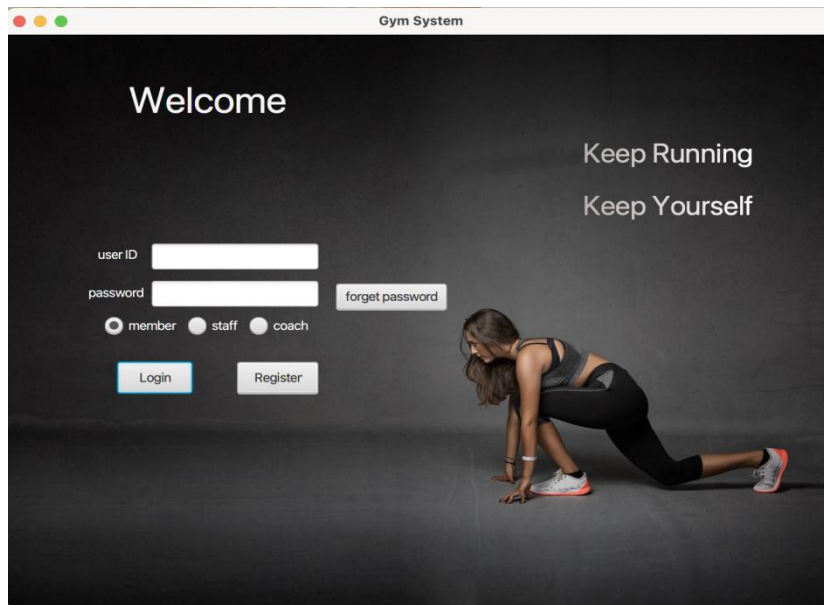


# User Manual

## 1. Member Register

As a new member, you can click “Register” button in the log in page to register. You should fill in an unique Member ID, if this ID is registered, the system will alert. The “Password Qualify” requires a same password as the “Password”, it will also alert if not same. The email address have to contains “@” and the sex button must choose. You can select your birthday after click the “Date of Birth” button, it will show you a calender. Then you can click “Register” button to register.



Register

Member ID: 023Q1

Name: Lucy

Password: ●●●●

Password Qualify: ●●●●

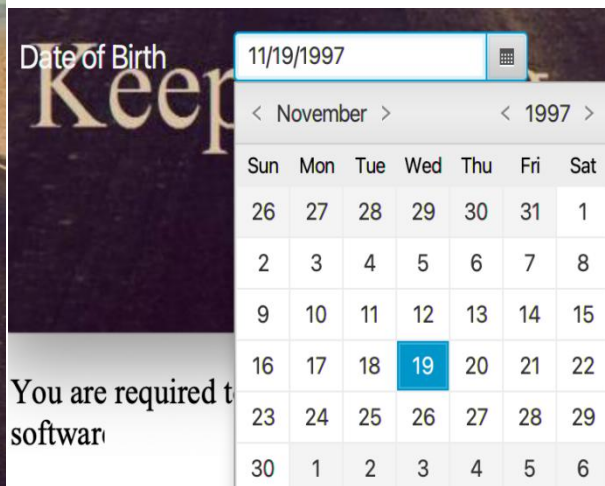
Phone No: 19833271145

Email: Wen@126.com

Sex: ☒ Male ☐ Female

Date of Birth: 11/19/1997

Register



## 2. Forget password

If the user forget their password, they can click “forget password” and choose their identity, fill in their ID and email in the “Authentication” page. If they are correct, they can click “Authenticate”. If the password is legal and same in the “Qualify Password”, they can click “rest” and reset their password, then the page will jump to “Log in”.

The image shows two side-by-side web forms. The left form is titled 'Authentication' and has a background image of a desert road. It contains fields for 'user ID' (with value 'm1') and 'Email' (with value 'Eden@qq.com'). There are three radio buttons for 'member' (selected), 'staff', and 'coach'. Below these are 'Register Now' and 'Authenticate' buttons. The right form is titled 'Reset Password' and has the same background. It contains fields for 'Password' and 'Qualify Password', both with masked input (dots). A 'reset' button is at the bottom right. Both forms have the text 'Keep Going.' at the bottom.

## 3. Member Modify Personal Information

When member log in, they can see their personal information home page. Their name, sex, birthday, email, phone No., user ID are shown in this page. They can click “Modify” to modify their personal information.

The image shows a 'PERSONAL PAGE' for a member named Eden. The page has a background image of a person climbing a rock. On the left, there is a 'Recorded Course List' with a table of courses. On the right, there is a 'PERSONAL PAGE' section with a 'MODIFY' button and fields for personal information. Below the personal information is a 'MEMBER INFORMATION' button and an 'INVITE OTHERS' button.

COURSE NAME	TYPE	DURATION
leg slimming	lose weight	20min
back stretch	yoga	20min

PERSONAL PAGE MODIFY

Eden | M

BIRTH DAY 1997-02-19

EMAIL Eden@qq.com

PHONE 19901901989

USER ID m1

MEMBER INFORMATION

INVITE OTHERS

Modify Information

Name: Eden

password: ●●●●

password confirm: ●●●●

Email: Eden@qq.com

Phone NO: 19901901989

Date of Birth: 1/19/1997

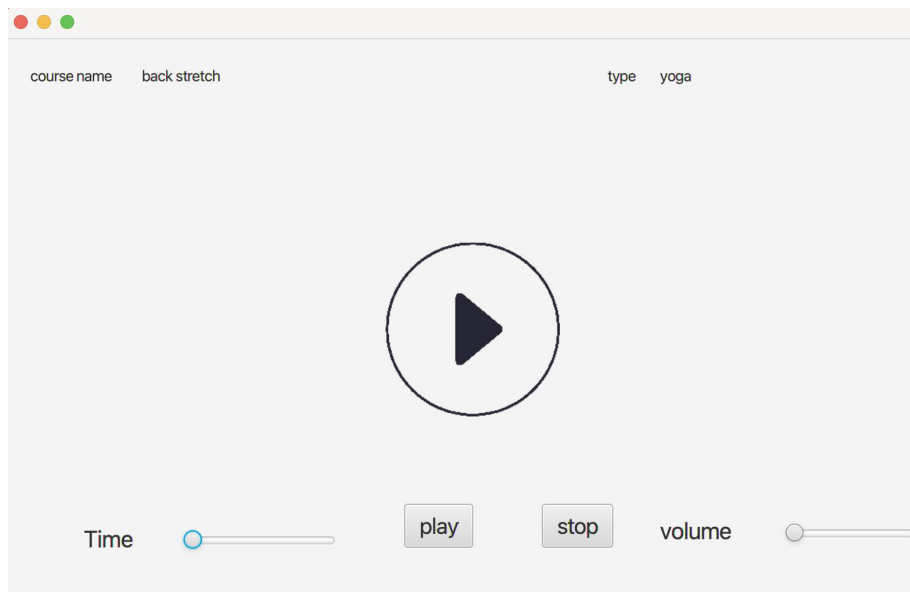
Sex: ☒ Male ☐ Female

Update

Their original information will be filled in the text field automatically. Members can just modify the information they want to change. The email address have to contains “@”.

#### 4. Member check recorded course

In the member’s personal information home page, they can see the recorded course they had selected on the right part. And If they double click the course, they can watch the video. The video information are shown on this page. Moreover, they can delete the course from their course list after click the course.



Members can click “SEARCH MORE” to go through the “recorded course list” of the system according to their member rank. Members can also search courses according to the key word and type. Click “Add” to add the selected course into their own course list. Double click the course will also play the video. If the course is already selected, it will alert and members can not add this course.



click to watch the video

search  type

course id	course name	description	course type	duration
4	back stretch	suitable for training before going ...	lose weight	15min
4	back stretch	suitable for training before going ...	lose weight	15min

## 5. Invite other members

**INVITATION**

Members can invite others, if you are invited, please fill in the invitation code you received in the text box below, you and the inviter will receive a balance bonus 50\$. You can also send your invitation code to others and invite them to sign up for the software to receive rewards. After others sign up, the rewards will be automatically entered into your account.

INVITATION CODE

MY INVITATION CODE N2a481

**Keep Going.**

Members can invite other after click "INVITE OTHERS". They can fill in the "INVITATION CODE" of other member's code, and they can both gain 50\$. Each member have a unique invitation code.

## 6. Member recharge

After clicking "Member Information", members can see their member home page. They can check their balance, membership grade and recharge in this page. Their member grade will be 1 if the total recharge is lower than 100, grade will be 2 if the total recharge is between 100 and 200, grade will be 3 if the total recharge is larger than 200.

**Member Information** m1

Balance 423.0 £

Recharge

Membership Grade 3

**Live Course Schedule**  
Schedule Live Course With Personal Trainer

**Order Management**  
Check and Delete the Order and Live Course

**Training Plan**  
View My Live Course Schedule

## 7.Member Schedule Live Course

Member can schedule live course with a personal coach after click the “Live Course Schedule”. Member can choose the lesson time and date, and order the course.

Please choose lesson time: 13:00 ~ 15:00 Search Please chose order date: Four days later

Coach Name	Course Price
Foden	79

Choose the live course you want to schedule and click the "Order "to schedule

Order

You will order the living course at

2021-05-31

It will cost : 79 £

Are you sure

Yes No

There will be a confirmation page. It will show the date and cost. If the member click “YES”, the system will check their balance. If their balance is not enough, the system will alert and the member can not schedule. Else , member will order the live course successfully.

### Live Training Plan

click the course to watch lesson

coach ID	course ID	Lesson Date	lesson No
0000001	0008	2021-05-28	3
0000002	0002	2021-05-28	2
0000003	0003	2021-05-29	3
0000004	0004	2021-05-28	4
0000002	0002	2021-05-30	2
0000003	0003	2021-05-31	3

Members can click “Training Plan” to check their scheduled live course. Members can double click the live course and watch the live course.



Home Page
Living Course Info

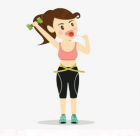
## Personal Information

MODIFY

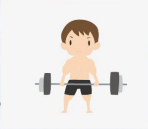
Employee ID  
Phone No  
Email

0000001  
109090092  
Messy@163.com


Name  
Messy



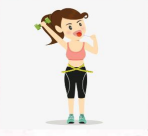
1.Keep Smiling



2.Keep Going



3.Keep Challenging



### 10. Coach Check Scheduled Live Course

Coaches can check their scheduled live course if the member ordered the course.  
Coaches can double click the course and enter the live.

Home Page
Living Course Info


### Courses Ordered Info:

Click to deliver the live course

Course ID	Trainee ID	Lesson No.	Lesson Date
W9g133	m1	2	2021-05-23
Y4g212	m1	3	2021-05-28

Live Course Page

## LIVE COURSE PAGE



SCHEDULED TIME  
2021-05-23 09:00 ~ 11:00

MEMBER NAME  
Eden

FEEDBACK  

SEND

LIVE START

VOLUME

CAMERA ON

CAMERA OFF

RECORD ON

MICROPHONE

MICROPHONE ON

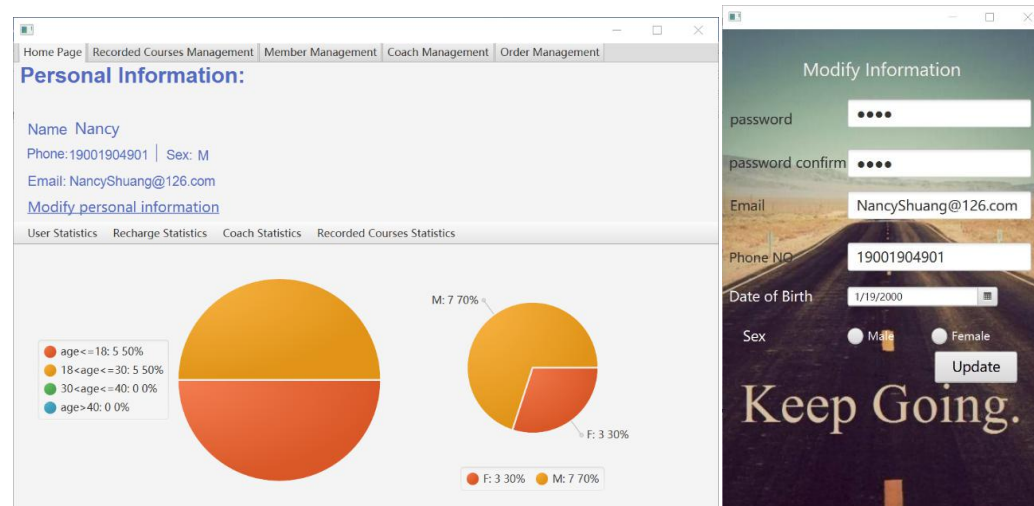
MICROPHONE OFF

LIVE END



## 11. Staff check and modify personal information

Staffs can check their personal information after logging in. They can also modify their personal information after clicking “Modify personal information”. Staff can modify password, and need to confirm the new password, and staff also can modify email, phone number, date of birth and sex. Then click the “Update” button, the new information will be stored.



## 12. Staff manage recorded courses

Staff can check all recorded courses information.

The screenshot shows the 'Recorded courses Information' page. It has a navigation bar with 'Home Page', 'Recorded Courses Management', 'Member Management', 'Coach Management', and 'Order Management'. Below the navigation bar are buttons for 'ADD', 'MODIFY', and 'DELETE', a search field, a 'Type' dropdown set to 'all', and 'SEARCH' and 'REFRESH' buttons. The main content is a table with the following data:

ID	Name	Description	type	duration	video url	VIP
1	reduce fat for the whole ...	suitable for girls	lose weight	20min	http://www.reducefat.com	1
2	posture improvement	requires high flexibility	yoga	30min	http://www.postureimpro.com	1
3	abdominal muscle training	advanced	muscle build...	15min	http://www.muscletraininga...	1
4	abdominal muscle training	basic	muscle build...	10min	http://www.muscletrainingb...	2
5	fatigue relief of cervical ...	suitable for students and offi...	yoga	10min	http://www.reliefcervicalspin...	3
6	leg slimming	no equipment required	lose weight	20min	http://www.legslimming.com	3
7	legs strech	suitable for the end of running	strech	10min	http://www.legstrech.com	2
8	chest muscle training	suitable for boys	muscle build...	15min	http://www.chestmuscle.com	1
9	back stretch	suitable for training before g...	yoga	20min	http://backstretch.com	1
10	back strech advance	suitable for boys	yoga	12min	http://www.backstrechadva...	2

Staff can search recorded courses by typing in a keyword in the search field, then click the “SEARCH” button.

The screenshot shows the 'Recorded courses Information' page with the search field containing the keyword 'muscle'. The results table is as follows:

ID	Name	Description	type	duration	video url	VIP
3	abdominal muscle training	advanced	muscle build...	15min	http://www.muscletraininga...	1
4	abdominal muscle training	basic	muscle build...	10min	http://www.muscletrainingb...	2
8	chest muscle training	suitable for boys	muscle build...	15min	http://www.chestmuscle.com	1

Staff can also search recorded courses by choosing the course type.



Home Page Recorded Courses Management Member Management Coach Management Order Management						
Recorded courses Information:						
<input type="button" value="ADD"/> <input type="button" value="MODIFY"/> <input type="button" value="DELETE"/> Search: <input type="text"/> Type: <input type="text" value="yoga"/> <input type="button" value="SEARCH"/> <input type="button" value="REFRESH"/>						
ID	Name	Description	type	duration	video url	VIP
2	posture improvement	requires high flexibility	yoga	30min	http://www.postureimpro.com	1
5	fatigue relief of cervical ...	suitable for students and offi...	yoga	10min	http://www.reliefcervicalspin...	3
9	back stretch	suitable for training before g...	yoga	20min	http://backstretch.com	1
10	back strech advance	suitable for boys	yoga	12min	http://www.backstrechadva...	2

The type includes yoga, lose weight and muscle building. Staff can also choose to select all type of courses.

Type	<input checked="" type="checkbox"/> all <input type="checkbox"/> yoga <input type="checkbox"/> lose weight <input type="checkbox"/> muscle building
duration	
20min	
30min	
15min	http://google.com

Staff can add new recorded courses by clicking the “ADD” button. After typing in the information of a new recorded course including course name, description, duration, type, video URL and membership grade, in the “Add Recorded Course” page, clicking the “ADD” button. Then a new recorded course will be added to the course list.

Staff can modify recorded course information. Staff need to select one course from the course table, click the “MODIFY” button and modify the information of this course. Then click the “MODIFY” button in the “MODIFY COURSE MODIFICATION” page.

### Add Recorded Course

Name

Description

duration

type

video URL

Membership Grade

### MODIFY COURSE INFORMATION

NAME

DESCRIPTION

DURATION

TYPE

VIDEO URL

VIP STATE

Staff can delete a recorded course. Staff need to select one course first, then click the “DELETE” button.

Staff can check all member information.

Staff can search member's information by typing in a keyword in the search field, then click the "SEARCH" button.

Modify Member Personal Information

Name EveLove

Email 1248502@qq.com

Phone NO 1890930294

Sex ☒ Male ☐ Female

☐ reset password

Date of Birth 8/23/2000

Update

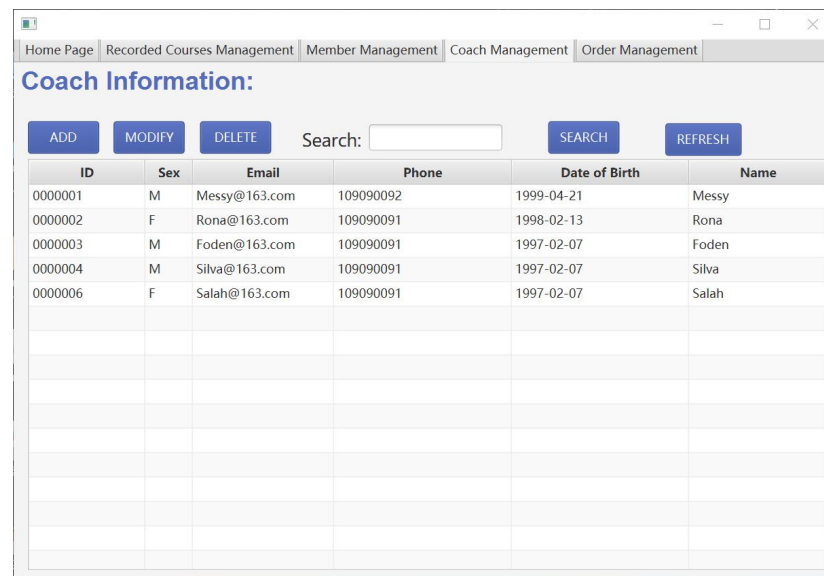
Keep Going.

Staff can modify member information. Staff need to select one member, click the “MODIFY” button and modify the information of this member in the “Modify Member Personal Information”. Staff can modify member’s name, sex, email, phone number, date of birth and can also reset member’s password. Then click the “Update” button.

Staff can delete a coach. Staff need to select one coach first, then click the “DELETE” button.

#### 14. Staff manage coach information

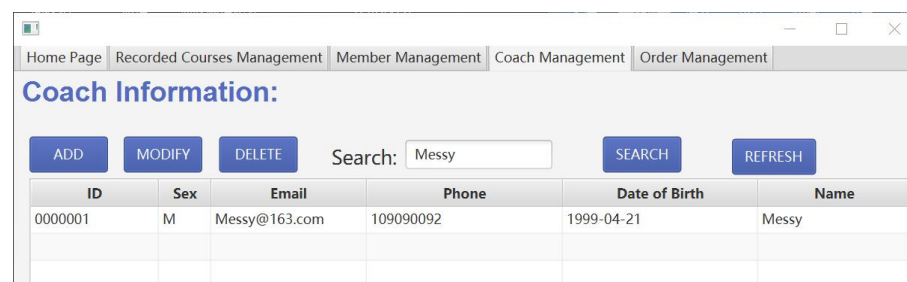
Staff can check all coaches' information.



The screenshot shows a web application window with a navigation bar at the top containing links: Home Page, Recorded Courses Management, Member Management, Coach Management, and Order Management. Below the navigation bar, the page is titled "Coach Information:". There are three buttons: ADD, MODIFY, and DELETE. To the right of these buttons is a search field with the placeholder text "Search:" and a SEARCH button. Further right is a REFRESH button. Below the buttons is a table with the following columns: ID, Sex, Email, Phone, Date of Birth, and Name. The table contains five rows of data:

ID	Sex	Email	Phone	Date of Birth	Name
0000001	M	Messy@163.com	109090092	1999-04-21	Messy
0000002	F	Rona@163.com	109090091	1998-02-13	Rona
0000003	M	Foden@163.com	109090091	1997-02-07	Foden
0000004	M	Silva@163.com	109090091	1997-02-07	Silva
0000006	F	Salah@163.com	109090091	1997-02-07	Salah

Staff can search coaches' information by typing in a keyword in the search field, then click the "SEARCH" button.



The screenshot shows the same web application window as before, but the search field now contains the text "Messy". The SEARCH button is highlighted. The table below shows only one row of data, corresponding to the coach named "Messy":

ID	Sex	Email	Phone	Date of Birth	Name
0000001	M	Messy@163.com	109090092	1999-04-21	Messy

Staff can add a new coach by clicking the "ADD" button. After typing in the information of a new coach including name, password, email, phone number, date of birth and sex, in the "Add coach" page, clicking the "Register" button. Then a new coach has been registered by staff.

Staff can modify coach information. Staff need to select one coach, click the "MODIFY" button and modify the information of this coach. Then click the "Update" button in the "STAFF MODIFICATION" page.

Staff can delete a coach. Staff need to select one coach first, then click the "DELETE" button.

### Add Coach

Name

Password

Email

Phone No

Date of Birth

Sex ☐ Male ☐ Female

### STAFF MODIFICATION

Name:

Phone NO

Email

Date of Birth

☐ Reset Password

Sex ☐ Male ☐ Female

Keep Going.

## 15. Staff manage order information

Staff can check all orders information.

Home Page
Recorded Courses Management
Member Management
Coach Management
Order Management

### Order Information:

Search: 
SEARCH

orde...	User Id	Coach Id	Course Id	Date	sequence	price	status
W9g...	m1	0000001	0007	2021-05-23	2	34	canceled
L0a522	m1	0000002	0002	2021-05-23	2	150	canceled
Y4g2...	m1	0000001	0008	2021-05-28	3	86	payed
G5y1...	m1	0000002	0008	2021-05-29	3	86	canceled
I2h467	m1	0000002	0002	2021-05-28	2	150	payed
U4r737	m1	0000003	0003	2021-05-29	3	79	payed
S2q5...	m1	0000004	0004	2021-05-31	4	128	canceled
Z3z701	m1	0000004	0004	2021-05-28	4	128	payed
H0g7...	m1	0000003	0003	2021-05-28	3	79	canceled
P3a084	m1	0000002	0002	2021-05-30	2	150	payed
G6i005	0910	0000001	001	2021-05-27	1	200	payed
L2v784	0910	0000001	001	2021-05-27	1	200	payed
I3g326	0910	0000002	0002	2021-05-27	2	150	payed
Z5c488	0910	0000003	0003	2021-05-29	3	79	payed

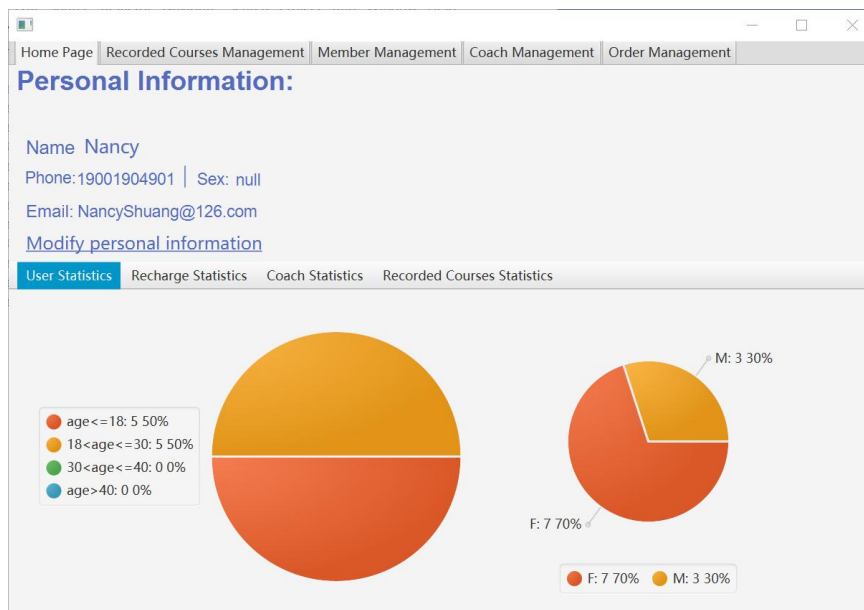
Staff can search orders' information by typing in a keyword in the search field, then click the "SEARCH" button.



Home Page Recorded Courses Management Member Management Coach Management Order Management							
Order Information:							
Search: 0910				SEARCH			
orde...	User Id	Coach Id	Course Id	Date	sequence	price	status
G6l005	0910	0000001	001	2021-05-27	1	200	payed
L2v784	0910	0000001	001	2021-05-27	1	200	payed
l3g326	0910	0000002	0002	2021-05-27	2	150	payed
Z5c488	0910	0000003	0003	2021-05-29	3	79	payed

## 16. Staff make user statistics

In the staff home page, staff can check the statistics data of member by clicking the “User Statistics” menu, including the percentage of the age and sex of members.



## 17. Staff make recharge statistics

In the staff home page of, staff can check the statistics data of recharge by clicking the “Recharge Statistics” menu which shows the ranking of the amount of each member’s total recharge.

## 18. Staff make coach statistics

In the home page of staff, staff can check the statistics data of coach by clicking the “Coach Statistics” menu which shows the ranking of the number of each coach’s live courses which have been ordered and paid for.

Home PageRecorded Courses ManagementMember ManagementCoach ManagementOrder Management

Personal Information:

Name Nancy

Phone:19001904901 | Sex: null

Email: NancyShuang@126.com

[Modify personal information](#)

User StatisticsRecharge StatisticsCoach StatisticsRecorded Courses Statistics

RANK	COACH ID	LIVE COURSE NO.
1	0000001	3
2	0000002	3
3	0000003	2
4	0000004	1

19. Staff make recorded courses statistics

In the staff home page, staff can check the statistics data of recorded courses by clicking the “Recorded Courses Statistics” menu which shows the ranking of the number of each recorded course was added to the personal schedule by members.

Home PageRecorded Courses ManagementMember ManagementCoach ManagementOrder Management

Personal Information:

Name Nancy

Phone:19001904901 | Sex: null

Email: NancyShuang@126.com

[Modify personal information](#)

User StatisticsRecharge StatisticsCoach StatisticsRecorded Courses Statistics

RANK	COURSE ID	COURSE NAME	ORDER No.
1	1	reduce fat for the whole body	3
2	2	posture improvement	2
3	4	abdominal muscle training	2
4	3	abdominal muscle training	1