is recorded and access is flawed in that it is not being stored securely as it is most likely being recorded on paper.

This project will look to provide a piece of software to combat this issue and also give the Personal Trainer and Client ease of access to their own personal data. Most clients are protective of their fitness data so the system will look to be secure by being stored remotely and being password protected. Due to the flexibility of Personal Training sessions the software has also been designed in such a way that hence a website and android mobile application has been developed.

Could you please help me to design such an application? If you can, please provide a diagram of your design and then explain to me how you implement each module/component of the framework. Thank you for your help.