



# MeFit Web Application

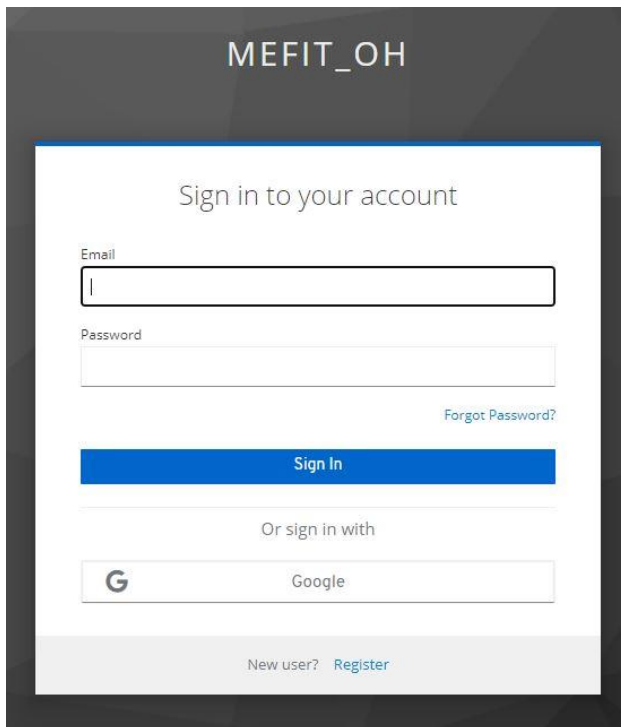
FINAL CASE

# MeFit - User Manual

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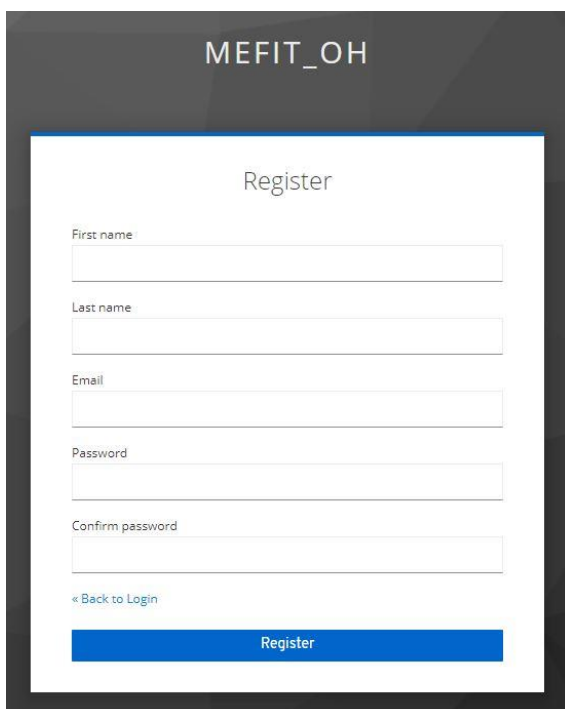
## 1. Registration / Login

Login is the first page user will see when opening the app.



The image shows a mobile app interface for MEFIT\_OH. At the top, the app name "MEFIT\_OH" is displayed in white on a dark background. Below it, a white box contains the heading "Sign in to your account". There are two input fields: "Email" and "Password". Below the password field is a link "Forgot Password?". A blue "Sign In" button is positioned below the links. Below the button is a horizontal line, followed by the text "Or sign in with". Underneath is a Google sign-in button with the Google "G" logo and the word "Google". At the bottom of the white box, there is a link "New user? Register".

If the user has not registered yet, then the registration form must be filled out with the required information to create an account.




The image shows a mobile app interface for MEFIT\_OH. At the top, the app name "MEFIT\_OH" is displayed in white on a dark background. Below it, a white box contains the heading "Register". There are five input fields: "First name", "Last name", "Email", "Password", and "Confirm password". Below the "Confirm password" field is a link "« Back to Login". A blue "Register" button is positioned at the bottom of the white box.

The user has to setup second factor authentication.

# MEFIT\_OH

## Mobile Authenticator Setup


 You need to set up Mobile Authenticator to activate your account.

1. Install one of the following applications on your mobile:

FreeOTP

Google Authenticator

2. Open the application and scan the barcode:



[Unable to scan?](#)

3. Enter the one-time code provided by the application and click Submit to finish the setup.

Provide a Device Name to help you manage your OTP devices.

One-time code \*

Device Name

Submit

## 2. Profile

When the application starts, the user must create profile to use the application.

If this form has already been filled out, the user can update the existing profile information.

### Profile Page

Before you start training you need a profile

Your current fitness evaluation:

Weight:

Height:

Medical condition:

Disabilities:

FintessLevelEvaluation:

Your address data: Address line 1:

Address line 2:

Postal code:

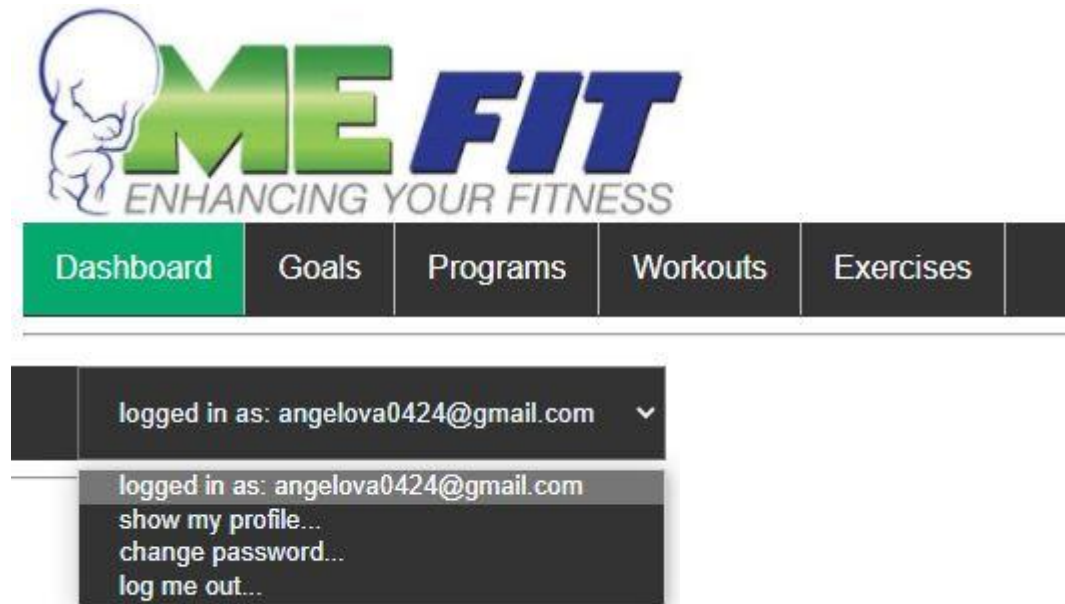
City:

Country:

Save changes

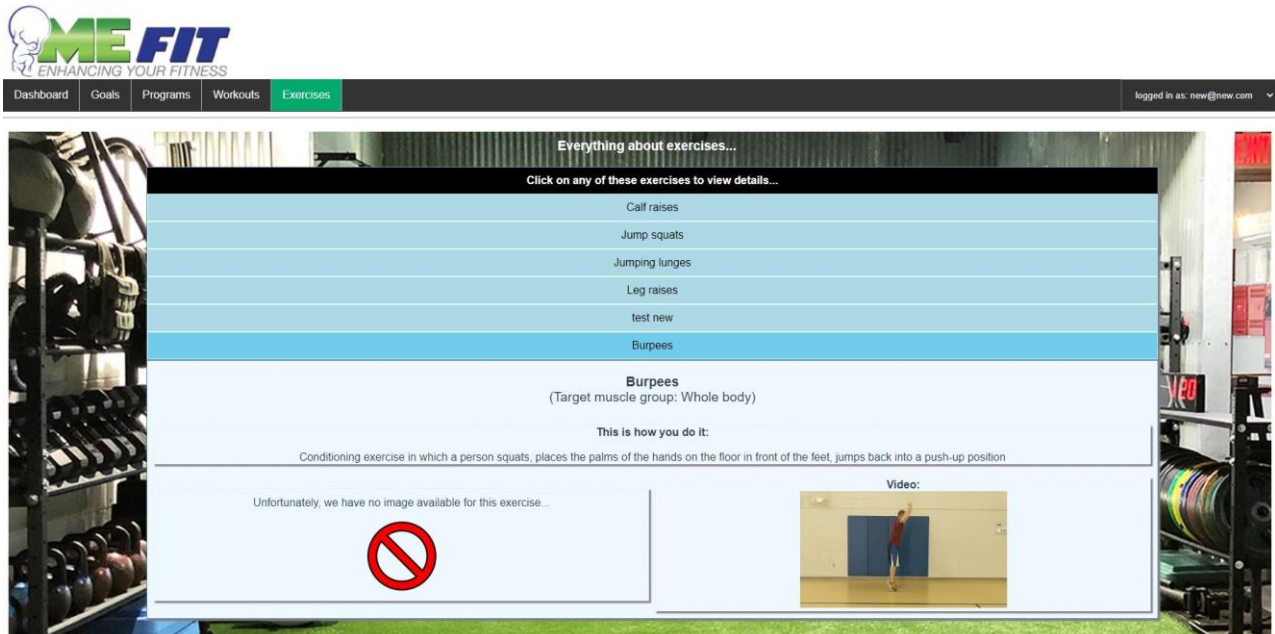
### 3. Application Frame

From the application frame, the user can navigate to different parts of the application and see what is the section that is currently open.



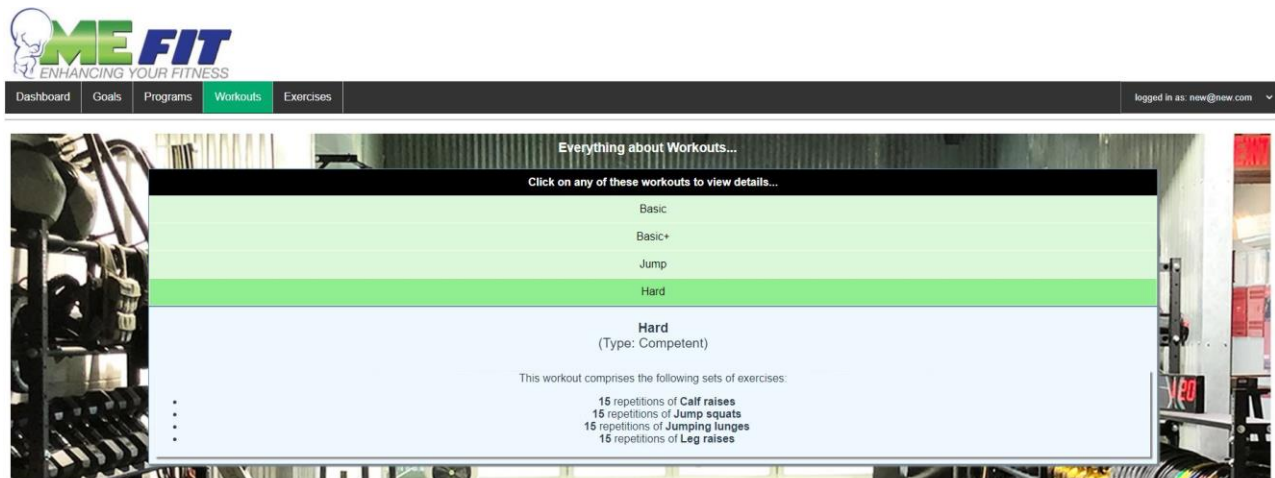
## 4. Exercises

The exercises page displays a list and details of currently available exercises. By clicking on exercise, user can view the details of an individually selected exercise.



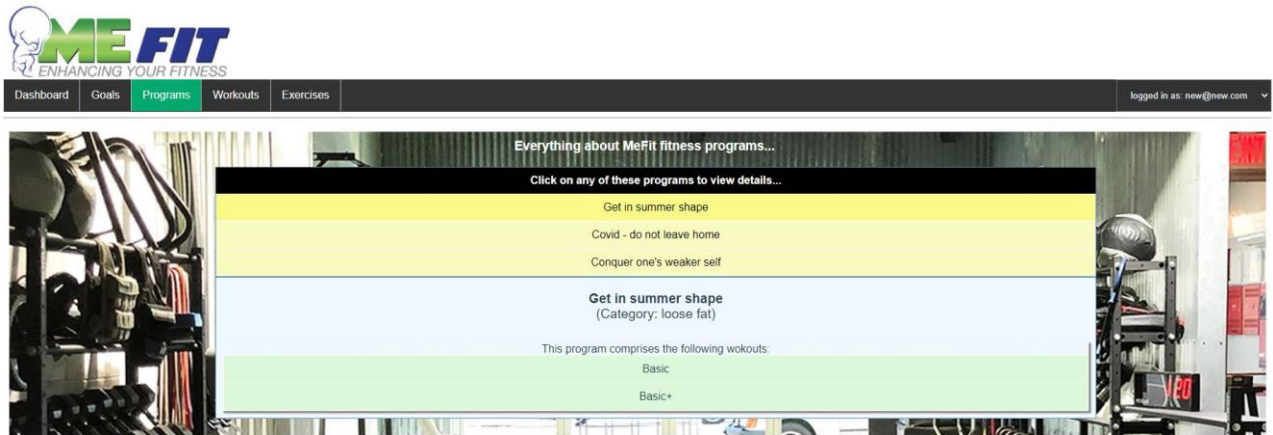
## 5. Workouts

From the workouts page the user can see all available workouts. By clicking on workout more details can be seen below.



## 6. Programs

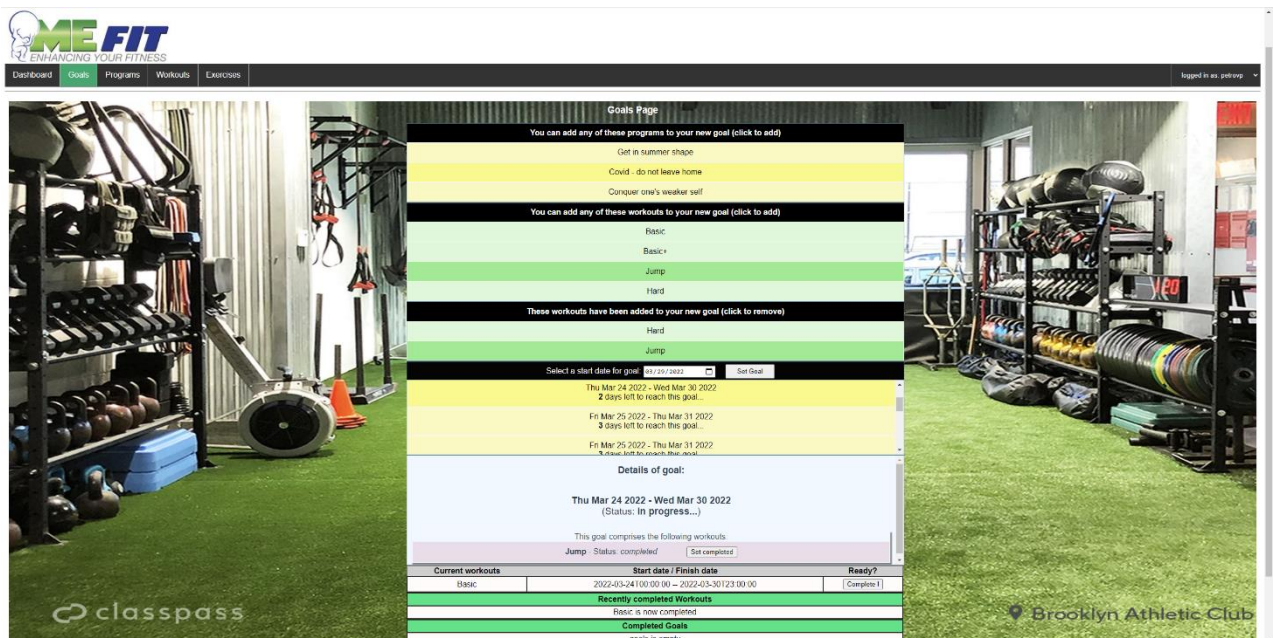
From the programs page the user can see all available programs. By clicking on program more details can be seen below.



## 7. Goals

From the goals page a user can see the goals that have already been selected and their current progress.


User can also create a new goal by pressing the “add new goal” button and by filling up the needed info, like a start date from the calendrer option. At the bottom, the user can see previously completed goals or workouts. A goal is completed after completing all the workouts it contains.





## 8. Dashboard

From the dashboard page a user can see the currently date and the goals.



Dashboard	Goals	Programs	Workouts	Exercises	logged in as: angelova0424@gmail.com
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Your MeFit Dashboard

Today is the day 28/03/2022


Ooops, it seems you have no goals setup so far...

## 9. Contributor area

This area is visible only for contributors. They can manage the exercises and workouts which they create.

In manage Exercise section the user can fill out the form to create exercise. Exercise name and target muscle group are mandatory fields.

After all necessary information has been added, user can click Save Exercise button. If submission was successful, user will see the exercise in the left section.



Dashboard	Goals	Programs	Workouts	Exercises	logged in as: angelova0424@gmail.com
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Contributor Area:

manage Exercises	manage Workouts
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Manage exercises...

You have no exercises added yet...

Name:

Description:


Target muscle group:

Video Uri:

Image Uri:

In manage Workouts section the user can fill out the form to create workout.

After all necessary information has been added, user can click Save Workout button. If submission was successful, user will see the workout in the left section.



Dashboard Goals Programs Workouts Exercises logged in as: angelova0424@gmail.com

Contributor Area:

manage Exercises manage Workouts

Manage workouts...

You have no workouts added yet...

Name:

Type:

ExerciseSets in this workout: (click to remove)

Number of repetitions:

available Exercises:
Calf raises
Jump squats
Jumping lunges
Leg raises
test new
Burpees
test