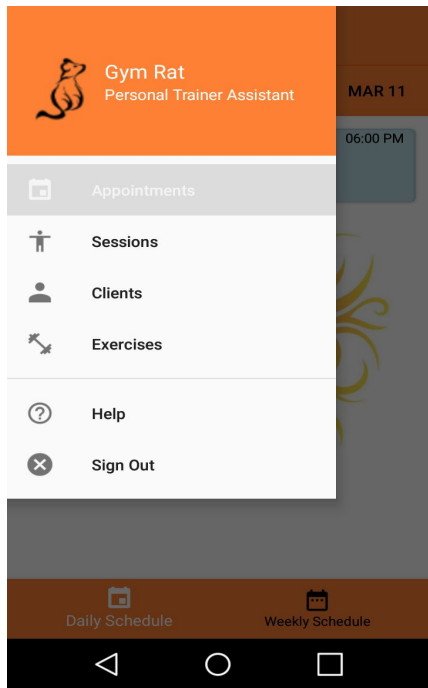


README:

App Description - Gym Rat Personal Trainers' Assistant

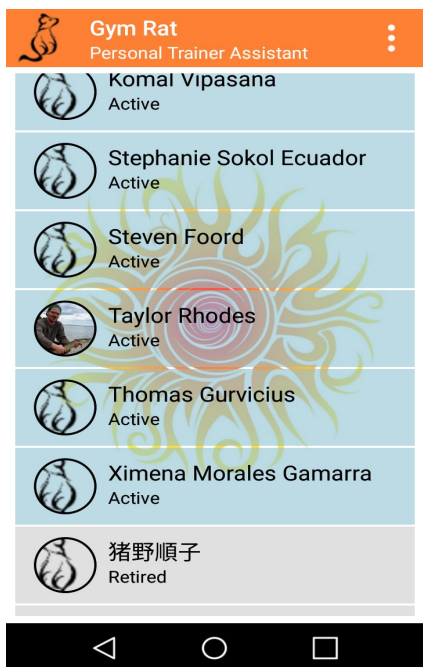
Gym Rat is an app to assist personal trainers with maintaining their client base as well as assisting them during workout sessions with clients.



There are 4 main screens:

- Appointments - scheduled appointment sessions
- Sessions - workout session for today
- Clients - list of clients
- Exercise - list of exercises and routines

Note: You will need to go to the client screen before being able to do anything significant with this app :)



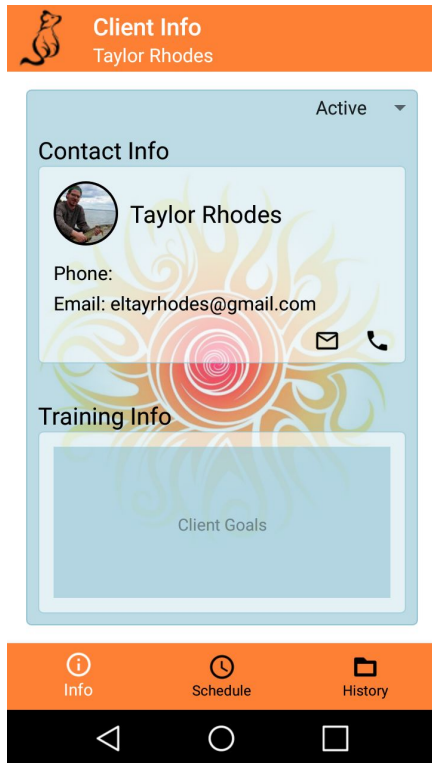
Client Screen:

- Add clients from Contacts list
- View Active, Retired or All clients
- View client details

To add a client, click on the Float Action Button. If the button is not visible, “fling-up” at the end of the list.

By clicking on the options menu found in the toolbar, you can select to view Active, Retired or both types of clients.

Clicking on any of the clients on the list will open to the Client Detail screen.



Client Info:

- Send sms, email or call client
- Set training goals
- Set client status (Active or Retired)

Click on the phone icon to bring up the dialer activity

Click on the email icon to send an email

Click on the “Client Goals” box to add goals for the client



Client Schedule:

- Add, Edit or delete appointments for client
- Edit workout routine

To add an appointment, fling the list up until the Floating Action button is visible. Click on the button to add an appointment

To delete an appointment, fling-left the appointment to be deleted

To edit the appointment details, long-click the appointment

To edit workout routine, click on the appointment. If the appointment is for today, you will be brought to the active workout screen



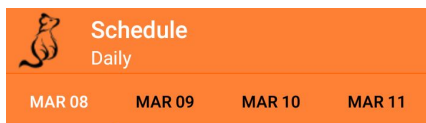
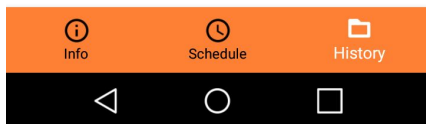
Client History:

- View Workout Sessions, Stats or Notes records
- Edit records

Note: Workout Sessions history is disabled

To see notes detail, click on the record. To edit notes detail, long click on the record

To edit stats detail, long click on the record



Schedule - Daily

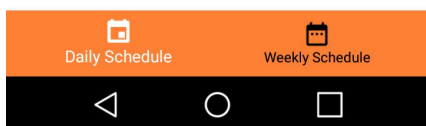
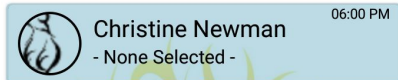
- Add, edit, or delete appointments for the day
- Edit workout routine
- View client detail

To add an appointment, fling-up to access floating action button, click on button

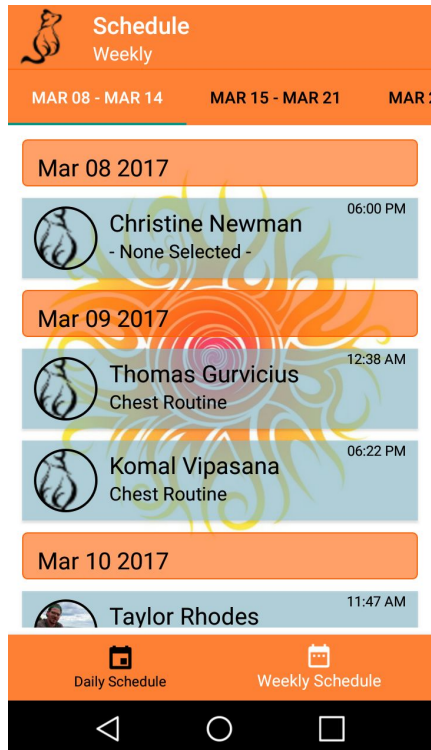
To delete an appointment, fling-left appointment item

To view client detail, click on the image icon of the client

To edit workout, click on the appointment item. Clicking on an appointment for today will send you to the active workout session screen



Note: fling-left to delete is a bit sensitive with a ViewPager so fling lightly :) Probably will change to Context Menu in the future



Schedule - Weekly:

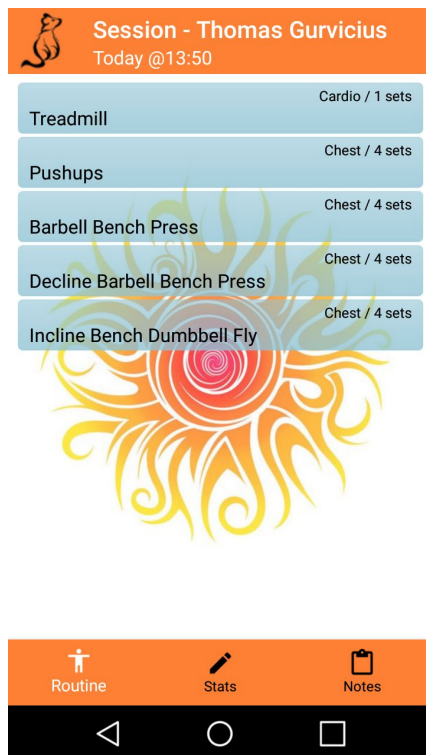
- Add, edit or delete appointment for day in a week
- Edit workout routine
- View client details

To add an appointment, click on one of the day headers

To edit or delete an appointment, long-click an appointment and select from the context menu

To view client detail, click on the image icon of the client

To edit workout, click on the appointment item. Clicking on an appointment for today will send you to the active workout session screen



Session - Workout

- Add or delete exercise to/from routine
- Record exercise work out

To add an exercise, fling-up to access floating action button, click on button

To delete an exercise, fling-left exercise item

To record workout, click on exercise item

Everything else follows a similar UI pattern so I'll stop here to not be tooo too verbose. As well, the Exercise section is "read-only" so not much happening there except for RecyclerViews and ViewPagers.