Considerations

* Client privacy, only instructors can view client data
* Data validation
* Storage solution – begin local, move to hosted after deployment
* Backup system after deployment

Colour Codes {

Apricot : #FFCAB1

Moonstone : #69A2B0

Asparagus : #659157

}

Colour Codes {

#161310

#443e2e

#705c47

Text Colour: #f6f5f1

#999184

#c9bca7

#a8a091

}

Features

Login Features – Secure

Form – Class Planner (Individual) – must be mobile friendly and downloadable as PDF

* Client Name
* Level of Difficulty
* Date of Class
* Class length (minutes)
* Focus
* Known Injuries - Considerations
* Warm up
* Main workout
* Finisher
* Client feedback/notes
* Focus Checklist

Create Planner drafts (auto save progress if you want to come back later)

Unique client profiles

Store workouts

Future:

AI Workout Suggestions – API

AI popup suggestions

Client stored data should be in JSON format for AI calls

Instructor feedback for AI ?

Accessibility Features