

# **FITUP — Fitness Tracker & Workout Planner**

Milestone1 - Project Documentation

## **Team Members:**

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## **General Description:**

**FITUP** is a web application that helps users organize and monitor their fitness journey. It allows users to plan workouts, log progress, and track goals over time. The platform aims to promote a healthy lifestyle by offering personalized training options and performance tracking features. Users can act as either trainees or trainers, depending on their selected role during registration.

## **Registration (for both Trainee and Trainer):**

The user must first register into the application by selecting one of the two roles: trainee or trainer. Both roles require a unique username, a password, and basic profile information such as full name, email, and fitness goal description. Once logged in, the user gains access to a personalized dashboard according to their role.

## **Administrator:**

The administrator oversees platform management, ensuring the smooth functioning of the system. They can manage user accounts, remove inappropriate content, and maintain data integrity.

## **Trainee:**

### **1. Create and Manage Workout Plans**

The trainee creates personalized workout plans including exercises, sets, reps, and duration. They can update or delete these plans anytime.

### **2. Log Exercises and Track Progress**

The trainee logs daily workouts, marks them as completed, and views progress charts (calories burned, workout frequency, etc.).

### **3. Browse and Follow Trainer Routines**

The trainee can browse routines shared by trainers, follow them, and leave feedback after completing a routine.

## **Trainer:**

### **1. Create and Publish Workout Routines**

The trainer creates new workout programs that include exercise details, difficulty level, and recommendations.

### **2. Monitor Trainee Progress**

The trainer views summaries of their trainees' performance, including workout completion rates and progress trends.

### **3. Send Feedback or Motivational Messages**

The trainer provides personalized feedback, tips, or encouragement to trainees through the platform.

## **Summary of Key Features:**

1. User registration with role selection (Trainee or Trainer)
2. Workout plan creation, editing, and tracking
3. Exercise logging with statistics visualization
4. Trainer dashboard for managing trainees and routines
5. Feedback and messaging between trainees and trainers
6. Admin panel for platform and user management
7. Data visualization through charts and performance summaries
8. Responsive user interface for both desktop and mobile devices

## **Github Repository:**

<https://github.com/gibadanielsebastian/SSDProject>