




Final Report For my project


SignUp

Full Name
 Type your Name


Email
 Type your Email

Password
 Type your Password


Which type of account would you like to create?

Choose 

Choose your coach

Choose 

Choose your Goal


Choose 

Height in CM
0

Weight in KG
0

Date of Birth
mm/dd/yyyy


let your coach see your current body.



REGISTER

GO BACK

Profile Picture



Sign Up Page:

As you can see you have to fill all of your details.

And if you sign up like coach you don't have to fill all of them part of them will disappear.

The second pic its for the client to show his coach his true body right now.

Login

Email

✉ shadi@gmail.com

Password

🔒|


[Forgot password?](#)

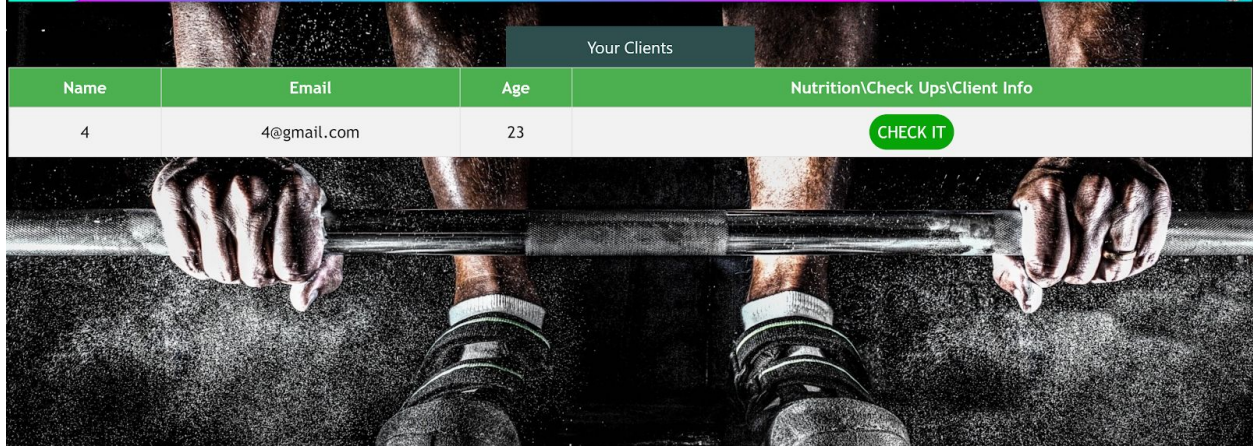
LOGIN

SIGN UP

Login Page:

After signup you have to enter your Email and password that you choose.

SIGN OUT				Requests 1	shadi 
Your Clients					
Name	Email	Age	Nutrition\Check Ups\Client Info		
4	4@gmail.com	23	CHECK IT		



Singln as Coach:

Requests button: Show your new Clients that request you to be there coach.

Tabel: Show your clients right now.

CHECK IT button: go to your work with the clicked Client button.



This is ClientCheck Page After click on CHECK IT button will take you to this.

Here the coach will start working with chosen client.

Daily Nutrition\Weekly Workout\ Check Ups (buttons) on click it will show table for every work.

Goal: it's the goal that the client will work to achieve.

The name in the top right you can click on it to see Client Info.

End Coaching Button: will delete this client after you accept the deleting.After deleting it will return you back to your coach page and the client will be deleted from your clients Table.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Muscle Group	Muscle Group	Muscle Group	Muscle Group	Muscle Group	Muscle Group	Muscle Group
push	pull	legs	REST	push	pull	legs
exercises	exercises	exercises	exercises	exercises	exercises	exercises
Bench 4x8. shoulder push 4x8. tri 5x4.	pull ups 15x5. bic 15x5.	squat 14x5. curl 7x8.	REST	Bench 4x8. shoulder push 4x8. tri 5x4.	pull ups 15x5. bic 15x5.	squat 14x5. curl 7x8.
					CLEAN ALL	CLICK TO UPDATE

After click on Weekly workout this is how it show here you can change what do you want.


Clean all button: free all the inputs.

Click to update button: after finish your program build you have to send it to your client.

Protine(g)	Carbohydrates(g)	Fats(g)	Click to update Client Nutrition
<input type="text" value="300"/>	<input type="text" value="150"/>	<input type="text" value="50"/>	<input type="button" value="SUBMIT"/>

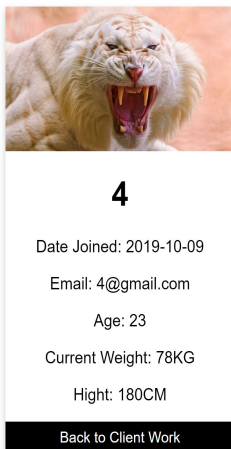
After click on daily nutrition button this how it show the macros that you need from your client to eat daily. After adding new macros you have to click on submit to send it to your client.

Check UPS Pictures



Here is the Check Ups Box Here You can see photos from you client that show his body progress. In every picture here on mouse hover it will get big for better view.and it is just for reading or view the coach cant do any thing here.

User Profile Card



A vertical profile card for client 4. At the top is a photo of a white tiger with its mouth open. Below the photo is the number '4'. Underneath are the following details: Date Joined: 2019-10-09, Email: 4@gmail.com, Age: 23, Current Weight: 78KG, and Hight: 180CM. At the bottom is a black button with white text that says 'Back to Client Work'.

4

Date Joined: 2019-10-09

Email: 4@gmail.com

Age: 23

Current Weight: 78KG

Hight: 180CM

Back to Client Work

User Profile Card : After click on the name of Client You go to his Profile Card.


Name	Email	Age	Goal	Add To Your Clients
Client	Client@gmail.com	24	Lose Fats	ADD

HOME PAGE

Requests Button On Coach page: here how to see your new client requests you can add it or let him waite.

HOME PAGE button : will return you back to Coach Page.


SIGN OUT

Coach: shadi 4 


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Muscle Group	Muscle Group	Muscle Group	Muscle Group	Muscle Group	Muscle Group	Muscle Group
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Protine(g)	Carbohydrates(g)	Fats(g)
300	150	50

Check UPS Pictures



ADD YOUR NEW PICTURE



Login As CLIENT:

THis is The Client Page

Table of Workout and table of Macros it is just for reading and it shows what the client need from you to do and how to do.

Check UPS Pictures: just the client can add to this and its for his Progress , every week he took picture of his body and add it to let his coach see the progress.

You should click on the symbol pic in black Choose Pic from your computer and then click on "ADD YOUR NEW PICTURE" BUTTON.

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