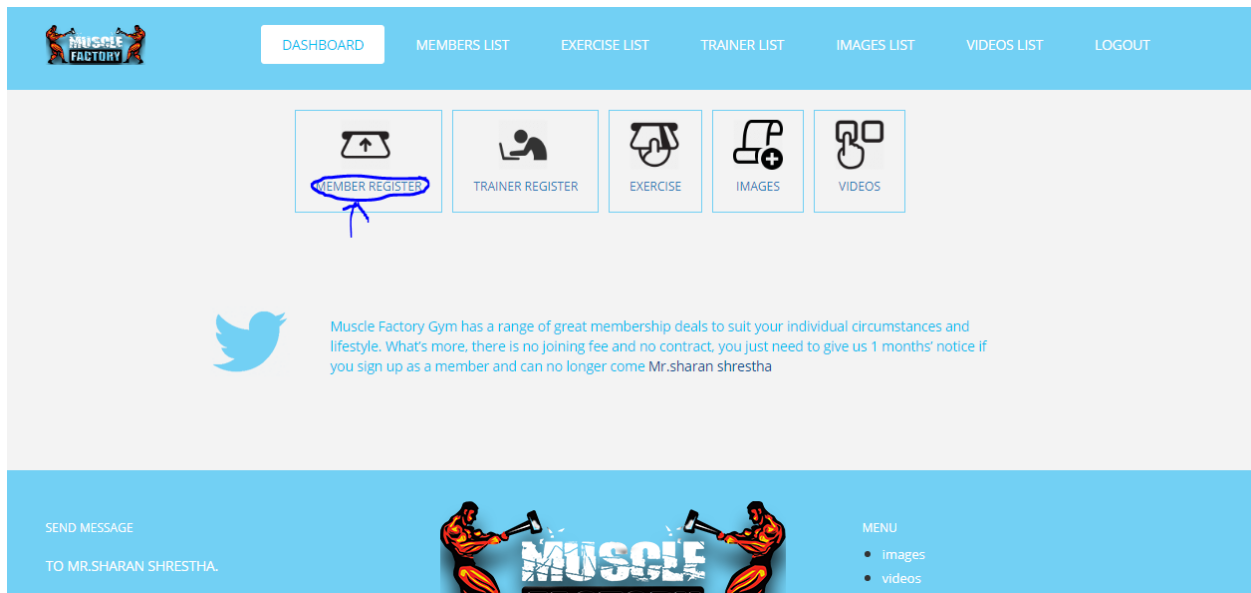


User guide:

How to register member by admin:

Steps to register member are as follow:

- 1) Go to login form enter username and password (there is separate username and password for admin and trainer)
- 2) If username and password of admin is correct admin dashboard will appear.



- 3) There is member register tab and click on that tab registration form will appear.

Member Name: <input type="text" value="please enter member name"/>	Date of birth: <input type="text" value="mm/dd/yyyy"/>
member image: <input type="button" value="Choose File"/> No file chosen	weight(in kg): <input type="text" value="please enter member weight"/>
Member Address: <input type="text" value="please enter member address"/>	height(feet): <input type="text" value="please enter feet"/>
Member Email: <input type="text" value="please enter member email"/>	height(inch): <input type="text" value="please enter inch"/>
Username: <input type="text" value="please enter username"/>	Member Contact: <input type="text" value="please enter member contact"/>
Password: <input type="text" value="please enter password"/>	Join Date: <input type="text" value="mm/dd/yyyy"/>
Re-password: <input type="text" value="please re-enter password"/>	Package: <input type="text" value="gym"/>
	BMI: <input type="text" value="please enter body mass index"/>
	<input type="button" value="submit"/>

- 4) After filling all the field click on submit button then message will display at top of form if register is successful.

Member Name: <input type="text" value="savin"/>	Date of birth: <input type="text" value="02/11/1997"/>
member image: <input type="button" value="Choose File"/> WIN_20170328_211359.JPG	weight(in kg): <input type="text" value="80"/>
Member Address: <input type="text" value="gokarneshwor-12"/>	height(feet): <input type="text" value="5"/>
Member Email: <input type="text" value="saran@gmail.com"/>	height(inch): <input type="text" value="10"/>
valid uname Username: <input type="text" value="saran"/>	Member Contact: <input type="text" value="9841599093"/>
valid uname Password: <input type="password" value="*****"/>	Join Date: <input type="text" value="07/05/2017"/>
Re-password: <input type="password" value="*****"/>	Package: <input type="text" value="gym"/>
password match	BMI: <input type="text" value="24.801464278451"/>
<input type="button" value="submit"/>	

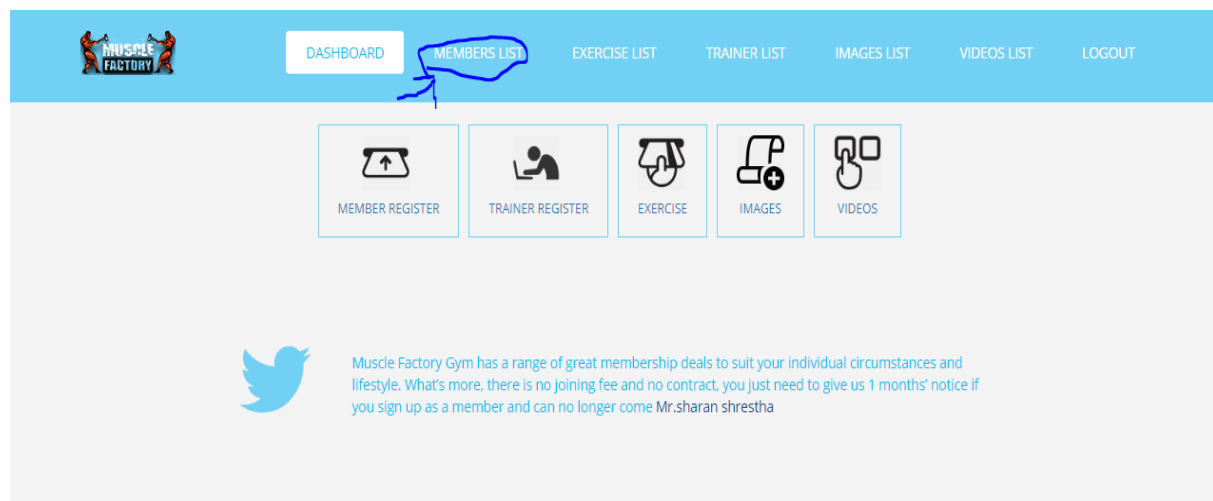
5) If register is successful message will display at top of form like this

member registration form: data sucessfully insert in table registration


How to edit and delete registered member:

Steps to edit register form are as follow:

1) After register, admin can see list of member by clicking on member list.



2) Then there is edit button on list of member. Click on edit to edit member

<div>  DASHBOARD MEMBERS LIST EXERCISE LIST TRAINER LIST IMAGES LIST VIDEOS LIST LOGOUT </div>									
Member list									
Member ID	Member name	Member address	Member email	Member contact	joinDate	package ID	actions		
14	mm	mm	m@gmail	9841599093	2017-07-19	gym	delete	edit	view details
15	mm	mm	mm@gmail.com1	9841599093	2017-07-24	gym	delete	edit	view details
16	mm	mm	mmmm@gmail.com	9841595593	2017-07-20	gym	delete	edit	view details
17	mm	mm	jpt@gmail.com	9841599093	2017-07-01	gym	delete	edit	view details
18	savin	gokarneshwor-12	saran@gmail.com	9841599093	2017-07-05	gym	delete	edit	view details


3) Then new form will appear with current data and can edit from that form.

Member Name: <input type="text" value="mm"/>	weight(in kg): <input type="text" value="45"/>
Member Address: <input type="text" value="mm"/>	height(feet): <input type="text" value="15"/>
Member Email: <input type="text" value="m@gmail"/>	height(inch): <input type="text" value="5"/>
Username: <input type="text" value="m"/>	Member Contact: <input type="text" value="9841599093"/>
Password: <input type="password" value="....."/>	Join Date: <input type="text" value="07/19/2017"/>
Re-password: <input type="text" value="please re-enter password"/>	Package: <input type="text" value="gym"/>
Date of Birth: <input type="text" value="07/01/2017"/>	BMI: <input type="text" value="1.9919429008239518"/>
<input type="button" value="submit"/>	

4) After completing edit of data click on submit to update successfully and then message will display at top of form.

edit user registration form: data successfully update

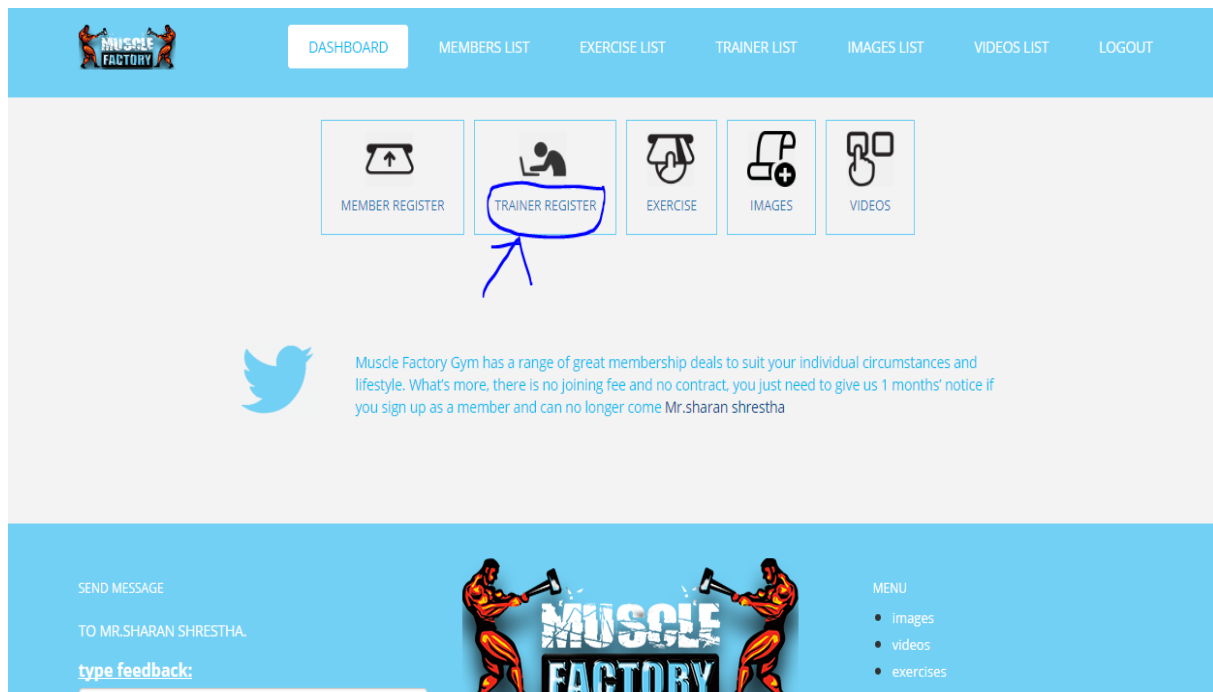
5) And to delete member click on delete button left to edit button.

<div>  DASHBOARD MEMBERS LIST EXERCISE LIST TRAINER LIST IMAGES LIST VIDEOS LIST LOGOUT </div>									
Member list									
Member ID	Member name	Member address	Member email	Member contact	joinDate	package ID	actions		
14	mm	mm	m@gmail	9841599093	2017-07-19	gym	delete	edit	view details
15	mm	mm	mm@gmail.com1	9841599093	2017-07-24	gym	delete	edit	view details
16	mm	mm	mmmm@gmail.com	9841595593	2017-07-20	gym	delete	edit	view details
17	mm	mm	jpt@gmail.com	9841599093	2017-07-01	gym	delete	edit	view details
18	savin	gokarneshwor-12	saran@gmail.com	9841599093	2017-07-05	gym	delete	edit	view details

How to register trainer by admin:

Some of steps to register trainer are as follow:

- 1) Click on button trainer register to open trainer register form.



- 2) After clicking on that button trainer registration form will appear.

[Trainer registration form:](#)

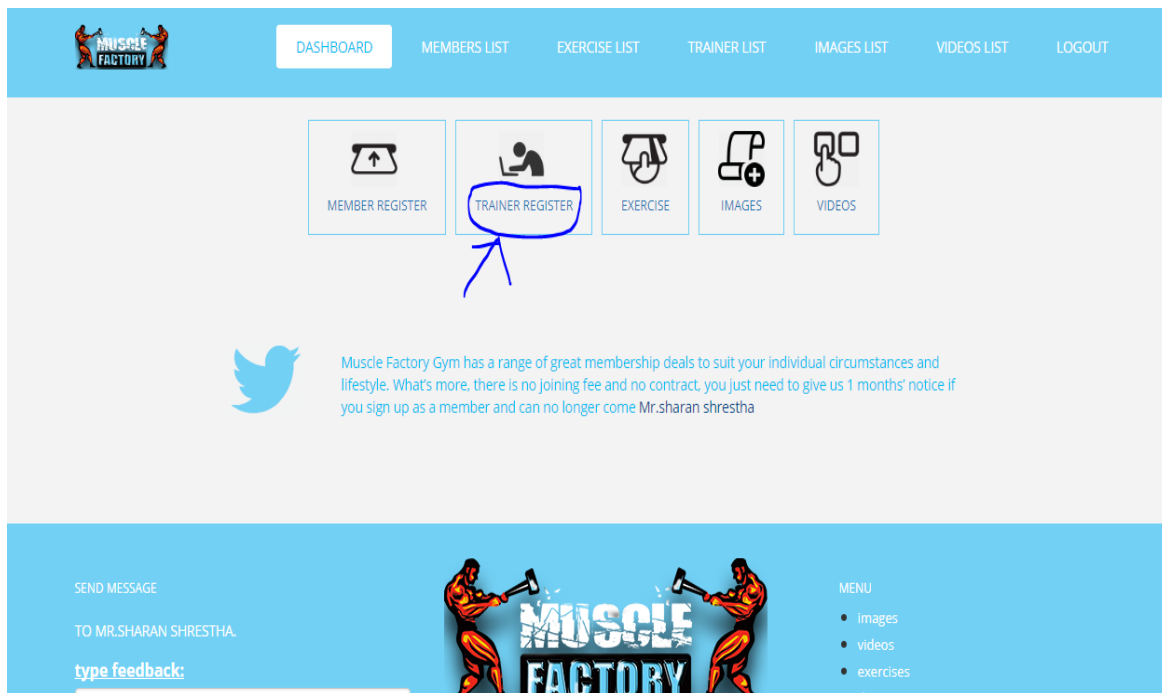
Trainer Name: <input type="text" value="please enter trainer name"/>	Password: <input type="password" value="please enter password"/>
trainer image: <input type="button" value="Choose File"/> No file chosen	Re-password: <input type="password" value="please re-enter password"/>
Trainer Address: <input type="text" value="please enter member address"/>	Date of birth: <input type="text" value="mm/dd/yyyy"/>
Trainer Contact: <input type="text" value="please enter member contact"/>	Join Date: <input type="text" value="mm/dd/yyyy"/>
Trainer Email: <input type="text" value="please enter member email"/>	Package: <input type="text" value="gym"/>
Username: <input type="text" value="please enter username"/>	<input type="button" value="submit"/>

- 3) After entering all valid data click on submit button then message will display at top of form.



How to edit and delete registered trainer:

Some of steps to edit and delete trainer are as follow:

- 1) There is trainer list button at top of main admin page. Click on trainer list to display all trainers.



- 2) After clicking that button page of list of trainer will appear. And click on edit button to edit and new form will appear with present data and after changing data click on submit. Similarly to delete trainer click on delete button which is in left side of edit button.

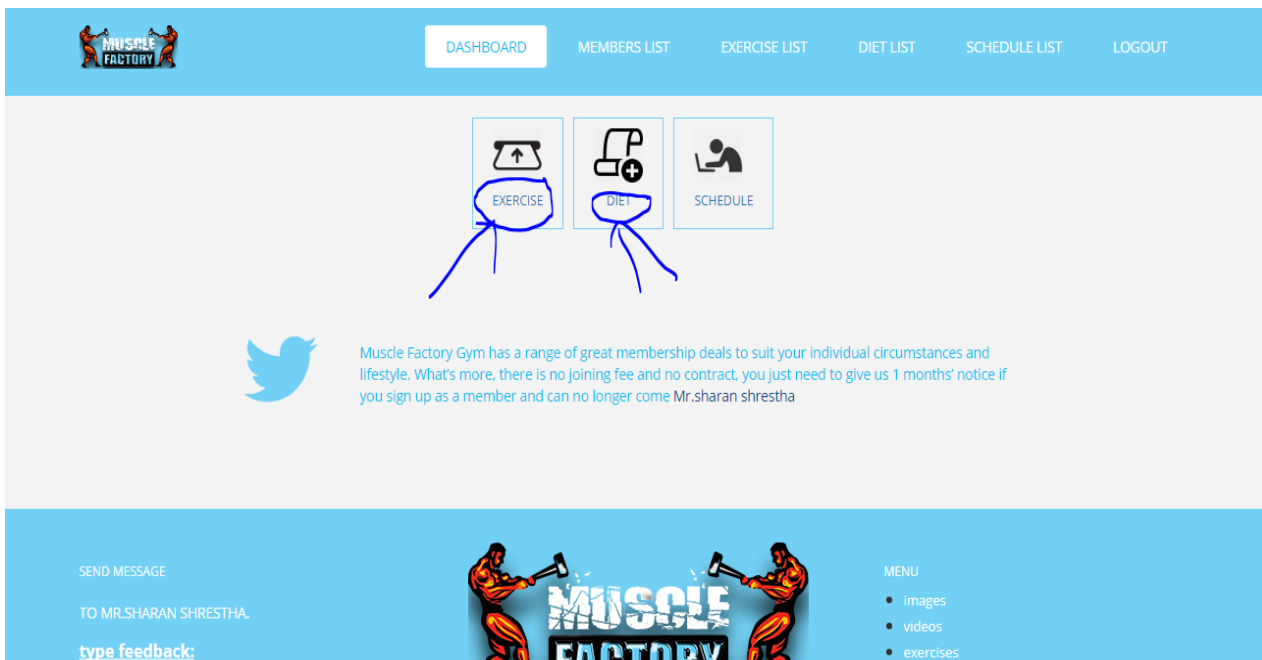
Trainer ID	Trainer name	Trainer picture	Trainer address	Trainer email	Trainer username	Trainer password	Trainer contact	date of birth	joinDate	package ID	actions
9	savin	 Choose File N... click to change image	gokarneshwor-12	savin@gmail.com	savin	123456789	9841599093	2017-06-29	2017-06-29	1	delete edit
10	5555	 Choose File N...	555	saded@gmail.com	adadad	123456789	9841599093	2017-07-19	2017-07-06	0	delete edit

- 3) Then message will display at top of form for each action.

How to upload exercise and diet details:

Some steps to upload exercise and diets are as follow:

- 1) Open trainer dashboard. Click on exercise button to add exercise or click on diet button to add diet.



- 2) If exercise button is clicked then exercise uploading form will appear and after filling valid data in form click on submit to submit. And then if successful message will display at top of form.

The image shows the 'Exercise registration form' for Muscle Factory Gym. The form is titled 'Exercise registration form:' and contains several input fields. The first field is 'Exercise Name:' with a placeholder 'please enter exercise name'. The second field is 'Exercise category:' with a placeholder 'please select category'. The third field is 'Exercise image:' with a 'Choose File' button and the text 'No file chosen'. The fourth field is 'Exercise video:' with a 'Choose File' button and the text 'No file chosen'. The fifth field is 'Exercise details:' with a placeholder 'please describe about exercise'. At the bottom of the form is a green 'submit' button, which is circled in blue with an arrow pointing to it.

- 3) If diet button is clicked then diet uploading form will appear and after filling valid data in form click on submit to submit. And then if successful message will display at top of form.

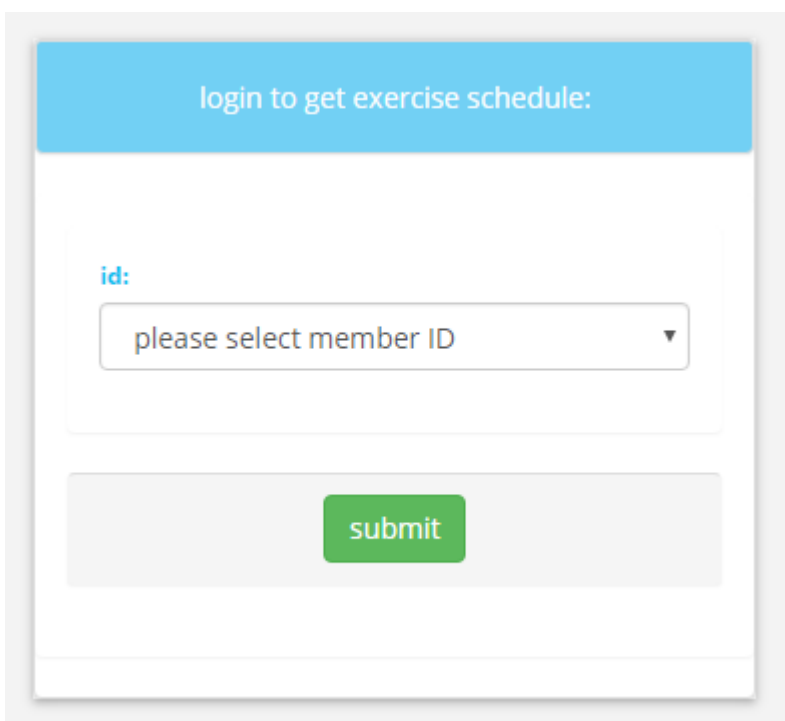


The image shows a 'Diet registration form' with the following fields and controls:

- Diet Name:** A text input field with the placeholder text 'please enter diet name'.
- Diet category:** A dropdown menu with the placeholder text 'please select category'.
- diet image:** A file upload control with a 'Choose File' button and the text 'No file chosen'.
- diet video:** A file upload control with a 'Choose File' button and the text 'No file chosen'.
- diet details:** A text area with the placeholder text 'please describe about exercise'.
- submit:** A green button labeled 'submit' at the bottom of the form, which is circled in blue with an arrow pointing to it.

How to view schedule of exercises:

Member can see exercise schedule by choosing its id. At home page there is schedule div.



The image shows a form titled 'login to get exercise schedule:' with the following elements:

- id:** A dropdown menu with the placeholder text 'please select member ID' and a downward arrow.
- submit:** A green button labeled 'submit' at the bottom of the form.

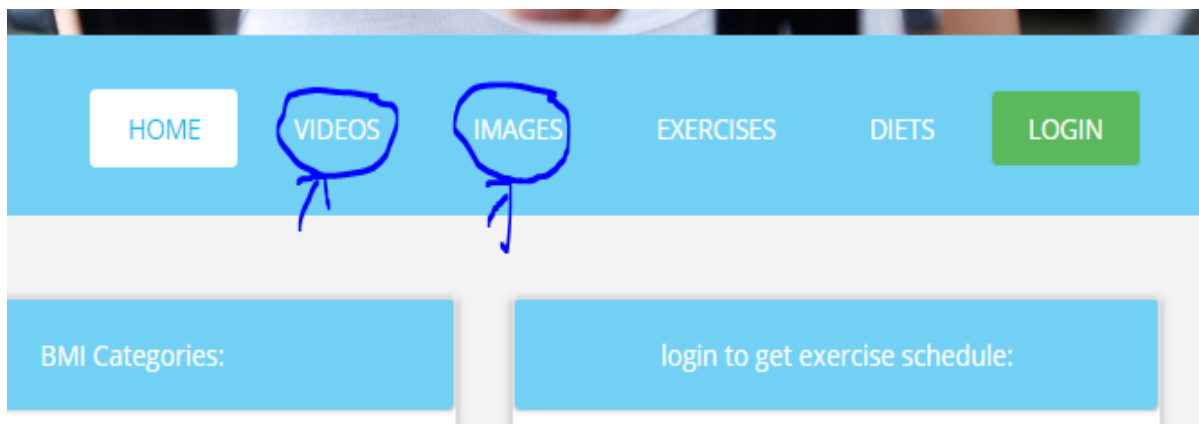
Click on submit after selecting id then schedule page will appear.

member id:18
 member name:savin
 exercise start date:2017-07-05
 exercise end date:2017-07-19

day:sunday exercise category:chest ex 1:category not available ex 2:category not available ex 3:category not available ex 4:category not available ex 5:category not available ex 6:category not available	day:monday exercise category:legs ex 1:category not available ex 2:category not available ex 3:category not available ex 4:category not available ex 5:category not available ex 6:category not available	day:please select day exercise category:please select category ex 1:please select exercise ex 2:please select exercise ex 3:please select exercise ex 4:please select exercise ex 5:please select exercise ex 6:please select exercise	day:please select day exercise category:please select category ex 1:please select exercise ex 2:please select exercise ex 3:please select exercise ex 4:please select exercise ex 5:please select exercise ex 6:please select exercise
day:please select day exercise category:please select category ex 1:please select exercise ex 2:please select exercise ex 3:please select exercise ex 4:please select exercise ex 5:please select exercise ex 6:please select exercise	day:please select day exercise category:please select category ex 1:please select exercise ex 2:please select exercise ex 3:please select exercise ex 4:please select exercise ex 5:please select exercise ex 6:please select exercise	day:please select day exercise category:please select category ex 1:please select exercise ex 2:please select exercise ex 3:please select exercise ex 4:please select exercise ex 5:please select exercise ex 6:please select exercise	

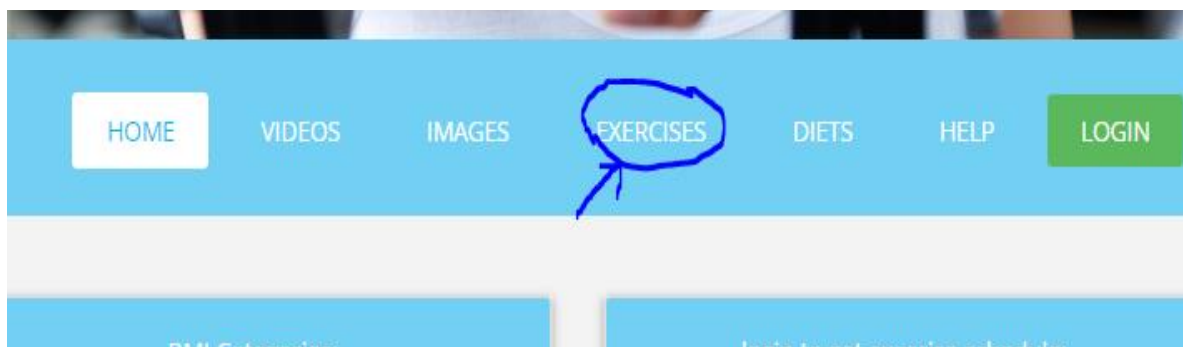
How to view images and videos:

Click on image tab to view images and click on videos to view videos. These tab is in home page.









How to view exercises:

There is exercise tab in menu bar of home page



Or there is exercise div and can get exercise of its own category

EXERCISES

	<h3>CHEST EXERCISE</h3> VIEW MORE		<h3>BICEPS EXERCISE</h3> VIEW MORE
	<h3>SHOULDER EXERCISE</h3> VIEW MORE		<h3>TRICEPS EXERCISE</h3> VIEW MORE
	<h3>BACK EXERCISE</h3> VIEW MORE		<h3>LEGS EXERCISE</h3> VIEW MORE

[click here for abs exercises](#)

How to send feedback:

There are div at footer of page to send feedback

SEND MESSAGE

TO MR.SHARAN SHRESTHA.

type feedback:

submit message