Professor Dr. Ronald Eaglin   
Assignment 4 – CEN3722   
10/02/2023   
Group Members: Jobiya Shimul, Leslie Boykin, David Racine, David Lopez, and Juan Pellot   
Project: Catered Fitness

Catered Fitness Report

1. User will enter into their Catered Fitness application.

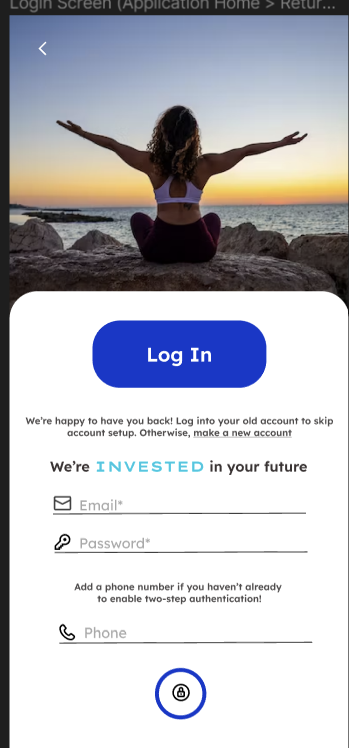
1.1. If there is an existing user, they will click Returning User.

1.2. If new user, they will click get started.

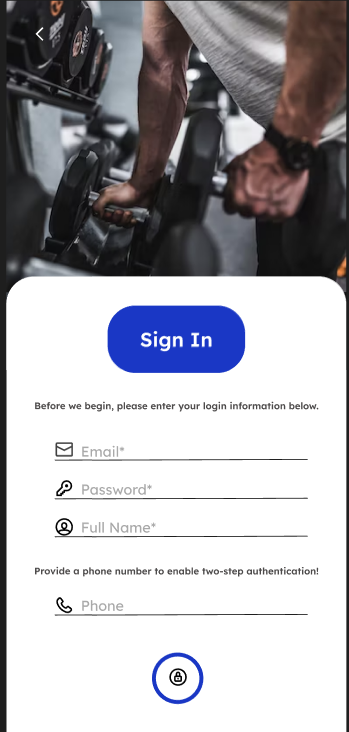
A person in a gym

Description automatically generated

1.1.1 Existing users will input their login information.



1.2.1 New users will create an account.



2. Once logged into the user’s account. They will select a fitness plan.

A screenshot of a cell phone

Description automatically generated

2.1. The user will select desired fitness goal focus.

2.1.1. The user will select upper body.

2.1.2. The user will select lower body.

A person flexing his muscles

Description automatically generated

2.3. If a user selects upper body, they will get a selection of exercises to add to their fitness plan.

A collage of images of a person doing exercises

Description automatically generated

2.4. If a user selects lower body, they will get a selection of exercises to add to their fitness plan.

A poster of a person doing exercises

Description automatically generated

2.4 User will then calculate there current fitness level before they start their chosen goal.

A screenshot of a phone

Description automatically generated