Melissa Cunningham

PHP Project Specification

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This project is meant to be used for runners and people who coach running. On the first page, the user indicates whether they are the coach or an athlete.

On the athlete page, the runner can enter their username to login and add the workouts they did to a database. A report of all their past workouts will also show up.

On the coach page, the coach can add athlete profiles that they want to show up in their reporting section. Athlete profiles include their name and contact information. The coaching report shows a summary of the mileage that each of the athletes ran in the past week (if they ran any), as well as their names and contact information.