
User's Manual

FH Mobile Application

Version 1.0

Prepared by
Omar Rivera
Andrew Poirier
Daven Amin
Rick Rejeleene

Table of Contents

1.0 Download FH	2
1.1 Terms of Use.....	2
1.2 Getting Started.....	2
1.3 Initialization and first time running.....	2
1.4 Create an account.....	3
1.4.1 User Information.....	3
1.4.2 First Name.....	3
1.4.3 Last Name	4
1.4.4 User Type.....	4
1.4.5 Login ID.....	4
1.4.6 Password.....	4
1.4.7 Trainer.....	5
1.4.8 DOB.....	5
1.4.9 Email.....	5
1.4.10 Height.....	5
1.4.11 Weight.....	6
1.4.12 Address.....	6
1.4.13 Balance	6
1.5 Workout Information	6
1.5.1 Select Date	7
1.5.2 End Date.....	7
1.5.3 Frequency.....	7
1.5.4 Metric	8
1.5.5 Metric –Time.....	8
1.5.6 Metric -Repetition.....	8
1.5.7 Metric – Distance.....	8
1.5.8 Description.....	8
1.6 Existing User	9
1.7 Trainer’s Page	9
1.8 User’s Page	10
2.0 Menus	12
2.0.1 Workout.....	12
2.0.2 User Info.....	13
2.0.3 About	14
2.0.4 Login.....	15
2.1 Detailed Operating.....	16
2.1.2 Top Screen icons.....	16
2.1.3 Bottom Screen icons.....	16

1.0 Download FH

1.1 Terms of Use

The App is only for Demonstration purposes for CSC 505 Class.

The Developers holds no responsible for whatsoever.

1.2 Getting Started

Refer the Software manual to install the Fitness Health Application.

Open the mobile application on your device, which is running android operating system.

1.3 Initialization and first time running.

After you open the application, you can see the main page, which contains the login form along with the new user registration .

1.4 Create an account.

Every User or Trainer needs to create an account when they enter the app for the first time.

Click register, which will lead you to the User Information page.



1.4.1 User Information

The User Information page contains the list of information that a new user needs to enter for registering.



The screenshot shows a mobile application interface with a blue header bar labeled 'FITNESS HEALTH'. Below the header is a section titled 'USER INFORMATION'. The form contains several input fields with labels to their left: 'FIRST NAME' (with placeholder text 'FIRST NAME'), 'LAST NAME' (with placeholder text 'LAST_NAME'), 'USER TYPE' (with a dropdown menu showing 'TRAINER'), 'LOGIN ID' (empty), 'PASSWORD' (with placeholder text 'PASSWORD'), 'TRAINER' (with a dropdown menu showing 'SELECT TRAINER NAME'), and 'DOB' (with placeholder text 'ENTER DOB').

1.4.2 First Name

Enter your first name in the form.



This is a close-up of the 'FIRST NAME' input field from the 'USER INFORMATION' form. The label 'FIRST NAME' is on the left, and the input field contains the placeholder text 'FIRST NAME'.

1.4.3 Last Name

Enter your Last name in the form.

LAST NAME	<input type="text" value="LAST_NAME"/>
-----------	--

1.4.4 User Type

Enter the User Type

Trainer: The trainer who can verify the user.

User: The User who will do the workouts.

USER TYPE	<input type="text" value="TRAINER"/>
-----------	--------------------------------------

1.4.5 Login ID

Enter the Login ID.

LOGIN ID	<input type="text"/>
----------	----------------------

1.4.6 Password

Enter the Password

PASSWORD	<input type="text" value="PASSWORD"/>
----------	---------------------------------------

1.4.7 Trainer

Select the Trainer name

A List of Trainers will appear.

TRAINER	SELECT TRAINER NAME
----------------	----------------------------

1.4.8 DOB

Enter your Date of Birth

DOB	ENTER DOB
------------	------------------

1.4.9 Email

Enter your Email ID.

EMAIL	ENTER EMAIL ID
--------------	-----------------------

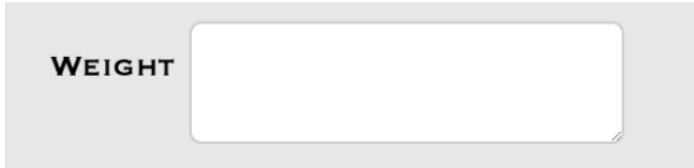
1.4.10 Height

Enter your Height.

HEIGHT	
---------------	--

1.4.11 Weight

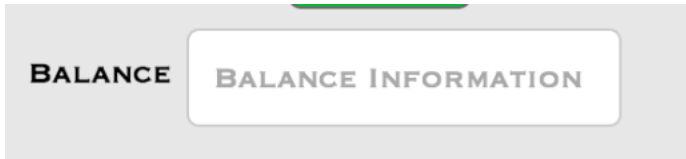
Enter your Weight.

A light gray rectangular box containing the label **WEIGHT** on the left and a white rounded rectangular input field on the right.**1.4.12 Address**

Enter your Address

A light gray rectangular box containing the label **ADDRESS** on the left and a white rounded rectangular input field on the right.**1.4.13 Balance**

This will display the default balance for the user.

A light gray rectangular box containing the label **BALANCE** on the left and a white rounded rectangular input field on the right. The input field contains the text **BALANCE INFORMATION** in a light gray font. A thin green horizontal line is visible above the input field.

Click Submit after you finish all the above steps.

A light gray rectangular box containing a green rounded rectangular button with the text **SUBMIT** in black.**1.5 Workout Information**

The Next Step is to enter the workout Information.

This will contain the workouts wants to do.

ENTER WORK OUT DETAILS

START DATE

END DATE

FREQUENCY

METRIC

DESCRIPTION

1.5.1 Select Date

Enter the start date for your workout.

ENTER WORK OUT DETAILS

START DATE

1.5.2 End Date

Enter your end date for your workout.

END DATE

1.5.3 Frequency

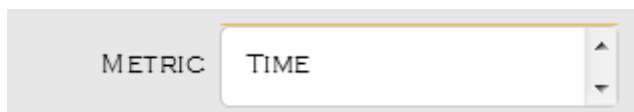
Enter the frequency for your workout in numbers.

FREQUENCY

1.5.4 Metric

This will contain three different types of activities

1.5.5 Metric –Time

A screenshot of a web form element. It consists of a light gray rectangular container. On the left side of the container, the word "METRIC" is displayed in a dark gray, sans-serif font. To the right of "METRIC" is a white dropdown menu with a thin orange border. The word "TIME" is selected and displayed in the menu. To the right of the dropdown menu is a small vertical scrollbar with up and down arrow icons.

This type of activity will calculate the time of workout.

1.5.6 Metric -Repetition

A screenshot of a web form element. It consists of a light gray rectangular container. On the left side of the container, the word "METRIC" is displayed in a dark gray, sans-serif font. To the right of "METRIC" is a white dropdown menu with a thin orange border. The word "REPETITIONS" is selected and displayed in the menu. To the right of the dropdown menu is a small vertical scrollbar with up and down arrow icons.

This type of activity will calculate the repetitions of workout.

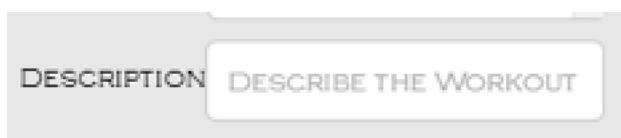
1.5.7 Metric – Distance

This type of activity will calculate based on the distance.

A screenshot of a web form element. It consists of a light gray rectangular container. On the left side of the container, the word "METRIC" is displayed in a dark gray, sans-serif font. To the right of "METRIC" is a white dropdown menu with a thin orange border. The word "DISTANCE" is selected and displayed in the menu. To the right of the dropdown menu is a small vertical scrollbar with up and down arrow icons.

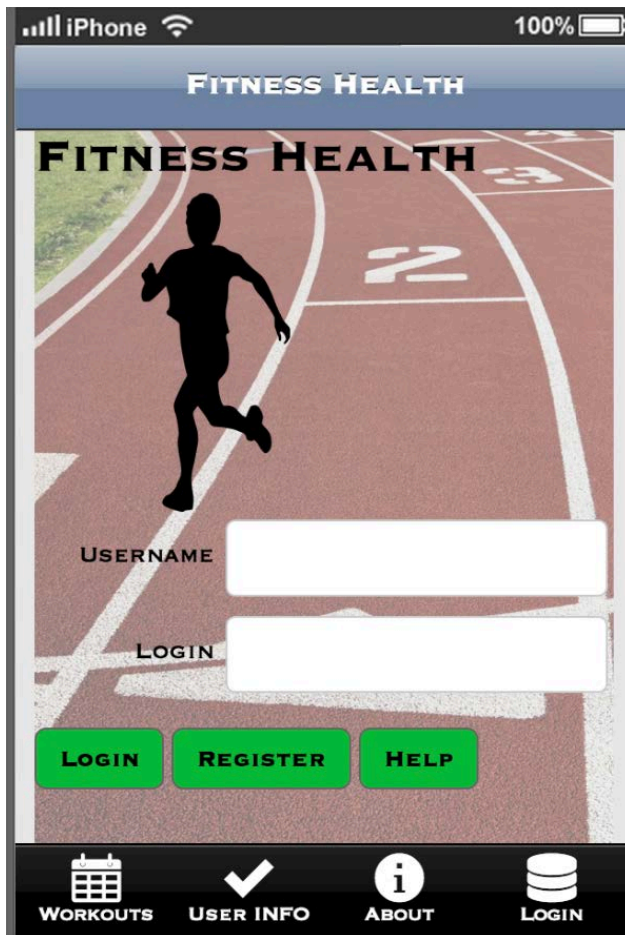
1.5.8 Description

Enter the Description for your workout

A screenshot of a web form element. It consists of a light gray rectangular container. On the left side of the container, the word "DESCRIPTION" is displayed in a dark gray, sans-serif font. To the right of "DESCRIPTION" is a white text input field with a thin orange border. The placeholder text "DESCRIBE THE WORKOUT" is displayed in a light gray, sans-serif font within the input field.

1.6 Existing User

An Existing User can login into the system by entering the user name and password on the login screen



1.7 Trainer's Page

After you login,

If you are a trainer, the trainer page will appear.

BACK

TRAINER'S PAGE

TRAINER'S PAGE

SELECT USER


SELECT
WORKOUT


CHOOSE WORKOUT


☐


VALIDATED

SUBMIT

USER

EDIT

WORKOUT

TRAINER

1.8 User's Page

If you are a User, the user page will appear which will contain the list of your workout activities

BACK

USER'S PAGE

USER'S PAGE

BALANCE

BALANCE INFORMATION

WORKOUTS


TRAINERS


NEXT
WORKOUT


MM/DD/YYYY


SUBMIT

User's Page

USER

EDIT

WORKOUT

TRAINER

2.0 Menus

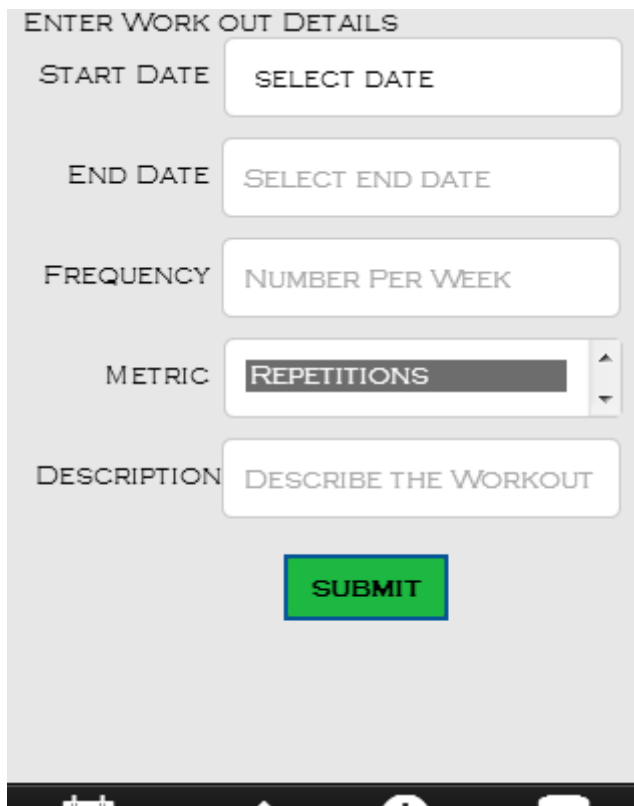
Simple Menu's are used in the FH mobile App.

2.0.1 Workout

Clicking on the Workout menu will take the user to the workout page



The Workout Page will appear

A screenshot of a mobile app form titled "ENTER WORK OUT DETAILS". The form has a light gray background and contains several input fields. At the bottom is a green "SUBMIT" button. The Android navigation bar is visible at the very bottom.

ENTER WORK OUT DETAILS	
START DATE	<input type="text" value="SELECT DATE"/>
END DATE	<input type="text" value="SELECT END DATE"/>
FREQUENCY	<input type="text" value="NUMBER PER WEEK"/>
METRIC	<input type="text" value="REPETITIONS"/>
DESCRIPTION	<input type="text" value="DESCRIBE THE WORKOUT"/>
<input type="button" value="SUBMIT"/>	

2.0.2 User Info

User info menu will take the user to User info page.



The User info Menu takes to the User Information page

FITNESS HEALTH	
USER INFORMATION	
FIRST NAME	<input type="text" value="FIRST NAME"/>
LAST NAME	<input type="text" value="LAST_NAME"/>
USER TYPE	<input type="text" value="TRAINER"/>
LOGIN ID	<input type="text"/>
PASSWORD	<input type="text" value="PASSWORD"/>
TRAINER	<input type="text" value="SELECT TRAINER NAME"/>
DOB	<input type="text" value="ENTER DOB"/>

2.0.3 About

When you click on About menu, it will take you to the about Page



FITNESS HEALTH IS AN APPLICATION DESIGNED AND CREATED BY:

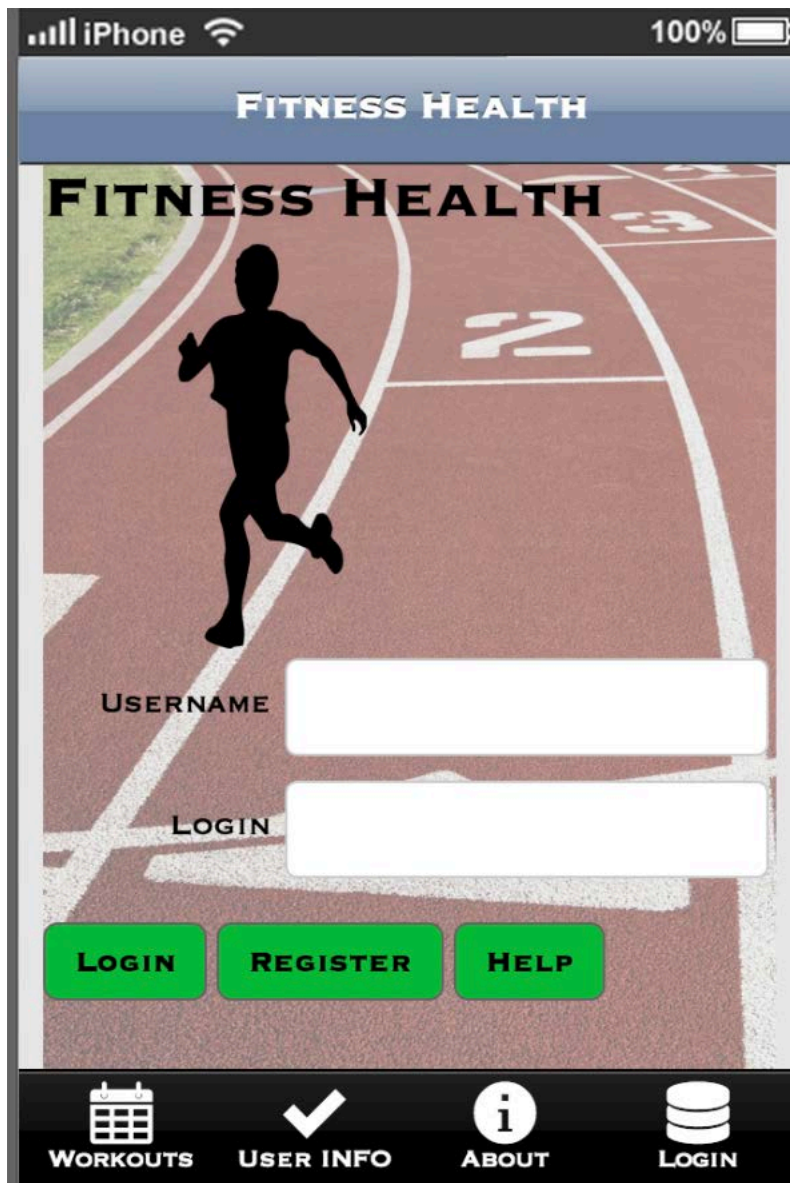
OMAR RIVERA

ANDREW POIRIER

DAVEN AMIN

2.0.4 Login

The Login button will take you to the Login screen



2.1 Detailed Operating

2.1.2 Top Screen icons

The Top Screen doesn't have any icons except the title of the Application.

2.1.3 Bottom Screen icons

User – When the user clicks on this, User will contain the user information about the workouts.

Edit – When the user clicks on this, User can edit their information by using this.

Workout – The Workout will contain the workout information for each user.

Trainer – The Trainer icon will let the user to choose or change their trainer.

