
GYM BUDDIES

Demo Slides (Some Images
Contain Video Examples)



TECH STACK



Frontend:

- **HTML:** For structuring web pages.
- **CSS:** For styling and ensuring a modern, responsive design.
- **JavaScript:** For dynamic interactivity, such as form validation and filtering features.

Backend:

- **PHP:** To handle server-side logic and integrate with the database.

Database:

- **MySQL:** Used for relational database design and management, supporting CRUD operations and relational integrity.

Development Tools:

- **XAMPP:** To set up a local server environment for MySQL and Apache.
 - **phpMyAdmin:** For managing the MySQL database.
-

LANDING PAGE

Welcome to Gym Buddies!

Sign Up

Log In

SIGN UP FORM

Sign Up

First Name:

Jane

Middle Initial:

Last Name:

Dq

Email:

Dosey

Password:

Age:





































Gender:

Male



Height (in):

SUCCESSFUL SIGN UP

←T→				UserId	FName	MInt	LName	Email	Password	Age	Gender	Height	Weight	Campus	FitnessLevel
<input type="checkbox"/>	 Edit	 Copy	 Delete	40	Tina	K	Anderson	tina.anderson40@example.com	pass401184	40	Other	190	67	SMU	Advanced
<input type="checkbox"/>	 Edit	 Copy	 Delete	41	Fiona	W	Taylor	fiona.taylor41@example.com	pass416745	24	Female	161	98	UTD	Intermediate
<input type="checkbox"/>	 Edit	 Copy	 Delete	42	Victor	X	Walker	victor.walker42@example.com	pass425121	42	Female	181	99	SMU	Intermediate
<input type="checkbox"/>	 Edit	 Copy	 Delete	43	Bob	Z	Harris	bob.harris43@example.com	pass434445	21	Other	165	63	SMU	Intermediate
<input type="checkbox"/>	 Edit	 Copy	 Delete	44	Wendy	W	Anderson	wendy.anderson44@example.com	pass447150	28	Other	173	100	SMU	Intermediate
<input type="checkbox"/>	 Edit	 Copy	 Delete	45	Olivia	B	Green	olivia.green45@example.com	pass451055	43	Male	179	89	UT Austin	Intermediate
<input type="checkbox"/>	 Edit	 Copy	 Delete	46	Leo	G	Adams	leo.adams46@example.com	pass468010	24	Female	151	62	UTD	Advanced
<input type="checkbox"/>	 Edit	 Copy	 Delete	47	Wendy	F	Scott	wendy.scott47@example.com	pass478500	26	Female	195	54	UT Austin	Beginner
<input type="checkbox"/>	 Edit	 Copy	 Delete	48	Bob	T	Allen	bob.allen48@example.com	pass487025	22	Female	183	81	UTD	Intermediate
<input type="checkbox"/>	 Edit	 Copy	 <u>Delete</u>	49	Jack	P	Thomas	jack.thomas49@example.com	pass494953	30	Female	190	84	Baylor	Intermediate
<input type="checkbox"/>	 Edit	 Copy	 Delete	50	Fiona	H	Smith	fiona.smith50@example.com	pass508476	38	Female	168	77	Baylor	Intermediate
<input type="checkbox"/>	 Edit	 Copy	 Delete	52	Jane		Doe	jane@example.com	1234	21		75	120	UTD	beginner

SUCCESSFUL LOGIN ATTEMPT

Log In

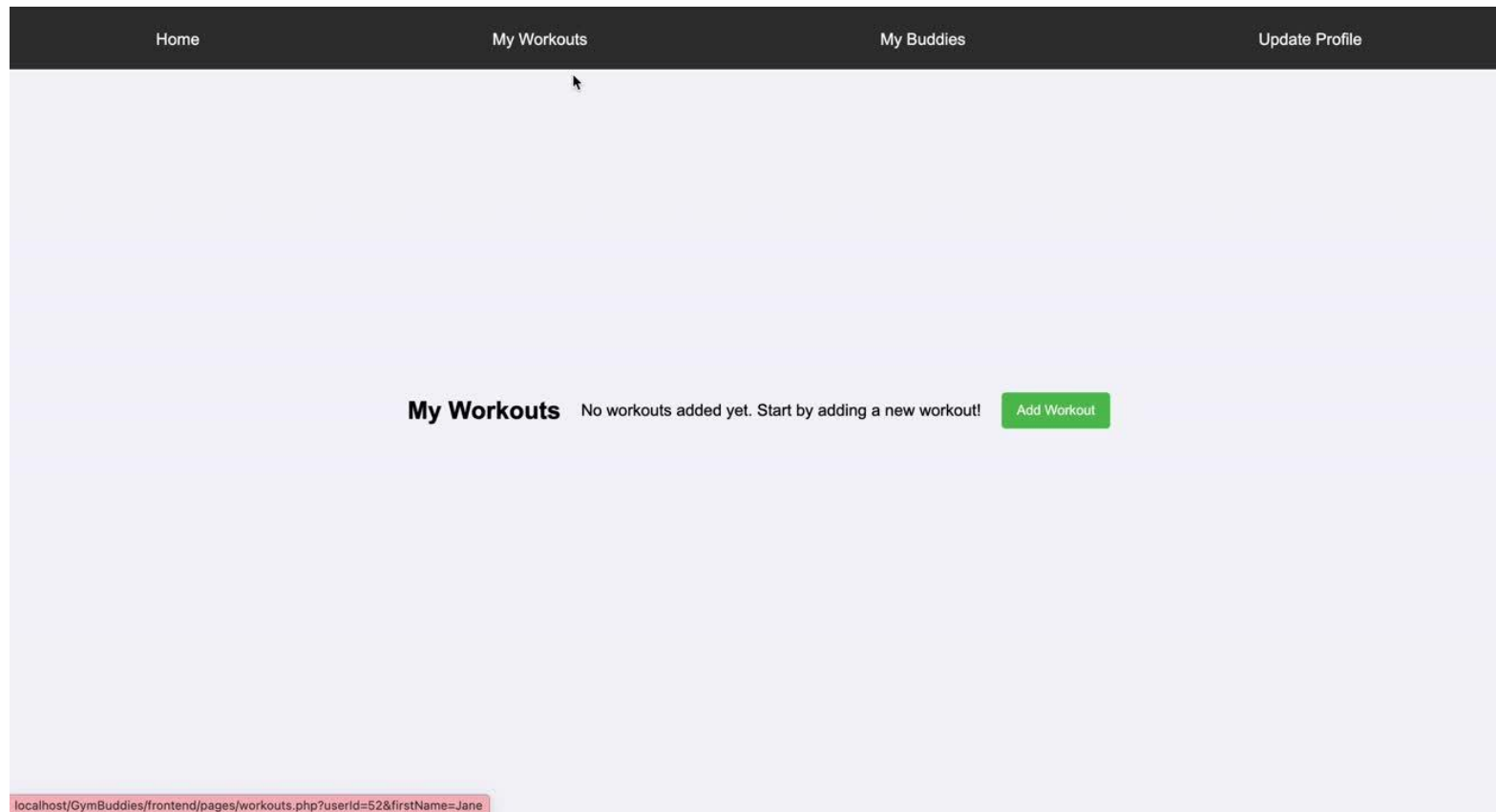
Email:

jane@example.com

Password:

jane@example.com ×

Log In



ADDING WORKOUTS

WORKOUTS BACK-END INSERT

<div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div></div></div>						WorkoutID	WorkoutName	Duration	Intensity	TargetMuscle	EquipmentNeeded	UID
<input type="checkbox"/>	 Edit	 Copy	 Delete	9	Deadlifts	50	High	Full Body	Barbell	9		
<input type="checkbox"/>	 Edit	 Copy	 Delete	10	Bicep Curls	25	Moderate	Arms	Dumbbells	10		
<input type="checkbox"/>	 Edit	 Copy	 Delete	11	Tricep Dips	20	Moderate	Arms	None	11		
<input type="checkbox"/>	 Edit	 Copy	 Delete	12	Lunges	30	Low	Legs	None	12		
<input type="checkbox"/>	 Edit	 Copy	 Delete	13	Plank	5	Low	Core	None	13		
<input type="checkbox"/>	 Edit	 Copy	 Delete	14	Shoulder Press	35	Moderate	Shoulders	Dumbbells	14		
<input type="checkbox"/>	 Edit	 Copy	 Delete	15	Rowing	40	High	Back	Rowing Machine	15		
<input type="checkbox"/>	 Edit	 Copy	 Delete	16	Cycling	60	Moderate	Legs	Stationary Bike	16		
<input type="checkbox"/>	 Edit	 Copy	 Delete	17	Jumping Jacks	15	Low	Full Body	None	17		
<input type="checkbox"/>	 Edit	 Copy	 Delete	18	Mountain Climbers	20	High	Core	None	18		
<input type="checkbox"/>	 Edit	 Copy	 Delete	19	Treadmill Running	30	Moderate	Legs	Treadmill	19		
<input type="checkbox"/>	 Edit	 Copy	 Delete	22	Biceps	60	intermediate	Biceps	Machine	52		

Gender:

Female

Fitness Level:









































✓ Beginner
Intermediate
Advanced


Maximum Age:

Submit Preferences


ADDING BUDDIES

ADDING BUDDIES BACK-END


				UserID1	UserID2	ConnectionStatus
<input type="checkbox"/>	 Edit	 Copy	 Delete	43	22	Connected
<input type="checkbox"/>	 Edit	 Copy	 Delete	43	37	Connected
<input type="checkbox"/>	 Edit	 Copy	 Delete	43	41	Connected
<input type="checkbox"/>	 Edit	 Copy	 Delete	44	30	Connected
<input type="checkbox"/>	 Edit	 Copy	 Delete	44	47	Connected
<input type="checkbox"/>	 Edit	 Copy	 Delete	44	49	Connected
<input type="checkbox"/>	 Edit	 Copy	 Delete	46	6	Connected
<input type="checkbox"/>	 Edit	 Copy	 Delete	46	18	Connected
<input type="checkbox"/>	 Edit	 Copy	 Delete	48	40	Connected
<input type="checkbox"/>	 Edit	 Copy	 Delete	49	7	Connected
<input type="checkbox"/>	 Edit	 Copy	 Delete	50	23	Connected
<input type="checkbox"/>	 Edit	 Copy	 Delete	52	1	Connected
<input type="checkbox"/>	 Edit	 Copy	 Delete	52	41	Connected




Home



My Workouts



My Buddies



Update Profile

Edit Fields

Email (required):

jane@example.com

jane@example.com

×

Edit the fields you want to change below:

First Name:

Middle Initial:


































Last Name:

Password:

Age:

UPDATING PROFILE

SUCCESSFUL PROFILE UPDATE

←T→				▼	UserId	FName	MInt	LName	Email	Password	Age	Gender	Height	Weight	Campus	FitnessLevel		
<input type="checkbox"/>		Edit		Copy		Delete	40	Tina	K	Anderson	tina.anderson40@example.com	pass401184	40	Other	190	67	SMU	Advanced
<input type="checkbox"/>		Edit		Copy		Delete	41	Fiona	W	Taylor	fiona.taylor41@example.com	pass416745	24	Female	161	98	UTD	Intermediate
<input type="checkbox"/>		Edit		Copy		Delete	42	Victor	X	Walker	victor.walker42@example.com	pass425121	42	Female	181	99	SMU	Intermediate
<input type="checkbox"/>		Edit		Copy		Delete	43	Bob	Z	Harris	bob.harris43@example.com	pass434445	21	Other	165	63	SMU	Intermediate
<input type="checkbox"/>		Edit		Copy		Delete	44	Wendy	W	Anderson	wendy.anderson44@example.com	pass447150	28	Other	173	100	SMU	Intermediate
<input type="checkbox"/>		Edit		Copy		Delete	45	Olivia	B	Green	olivia.green45@example.com	pass451055	43	Male	179	89	UT Austin	Intermediate
<input type="checkbox"/>		Edit		Copy		Delete	46	Leo	G	Adams	leo.adams46@example.com	pass468010	24	Female	151	62	UTD	Advanced
<input type="checkbox"/>		Edit		Copy		Delete	47	Wendy	F	Scott	wendy.scott47@example.com	pass478500	26	Female	195	54	UT Austin	Beginner
<input type="checkbox"/>		Edit		Copy		Delete	48	Bob	T	Allen	bob.allen48@example.com	pass487025	22	Female	183	81	UTD	Intermediate
<input type="checkbox"/>		Edit		Copy		Delete	49	Jack	P	Thomas	jack.thomas49@example.com	pass494953	30	Female	190	84	Baylor	Intermediate
<input type="checkbox"/>		Edit		Copy		Delete	50	Fiona	H	Smith	fiona.smith50@example.com	pass508476	38	Female	168	77	Baylor	Intermediate
<input type="checkbox"/>		Edit		Copy		Delete	52	Jane		Doe	jane@example.com	1234	22		75	120	TCU	expert









































DELETE PROFILE

Welcome to Gym Buddies!

Sign Up

Log In

SUCCESSFULLY DELETED PROFILE

		UserId	FName	MInt	LName	Email	Password	Age	Gender	Height	Weight	Campus	FitnessLevel
<input type="checkbox"/>	 Edit  Copy  Delete	38	Victor	W	Johnson	victor.johnson38@example.com	pass385606	34	Other	196	58	SMU	Intermediate
<input type="checkbox"/>	 Edit  Copy  Delete	39	Eve	N	Adams	eve.adams39@example.com	pass397849	34	Other	172	72	UT Austin	Intermediate
<input type="checkbox"/>	 Edit  Copy  Delete	40	Tina	K	Anderson	tina.anderson40@example.com	pass401184	40	Other	190	67	SMU	Advanced
<input type="checkbox"/>	 Edit  Copy  Delete	41	Fiona	W	Taylor	fiona.taylor41@example.com	pass416745	24	Female	161	98	UTD	Intermediate
<input type="checkbox"/>	 Edit  Copy  Delete	42	Victor	X	Walker	victor.walker42@example.com	pass425121	42	Female	181	99	SMU	Intermediate
<input type="checkbox"/>	 Edit  Copy  Delete	43	Bob	Z	Harris	bob.harris43@example.com	pass434445	21	Other	165	63	SMU	Intermediate
<input type="checkbox"/>	 Edit  Copy  Delete	44	Wendy	W	Anderson	wendy.anderson44@example.com	pass447150	28	Other	173	100	SMU	Intermediate
<input type="checkbox"/>	 Edit  Copy  Delete	45	Olivia	B	Green	olivia.green45@example.com	pass451055	43	Male	179	89	UT Austin	Intermediate
<input type="checkbox"/>	 Edit  Copy  Delete	46	Leo	G	Adams	leo.adams46@example.com	pass468010	24	Female	151	62	UTD	Advanced
<input type="checkbox"/>	 Edit  Copy  Delete	47	Wendy	F	Scott	wendy.scott47@example.com	pass478500	26	Female	195	54	UT Austin	Beginner
<input type="checkbox"/>	 Edit  Copy  Delete	48	Bob	T	Allen	bob.allen48@example.com	pass487025	22	Female	183	81	UTD	Intermediate
<input type="checkbox"/>	 Edit  Copy  Delete	49	Jack	P	Thomas	jack.thomas49@example.com	pass494953	30	Female	190	84	Baylor	Intermediate
<input type="checkbox"/>	 Edit  Copy  Delete	50	Fiona	H	Smith	fiona.smith50@example.com	pass508476	38	Female	168	77	Baylor	Intermediate

 ☐ Check all With selected:  Edit  Copy  Delete  Export

☐ Show all | Number of rows: 100  Filter rows: Sort by key: None 