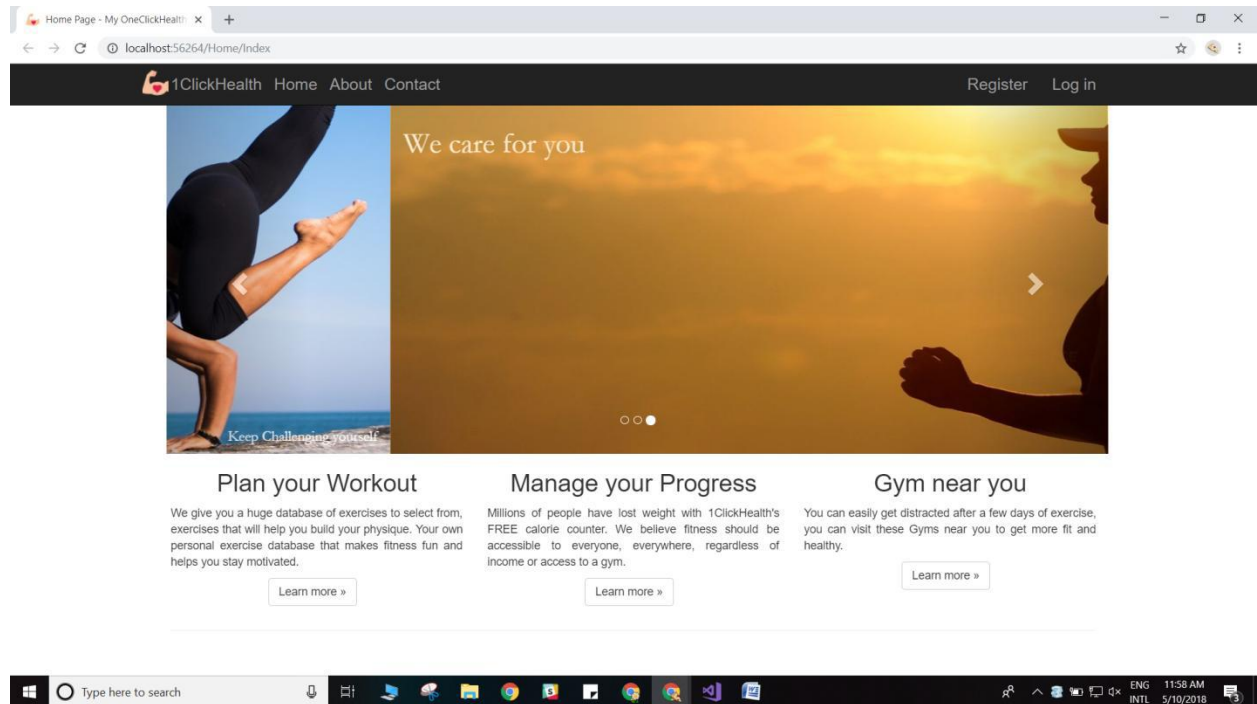
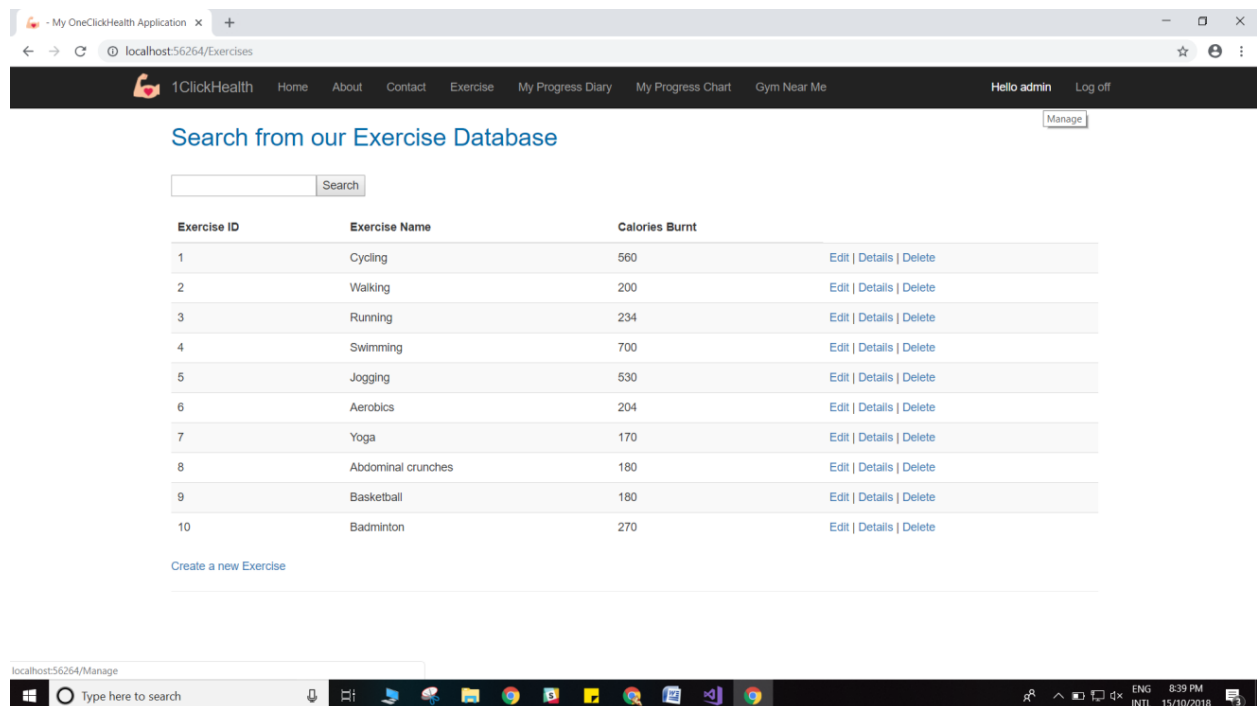


Home page



Exercise page for user



Search from our Exercise Database

A Search

Exercise ID	Exercise Name	Calories Burnt
6	Aerobics	204
8	Abdominal crunches	180

Create a new Diary Entry

EntryName

Exercise 1

No Of Hours Spent

Exercise 2

No Of Hours Spent

Exercise 3

No Of Hours Spent

Back to List

- Cycling
- Walking
- Running
- Swimming
- Jogging
- Aerobics
- Yoga
- Abdominal crunches
- Basketball
- Badminton

Index - My OneClickHealth App | x

localhost:56264/ProgressDiaries

1ClickHealth Home About Contact Exercise My Progress Diary My Progress Chart Gym Near Me Hello Sam Log off Manage

My Progress Diary

UserID	Date	Entry Name	Edit Entry	Exercise Name	Hours Spent	Calories Burnt
Sam@gmail.com	15-10-2018	Morning	Edit Details Delete	Cycling	1	560
				Walking	2	400
				Running	1	234
Sam@gmail.com	15-10-2018	Evening	Edit Details Delete	Swimming	1	700
				Yoga	2	340
				Badminton	1	270

[Create a new entry](#)

localhost:56264/Manage

Type here to search

ENG 8:32 PM 15/10/2018

Admin can view all diary entries

Index - My OneClickHealth App | x

localhost:56264/ProgressDiaries

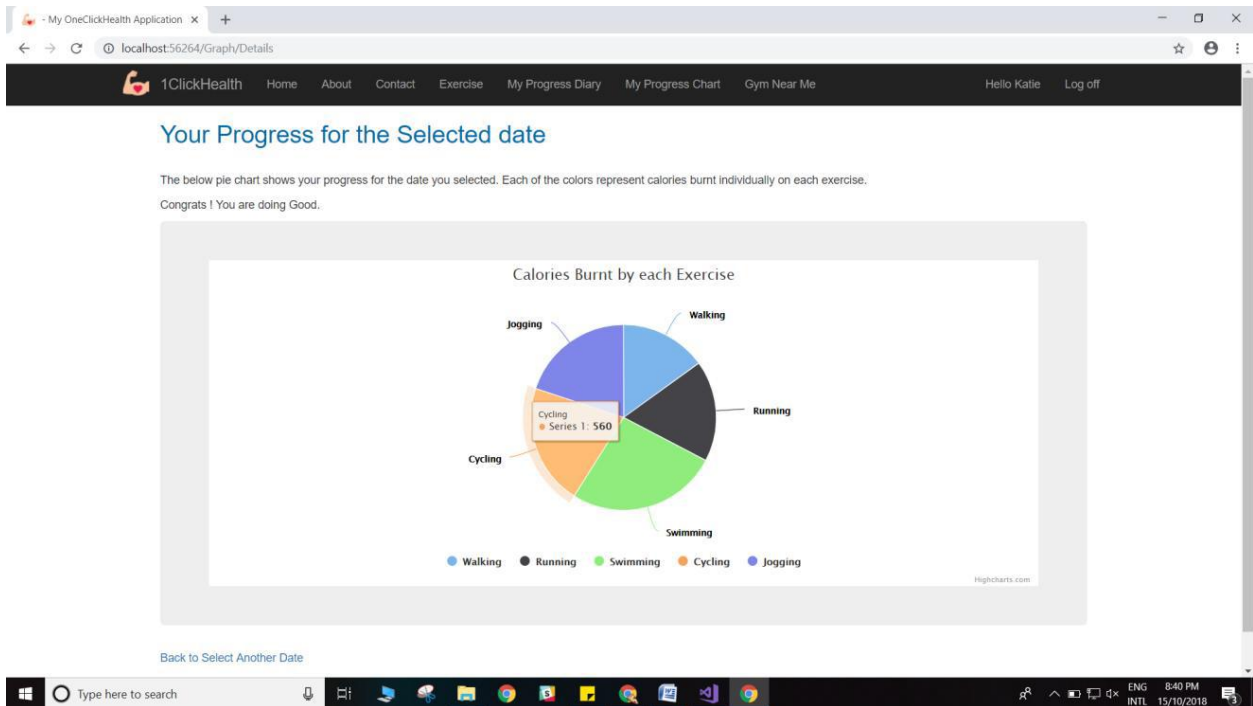
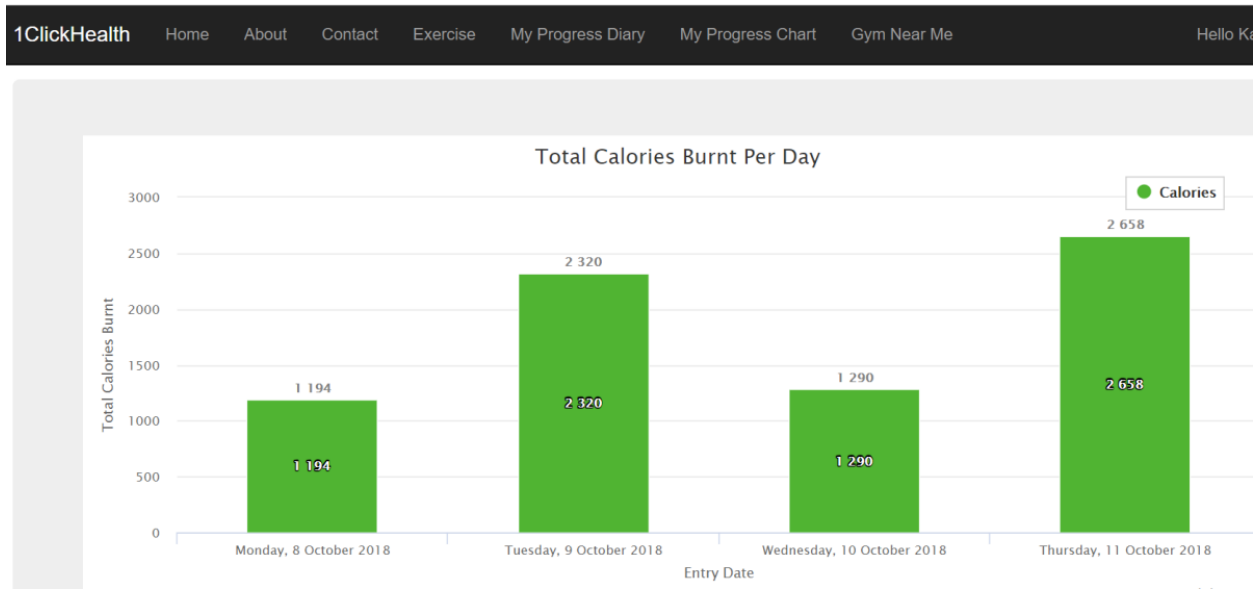
1ClickHealth Home About Contact Exercise My Progress Diary My Progress Chart Gym Near Me Hello admin Log off

Katie@gmail.com	12-10-2018	Evening	Edit Details Delete	Jogging	1	530
				Walking	2	400
				Running	1	234
Katie@gmail.com	12-10-2018	Evening	Edit Details Delete	Jogging	1	530
				Walking	1	200
				Swimming	2	1400
Katie@gmail.com	13-10-2018	Morning	Edit Details Delete	Jogging	1	530
				Cycling	1	560
				Walking	2	400
Katie@gmail.com	13-10-2018	Evening	Edit Details Delete	Running	1	234
				Walking	2	400
				Swimming	2	1400
Sam@gmail.com	15-10-2018	Morning	Edit Details Delete	Jogging	1	530
				Walking	2	400
				Cycling	1	560
Sam@gmail.com	15-10-2018	Evening	Edit Details Delete	Running	1	234
				Swimming	1	700
				Yoga	2	340
Sam@gmail.com	15-10-2018	Evening	Edit Details Delete	Badminton	1	270
				Yoga	2	340
				Swimming	1	700

Type here to search

ENG 5:30 PM 16/10/2018

Progress chart for user



User can find Gym near his location

