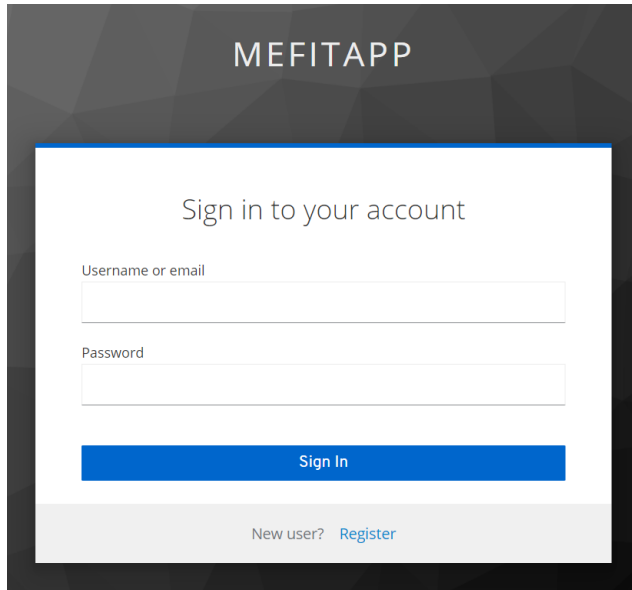


MeFit - User Manual

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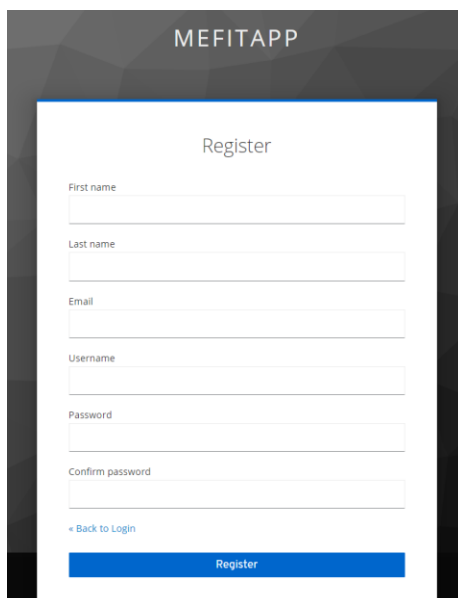
1. Registration / Authentication / Login

Login Page is the first page user will see when using the app.



The image shows the login page of the MEFITAPP. At the top, the app name "MEFITAPP" is displayed in white on a dark, geometric background. Below this, a white box contains the heading "Sign in to your account". Under the heading, there are two input fields: "Username or email" and "Password". Below these fields is a blue button labeled "Sign In". At the bottom of the white box, there is a link that says "New user? Register".

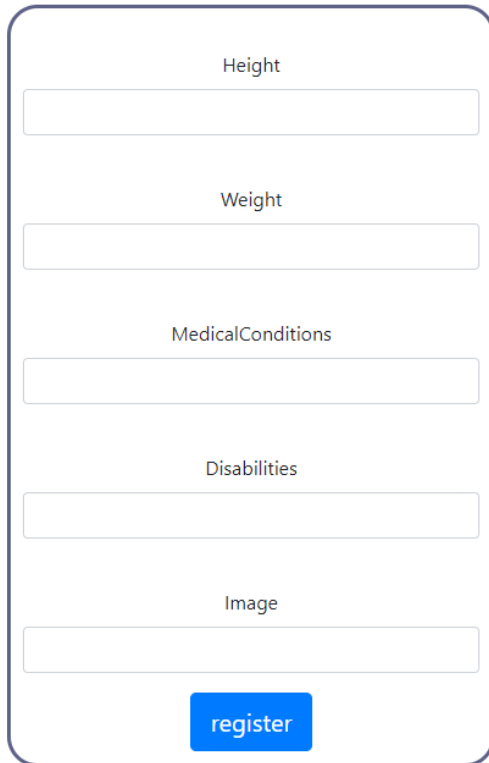
If the user has not registered yet, he/she must fill the required information to create an account.



The image shows the registration page of the MEFITAPP. At the top, the app name "MEFITAPP" is displayed in white on a dark, geometric background. Below this, a white box contains the heading "Register". Under the heading, there are five input fields: "First name", "Last name", "Email", "Username", and "Password". Below the "Password" field is a "Confirm password" field. At the bottom left of the white box, there is a link that says "← Back to Login". At the bottom center is a blue button labeled "Register".

2. Profile

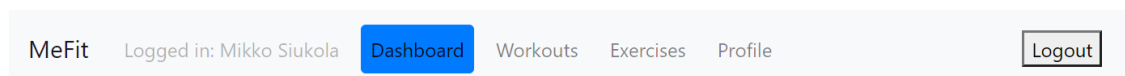
When the application starts, the user must add more detailed information. If this form has already been filled, the user can update the existing profile information if needed.



A vertical form with rounded corners and a purple border. It contains five text input fields, each with a label above it: 'Height', 'Weight', 'MedicalConditions', 'Disabilities', and 'Image'. At the bottom of the form is a blue button with the text 'register' in white.

3. Application Frame

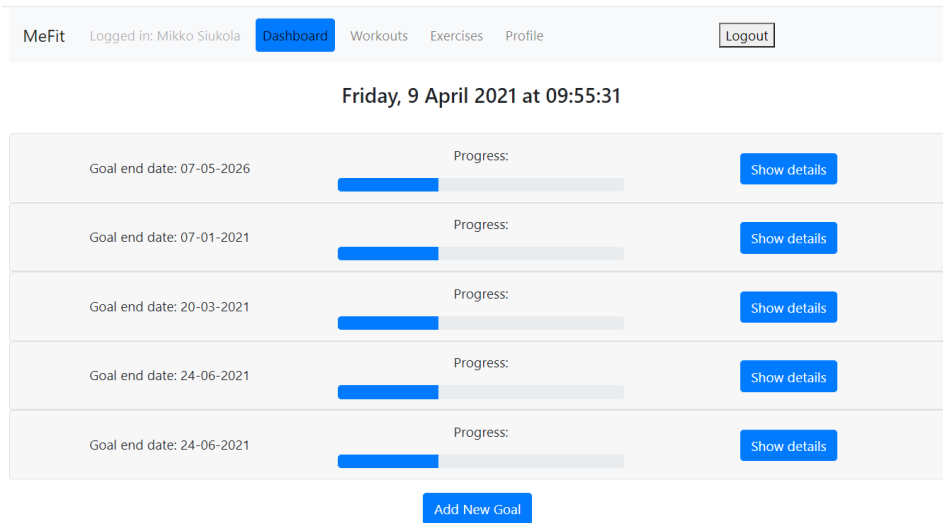
From the application frame, the user can navigate to different parts of the application and also see, what is the view that is currently open.



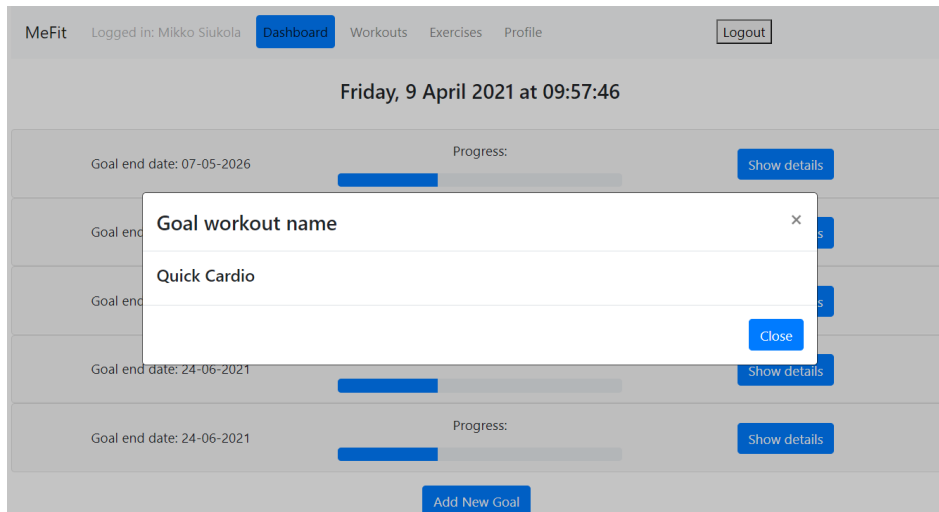
A horizontal navigation bar with a light gray background. On the left, it says 'MeFit' followed by 'Logged in: Mikko Siukola'. In the center, there are four links: 'Dashboard' (highlighted with a blue background), 'Workouts', 'Exercises', and 'Profile'. On the right, there is a 'Logout' button with a black border.

4. Goal Dashboard

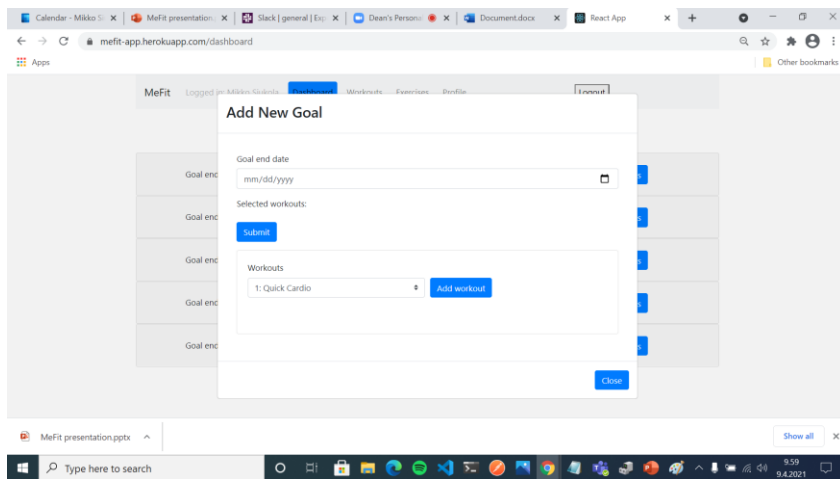
From the goal dashboard the user can see the goals that has been already defined and also their current progress.



By pressing “Show details”-button, a more detailed information about the goal can be seen.

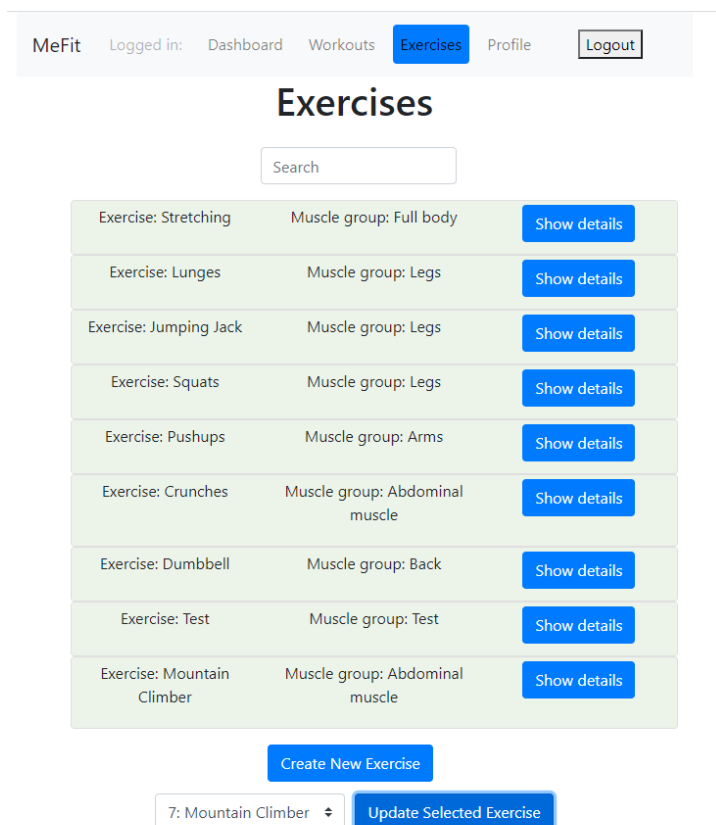


User can also create a new goal by pressing the “add new goal”-button and by filling up the needed info.

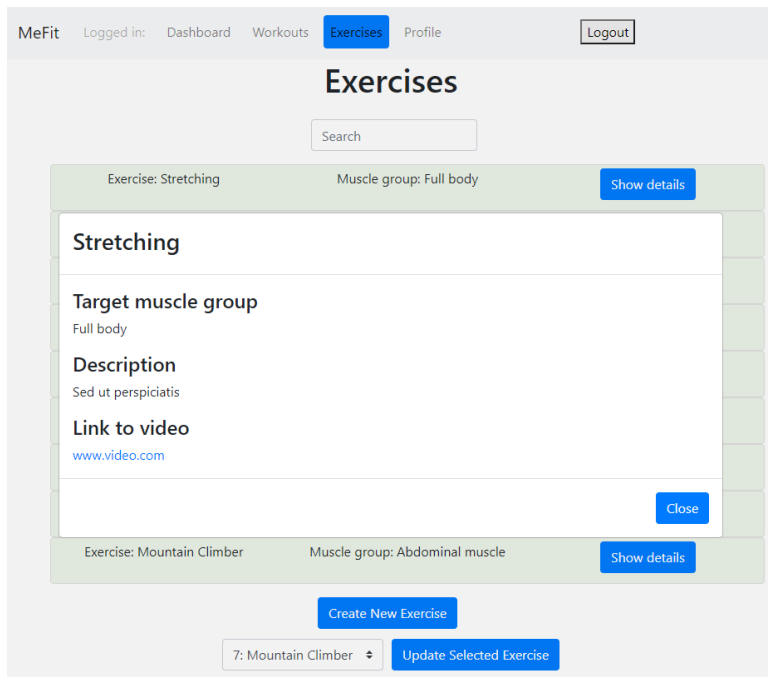


5. Exercises

The exercise page displays the list and details of exercises available currently registered. On the top of the page is Search bar, where user can search exercises ordered by muscle group.

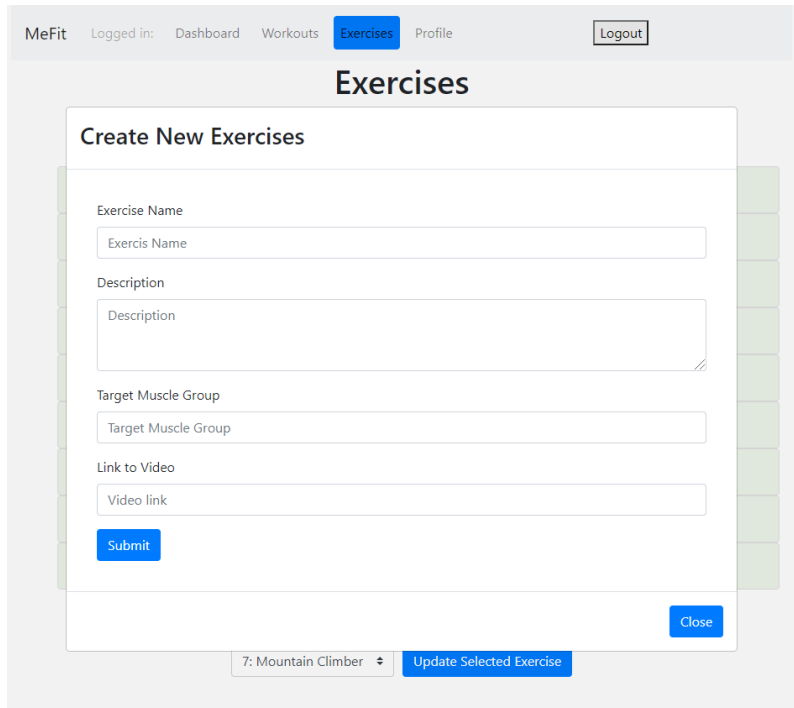


By clicking Show details –button, user can view the details of an individually selected exercise.



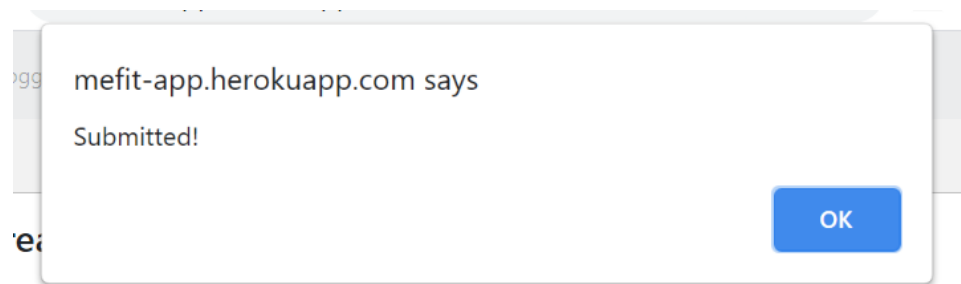
At the bottom of the page are located two buttons, Create New Exercise and Update Selected Exercise. These buttons will be invisible only for users with contributor rights.

By clicking the Create New Exercise –button, a form for adding exercise details will appear. To the form user can input exercise name, description, target muscle group and link to the video. Exercise name and target muscle group are mandatory fields.

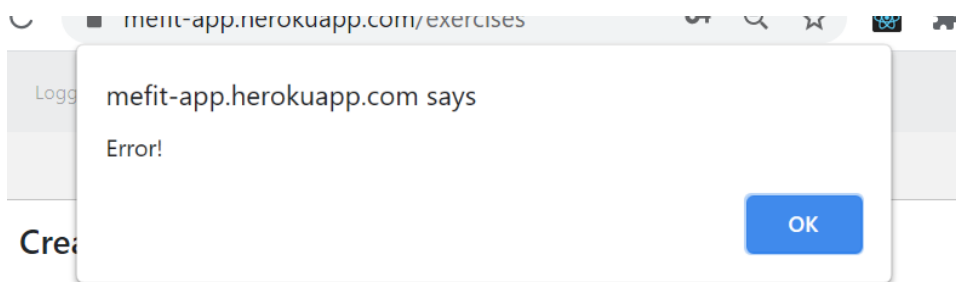


The screenshot shows the MeFit application interface. At the top, there is a navigation bar with 'MeFit' on the left, 'Logged in:' followed by 'Dashboard', 'Workouts', 'Exercises' (highlighted in blue), and 'Profile' on the right. A 'Logout' button is also present. Below the navigation bar, the main heading is 'Exercises'. A modal form titled 'Create New Exercises' is displayed. The form contains four input fields: 'Exercise Name' (with placeholder text 'Exercis Name'), 'Description' (with placeholder text 'Description'), 'Target Muscle Group' (with placeholder text 'Target Muscle Group'), and 'Link to Video' (with placeholder text 'Video link'). Below these fields are two buttons: a blue 'Submit' button and a blue 'Close' button. At the bottom of the modal, there is a dropdown menu showing '7: Mountain Climber' and a blue 'Update Selected Exercise' button.

After all necessary information has been added, user can click Submit –button. If submission was successful, user will see popup window with message “Submitted!”.



If submission was not successful, user will see an error alert.



By selecting a workout from dropdown and clicking the Update Selected Exercise –button, a form for updating exercise will appear. To the form user can input and change values. After Submit –button is clicked, updated information will appear to exercises list.

The screenshot shows a web application interface for 'MeFit'. At the top, there is a navigation bar with the following elements: 'MeFit' logo, 'Logged in:' status, a series of navigation links ('Dashboard', 'Workouts', 'Exercises', 'Profile'), and a 'Logout' button. The 'Exercises' link is highlighted with a blue background. Below the navigation bar, the main heading 'Exercises' is partially visible. A modal window titled 'Update Exercises' is open in the center. This form contains several input fields: 'Id:' with the value '4', 'Exercise Name' with 'Pushups', 'Description' with 'Sed ut perspiciatis', 'Target Muscle Group' with 'Arms', and 'Link to Video' with 'www.video.com'. There is a blue 'Submit' button at the bottom left of the form and a blue 'Close' button at the bottom right. The form is set against a light gray background with a subtle grid pattern.

MeFit Logged in: Dashboard Workouts Exercises Profile Logout

Exercises

Update Exercises

Id: 4

Exercise Name

Pushups

Description

Sed ut perspiciatis

Target Muscle Group

Arms

Link to Video

www.video.com

Submit

Close

6. Workouts

From the workout page, the user can see the previously created workouts.

Workouts

Search

Workout: Quick Cardio	Type: Cardio	Show details
Workout: Hiit 30min	Type: Hiit	Show details
Workout: Strength training 15 min	Type: Strength	Show details
Workout: Aerobic 15min	Type: Aerobic	Show details
Workout: Cardio 1h	Type: cardio	Show details
Workout: Balance workout 15 min	Type: Balance	Show details
Workout: Test	Type: Test	Show details
Workout: Quick Cardio UPDATE	Type: Cardio	Show details

Create New Workout

1: Quick Cardio Update Selected Workout

By clicking the workout-item or “show details”-button, a more detailed info about the workout can be seen below.

Workouts

Search

Workout: Quick Cardio	Type: Cardio	Show details
-----------------------	--------------	--------------

Repetitions: 20

Exercise: Crunches	Muscle group: Abdominal muscle	Show details
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By clicking the “create new workout” - button, a new view will open where the user can fill the required fields and create a new workout.

The screenshot shows a modal window titled "Create New Workout". It contains the following fields and controls:

- Workout Name:** A text input field with the placeholder "Name".
- Workout Type:** A text input field with the placeholder "Type".
- Selected Exercises:** A section containing:
 - A blue "Submit" button.
 - A container with two inputs: "Sets" (with the value "10") and "Exercises" (with a dropdown menu showing "1: Stretching").
 - A blue "Add Exercise" button.
- A blue "Close" button at the bottom right of the modal.

Below the modal, in the background interface, there is a dropdown menu showing "1: Quick Cardio" and a blue "Update Selected Workout" button.

By pressing the “update selected workout”-button, the user can update the existing workout, but before that, the wanted workout must be selected from the dropdown menu.

The screenshot shows a list of workouts with a dropdown menu open over the "Update Selected Workout" button. The dropdown menu contains the following items:

- 1: Quick Cardio (highlighted)
- 2: Hilt 30min
- 5: Strength training 15 min
- 4: Aerobic 15min
- 3: Cardio 1h
- 6: Balance workout 15 min
- 49: Test
- 15: Quick Cardio UPDATE

The background interface shows a table with columns "Workout" and "Type", and a "Show details" button. The "Workout" column contains "Workout: Test" and "Workout: Quick Cardio UPDA". The "Type" column contains "Type: Test" and "Cardio".

After pressing the “update selected workout”-button, a new view will open where the user can fill up the required information.

Update Workout

Id:

1

Workout Name

Quick Cardio

Workout Type

Cardio

Selected Exercises:

Crunches (Repetitions: 20)

Submit

Sets

Exercises

10

1: Stretching

Add Exercise

Close