

Flexify

Gym Membership & Workout Tracking System

Business Requirements Specification (BRS)

Table of Contents

1. Introduction.....	3
2. Business Requirements Overview.....	4
3. Functional Requirements Overview.....	5
4. Non-functional Requirements	6

1. Introduction

1.1 Document Purpose

This document communicates the business requirements and scope for developing Flexify-A Gym Membership & Workout Tracking System. The scope of this document is to define the functional and non-functional requirements, business rules and other constraints requirements.

1.2 Project Background

Managing gym operations manually leads to issues such as unorganized member records, difficulty in tracking membership renewals, inconsistent workout plans, and lack of proper progress monitoring. Trainers struggle to manage member schedules, and members often lack clarity on their workout routines and fitness progress. To overcome these inefficiencies, a digital system is required that centralizes gym management, streamlines daily activities, and provides transparency for admins, trainers, and members.

1.3 Goal of the Project

The goal of this project is to build a smart Gym Membership & Workout Tracking System that simplifies gym management by digitally handling member registrations, trainer assignments, workout plans, attendance tracking, progress monitoring, membership purchase, payments, and user feedback. The system aims to provide admins with easy control, trainers with effective tools to guide members, and members with an intuitive platform to follow and log workouts. Overall, the project focuses on automation, accuracy, and seamless user experience.

1.4 Customers and Stakeholders

4.1 Customers

- Gym Admin
- Gym Trainers
- Gym Members

4.2 Stakeholders

- Gym Owner / Management Team
- Equipment Managers
- Technical Support Team
- Marketing/Finance Department (using reports for decisions)
- Health Organization

2. Business Requirements Overview

- User authentication for **Admin**, **Trainer**, and **Member**.
- Member management (add, update, delete, view).
- Trainer management (add, update, delete, view).
- Membership plan creation and renewal management.
- Workout plan assignment to members by trainers.
- Attendance tracking for members.
- Progress tracking and generating reports.
- Dashboard for admin and trainers to monitor activities.
- Notifications for membership expiry, schedule, and updates.

3. Functional Requirements Overview

3.1 Admin Module

The Admin module provides complete control over the system's core operations. The following requirements define the functionality available to the Admin:

- The Admin can add, edit, and remove member records.
- The Admin can add, edit, and remove trainer records.
- The Admin can create and manage membership plans (monthly, quarterly, yearly).
- The Admin can track membership renewals, including active, expired, and upcoming renewals.
- Track payments and financial reports of gym.
- View all reviews, feedback given by members and respond to feedback.
- The Admin can view a dashboard that displays total members, total trainers, and daily attendance count.

3.2 Trainer Module

The Trainer module includes functionalities related to workout planning and member guidance. The following requirements apply:

- The Trainer can assign workout plans to members.
- The Trainer can track member progress, including weight, sets, reps, muscle gain, and fat loss.
- The Trainer can give workout instructions and diet plans to members.
- The Trainer can mark attendance for members.
- View reviews and rating provided by members and respond it.

3.3 Member Module

The Member module provides users with access to workout information, progress tracking, and membership management. The following requirements define the functionality available to Members:

- Register and login securely using email or username.
- Browse and purchase membership plans online.
- Make payments via payment gateway using UPI, card, net banking.
- The Member can view the workout plan assigned by the trainer.
- The Member can log completed exercises, including sets, reps, and weight used.
- The Member can view progress reports, including charts or tracked improvements.
- The Member can check their attendance history.
- Provide reviews and rating for gym or trainer.
- Renew membership plans.

4. Non-Functional Requirements

- The system should use a **professional UI**, with a clean look and consistent color scheme.
- The system must be accessible via the internet without usage limitations and should support **5 to 10 million users** on initial launch (scalable system).
- The UI must follow general **usability guidelines** for menus, navigation, colors, and clear action buttons.
- The system should allow users to complete tasks in **minimum steps** with smooth navigation.
- Pages should load within **3 seconds** for optimal user experience.
- The system should maintain **data privacy and security** for all user roles.
- The system should be compatible across various devices (desktop, mobile, tablet).
- The system should offer **99% availability** during operational hours.