List of items that each authorization level should have

**Admin (Gym Manager):**

1. **User Approval**: Approve or reject user sign-up requests.
2. **User Management**: View, edit, or delete user profiles.
3. **Exercise Log Management**: View, edit, or delete exercise logs.
4. **Reporting**: Generate reports on user activity, exercise trends, etc.
5. **Dashboard Management**: Customize the information displayed on the public dashboard.
6. **Announcements**: Post announcements or messages to users.
7. **Exercise Type Management**: Add, edit, or remove types of exercises that can be logged.

**User (Exerciser):**

1. **Profile Management**: Edit personal information, change password.
2. **Exercise Logging**: Add, edit, or delete personal exercise logs.
3. **View Exercise History**: View own exercise history and trends.
4. **View Public Dashboard**: Access the public dashboard to see overall gym activity.
5. **Communication**: Communicate with the admin via a messaging system.

**General Public:**

1. **View Public Dashboard**: Access a dashboard displaying aggregated gym activity.
2. **Sign-Up**: Submit a request to join the platform, pending admin approval.

**Project 2: Exercise Activity Logger**

**Objective**: Create a program that logs exercise activity and calculates the number of calories burned. The application should emphasize user experience, mobile-friendliness, robustness, and ensure proper authentication, authorization, and accounting.

**Minimum Requirements**:

Database Design:

* Your database must be in 3NF (Third Normal Form) unless there is a compelling reason otherwise.
* Include a script that will build your database tables and populate them with data.
* Your database should have the following tables and fields at a minimum:
  + **exercise\_log** table with fields: id (Primary Key), user\_id (Foreign Key), date, type, time\_in\_minutes, heartrate, calories, created\_at, updated\_at, created\_by, updated\_by, is\_deleted, and status.
  + **exercise\_user** table with fields: id (Primary Key), first\_name, last\_name, gender, birthdate, weight, created\_at, updated\_at, created\_by, updated\_by, is\_deleted, and status.
  + **user\_roles** table with fields: user\_id (Foreign Key), role.

Backend Development:

* Use PDO (PHP Data Objects) for database interactions, rather than MySQLi.
* Implement a logging mechanism to keep track of actions, errors, and authentication attempts.
* Develop an approval system for the admin to approve or reject user sign-up requests.

Frontend Development:

**Edit Profile Page:**

* Include fields for entering First name, Last name, Gender, Birthdate, and Weight (in pounds).
* Include a button to save the profile.
* Access must be restricted to authorized users.

**Log Exercise Page:**

* Include fields for the Type of exercise, Date of exercise, Time (in minutes), and Average heart rate.
* Access must be restricted to authorized users.

**View Profile Page:**

* Display First name, Last name, Gender, Birthdate, and Weight (in pounds).
* Include a table showing the latest 15 exercise logs, sorted from newest to oldest.
* Access must be restricted to authorized users.

**Admin Approval Page:**

* List of pending user sign-up requests with the ability to approve or reject.

**User Management Page (Admin):**

* View, edit, or delete user profiles.

**Exercise Log Management Page (Admin):**

* View, edit, or delete exercise logs.

**Public Dashboard:**

* Display aggregated gym activity to the general public.

**Extra Credit**:

* Implement additional features like exercise history graphs, exercise recommendations based on logs, etc.

**The Application Must**:

* Be mobile-friendly.
* Use MVC
* Include at least one JavaScript library and one PHP library that you have created yourself to enhance functionality or improve user experience.

**Directions**:

* Deploy to web server (XC if you do this since you have to use AWS or something)
* Create a short video demonstrating your project and submit the link in Blackboard.
* Compress your solution including SQL script and submit in Blackboard.