# **ModernFit Gym Management System**

## **Introduction**

ModernFit Gym (fictious), located in Sheffield, is transitioning from its traditional paper-based records to a digital system. With an array of facilities and seasoned specialists offering nutritional guidance, ModernFit Gym prides itself on its comprehensive approach to health and fitness.

## **User Requirements**

Traditionally, individuals keen to access the gym's facilities would register by providing their details and a personal photograph. Once registered, members are offered tailored programs that cater to both their dietary and physical needs. These programs are meticulously designed by the gym's specialists, ensuring a bespoke experience for each member. The specialists maintain comprehensive records to ensure consistent quality in their service.

Recognizing the inefficiencies of a paper-based system, ModernFit Gym is pivoting to a digital platform. The client was not sure which development stack should be used to build the system and asked for your consultation. Later, your team was entrusted with the task of designing and implementing a digital system tailored for ModernFit Gym. This advanced platform shall offer:

* Seamless registration for prospective members and an overview of available services.
* Members are assigned a unique pin number to access the gym.
* Trainers can monitor member progress, allowing for the constant refinement of nutritional and physical regimes.
* Members can access detailed nutritional information for a myriad of foods, such as calorie counts.
* A comprehensive and secure log feature enabling members to document their daily meals and workouts, specifying parameters like meal portions or exercise durations.
* The system should be easy to use, inclusive, and user-friendly for all users.
* GDPR must be adhered to when handling customers’ data.
* The system should conform to prevailing web accessibility standards, particularly the [WCAG 2 guidelines](https://www.w3.org/WAI/standards-guidelines/wcag/) as outlined by the Web Accessibility Initiative (WAI) of W3C.
* The system must guarantee full operational availability 24/7. Any planned downtime for maintenance should be communicated well in advance.

ModernFit Gym is not just limiting its digital transformation to Sheffield. With plans to inaugurate branches across various UK cities and internationally, the gym envisions this system as a unified platform. It aims to be universally accessible to both staff and members, regardless of their geographical location.