CS 6251 Final Project Concept Implementation

Personal Trainer Website

Trainer Categories/Requirements

1. Area of expertise (MC) (Dropdown box)
   1. Implement using Bootstrap Accordion
      1. Fat loss and body recomposition
      2. Strength training and muscle building
      3. Sports performance and conditioning
      4. Corrective exercise and injury rehabilitation
      5. Senior fitness and fall prevention
      6. Prenatal and postnatal fitness
      7. Youth fitness and athletic development
   2. Navbar link goes to toggle bottom offcanvas with header links that direct to each area of expertise when selected
2. Gender preference (MC) (Dropdown box)
   1. He/him
   2. She/her
   3. They/them
   4. Don’t Care
3. Virtual or face-to-face or flexible or don’t care (MC) (Dropdown box)
   1. Virtual
   2. Face-to-face
   3. Flexible (wanting either/or depending on preference – based on number of sessions purchased)
   4. Don’t care
4. Affiliation with a business or independent or don’t care (MC) (Dropdown box)
   1. Business
   2. Independent
   3. Don’t Care
5. Pricing/Specials
   1. Free fitness assessment
   2. Military or student discount: 20% off the total # of sessions & membership fee + joiner fee waived
   3. Business Virtual
      1. 3 sessions - $145.00 (45/1)
      2. 6 sessions - $240.00 (40/1)
      3. 12 sessions - $420.00 (35/1)
      4. 24 sessions - $720.00 (30/1)
   4. Business Face-to-face
      1. 3 sessions - $180.00 (60/1)
      2. 6 sessions - $330.00 (55/1)
      3. 12 sessions - $600.00 (50/1)
      4. 24 sessions - $1080.00 (45/1)
   5. Business Joiner Fee
      1. $30.00
   6. Business Membership Fee
      1. $35.00
   7. Independent Virtual
      1. 3 sessions - $105.00 (35/1)
      2. 6 sessions - $180.00 (30/1)
      3. 12 sessions - $300.00 (25/1)
      4. 24 sessions - $480.00 (20/1)
   8. Independent Face-to-face
      1. 3 sessions - $120.00 (40/1)
      2. 6 sessions - $210.00 (35/1)
      3. 12 sessions - $360.00 (30/1)
      4. 24 sessions - $600.00 (25/1)
6. Personality Traits (Select top 3) (checkboxes)
   1. Empathetic
   2. Understanding
   3. Patient
   4. Adaptable
   5. Encouraging
   6. Supportive
   7. Professional
   8. Organized
   9. Motivational
   10. Friendly
   11. Reliable
   12. Communicative
   13. Non-Judgmental
   14. Customization
   15. Accountability
   16. Holistic
   17. Enthusiastic
   18. Creative
7. Learning Style
   1. Visual
   2. Auditory
   3. Kinesthetic

Client Form

1. Age
   1. Integer Input
2. Gender Pronouns (MC) (Dropdown box)
   1. He/him
   2. She/hers
   3. They/them
3. Pregnant (Y/N) (MC) (Dropdown box)
4. Last Pregnancy (MC) (Dropdown box)
   1. 1-3 months
   2. 4-6 months
   3. 7-9 months
   4. 10-12 months
   5. >12 months
5. Disabilities/Disorders (Y/N) (MC) (Dropdown box)
   1. If so, describe : Textarea
6. Injuries (Y/N) (MC) (Dropdown box)
   1. If so, describe : Textarea
7. Athlete (Y/N) (MC) (Dropdown box)
   1. If so, include sport : Textarea
8. Military or student or no (MC) (Dropdown box)
   1. If so, include ID# : Text
   2. Military – M followed by 6 numbers between 0 and 9
   3. Student – S followed by 6 numbers between 0 and 9
9. Implement a progress bar when completing the input form and/or implement tooltips for every form input
10. Implement submit button for the form