



Documentação da API UMFIt

User

POST Logout

```
http://0.0.0.0:5000/api/user/logout
```

Termina a sessão de um utilizador

HEADERS

Content-Type

application/json

BODY raw

```
{  
  "valueST": "tokenValido"  
}
```

Example Request

Token Invalido ▼

```
curl --location --request POST 'http://0.0.0.0:5000/api/user/logout' \  
--header 'Content-Type: application/json' \  
--data-raw '{  
  "valueST": "tokenInvalido"  
}'
```

Example Response

401 Unauthorized

POST Status

http://0.0.0.0:5000/api/user/status

Verifica o estado da sessão de um utilizador

HEADERS

Content-Type
application/json

BODY raw

```
{
  "valueST": "tokenValido"
}
```

Example Request

Token Valido ▼

```
curl --location --request POST 'http://0.0.0.0:5000/api/user/status' \
--header 'Content-Type: application/json' \
--data-raw '{
  "valueST": "tokenValido"
}'
```

Example Response

200 OK

≡

{
 "status": "online",
 "user": {
 "tipoDeUser": "Cliente",
 "email": "test",
 "nif": 99,
 "nome": "TesteUser",
 "genero": 1,
 "data_nascimento": "1999-09-19T00:00:00",
 "localidade": "Famalicão".
 }
}

View More

Documentation Settings ▼

POST Authenticate

http://0.0.0.0:5000/api/user/authenticate

Inicia a sessão de um utilizador

HEADERS

Content-Type

application/json

BODY raw

{"email":"test","password":"test"}

Example Request

Credenciais Validas ▼

```
curl --location --request POST 'http://0.0.0.0:5000/api/user/authenticate' \  
--header 'Content-Type: application/json' \  
--data-raw '{  
  "email":"test",  
  "password":"test"  
}'  
,
```

Example Response

200 OK

Body Headers (5)

```
{
  "token": "BAC25E617EA05B4F46A14854A18196C55E4CECB4A328A86CA4733349BE3CDD7F",
  "user": {
    "tipoDeUser": "Cliente",
    "email": "test",
    "nif": 99,
    "nome": "TesteUser",
    "genero": 1,
    "data_nascimento": "1999-09-19T00:00:00",
    "localidade": "Famalicão".
  }
}
```

View More

Documentation Settings ▼

POST Create

http://0.0.0.0:5000/api/user/create

HEADERS

Content-Type
application/json

BODY raw

{"newUser":{"tipoDeUser":"Cliente","email":"testee","nif":123456789,"nome":"test","genero":-1,"data_na

Example Request Email já registado ▼

```
curl --location --request POST 'http://0.0.0.0:5000/api/user/create' \
--header 'Content-Type: application/json' \
--data-raw '{"newUser":{"tipoDeUser":"Cliente","email":"test","nif":123456789,"nome":"test","genero":-1,"data_na
```

Example Response 409 Conflict

Body Headers (5)
Email já registado

POST Update

http://0.0.0.0:5000/api/user/update

Documentation Settings ▼

Atualizar password e/ou localidade do utilizador

HEADERS

Content-Type

application/json

BODY raw

```
{
  "userEmail": "test",
  "newPasswordHash": "hash",
  "newLocalidade" : 1
}
```

Example Request

Atualização Valida

```
curl --location --request POST 'http://0.0.0.0:5000/api/user/update' \
--header 'Content-Type: application/json' \
--data-raw '{
  "userEmail": "test",
  "newPasswordHash": "hash",
  "newLocalidade" : "local"
}'
```

POST Emails

http://0.0.0.0:5000/api/user/emails

Obtem uma lista de emails de todos os utilizadores

HEADERS

Content-Type

application/json

BODY raw

```
{
  "valueST" : "validToken"
}
```

Documentation Settings ▼

Example Request

Valid Token ▼

```
curl --location --request POST 'http://0.0.0.0:5000/api/user/emails' \
--header 'Content-Type: application/json' \
--data-raw '{
  "valueST" : "validToken"
}'
```

Example Response

200 OK

Body

Headers (5)

```
{
  "users": [
    "susanaMag@gmail.com",
    "antoPi@hotmail.com",
    "a84656@alunos.uminho.pt",
    "a83719@alunos.uminho.pt",
    "a85729@alunos.uminho.pt",
    "test",
    "tes",
    "p7coutvmirnth".
```

View More

POST Select

http://0.0.0.0:5000/api/user/select

Obtem os dados de um utilizador

HEADERS

Content-Type

application/json

BODY raw

```
{
  "token" : "validToken",
  "email" : "test"
}
```

Documentation Settings ▼

Example Request

Valid Token

```
curl --location --request POST 'http://0.0.0.0:5000/api/user/select' \
--header 'Content-Type: application/json' \
--data-raw '{
  "valueST" : "validToken",
  "email" : "test"
}'
```

Example Response

200 OK

Body

Headers (5)

```
{
  "user": {
    "name": "TesteUser",
    "email": "test",
    "cat": "Cliente",
    "localidade": "1",
    "categoria": "Cliente Premium"
  }
}
```

POST Remove

```
http://0.0.0.0:5000/api/user/remove
```

Remove um utilizador

HEADERS

Content-Type
application/json

BODY raw

```
{
  "valueST" : "tokenValido",
  "email" : "testee",
  "type" : "Cliente"
}
```

[Documentation Settings](#) ▼

Example Request

[Remove](#)

```
curl --location --request POST 'http://0.0.0.0:5000/api/user/remove' \
--header 'Content-Type: application/json' \
--data-raw '{
  "valueST" : "tokenValido",
  "email" : "testee",
  "type" : "Cliente"
}'
```

POST Emails/clientes

<http://0.0.0.0:5000/api/user/emails/clientes>

Obtém os emails de todos os clientes

HEADERS

Content-Type

application/json

BODY raw

```
{
  "valueST" : "tokenValido"
}
```

Example Request

Token Valido


```
curl --location --request POST 'http://0.0.0.0:5000/api/user/emails/clientes' \  
--header 'Content-Type: application/json' \  
--data-raw '{  
  "valueST" : "tokenValido"  
}'
```

[Documentation Settings](#) ▼

Example Response

200 OK

Body Headers (5)

```
{  
  "users": [  
    "a83719@alunos.uminho.pt",  
    "a85729@alunos.uminho.pt",  
    "test",  
    "tes",  
    "p7çoutymjrnth"  
  ]  
}
```

POST Emails/clientes/premium

```
http://0.0.0.0:5000/api/user/emails/clientes/premium
```

Obtém uma lista de todos os emails de clientes premium

HEADERS**Content-Type**

application/json

BODY raw

```
{  
  "valueST" : "tokenValido"  
}
```

Example Request

Token Valido

≡

```
curl --location --request POST 'http://0.0.0.0:5000/api/user/emails/clientes/premium' \
--header 'Content-Type: application/json' \
--data-raw '{
  "valueST" : "tokenValido"
}'
```

Documentation Settings ▼

Example Response

200 OK

Body

Headers (5)

```
{
  "users": [
    "a83719@alunos.uminho.pt",
    "p7çoutymjrnth",
    "tes",
    "test"
  ]
}
```

POST Categoria

http://0.0.0.0:5000/api/user/categoria

Atualiza a categoria de um utilizador

HEADERS

Content-Type
application/json

BODY raw

```
{
  "valueST": "tokenValido",
  "userEmail": "a84656@alunos.uminho.pt",
  "tipo" : "Standard"
}
```

Example Request

Token Valido ▼

```
curl --location --request PUT 'http://0.0.0.0:5000/api/user/categoria' \  
--header 'Content-Type: application/json' \  
--data-raw '{  
  
    "valueST": "tokenValido",  
    "userEmail": "test",  
    "tipo" : "Standard"  
}'
```

[Documentation Settings](#) ▼

Example Response

200 OK

[Body](#) [Headers \(4\)](#)**No response body**

This request doesn't return a response body

POST Emails/instrutores

`http://0.0.0.0:5000/api/user/emails/instrutores`

Obtém uma lista de emails de todos os instrutores

HEADERS

Content-Type

application/json

BODY raw

```
{  
  "valueST" : "tokenValido"  
}
```

Example Request

Token Valido

```
curl --location --request POST 'http://0.0.0.0:5000/api/user/emails/instrutores' \
--header 'Content-Type: application/json' \
--data-raw '{
"valueST" : "tokenValido"
}'
```

Example Response

200 OK

Body Headers (5)

```
{
  "instrutores": {
    "a85227@alunos.uminho.pt": "João Azevedo",
    "a89983@alunos.uminho.pt": "Paulo Lima",
    "anaSILVa@hotmail.com": "Ana Silva",
    "joseCarv@gmail.com": "José Carvalho",
    "mariCst@gmail.com": "Maria Costa"
  }
}
```

PlanoTreino

POST Exercicios

http://0.0.0.0:5000/api/planotreino/exercicios

Obtém a lista de exercicios suportados

HEADERS

Content-Type

application/json

BODY formdata

Example Request

Token Valido

```
curl --location --request POST 'http://0.0.0.0:5000/api/planotreino/exercicios' \
--header 'Content-Type: application/json'
```

Documentation Settings ▼

Example Response

200 OK

Body

Headers (5)

```
{
  "exercicios": [
    "Supino c/ Halteres",
    "Pack Deck",
    "Afundos",
    "Máquina Press Peito",
    "Tricep c/ Corda",
    "Tricep Francês c/ Barra",
    "Tricep Kick-Back c/ Corda",
    "Aaachamento Frontal".
  ]
}
```

View More

POST Criar

```
http://0.0.0.0:5000/api/planotreino
```

Adiciona um plano de treino

HEADERS

Content-Type

application/json

BODY raw

```
{"email":"tes","planotreino":{"nome":"test","tipo":"test","grupos_musculares":"test","frequencia":"t"}}
```

Example Request

Token Valido

```
curl --location --request POST 'http://0.0.0.0:5000/api/planotreino' \
--header 'Content-Type: application/json' \
--data-raw '{"email":"tes","planotreino":{"nome":"test","tipo":"test","grupos_musculares":"test","frequencia":"t"}}
```

POST Consultar

[Documentation Settings](#) ▼

```
http://0.0.0.0:5000/api/planotreino/consultar
```

Obtém o plano de treino de um utilizador

HEADERS

Content-Type

application/json

BODY raw

```
{
  "valueST" : "tokenValido",
  "email" : "a83719@alunos.uminho.pt"
}
```

Example Request

Token Valido

```
curl --location --request POST 'http://0.0.0.0:5000/api/planotreino/consultar' \
--header 'Content-Type: application/json' \
--data-raw '{
  "valueST" : "tokenValido",
  "email" : "a83719@alunos.uminho.pt"
}'
```

Example Response

200 OK

Body Headers (5)

```
[
  {
    "nome": "Treino A - Tríceps e Costas",
    "data_Fim": "2020-08-01T00:00:00",
    "grupo_muscular": "Tríceps e Costas",
    "frequencia": "1 vez por semana",
    "cliente_email": "a83719@alunos.uminho.pt",
    "exercicios": [
      {
        "nome": "Elevações na Barra".
```

[View More](#)



PlanoAlimentar

POST Criar

http://0.0.0.0:5000/api/planoalimentar

Adiciona um plano Alimentar

HEADERS

Content-Type

application/json

BODY raw

```
{"email": "tes", "planoAlimentar": {"nome": "test", "refeicoes_livres": "-1", "frequencia": "test", "data_fim": "2020-07-02", "lista_refeicoes": [{"nome": "Jantar", "descricao": "test"}, {"nome": "Pequeno-Almoço", "descricao": "gelado"}], "valueST": "tokenValido"}
```

Example Request

Token Valido

```
curl --location --request POST 'http://0.0.0.0:5000/api/planoalimentar' \
--header 'Content-Type: application/json' \
--data-raw '{"email": "tes", "planoAlimentar": {"nome": "test", "refeicoes_livres": "-1", "frequencia": "test", "data_fim": "2020-07-02", "lista_refeicoes": [{"nome": "Jantar", "descricao": "test"}, {"nome": "Pequeno-Almoço", "descricao": "gelado"}], "valueST": "tokenValido"}'
```

POST Consultar

http://0.0.0.0:5000/api/planoalimentar/consultar

Obtém o plano alimentar de um utilizador

HEADERS

≡

Documentation Settings ▼

Content-Type

application/json

BODY raw

```
{
  "valueST" : "tokenValido",
  "email" : "tes"
}
```

Example Request

Token Valido

```
curl --location --request POST 'http://0.0.0.0:5000/api/planoalimentar/consultar' \
--header 'Content-Type: application/json' \
--data-raw '{
  "valueST" : "tokenValido",
  "email" : "tes"
}'
```

Example Response

200 OK

Body Headers (5)

```
[
  {
    "cliente_email": "tes",
    "nome": "test",
    "frequencia": "test",
    "nRefeicoes_livres": -1,
    "data_Fim": "2020-05-27T00:00:00",
    "refeicoes": [
      {
        "nome": "Jantar".
```

View More

Avaliacao

POST Evolucao

http://0.0.0.0:5000/api/avaliacao/evolucao

Documentation Settings

Obtém todos os registos de perímetros e composição corporal do cliente

HEADERS

Content-Type

application/json

BODY raw

```
{
  "valueST" : "FC020261245C0A0B936F2DAA59D4736DA9258F6AFC0621C27FFFC92FAF8EA42A"
}
```

Example Request

Token Valido

```
curl --location --request POST 'http://0.0.0.0:5000/api/avaliacao/evolucao' \
--header 'Content-Type: application/json' \
--data-raw '{
  "valueST" : "FC020261245C0A0B936F2DAA59D4736DA9258F6AFC0621C27FFFC92FAF8EA42A"
}'
```

Example Response

200 OK

Body Headers (5)

```
{
  "pesos": [
    {
      "registo": 80.3,
      "data": "2020-04-08T10:00:00"
    },
    {
      "registo": 80.1,
      "data": "2020-03-20T14:00:00"
    }
  ]
}
```

View More

POST Ultima

http://0.0.0.0:5000/api/avaliacao/ultima

Ultima avaliação de um cliente

HEADERS

Documentation Settings ▼

Content-Type

application/json

BODY raw

```
{
  "email" : "a83719@alunos.uminho.pt",
  "valueST": "FC020261245C0A0B936F2DAA59D4736DA9258F6AFC0621C27FFFC92FAF8EA42A"
}
```

Example Request

Token Valido

```
curl --location --request POST 'http://0.0.0.0:5000/api/avaliacao/ultima' \
--header 'Content-Type: application/json' \
--data-raw '{
  "email" : "a83719@alunos.uminho.pt",
  "valueST": "FC020261245C0A0B936F2DAA59D4736DA9258F6AFC0621C27FFFC92FAF8EA42A"
}'
```

Example Response

200 OK

Body Headers (5)

```
{
  "composicao_corporal": {
    "altura": 181,
    "peso": 80.3,
    "massa_gorda": 7,
    "massa_magra": 70.3,
    "imc": 24.72,
    "idade_metabolica": 13
  },
  "perimetros": {
```

View More

POST Criar

http://0.0.0.0:5000/api/avaliacao

Submeter avaliação para um cliente

HEADERS

Content-Type

application/json

Documentation Settings ▼

BODY raw

```
{"data":"2020-04-30 18:00:00","email_cliente":"a83719@alunos.uminho.pt","email_instrutor":"a85227@alunos.uminho.pt"}
```

Example Request

Credenciais Validas

```
curl --location --request POST 'http://0.0.0.0:5000/api/avaliacao' \
--header 'Content-Type: application/json' \
--data-raw '{"data":"2020-04-30 18:00:00","email_cliente":"a83719@alunos.uminho.pt","email_instrutor":"a85227@alunos.uminho.pt"}
```

POST Agendadas/cliente

```
http://0.0.0.0:5000/api/avaliacao/agendadas/cliente
```

Obtém as avaliações agendadas para um utilizador

HEADERS

Content-Type

application/json

BODY raw

```
{
  "valueST" : "tokenValido",
  "email" : "test"
}
```

Example Request

Agendadas

```
curl --location --request POST 'http://0.0.0.0:5000/api/avaliacao/agendadas/cliente' \
--header 'Content-Type: application/json' \
--data-raw '{
  "valueST" : "tokenValido",
  "email" : "test"
}'
```

[Documentation Settings](#) ▼

Example Response

200 OK

Body Headers (5)

```
{
  "avaliacoes": []
}
```

POST Agendadas/instrutor

```
http://0.0.0.0:5000/api/avaliacao/agendadas/instrutor
```

Obtém as avaliações agendadas para um utilizador

HEADERS

Content-Type

application/json

BODY raw

```
{
  "valueST" : "tokenValido",
  "email" : "test"
}
```

Example Request

Token Valido

```
curl --location --request POST 'http://0.0.0.0:5000/api/avaliacao/agendadas/instrutor' \
--header 'Content-Type: application/json' \
--data-raw '{
  "valueST" : "tokenValido",
  "email" : "test"
}'
```

Example Response

Body

Headers (5)

200 OK

Documentation Settings

```
{
  "avaliacoes": []
}
```

POST Agendar

http://0.0.0.0:5000/api/avaliacao/agendar

Agendar uma avaliação

HEADERS

Content-Type
application/json

BODY raw

```
{"avaliacao":{"data":"2021-05-27T02:04:56+01:00","instrutor_nome":"José Carvalho","instrutor_email":
```

Example Request

Agendar

```
curl --location --request POST 'http://0.0.0.0:5000/api/avaliacao/agendar' \
--header 'Content-Type: application/json' \
--data-raw '{"avaliacao":{"data":"2021-05-27T02:04:56+01:00","instrutor_nome":"José Carvalho","instrutor_email":
```

AulaGrupo

POST Planosemanal/cliente

http://0.0.0.0:5000/api/aulagrupo/planosemanal/cliente

Obtém o plano de aulas semanais para um cliente



HEADERS

Content-Type

application/json

BODY formdata

Example Request

Token Valido

```
curl --location --request POST 'http://0.0.0.0:5000/api/aulagrupo/planosemanal/cliente' \
--header 'Content-Type: application/json' \
--data-raw '{
  "valueST" : "tokenValido",
  "email" : "test"
}'
```

Example Response

200 OK

Body Headers (5)

```
{
  "Segunda": [
    {
      "marcada": false,
      "id": 1,
      "hora": "8h0",
      "dia": "Segunda",
      "nome": "Cross Training",
      "lotacao_atual": 0,
      "lotacao_max": 30.
    }
  ]
}
```

View More

GET Planosemanal

http://0.0.0.0:5000/api/aulagrupo/planosemanal

Obtem os planos semanais das aulas de grupo

BODY formdata

```
curl --location --request GET 'http://0.0.0.0:5000/api/aulagrupo/planosemanal'
```

Example Response

200 OK

Body

Headers (4)

```
{
  "Segunda": [
    {
      "id": 1,
      "hora": "8h0",
      "dia": "Segunda",
      "nome": "Cross Training",
      "lotacao_atual": 0,
      "lotacao_max": 30,
      "duracao": "1h:00m".
    }
  ]
}
```

View More

POST Marcar

http://0.0.0.0:5000/api/aulagrupo/marcar

Marca uma aula para um cliente

HEADERS

Content-Type

application/json

BODY raw

```
{
  "valueST" : "tokenValido",
  "aula" : 5
}
```

```
curl --location --request POST 'http://0.0.0.0:5000/api/aulagrupo/marcar' \
--header 'Content-Type: application/json' \
--data-raw '{
  "valueST" : "tokenValido",
  "aula" : 5
}'
```

Documentation Settings ▼

Example Response

200 OK

Body

Headers (4)

No response body

This request doesn't return a response body

POST Desmarcar

http://0.0.0.0:5000/api/aulagrupo/desmarcar

Desmarcar uma aula de grupo para um cliente

HEADERS

Content-Type

application/json

BODY raw

```
{
  "valueST" : "tokenValido",
  "aula" : 5
}
```

Example Request

Desmarcar


```
curl --location --request POST 'http://0.0.0.0:5000/api/aulagrupo/desmarcar' \  
--header 'Content-Type: application/json' \  
--data-raw '{  
  "valueST" : "tokenValido",  
  "aula" : 5  
'
```

[Documentation Settings](#) ▼

POST Editar

http://0.0.0.0:5000/api/aulagrupo/editar

Editar uma aula de grupo

HEADERS

Content-Type

application/json

BODY formdata

Example Request

[Editar](#)

```
curl --location --request POST 'http://0.0.0.0:5000/api/aulagrupo/editar' \  
--header 'Content-Type: application/json' \  
--data-raw '{"valueST": "76F9D7586A3A2B1E1FD23D4D95F45927D5D57CF64C3A845E7D43F1921B561929", "aula": {"id": 24, "hora"
```

POST Aula/clientes

http://0.0.0.0:5000/api/aulagrupo/aula/clientes

Lista de Clientes na Aula de grupo

HEADERS

Content-Type

application/json

 BODY raw

Documentation Settings ▼

```
{  
  
  "valueST" : "tokenValido",  
  "aula" : "1"  
}
```

Example Request

Token Valido

```
curl --location --request POST 'http://0.0.0.0:5000/api/aulagrupo/aula/clientes' \  
--header 'Content-Type: application/json' \  
--data-raw '{  
  
  "valueST" : "tokenValido",  
  "aula" : "1"  
}'
```

Example Response

200 OK

Body

Headers (5)

```
[  
  "Pedro Machado"  
]
```