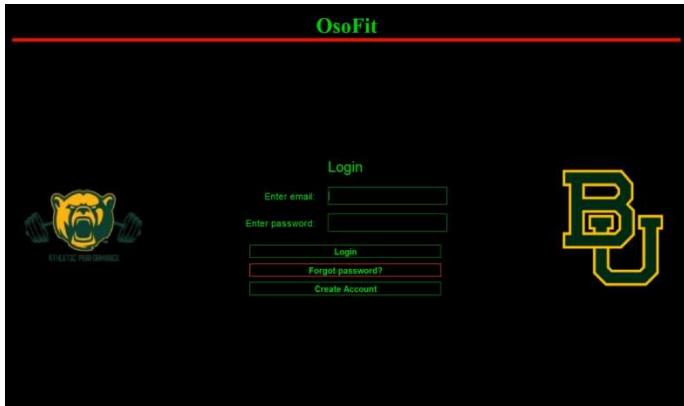


Oso Fit – User Manual

Create Account and Log In

Click “Create Account” to make a new User or Trainer account. Submit a username, email, password, and a couple security questions. Afterwards, use the same credentials to log into your new account.



Navigating the Application

Upon logging in, the main page will appear along with several buttons that take you to different parts of the app.

Logging a Workout

To log a workout, you first need to describe the exercise you wish to log. First navigate to the “Create Exercise” menu. Describe the exercise by filling out each of the boxes then select “Add Exercise”.

After successfully creating an exercise, navigate to the “Create A Workout” menu. Now you can select your exercise from the dropdown and describe the details of your workout by entering its duration and the number of calories burned. Click the “Create Workout” when finished.

Finally, navigate to the “Log Workout” menu and select your workout from the drop-down menu, then click “Log Selected Workout”.

Main Page

Welcome, ethanol!

Caloric intake today

Current weight (lbs)

Last night's sleep (hrs)

Calorie Goal: 0

Weight Goal: 0

Log Workout

Log Meal

Create Workout

Stats

My Classes & Plans

Reminders

Log A Workout

Select a workout:

BananaBrew - 40 min, 180 cal

Log Selected Workout

Setting a Goal

To set a goal, navigate to the “Set Goals” menu. For your goal, you can enter the weight, daily step count, and daily calorie intake that you are looking to achieve. After entering this information, click “Set Goals”.

Main Page

Welcome, ethanol!

Caloric intake today

Current weight (lbs)

Last night's sleep (hrs)

Calorie Goal: 0

Weight Goal: 0

Set Goals

Log Exercise

Log Sleep & Sleep Goals

Log Workout

Log Meal

Create Workout

Stats

My Classes & Plans

Reminders

Goals

Goal weight (lb): 170

Daily step goal: 10000

Daily calorie goal: 2000

Set Goals

Step goal: 0

Logging Sleep and Setting Sleep Goals

To record how much sleep you got, navigate to the “Log Sleep & Sleep Goals” menu. On the left, you can enter the date that you are recording, the hours of sleep you got, and your own rating on the quality of your sleep. Afterwards, click “Save Sleep” to save your record. You can view all of your sleep records on the right side of the screen.

Main Page

Welcome, ethanol!

Caloric intake today

Current weight (lbs)

Last night's sleep (hrs)

Calorie Goal: 0

Weight Goal: 0

Log Workout

Log Meal

Create Workout

Stats

My Classes & Plans

Reminders

Log Sleep & Sleep Goals

Record Sleep

Log New Sleep Record

Your Sleep History

Enter date (YYYY-MM-DD): 2016-10-10

Hours of sleep: 7

Sleep quality (1-10): 8

Save Sleep

Create & View Sleep Goals

To set a sleep goal, click the “Create & View Sleep Goals” button. Enter the amount and quality of sleep along with the start and end dates for the goal you want to set. Click “Add Goal” to save your sleep goal. You can view your sleep goals on the right side of the screen.

Logging a Meal

To log a meal, navigate to the “Log Meal” menu. Enter what you ate and how many calories the meal was. Then, click “Log Meal” to save your meal.

Logging Statistics

To record daily statistics, navigate to the “Stats” menu. Here you can enter your current weight and how your daily steps for the day. To save your data, click “Add New Statistic Entry”. You can view all of your statistics on the right side of the screen.

Setting a Reminder

To set a reminder, navigate to the “Reminders” menu. Here you can create a reminder by naming it and setting how often you would like to be notified of the reminder. The description is optional. Then, click “Add Reminder” to save your reminder. You can view and delete your reminders on the right side of the screen.

The screenshot shows the "Reminders" menu. At the top, there are fields for "Title" (with placeholder "Your reminder title here"), "Description (optional)" (with placeholder "Your reminder description here"), and "Number per Day" (with placeholder "How many times a day"). Below these is a "Create" button. To the right, a section titled "Your Reminders:" lists two reminders:

- "You should do this 8 times a day" (Delete this Reminder)
- "You should do the 24 times a day" (Delete this Reminder)

Managing Classes and Plans

The “My Classes & Plans” menu has everything for joining, viewing, and dropping your classes and plans as a general user.

The screenshot shows the "Main Page". At the top, there are several menu options: Main Page, Add Exercise, Set Goals, Log Sleep & Sleep Goals, Log Workout, Log Meal, Create Workout, Stats, My Classes & Plans, and Reminders. An arrow points to the "My Classes & Plans" button.

To join a class, click on “Search & Register”. In this menu, you can see all the classes and plans that are available. You can filter these by selecting either a class or a plan. Additionally, you can just search for the name of the class you are looking for. You can register by selecting one of these and clicking the “Register Selected” button.

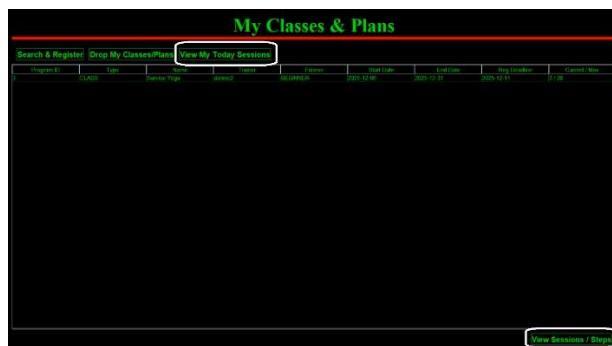
The screenshot shows the "Search Classes & Plans" menu. At the top, there is a search bar and a "filter" button. Below the search bar, there are checkboxes for "Type" (all, Classes, Plans). The main area displays a table of classes and plans, with the first few rows shown below:

Program ID	Type	Activity Name	Trainer	Capacity	Start Date	End Date	Reg. Deadline	Current Regs
1	CLASS	Basic Aerobics	parvez	10	2020-10-09	2020-12-31	2020-10-05	0 / 10
2	CLASS	Basic Aerobics - 2nd	parvez	10	2020-10-09	2020-12-31	2020-10-05	0 / 10
3	CLASS	Jumping	parvez	10	2020-10-09	2020-12-31	2020-10-05	0 / 10
4	CLASS	Swimming	parvez	10	2020-10-09	2020-12-31	2020-10-05	0 / 10
5	CLASS	Yoga	parvez	10	2020-10-09	2020-12-31	2020-10-05	0 / 10
6	SELF-PACED	Swimming	parvez	10	2020-10-09	2020-12-31	2020-10-05	0 / 10
7	SELF-PACED	Swimming - Intermediate	parvez	10	2020-10-09	2020-12-31	2020-10-05	0 / 10
8	SELF-PACED	Fitness	parvez	10	2020-10-09	2020-12-31	2020-10-05	0 / 10
9	SELF-PACED	Home Strength Training	parvez	10	2020-10-09	2020-12-31	2020-10-05	0 / 10
10	SELF-PACED	Home Strength Training - Intermediate	parvez	10	2020-10-09	2020-12-31	2020-10-05	0 / 10

To drop a course, select “Drop My Classes/Plans”. Here you can select the class or plan that you want to drop then click “Drop Selected”.

The first screenshot shows the main 'My Classes & Plans' page with a navigation bar at the top. The second screenshot shows a detailed view of a specific class or plan for dropping.

You can view the sessions or steps for all the classes and plans that you are currently enrolled in by clicking “View Sessions/Steps”. Additionally, you can view all of the sessions that are happening today by clicking “View My Today Sessions”.



Create and Manage Trainer Programs

In a trainer account, head to the “Trainer Programs” menu. Here you can see the Trainer Programs.



You can create and delete programs by going to the “Manage My Classes & Plans” menu. Additionally, there are menus to view both your created classes and your created plans.

View Daily Sessions

As a trainer, you can view all of today's sessions by navigating to the "Sessions Today" tab. You can view all the sessions you have scheduled for the day. You can start a session by selecting a session and clicking "Start Session".



Preview Class and Plan Search

As a trainer, you can look at the search menu for classes and plans by navigating to the “Preview Search” menu. You can sort and filter just like a regular user; however, you cannot register for a class/plan in this menu.

