

















Name: Saud Ahmed

## Project Snippets


MyFitnessPal  
Fitness is a lifestyle

Home About

Add New Client

 <a href="#">Jane Smith</a> F 165.0 cm 60.0 kg	 <a href="#">Michael Johnson</a> M 175.0 cm 85.0 kg	 <a href="#">Emily Brown</a> F 170.0 cm 65.0 kg	 <a href="#">David Williams</a> M 185.0 cm 90.0 kg	 <a href="#">Sarah Wilson</a> F 160.0 cm 55.0 kg
 <a href="#">Robert Jones</a> M 170.0 cm 75.0 kg	 <a href="#">Jessica Davis</a> F 175.0 cm 70.0 kg	 <a href="#">William Miller</a> M 190.0 cm 95.0 kg	 <a href="#">Amanda Taylor</a> F 155.0 cm 50.0 kg	 <a href="#">Matthew Anderson</a> M 180.0 cm 85.0 kg
 <a href="#">Laura Wilson</a> .	 <a href="#">Daniel Martinez</a> ..	 <a href="#">Megan Hernandez</a> .	 <a href="#">Christopher Garcia</a> ..	 <a href="#">Ashley Lopez</a> .

## Adding a New Client

MyFitnessPal  
Fitness is a lifestyle

Home About

Add New Client

First Name

Saud

Last Name

Ahmed

Age

22

Gender

Male

Height (cm)

155

Weight (kg)

80

Specific Goal

Use keywords: gain, lose, strength, flexibility, run for more accurate results.

Increase Muscle

Add Client

# VIEW CLIENT



Client Successfully Added.


## User Details

User Information
<div><b>Saud Ahmed</b></div> <div>Age: 22</div> <div>Gender: Male</div> <div>Height: 155.0</div> <div>Weight: 80.0</div> <div>Progress Goal: Gain Muscle</div> <div><div>Update Client</div><div>Delete</div></div>
Program Details
<div>Program Name: Muscle Gain Plan</div> <div>Fitness Goal: Muscle Gain</div>

# CREATES WORKOUT PROGRAM BASED ON USERS INPUT

Program Details
<div>Program Name: Muscle Gain Plan</div> <div>Fitness Goal: Muscle Gain</div> <div>Description: Focuses on building muscle mass</div>
Recommended Exercises for Saud Ahmed based on the program:Muscle Gain Plan
<div><ul style="list-style-type: none"><li>• Push-ups</li><li>• Squats</li><li>• Lunges</li><li>• Plank</li><li>• Rows (bodyweight)</li><li>• Dips (tricep)</li><li>• Superman</li><li>• Bird-Dog</li></ul></div>

## DELETE CLIENT



MyFitnessPal

Home About

### User Details

#### User Information

Saud Ahmed

Age: 22

Gender: Male

Height: 155.0

Weight: 80.0

Progress Goal: Increase Muscle

Update Client

Delete

#### Program Details

Delete Post?

Close

Delete