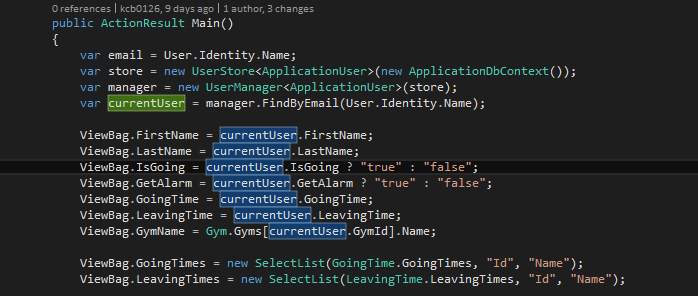
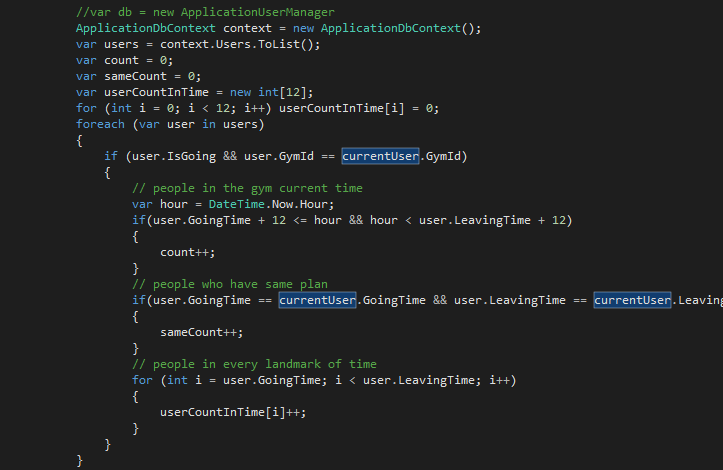
Gym Plan page:

To show and process data of page of gym plan, I used 2 actions: GET and POST method of Main.

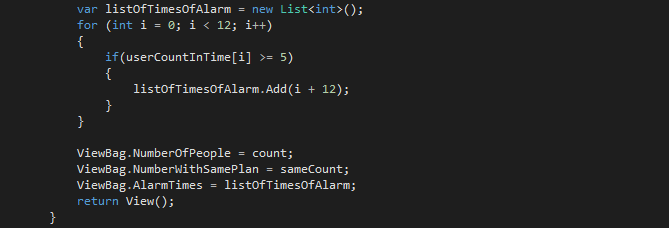
Main(GET): This action returns view of gym plan page.



Above code extracts information about gym plan from the user’s model and send them to the ViewBag to show in view page.

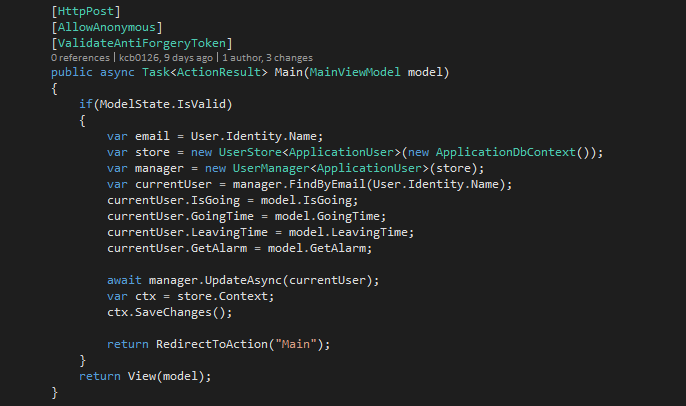


Here, list of all users are obtained from database and they are used to calculate number of people in the gym current time.



This code sends data related alarm so that view page can raise message if needed.

Main (POST): This action processes data submitted by user.



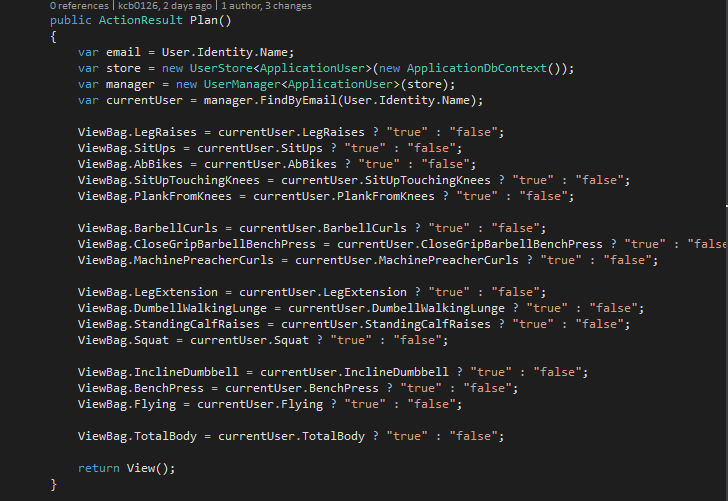
Here, using view model or MainViewModel, it defines data structure as a model. So data can be obtained from this model and saved to database.

After that, it redirects to above GET action to show gym plan page again.

Workout page:

To show workout page and process data, there are also GET and POST method for this action.

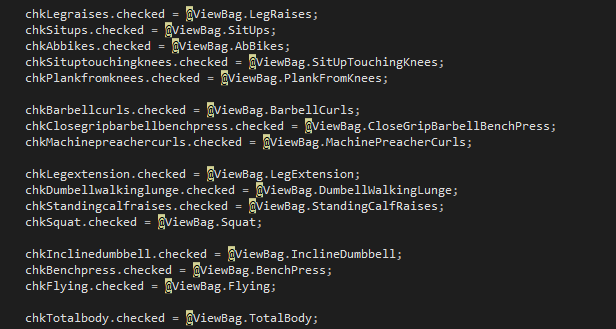
Plan (GET): It returns view of workout page.



All data for workout is Boolean type. And we should use JavaScript to set the checkboxes. To do this, Boolean variables are converted into string(“true”/”false”) by ternary operator. And they are sent to ViewBag to be used by JavaScript in view page.

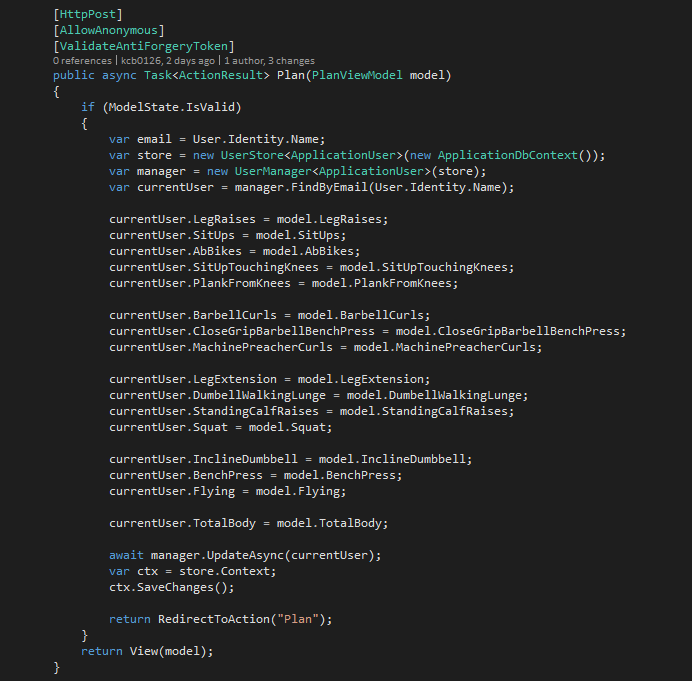
Part of JavaScript code in view page.





Here, JavaScript code uses above string(C#) variables as Boolean(JavaScript) ones. This is because a checkbox cannot be checked by static Html code.

Plan (POST): Save data submitted from the client and show workout page again.



Here, data from client is stored in user’s profile, i.e. object of ApplicationUser for current user. And the information is saved in database. After that, it redirects to GET method of Plan action to show workout page again.