

Project Name: Digital Health and Fitness Tracker with Trainer Access**Scenario:**

Clients access virtual trainers via the web application. Virtual trainers prepare a personal exercise program by considering clients' health data and appropriate time intervals for exercise. The exercise program is recorded in the database and some targets are determined by the trainers. These targets are measurable health data such as weight, height-weight index, muscle and fat ratio. The client regularly records the completed exercises to the application. The aim is to reach the targeted health data in the specified periods. Progress reports are created by analyzing the achievement of the targets. Progress is monitored by both the client and the trainers. Sessions can be updated, or new sessions can be added in light of target tracking and health data. The system sends notifications to the user throughout the exercise program. These notifications include reminders of exercise times or information about progress.

Trainers use the system with a desktop application. They manage the process by communicating with customers using this application. Trainers create an exercise program suitable for the age, height, weight and health status of clients and enter the system. Some goals and achievement times are determined and followed according to personal exercise programs. Exercise programs are updated according to the achievement of the goals. A more intense or lighter program can be switched to. Trainers can send notifications to clients who have not entered their exercise programs into the system via the system.

Instructions:

The client registers via the web application and logs into the system with the own username and password. Then, health data such as age, height and weight information are recorded in the system. The trainer sets goals by determining an exercise plan and specific periods. This schedule is submitted to the customer for approval. Once the client approves the chart, the exercise program becomes active. After starting the exercise program, every exercise performed is processed into the system. At the end of each period, the client's health data is updated. The virtual trainer should review the targets and update them if necessary.