

Project Report

Database Systems

Flex Trainer Application



Submitted by:

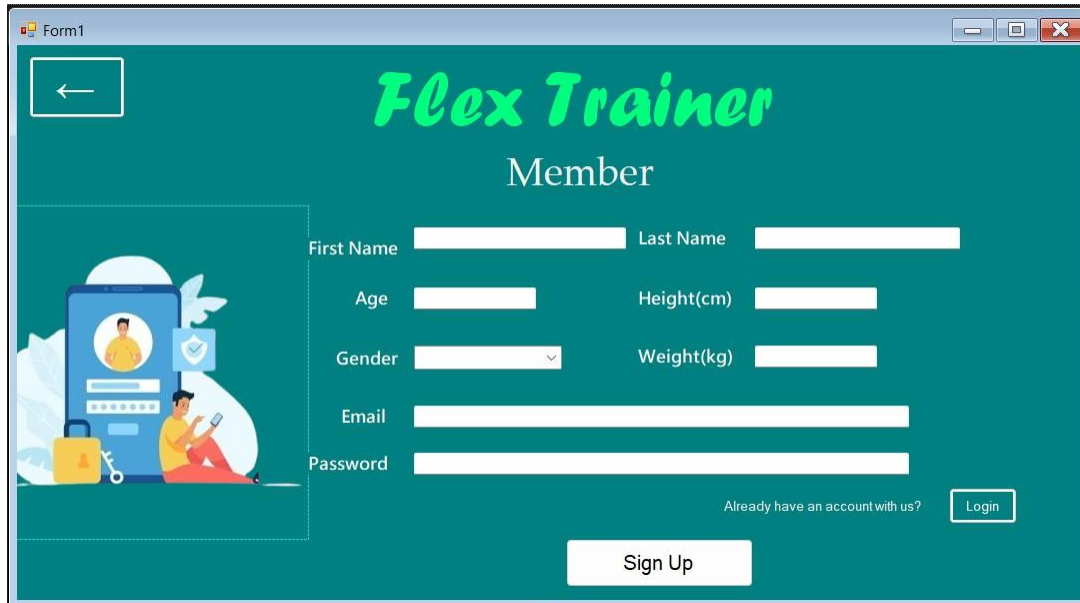
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Member

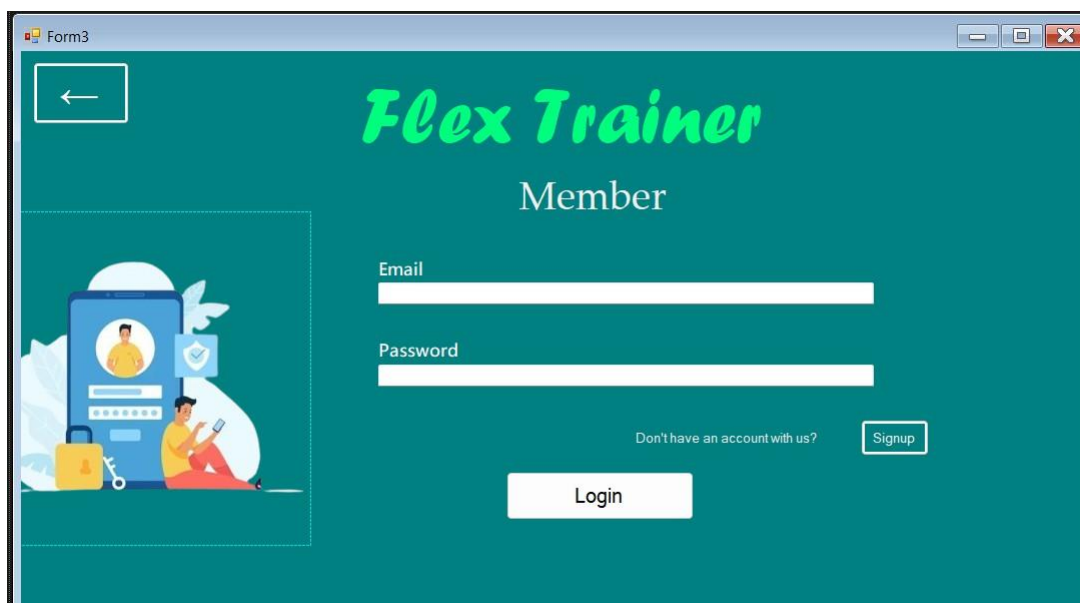
Signup Page:



The image shows a web application window titled "Form1" with a teal background. On the left, there is an illustration of a person sitting on a yellow suitcase, looking at a smartphone. The main heading "Flex Trainer" is in a large, green, stylized font, with "Member" in a smaller, white, sans-serif font below it. The registration form includes the following fields: "First Name" and "Last Name" (both text inputs), "Age" (text input), "Height(cm)" (text input), "Gender" (dropdown menu), and "Weight(kg)" (text input). Below these are "Email" and "Password" (both text inputs). At the bottom right, there is a link "Already have an account with us?" and a "Login" button. A large "Sign Up" button is centered at the bottom.

Here the user will input all their details and register as a member of the gym

Login Page:



The image shows a web application window titled "Form3" with a teal background. On the left, there is an illustration of a person sitting on a yellow suitcase, looking at a smartphone. The main heading "Flex Trainer" is in a large, green, stylized font, with "Member" in a smaller, white, sans-serif font below it. The login form includes the following fields: "Email" and "Password" (both text inputs). At the bottom right, there is a link "Don't have an account with us?" and a "Signup" button. A large "Login" button is centered at the bottom.

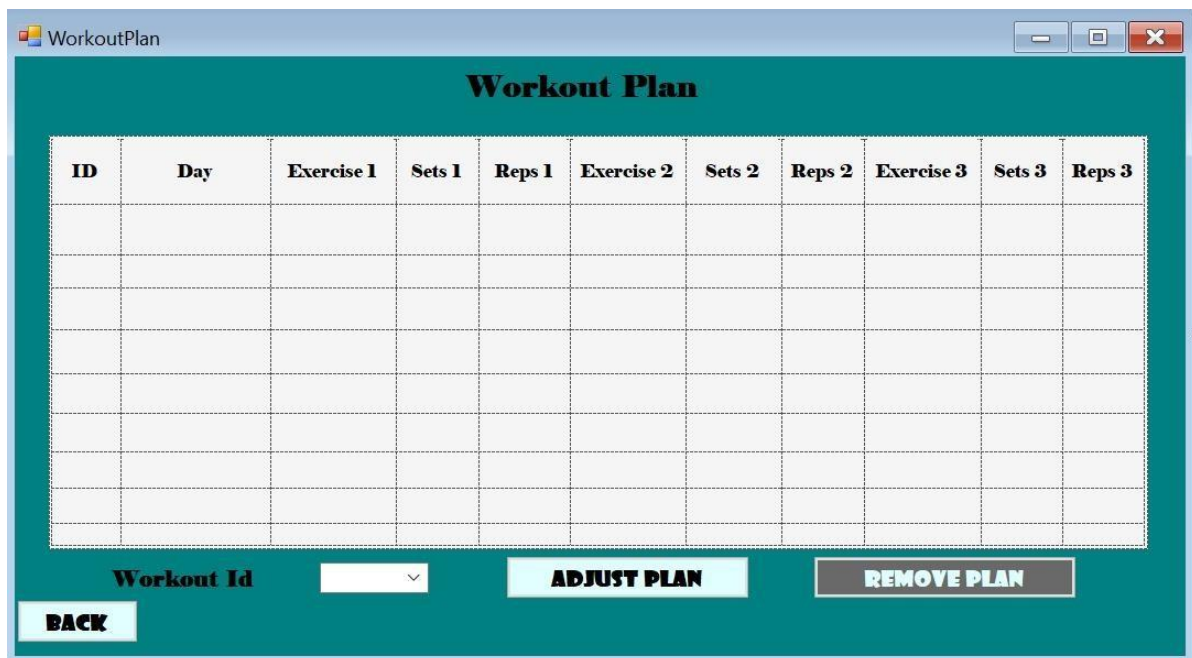
If the user already has an account as a gym member, then they can just login.

Menu:



The member is shown a menu where they can select different type of services that they want to use

View Workouts:



The user will be able to select different workout plan already created by other users and the gym trainers.

View Diet Plans:

Flex Trainer
Diet Plan

Diet Plans

SELECT PLAN

The user will be able to view all the diet plans added to the database by other users and their gym trainers.

Create Workout Plan:

Flex Trainer
Workout Plan Creation

Plan Name

Purpose

Monday

Exercise	Sets	reps
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

Tuesday

Exercise	Sets	reps
<input type="text"/>	<input type="text"/>	<input type="text"/>

The user can create a workout plan for each day using exercises in the database.

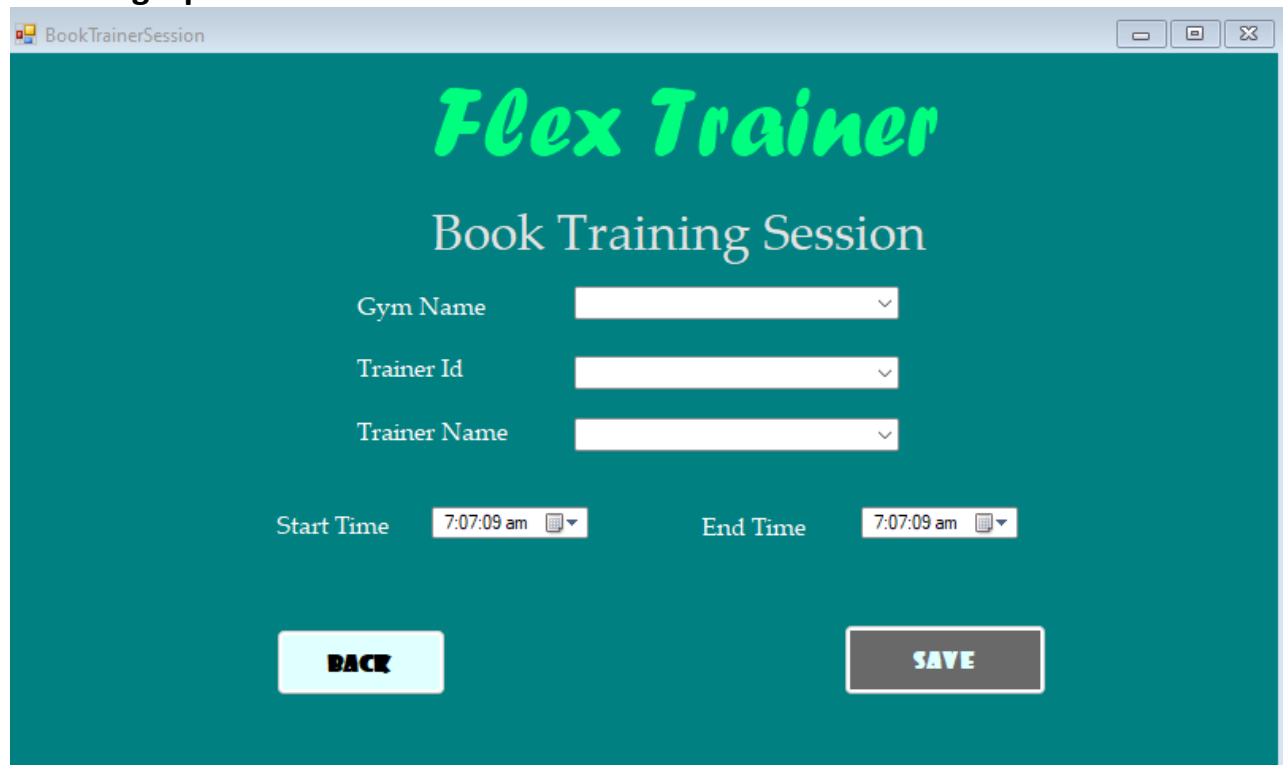
Create Diet Plan



The screenshot shows a window titled "DietPlanCreation" with a teal background. At the top center, the text "Diet Plan Creation" is displayed in bold. Below this, there are two input fields: "Diet Plan Name" (a text box) and "Purpose" (a dropdown menu). To the left of the meal options, the text "Meal Options" is displayed in bold. Below this, there are four input fields: "Breakfast", "Lunch", "Dinner", and "Snacks", each with a dropdown menu. At the bottom of the form, there are three buttons: "BACK", "CLEAR", and "SAVE".

User can create their own diet plan using the meals already added by the trainers.

Booking a personal Trainer:



The screenshot shows a window titled "BookTrainerSession" with a teal background. At the top center, the text "Flex Trainer" is displayed in a large, stylized green font. Below this, the text "Book Training Session" is displayed in a white serif font. There are three input fields: "Gym Name", "Trainer Id", and "Trainer Name", each with a dropdown menu. Below these, there are two time selection fields: "Start Time" and "End Time", each with a time picker showing "7:07:09 am". At the bottom of the form, there are two buttons: "BACK" and "SAVE".

Create Diet Plan

The user can view info about all the available trainers and then book a training session with the trainer of their choice.

Trainer

Login/Register:

The image displays two screenshots of a web application titled "Flex Trainer".

The top screenshot, titled "Trainer_Login", shows the login interface. It features a teal background with the "Flex Trainer" logo in green script and "Trainer" in white sans-serif. On the left is an illustration of a person using a smartphone. The login form includes an "Email" field, a "Password" field, a "Login" button, and a "Signup" link with the text "Don't have an account with us?".

The bottom screenshot, titled "trainer_signup", shows the registration interface. It has the same header and illustration. The registration form includes fields for "Full Name", "Total Clients", "Email", "Experience", "Gym" (a dropdown menu), and "Password". It also features a "Login" link with the text "Already have an account with us?" and a "Sign Up" button.

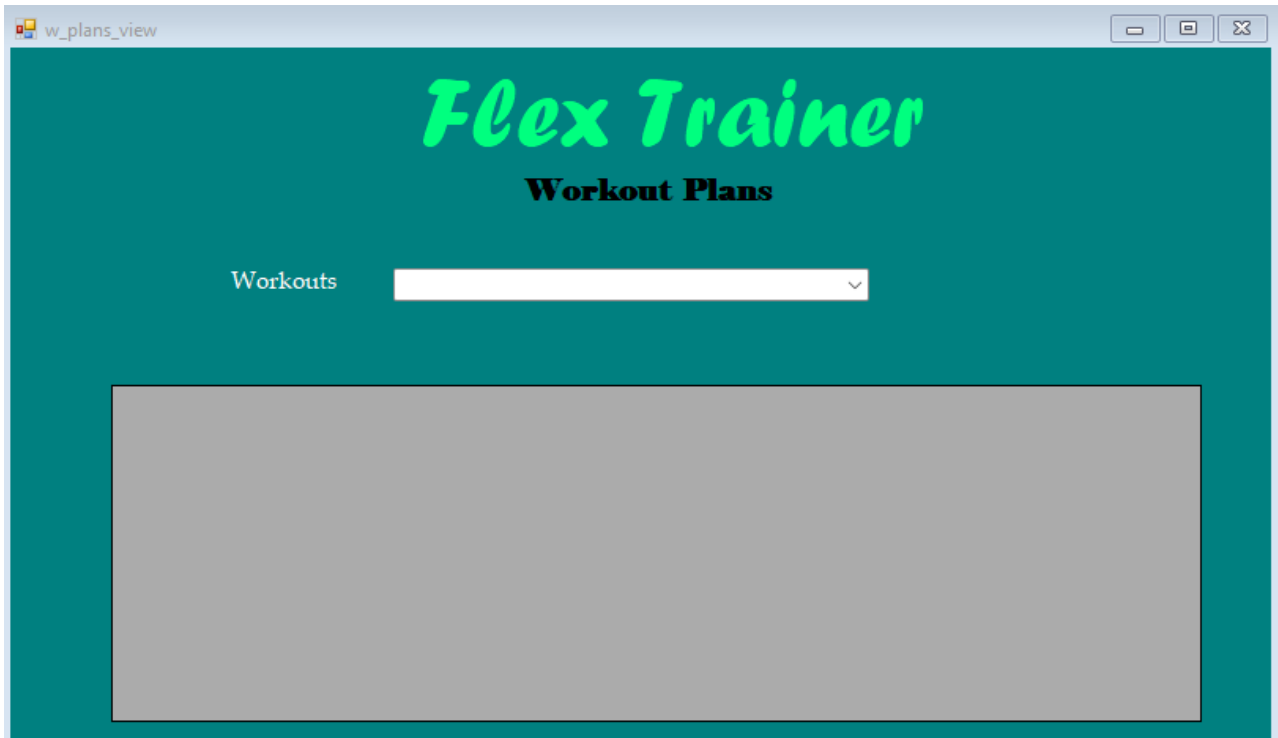
Just like the member the trainer will also have to login or register themselves

Menu:



Trainer can also select what they want to do in the application.

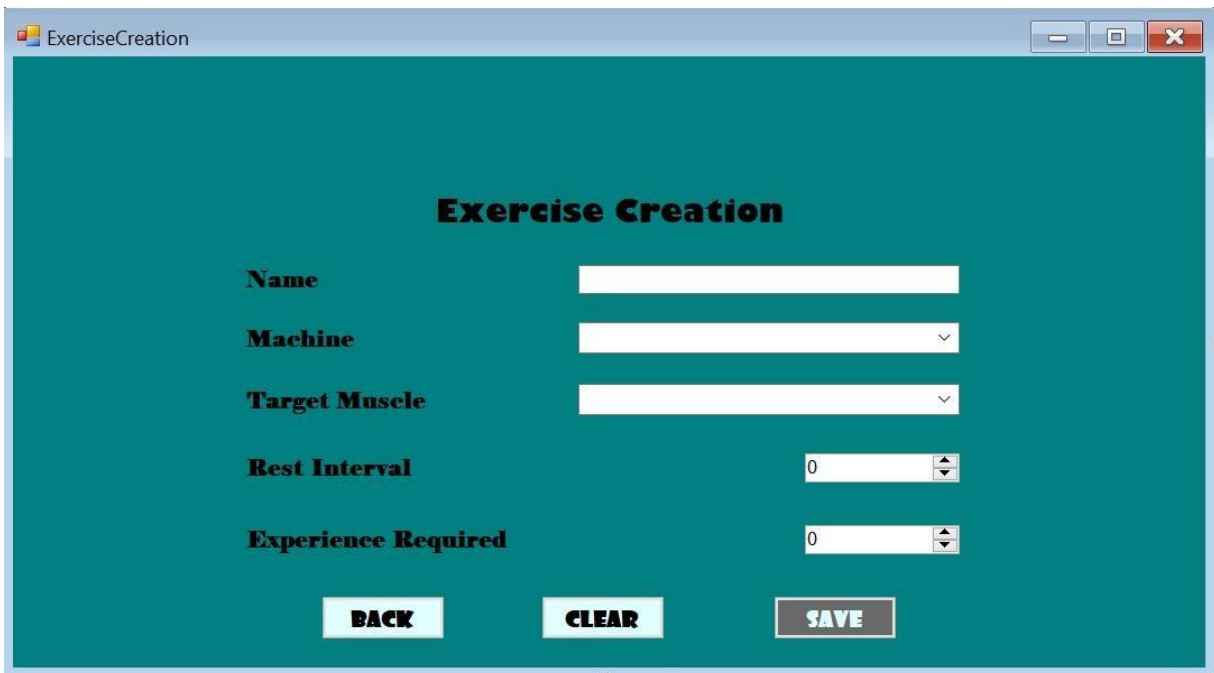
View Workout Plan:



The screenshot shows a window titled "w_plans_view" with a teal background. At the top, the text "Flex Trainer" is written in a large, stylized green font, with "Workout Plans" in a smaller, bold black font below it. A label "Workouts" is positioned to the left of a white dropdown menu. Below these elements is a large, empty gray rectangular box, likely intended for displaying a list of workout plans.

The trainer can view all the available workout plans in the database.

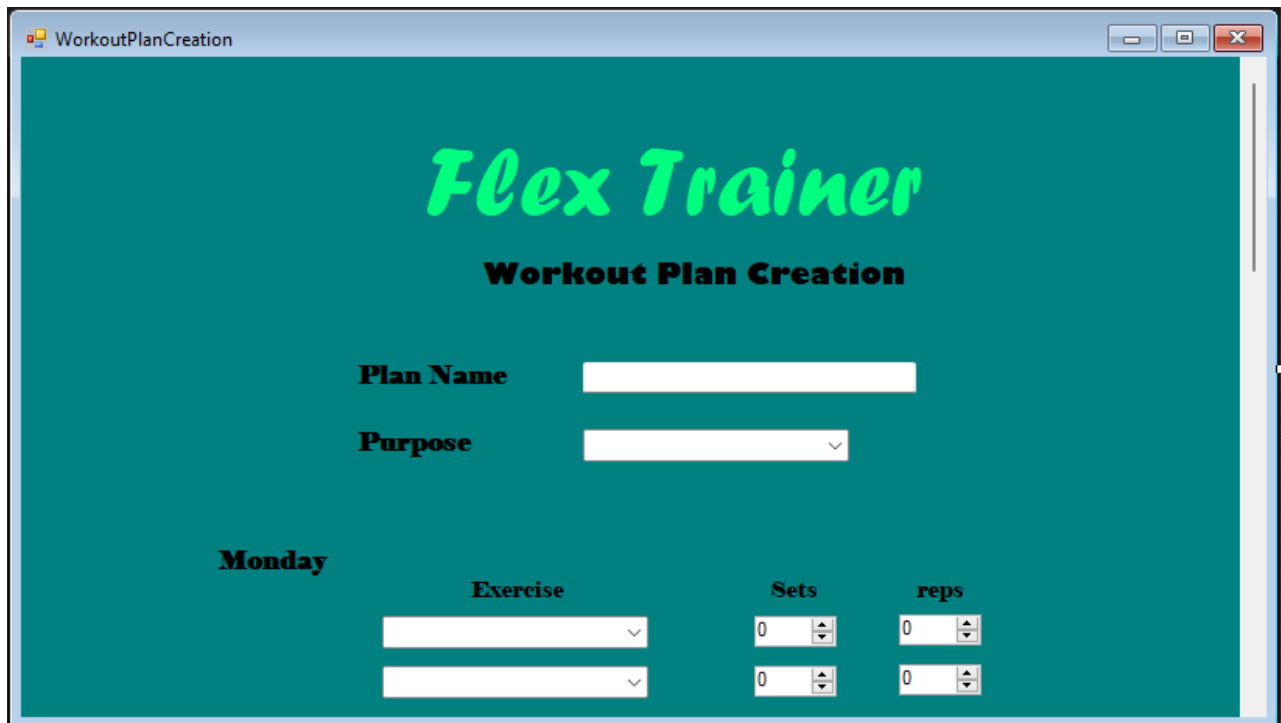
Create a new exercise:



The screenshot shows a window titled "ExerciseCreation" with a teal background. The title "Exercise Creation" is centered at the top in a bold black font. Below the title are five form fields, each with a label to its left: "Name" (a text input field), "Machine" (a dropdown menu), "Target Muscle" (a dropdown menu), "Rest Interval" (a numeric input field with a value of 0 and a spinner), and "Experience Required" (a numeric input field with a value of 0 and a spinner). At the bottom of the form are three buttons: "BACK" (a light blue button), "CLEAR" (a light blue button), and "SAVE" (a gray button).

The trainer can add a new exercise by adding all the details about it like machine, target muscles and reps/set for the user to add to their workout plans.

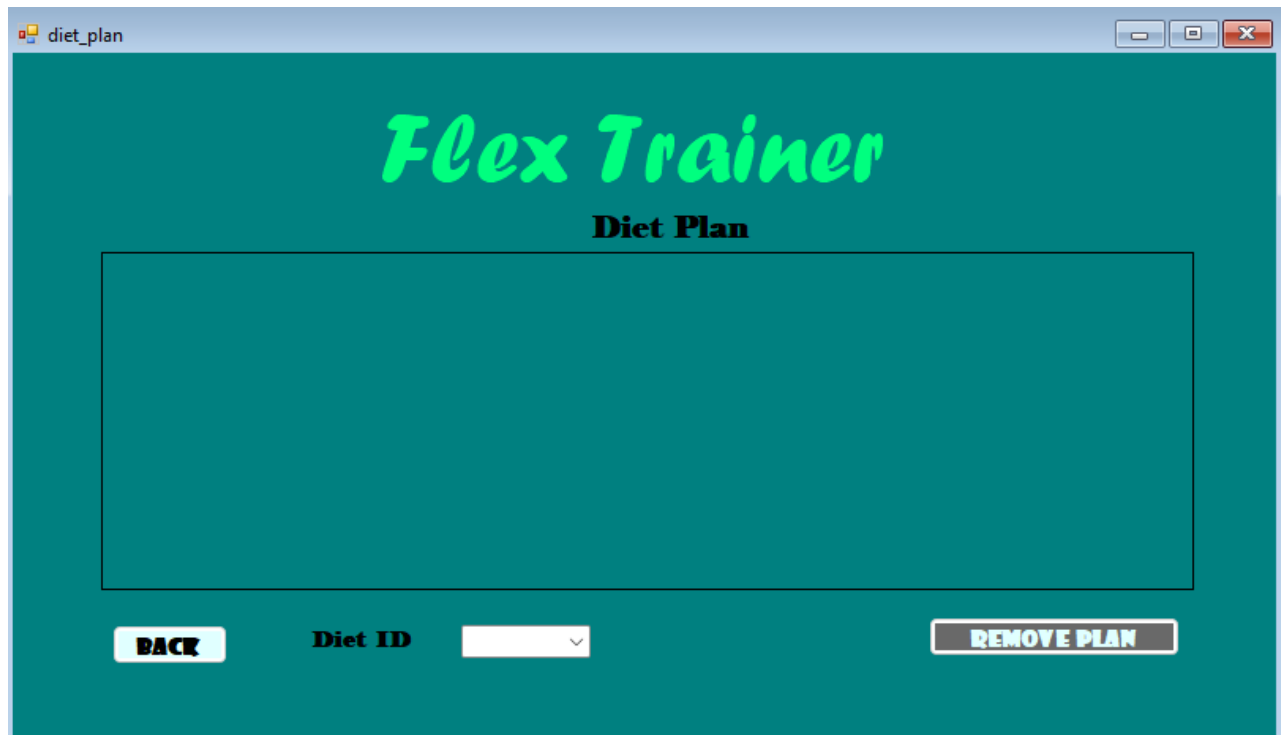
Create Workout Plans:



The screenshot shows a window titled "WorkoutPlanCreation" with a teal background. At the top, the text "Flex Trainer" is written in a large, green, cursive font, followed by "Workout Plan Creation" in a smaller, black, bold font. Below this, there are two input fields: "Plan Name" with a text box and "Purpose" with a dropdown menu. Further down, under the heading "Monday", there is a table with three columns: "Exercise", "Sets", and "reps". The "Exercise" column has two dropdown menus, and the "Sets" and "reps" columns have two numeric input fields each, all with up and down arrows for adjustment.

The trainer can create and adjust their created workout plan by adding all the exercises in the database.

View Diet Plans:



The screenshot shows a window titled "diet_plan" with a teal background. At the top, the text "Flex Trainer" is written in a large, green, cursive font, followed by "Diet Plan" in a smaller, black, bold font. Below this, there is a large, empty rectangular box. At the bottom, there is a "BACK" button, a "Diet ID" label with a dropdown menu, and a "REMOVE PLAN" button.

The trainer can view all the diet plans added in the database.

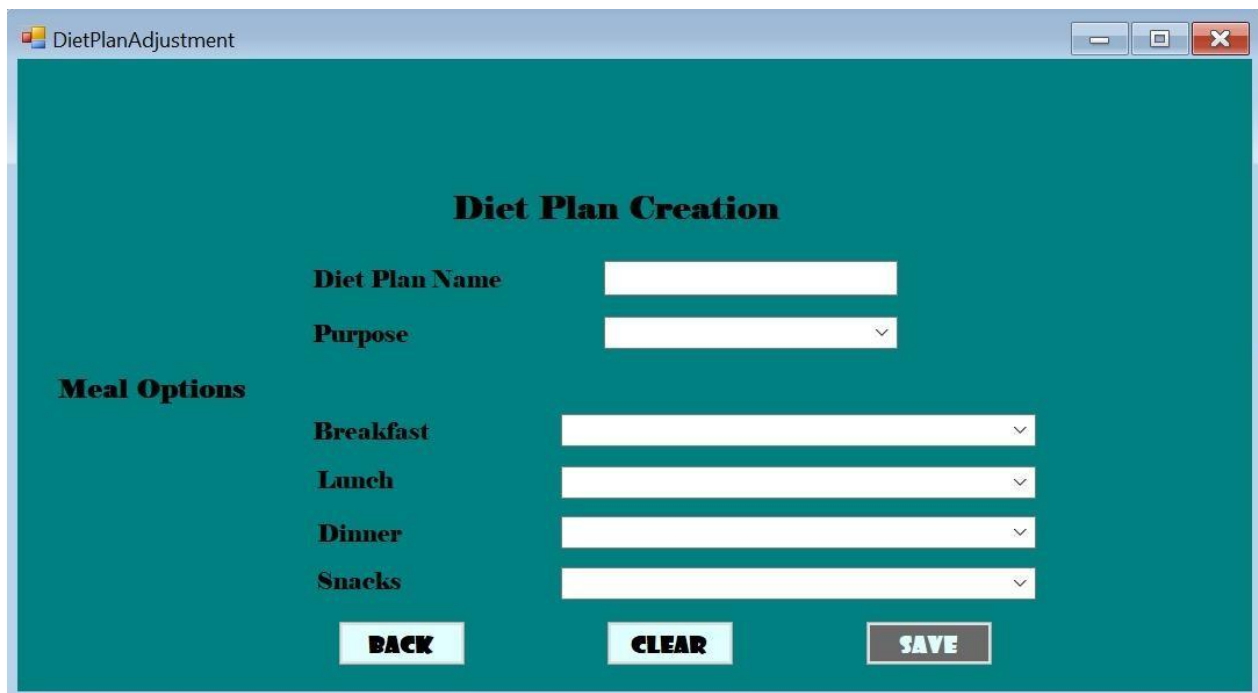
Meal Creation:



The Meal Creation window has a teal background and a title bar with the text 'MealCreation'. It features a central title 'Meal Creation' in bold black text. Below the title, there is a 'Name' label followed by a white text input field. Underneath is a 'Portion Size (gram)' label followed by a white spin box containing the number '0'. Further down, there are four labels: 'Fats', 'Protein', 'Fibre', and 'Carbs', each followed by a white spin box containing the number '0'. At the bottom of the window, there are three buttons: 'BACK' (light blue), 'CLEAR' (light blue), and 'SAVE' (grey).

The trainer can add a new meal for the members to add to their diet plans. The trainer adds the portion sizes and all the calories in the meal.

Diet Plan Creation:



The Diet Plan Creation window has a teal background and a title bar with the text 'DietPlanAdjustment'. It features a central title 'Diet Plan Creation' in bold black text. Below the title, there is a 'Diet Plan Name' label followed by a white text input field. Underneath is a 'Purpose' label followed by a white dropdown menu. Further down, there is a section titled 'Meal Options' in bold black text. Below this section, there are four labels: 'Breakfast', 'Lunch', 'Dinner', and 'Snacks', each followed by a white dropdown menu. At the bottom of the window, there are three buttons: 'BACK' (light blue), 'CLEAR' (light blue), and 'SAVE' (grey).

The trainer can also create a diet plan for the members to use later.

Book Appointments:

The screenshot shows a window titled "AppointmentView" with a teal background. At the top, the text "Flex Trainer" is written in a large, green, stylized font, and "Appointments" is written below it in a smaller, black, bold font. In the center, there is a large, empty white rectangular box. Below this box, there is a label "Appointment Id" followed by a dropdown menu. To the right of the dropdown is a button labeled "CANCEL APPOINTMENT". At the bottom of the window, there are two buttons: "BACK" on the left and "ADD APPOINTMENT" on the right.

The trainer can view and select the personal training requests and also reschedule the appointments according to their desire.

View Client Feedback:

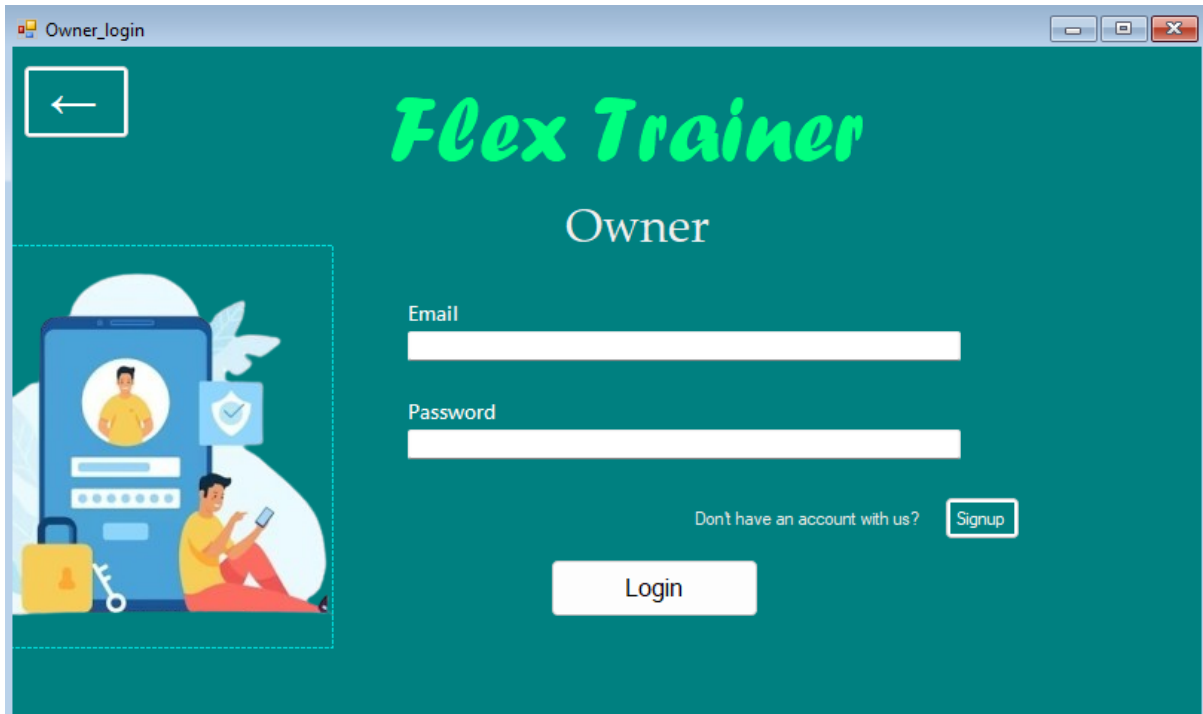
The screenshot shows a window titled "TrainerFeedback" with a teal background. At the top, the text "Feedbacks" is written in a bold, black font. Below this, there is a table with the following columns: "ID", "Client ID", "Gym ID", "Rating", and "Review". The table has 10 rows, with the first row containing headers and the remaining 9 rows being empty. Below the table, there are four labels: "Rating", "AVG(rating)", "Rating acc to gym", and "AVG(rating) group by gym Id". At the bottom left of the window, there is a button labeled "BACK".

ID	Client ID	Gym ID	Rating	Review

Trainer can also view the feedback they received from their clients

Owner Interface

The Owner login page is shown first:



The screenshot shows a web browser window titled "Owner_login". The page has a teal background. In the top left corner, there is a white square button with a left-pointing arrow. The main heading "Flex Trainer" is in a large, stylized green font, with "Owner" in a smaller white font below it. On the left side, there is an illustration of a man in a yellow shirt sitting on a cloud, holding a smartphone, with a large smartphone icon and a checkmark icon above him. On the right side, there are two white input fields labeled "Email" and "Password". Below the "Password" field, there is a link "Don't have an account with us?" and a "Signup" button. At the bottom center, there is a "Login" button.

If the owner does not have an account already then, he/ she can create a new account:



The screenshot shows a web browser window titled "OwnerSignup". The page has a teal background. In the top left corner, there is a white square button with a left-pointing arrow. The main heading "Flex Trainer" is in a large, stylized green font, with "Owner" in a smaller white font below it. On the left side, there is an illustration of a man in a yellow shirt sitting on a cloud, holding a smartphone, with a large smartphone icon and a checkmark icon above him. On the right side, there are four white input fields labeled "Full Name", "Email", "Gym" (with a dropdown arrow), and "Password". Below the "Password" field, there is a link "Already have an account with us?" and a "Login" button. At the bottom center, there is a "Sign Up" button.

Once the owner logs into their account then the menu is shown from where they can access multiple options:



The owner can check details of the gyms owned by them:



The gym owner can access member report and the trainer reports:

member_report

Flex Trainer

Member Report

Gym

Close

Trainer_Report

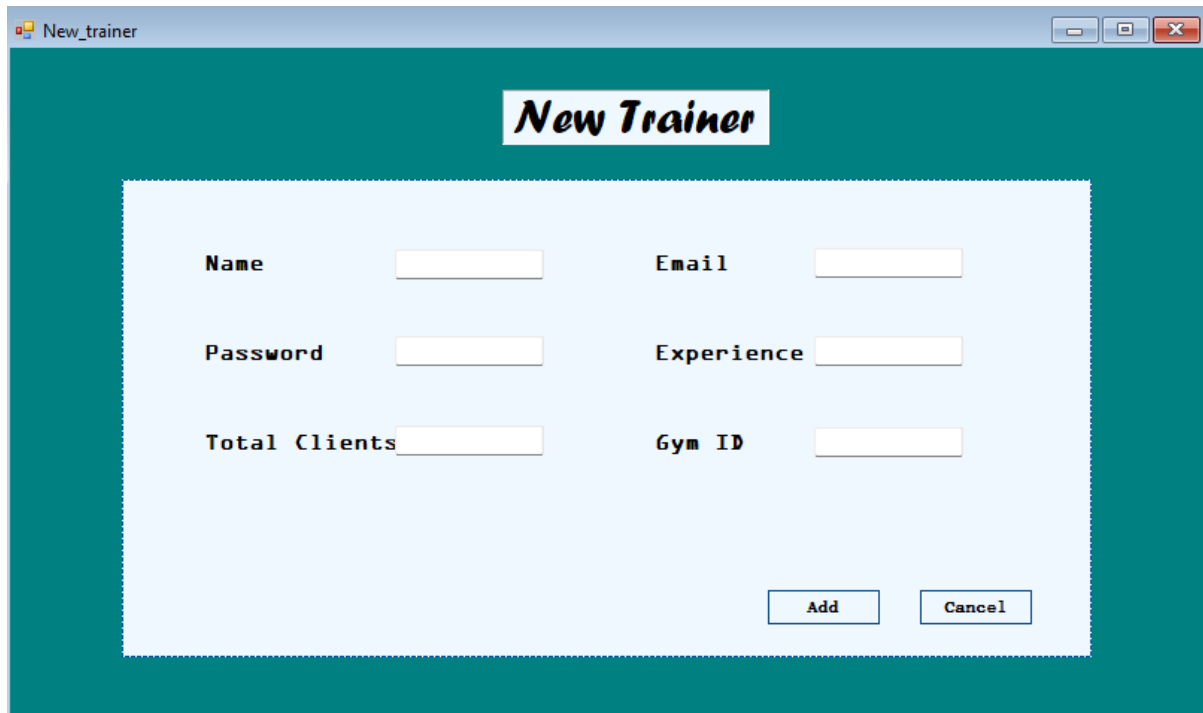
Flex Trainer

Trainer Report

Gym

Close

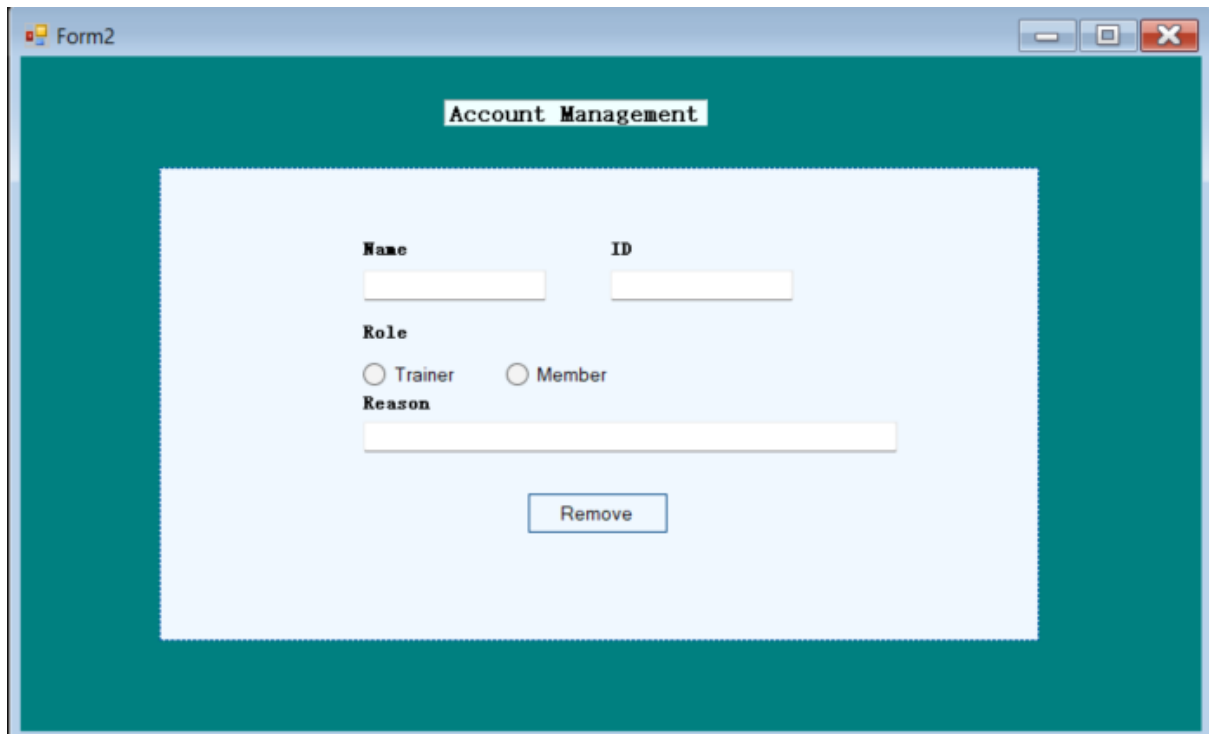
The gym owner can add a new trainer also:



The image shows a screenshot of a web application window titled "New_trainer". The window has a teal background and a white title bar. In the center, there is a white rectangular form with a dashed border. The form is titled "New Trainer" in a stylized, bold, italicized font. Below the title, there are six input fields arranged in two columns. The left column contains "Name", "Password", and "Total Clients". The right column contains "Email", "Experience", and "Gym ID". Each field is a simple white rectangle with a thin border. At the bottom right of the form, there are two buttons: "Add" and "Cancel". The "Add" button is a white rectangle with a blue border, and the "Cancel" button is a white rectangle with a blue border.

New Trainer	
Name	<input type="text"/>
Email	<input type="text"/>
Password	<input type="text"/>
Experience	<input type="text"/>
Total Clients	<input type="text"/>
Gym ID	<input type="text"/>
<input type="button" value="Add"/> <input type="button" value="Cancel"/>	

The gym owner can also manage accounts of member and trainers and they can remove them:

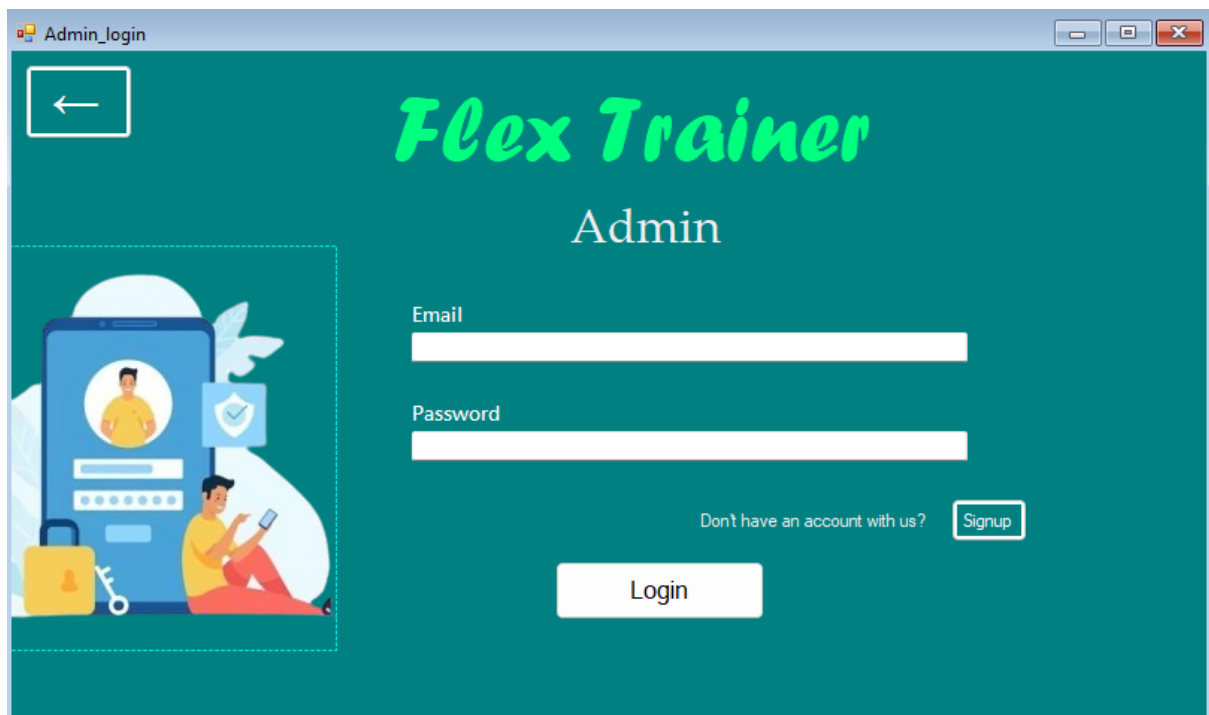


The screenshot shows a web application window titled "Form2" with a teal background. In the center, there is a light blue rectangular form titled "Account Management". The form contains the following fields and controls:

- Name**: A text input field.
- ID**: A text input field.
- Role**: Two radio buttons labeled "Trainer" and "Member".
- Reason**: A text input field.
- Remove**: A button located below the "Reason" field.

Admin Interface


The admin login page is shown first:



The screenshot shows the "Admin_login" page of a web application with a teal background. The page features the following elements:

- Navigation**: A back arrow button in the top left corner.
- Header**: The text "Flex Trainer" in a large, stylized green font, followed by "Admin" in a smaller white font.
- Illustration**: An illustration on the left side showing a person sitting and using a smartphone, with a large smartphone icon and a checkmark icon above them.
- Form Fields**: Two text input fields labeled "Email" and "Password".
- Links and Buttons**: A "Signup" button next to the text "Don't have an account with us?", and a "Login" button at the bottom center.

If the admin does not have an account then they can create one



The image shows a web application window titled "AdminSignup". The window has a teal background. In the top left corner, there is a back arrow button. The title "Flex Trainer" is displayed in a large, stylized green font, and "Admin" is written below it in a white serif font. On the left side, there is an illustration of a person sitting and using a smartphone, with a large smartphone screen showing a profile picture and a checkmark icon. To the right of the illustration, there are four input fields: "Full Name", "Email", "Gym" (a dropdown menu), and "Password". Below these fields, there is a link "Already have an account with us?" and a "Login" button. At the bottom center, there is a "Sign Up" button.

AdminSignup

←

Flex Trainer

Admin

Full Name

Email

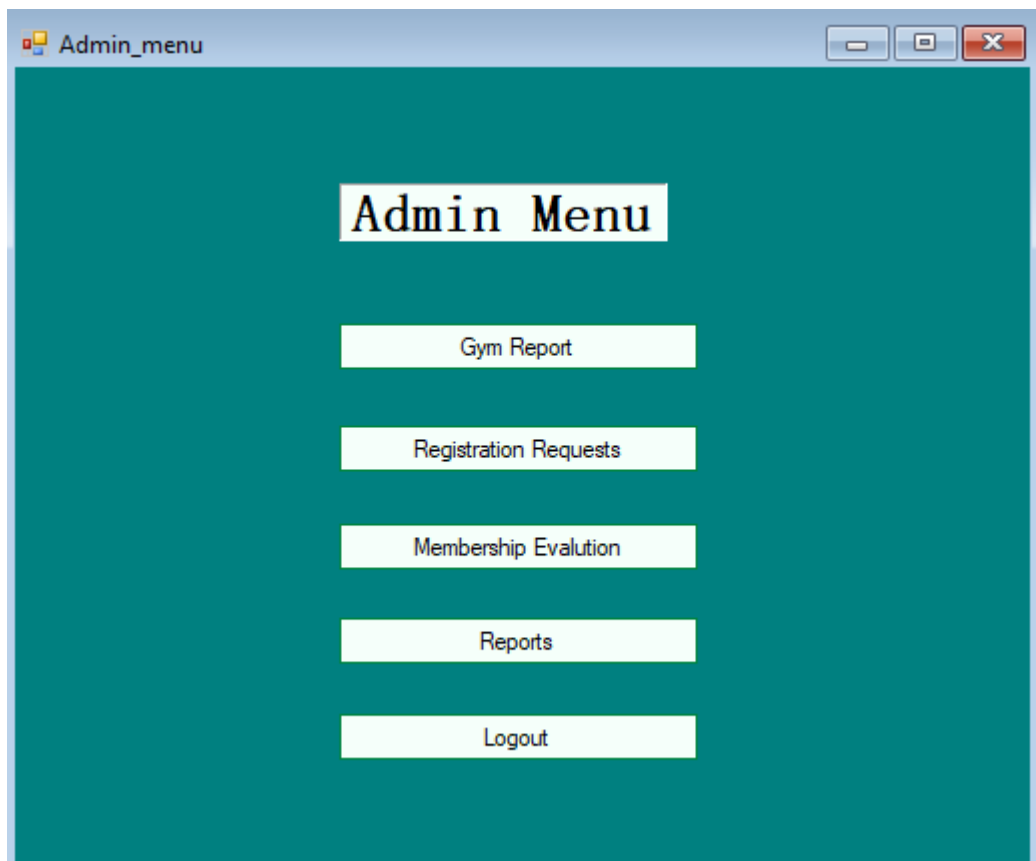
Gym

Password

Already have an account with us? [Login](#)

[Sign Up](#)

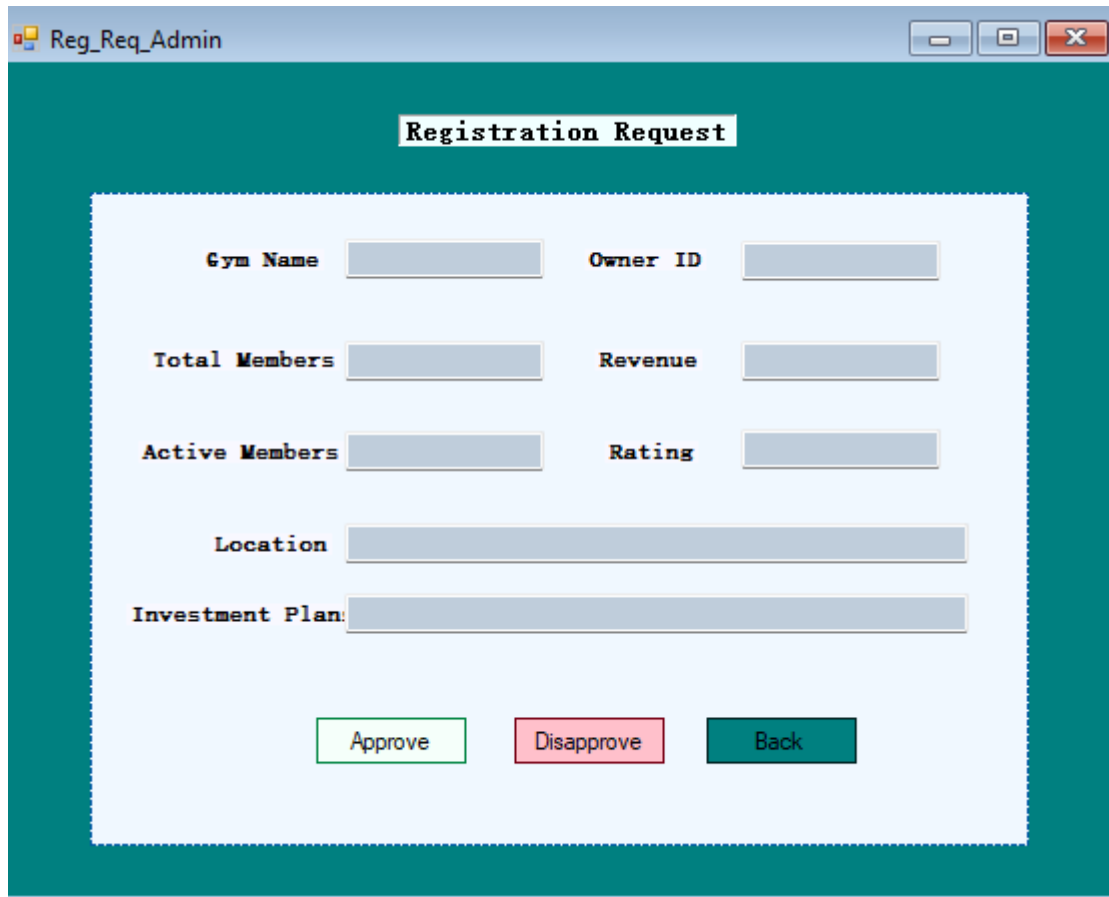
Once the Admin logs into their account then the menu is shown from where they can access multiple options:



Admin can access the gym report:



Admin can also approve or disapprove the registration request of gyms by checking the information about them:



The screenshot shows a window titled 'Reg_Req_Admin' with a teal background. Inside, there is a white box titled 'Registration Request'. The form contains several input fields for gym information:

Gym Name	Owner ID
<input type="text"/>	<input type="text"/>
Total Members	Revenue
<input type="text"/>	<input type="text"/>
Active Members	Rating
<input type="text"/>	<input type="text"/>
Location <input type="text"/>	
Investment Plan: <input type="text"/>	

At the bottom of the form are three buttons: 'Approve' (green), 'Disapprove' (pink), and 'Back' (teal).

Admin can evaluate the membership of the members and can remove them if found any irregularities:

Revoke_membership_admin

Flex Trainer

Member Report

Gym

Member ID

Remove Close

We have added another section in the Admin Menu for reports.

Reports

Flex Trainer

Reports

Select a Report to display