

FLEX TRAINER

DATABASE SYSTEMS PROJECT SPRING 2024

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A. Sign up Page.

This Page is the first one of the first pages. Here we ask a user about the following information and send an email to that person with system generated username and password to manage the integrity of the system.

Flex Trainer Sign Up

General Information

First Name

Last Name

Gender
Male Female Other

Date of Birth

Contact Details

Email address

Street Address

City Address

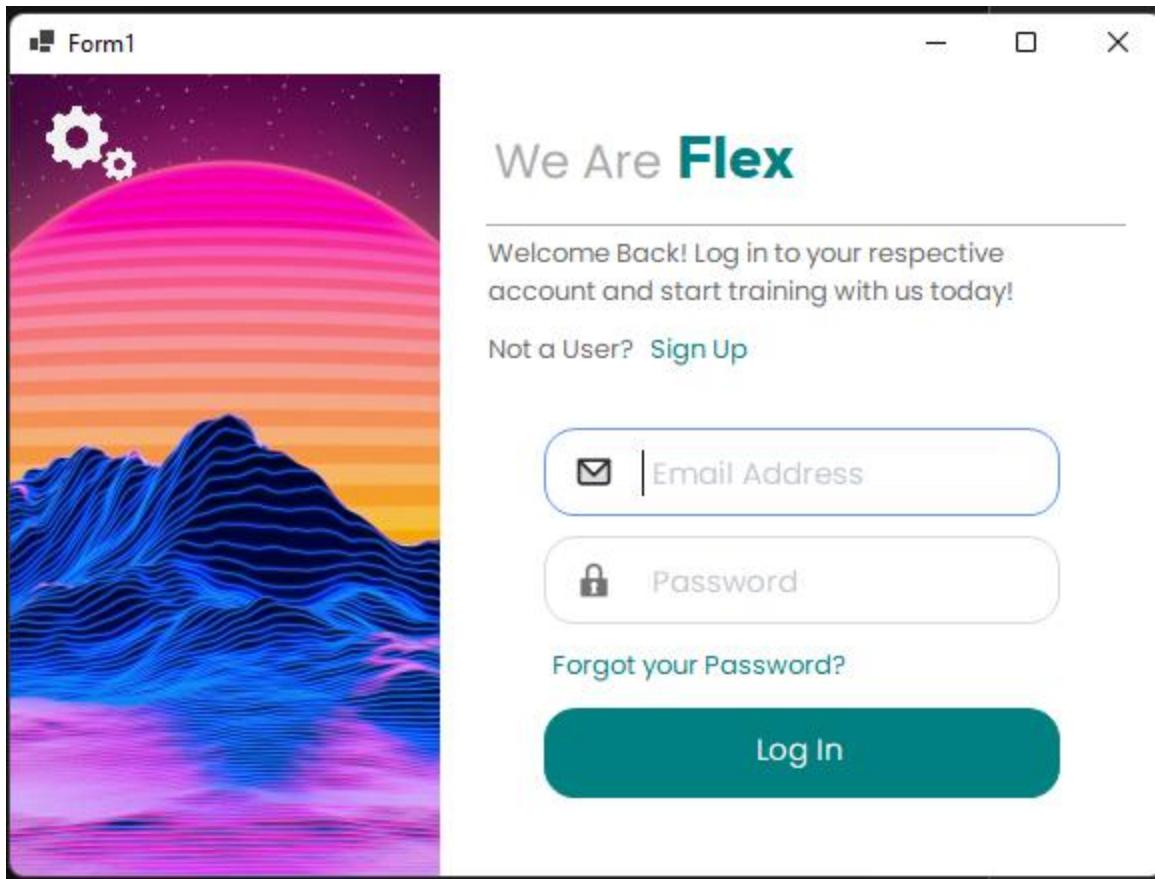
Country Address

Membership Nature
Gym Owner Trainer Member

I do accept terms and conditions of your site.

Register now! **Sign in!**

B. Log in Page



This page is the accumulation of all accounts under the Flex systems. Members, Trainers, Owners and Admins can all access their respective portals via this one sign in page.

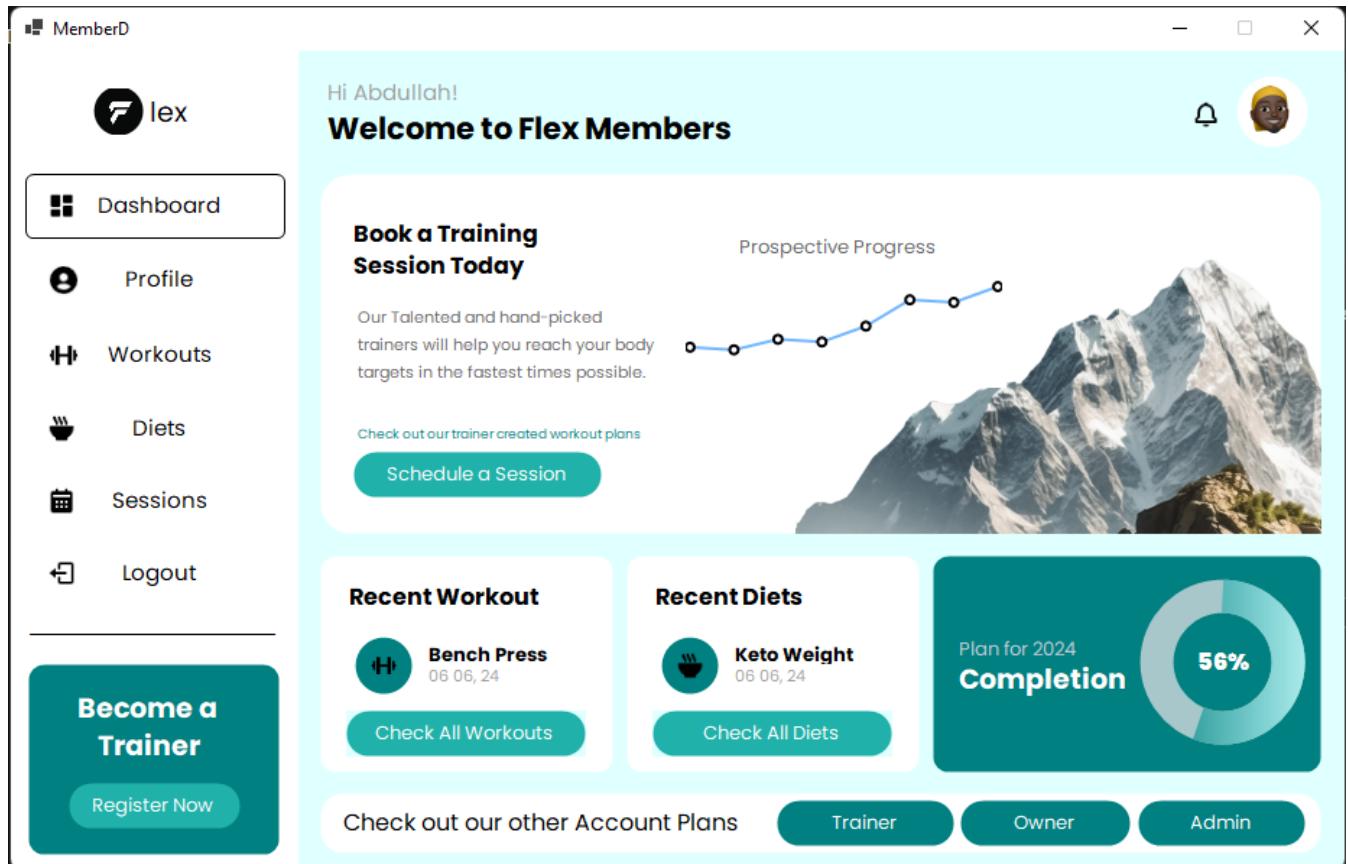
C. Member Dashboard

The Member Dashboard is a big tabbed system of multiple pages that the user can browse through for their use. It is a place where the entire functionality of the member side resides.

i. Main Page

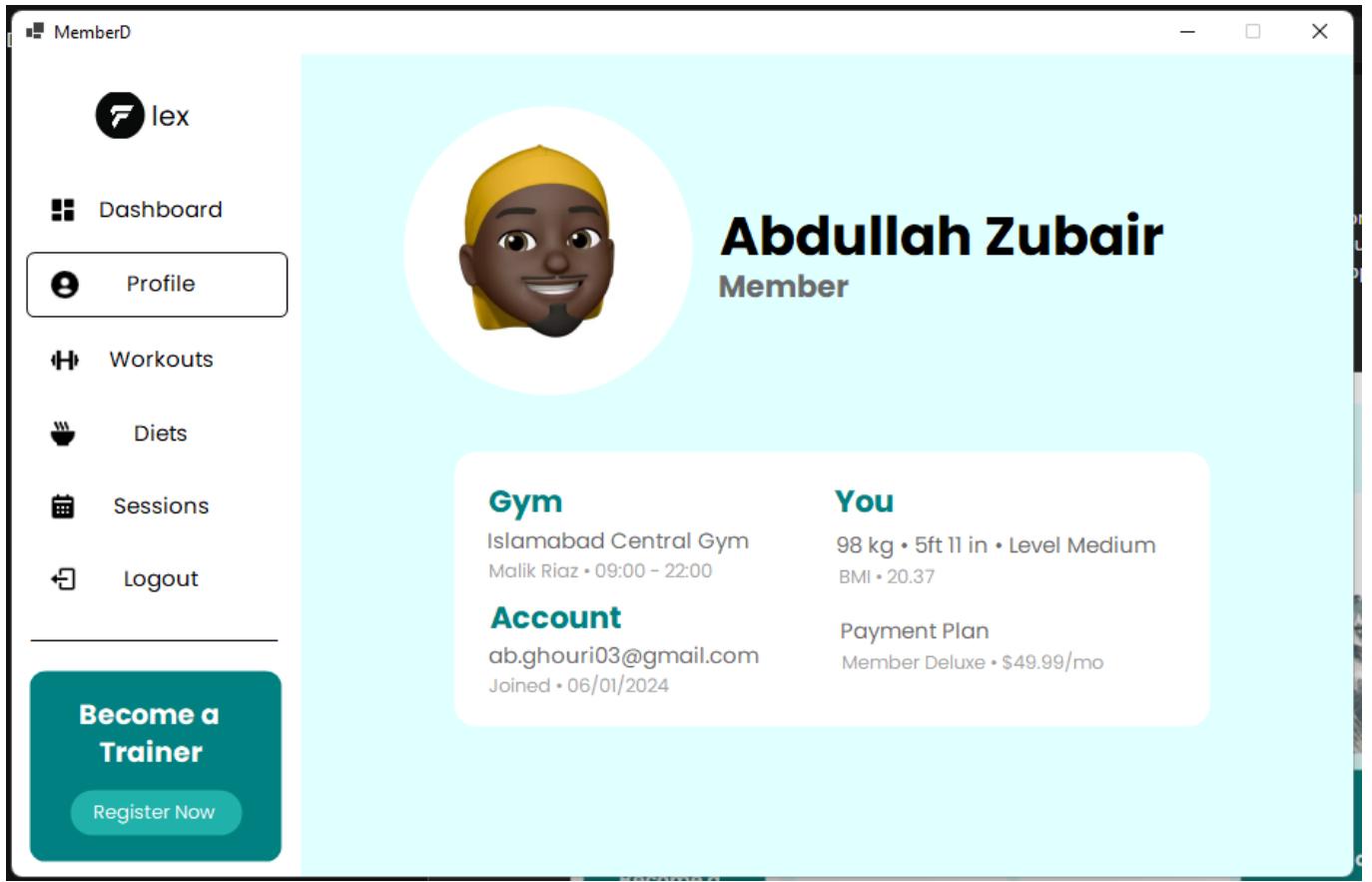
This page hosts all the quick information a member of a gym could need from ads to book a trainer and their workout completions along with their recent workouts and

diets. Its aesthetic design and taste to move users to certain parts of the app gives it a boost in its usability.



ii. Profile Page

This page provides the account and personal details that they have entered into the app. It also provides information on which gym they are a part of and what times that gym opens



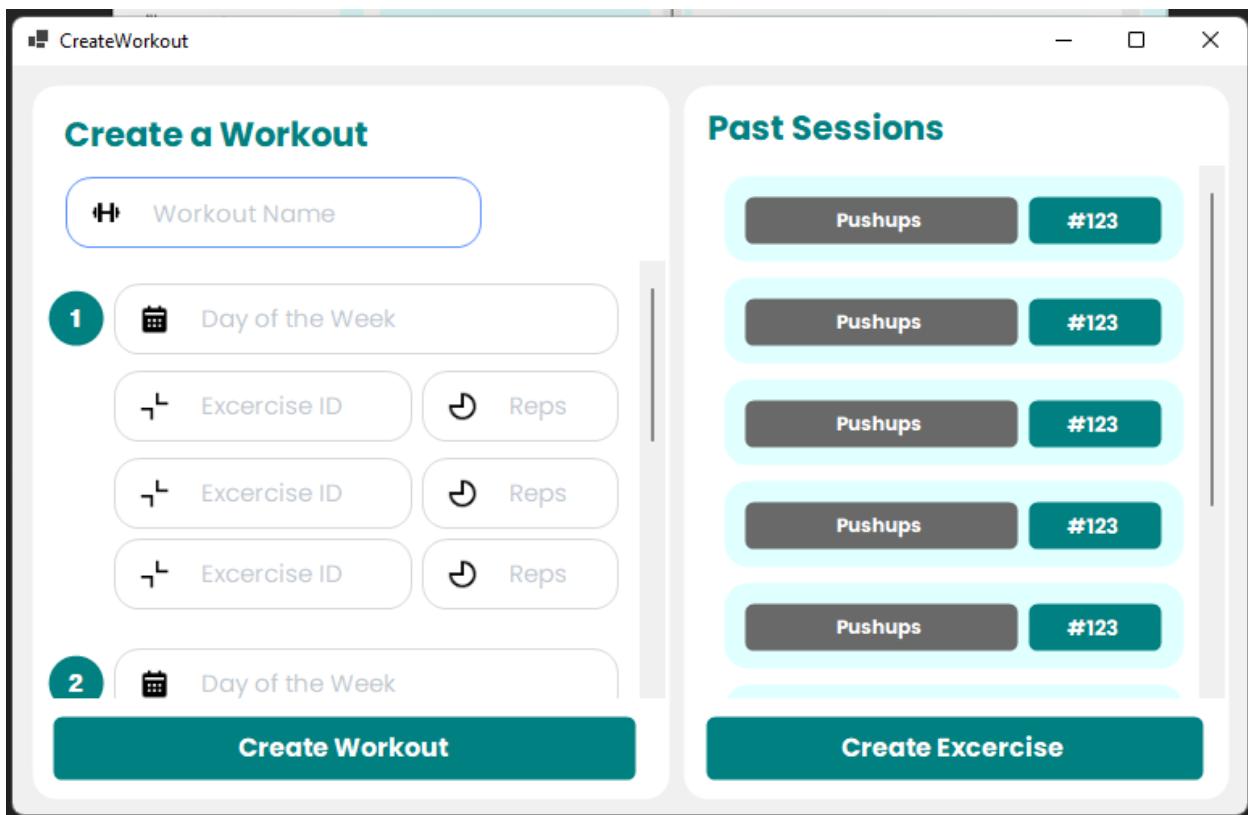
iii. Flex Workouts

This Page allows a user to access all the current workouts they have active; workouts suggested by their trainers and have the ability to view the details of these workouts along with making them themselves.

The screenshot shows the Flex Workouts application window. The left sidebar contains a user profile for 'MemberD' (lex), navigation links for Dashboard, Profile, Workouts (which is selected and highlighted in blue), Diets, Sessions, and Logout. A 'Become a Trainer' button with a 'Register Now' link is also present. The main content area features a title 'Create and Complete Flex Workouts' with a search bar below it. A large teal button labeled 'Create a Workout' is centered. To the left, a section titled 'Crafted for You' displays 'Workout Plan #1' with details: '30 Exercises/week ...', 'Trainer 3 1000 calories per s', and a 'View Sessions' button. Below this is a 'Create a Diet' button and a 'Plan Now' button. To the right, a section titled 'Current Active Plans' shows 'Workout Plan #1' with three days: Monday (10 Exercises ...), Wednesday (5 Exercises ...), and Friday (8 Exercises ...). Each day has a circular icon with its day name (1, 2, or 3) and a 'View Sessions' button.

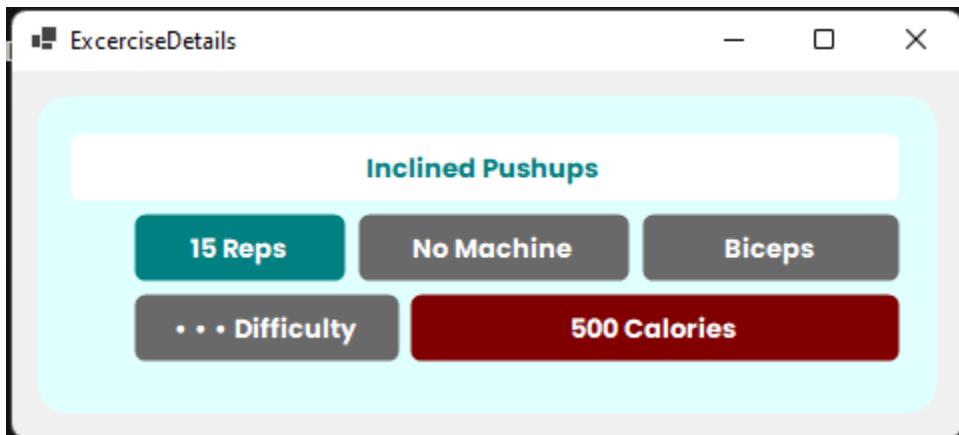
a) Create Workout

You can create A workout schedule for different days of the week with multiple exercises in them. By giving the IDs of Exercises, you can add them for a specific day and the number of reps you want for them. You have a list of existing exercises to choose from.



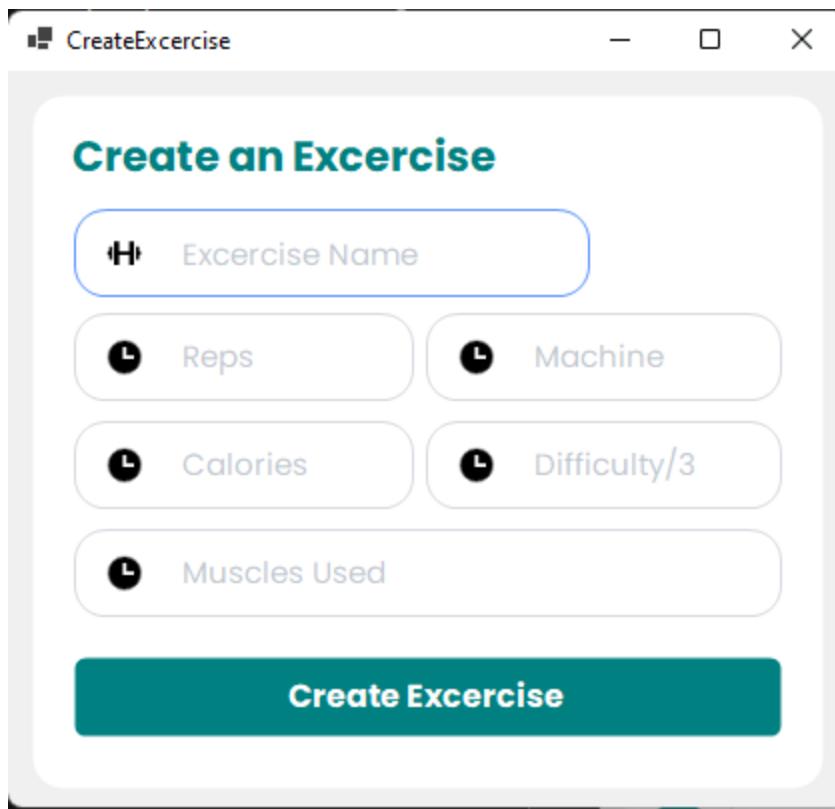
I. Excercise Details

By clicking on an exercise, you can see all the details related to it such as the reps, requirement of a machine, what muscles they target, its difficulty and the calories it burns.



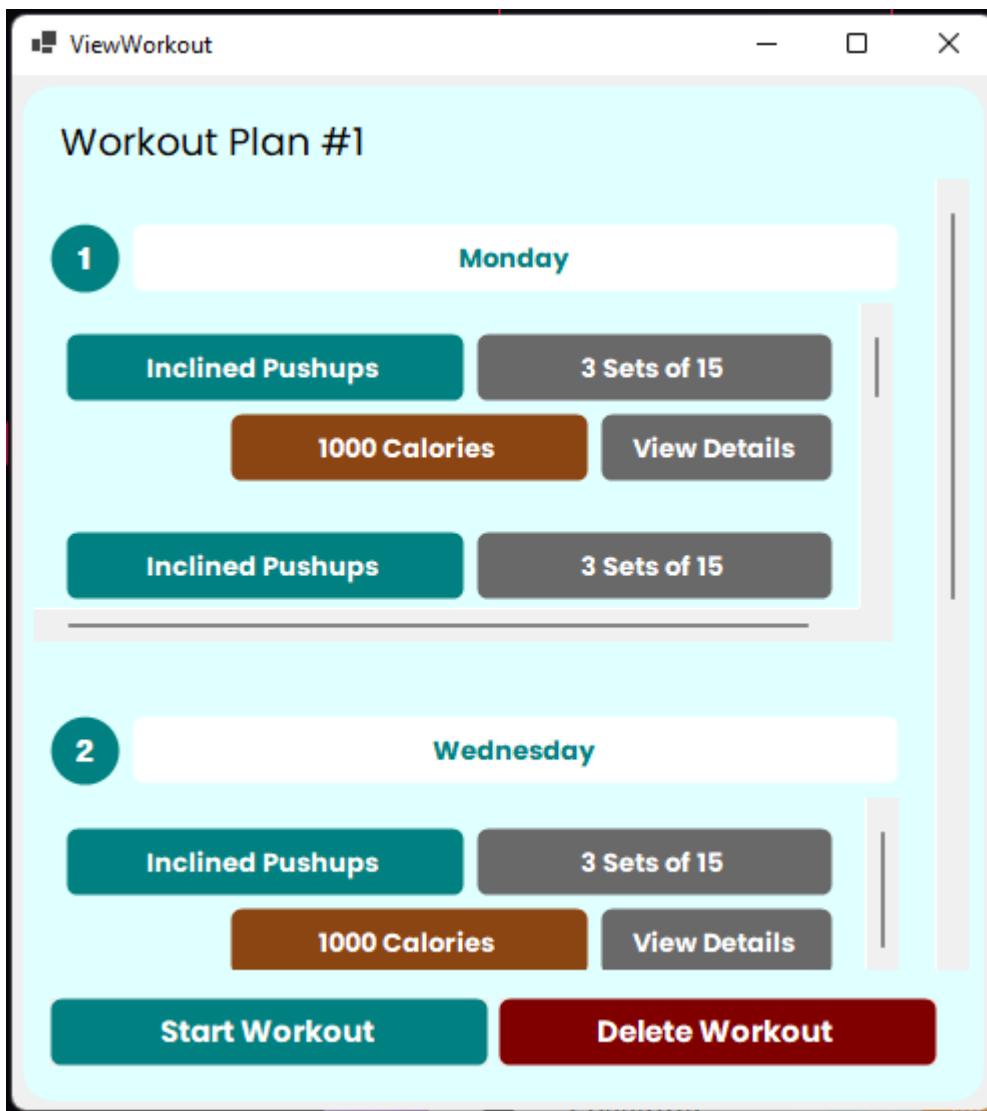
II. Create new exercise

If you are not fond of the already built exercises, you can create your own by clicking the create exercise button. Here you can fill in all the respective details.



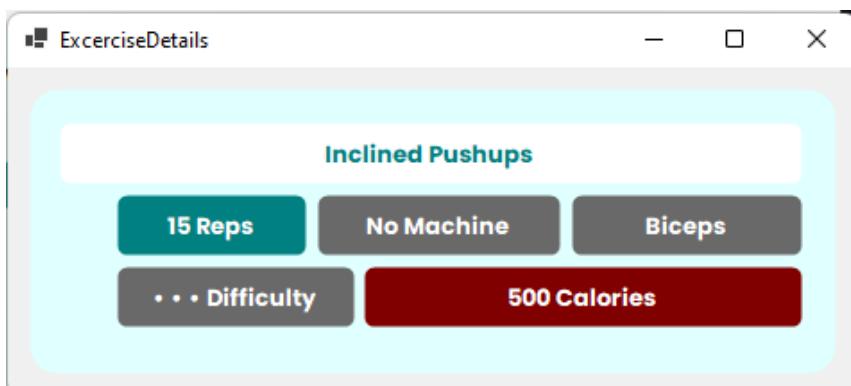
b) [View Sessions](#)

Here you can click on a suggested or already active workout to open the details for the entire plan. That page displays every day incorporated in the plan and what exercises are to be done in that specific day.



c) [View Details:](#)

As shown before we can on this page too view the details of every specific exercise.



iv. Flex Diet

Similar to the Workout page here you can create a diet yourself or look at the short details of the current active diets for you and the ones suggested by your trainer. By clicking view diet you can open their details

The screenshot shows a user interface for managing diets. On the left, there's a sidebar with a profile picture for 'lex', a 'MemberD' status, and navigation links: Dashboard, Profile, Workouts, Diets (which is selected and highlighted in blue), Sessions, and Logout. Below this is a 'Become a Trainer' button with a 'Register Now' link.

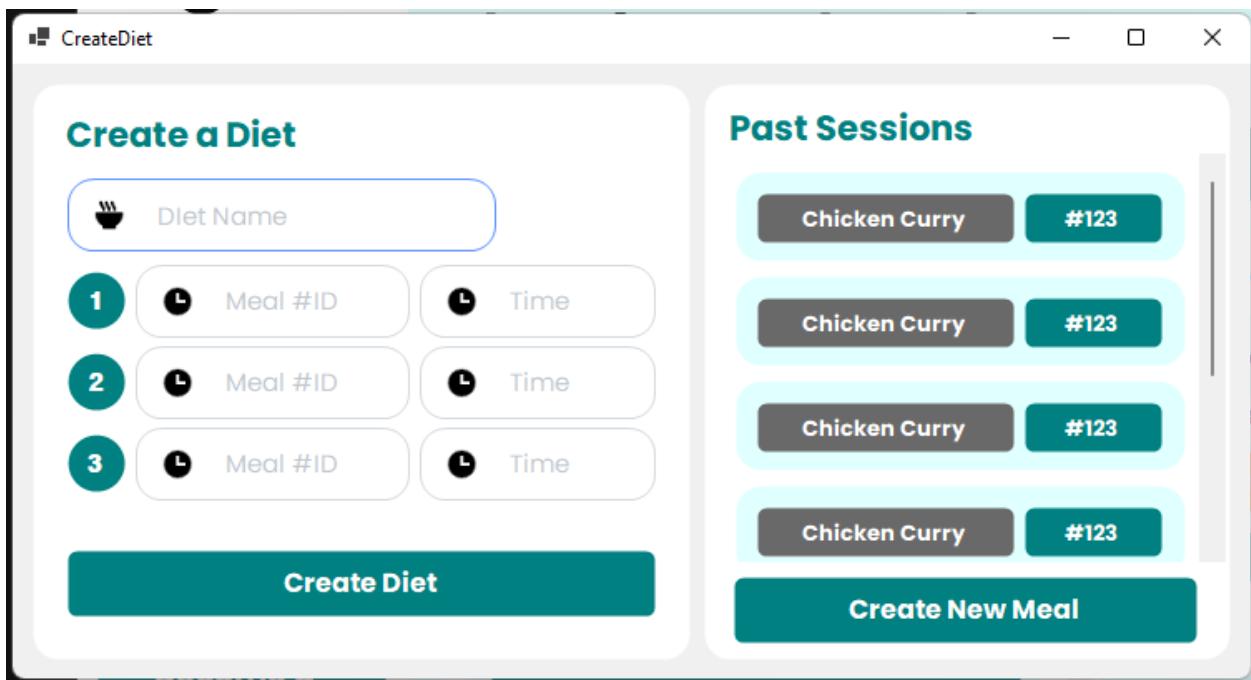
The main content area has a header 'Create and Complete Flex Diets and Meals'. It includes a search bar 'Find a trainer to create a plan tailored to you or...' and a large teal button 'Create a Diet'.

Two main sections are displayed:

- Current Active Diets:** Shows 'Diet Plan #1' with three meals:
 - 1 Rice and Chicken (500 Cals)
 - 2 Fruit Bowl (300 Cals)
 - 3 Steak (900 Cals)A teal 'View Diet' button is below this section.
- Crafted for You:** Shows 'Diet Plan #1' from 'Trainer 3' with a total of '2IK Cals/week'. It includes a teal 'View Diet' button and a teal 'Create a Workout' button with a 'Plan Now' link.

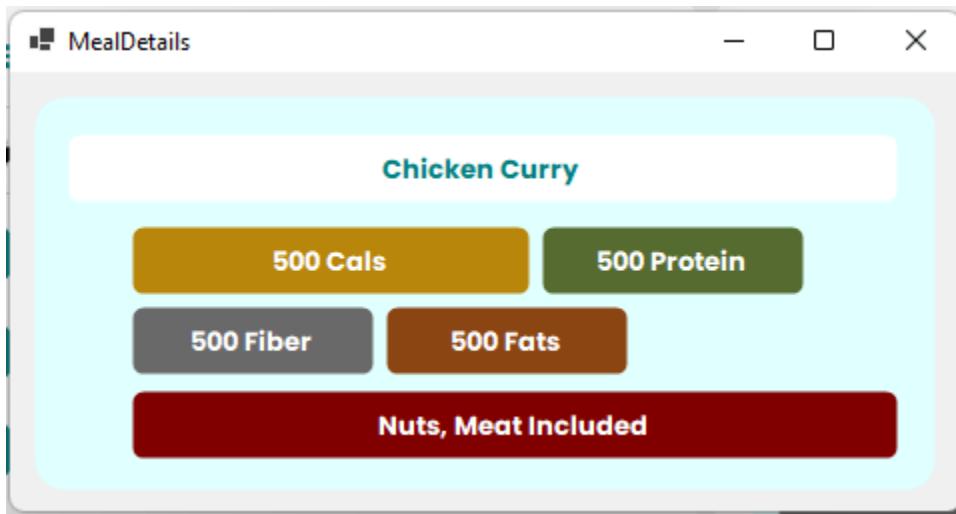
a) Create Diet

Here you can create a diet for lunch, breakfast and dinner. You can also customize it by adding specific times into the meals. You can also choose from the already made Meals on the right to pick from or create your own with the create button.



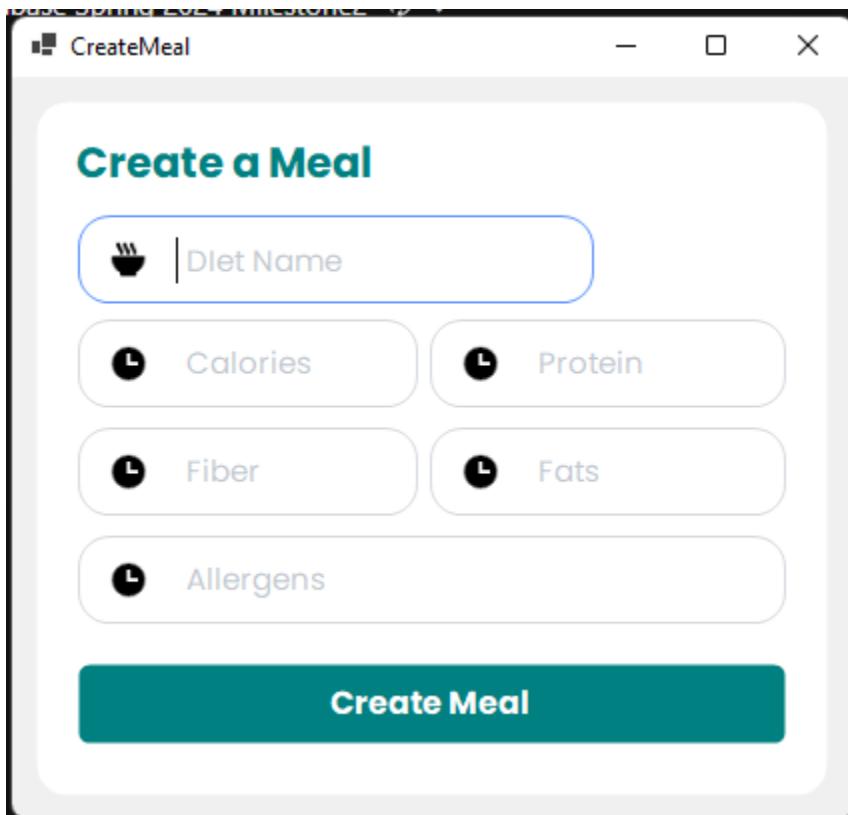
I. Food Details

By clicking the name of the food, you can open up a box that shows all the information you might need to help you decide what meal to add in your diet. With info such as calories, protein, fiber and fats you can make your decision especially seeing if it may contain cause for allergies.



II. Create Meals

By clicking the create meal button you can create a food that you want and might not be on the provided list. You can cater it to your specific needs by completing all its info.



v. Trainer Sessions

This page is a full-fledged information suite for all the info of your past and upcoming sessions you booked with a trainer. With a list to help you with trainer selections (their ratings), you can on this page select a date and time for a a trainer and send them a request.

The screenshot shows the main dashboard of the Flex Trainer Sessions application. On the left, there is a sidebar with the user's name 'lex' and a profile icon. The sidebar includes links for Dashboard, Profile, Workouts, Diets, Sessions (which is currently selected and highlighted in blue), and Logout. Below the sidebar are two large buttons: 'Become a Trainer' with a 'Register Now' button and 'Create a Diet' with a 'Plan Now' button. The main content area has a header 'Create and Complete Flex Trainer Sessions'. It features sections for 'Past Sessions' (listing 'Trainer 3' with a 'Review' button) and 'Upcoming Sessions' (listing 'Trainer 3' with a 'Cancelled' button). To the right, there is a 'Call for a Session' section with fields for 'Trainer ID#' (with a placeholder 'Trainer ID#'), 'Friday, May 3, 2024' (with a dropdown arrow), 'Hour' (with a placeholder 'Hour'), 'Minute' (with a placeholder 'Minute'), and a 'Send Request' button. At the bottom right, there is a 'Trainers' section showing 'Abdullah Zubair' with a 'Rating #123' of '4.9 / 5'.

I. Review Trainer

For previous sessions, they can either be cancelled or go through. If they go through you can rate that session with that trainer as feedback by clicking the review button.

The screenshot shows a modal window titled 'MemberReviewTrainer'. Inside, there are fields for 'Session #12' and 'Trainer #123'. Below these are two buttons: 'Rating / 5' with a star icon and a 'Rate' button. This is likely a simplified version of the rating interface shown in the main application.

D. Gym Owner Dashboard

Here Gym owners can monitor the members that are part of their gym, keep track of trainers and accept new ones and generate reports on the progress of their gym.

i. My profile

Just as the member profile here the user can not only look at their personal information and account details but can view numbers for their Member and Trainer counts. They can also update their gym name.

The screenshot shows the 'Owner' dashboard interface. On the left, a sidebar menu includes 'Profile' (selected), 'Trainers', 'Users', 'Reports', and 'Logout'. A large central area features a circular profile picture of a person wearing a yellow headwrap, with the name 'Abdullah Zubair' and title 'Owner' displayed. Below this, sections show 'Gym' details (Islamabad Central Gym, 09:00 - 22:00, 120 Members, 120 Trainers) and 'You' details (98 kg, 5ft 11 in, Level Medium, BMI 20.37). There's a 'Change Name' button. On the right, an 'Account' section shows email (ab.ghouri03@gmail.com) and join date (06/01/2024). A teal button at the bottom left encourages users to 'Become an Admin' by 'Register Now'.

ii. My Trainers

Here you can view all your current trainers, their emails and ratings. You also have the option to remove them from your gym too. Alongside that you can also see on the right, an application pool.

These are the trainers that want to be part of your gym. They provide a written statement upon which you can accept or decline their request.

The screenshot shows the 'Accept and Decline' screen for 'Flex Trainers'. The left sidebar has 'OwnerD' at the top, followed by a logo, 'Profile', 'Trainers' (which is selected and highlighted in blue), 'Users', 'Reports', and 'Logout'. Below this is a teal button 'Become an Admin' with 'Register Now' underneath. The main area has a header 'Accept and Decline Flex Trainers' with a search bar 'Find a trainer special to your gym...'. It's divided into two sections: 'All your Trainers' (listing #1 and #2) and 'Current Applicant Trainers' (listing Abdullah Zubair). Each entry includes the trainer's name, email, a short bio, and 'Accept' or 'Decline' buttons.

OwnerD

flex

Profile

Trainers

Users

Reports

Logout

Become an Admin

Register Now

Accept and Decline

Flex Trainers

Find a trainer special to your gym...

All your Trainers

#1

Abdullah Zubair

ab.ghouri03@gmail.com

4.9/5 Remove

#2

Check your Users

Check Now

Current Applicant Trainers

Abdullah Zubair

ab.ghouri03@gmail.com

I am a very good trainer, i have the experience of 10 nueron stars and 25 quintillion years of accumulated practice.

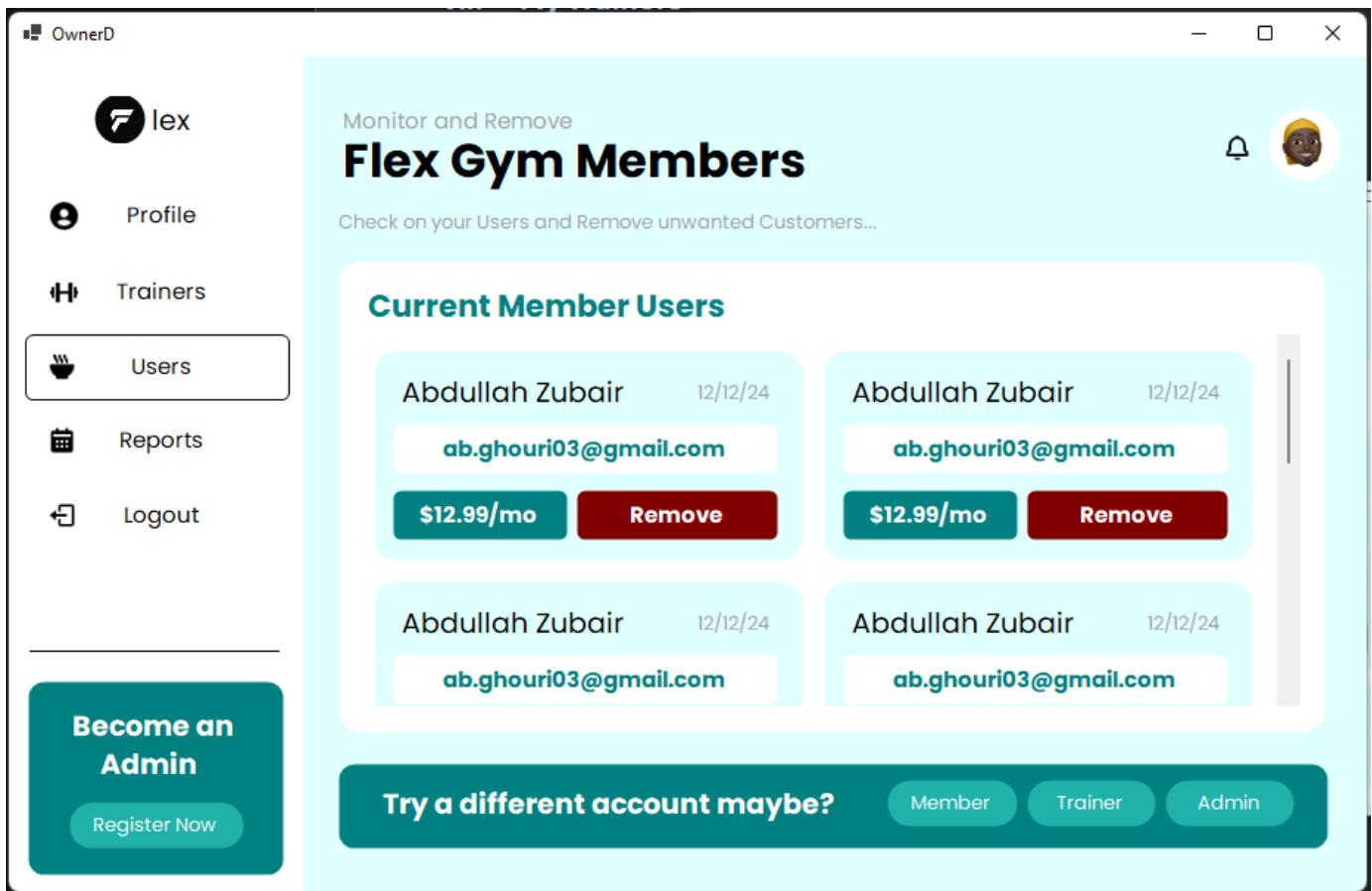
Accept Decline

Abdullah Zubair

ab.ghouri03@gmail.com

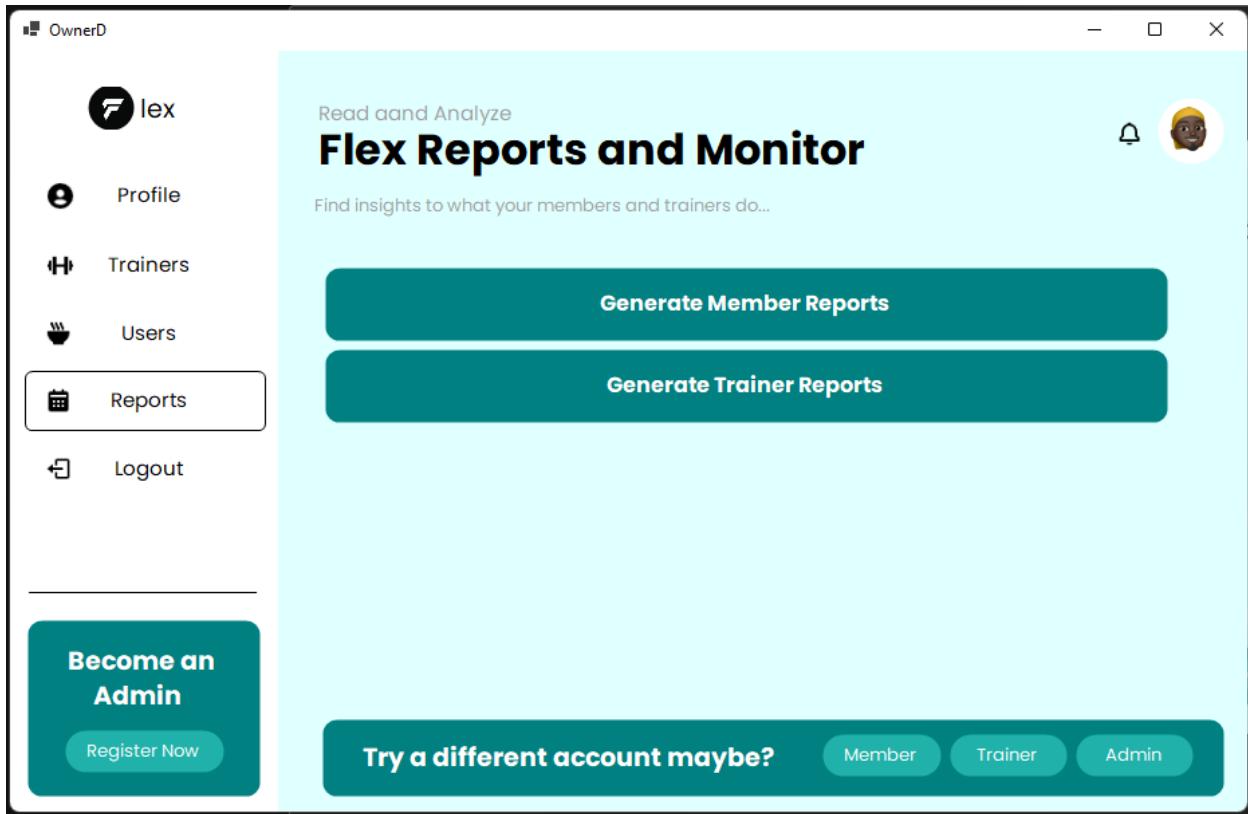
iii. My Members

Here you can view all the users and their emails that are currently members of your gym. You can also see how much they pay a month. You can also remove them at your will.



iv. My Reports

Here e can generate reports on the member activities and trainer activities. From how many people they are training and graphing detailed analysis' on their activities. Same goes for the users.



E. Trainer Dashboard

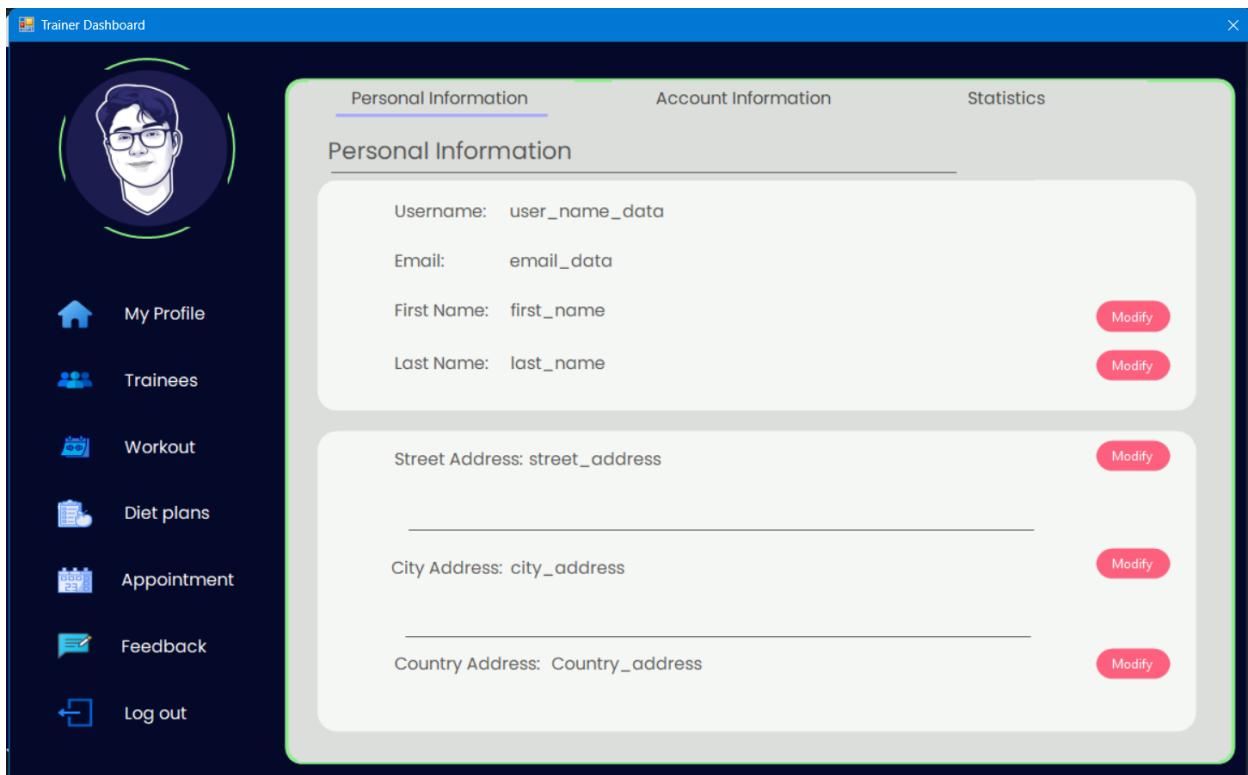
The Trainer Dashboard has multiple subpages, each subpage has multiple sub tabs to manage data and make things easily navigable.

i. My profile

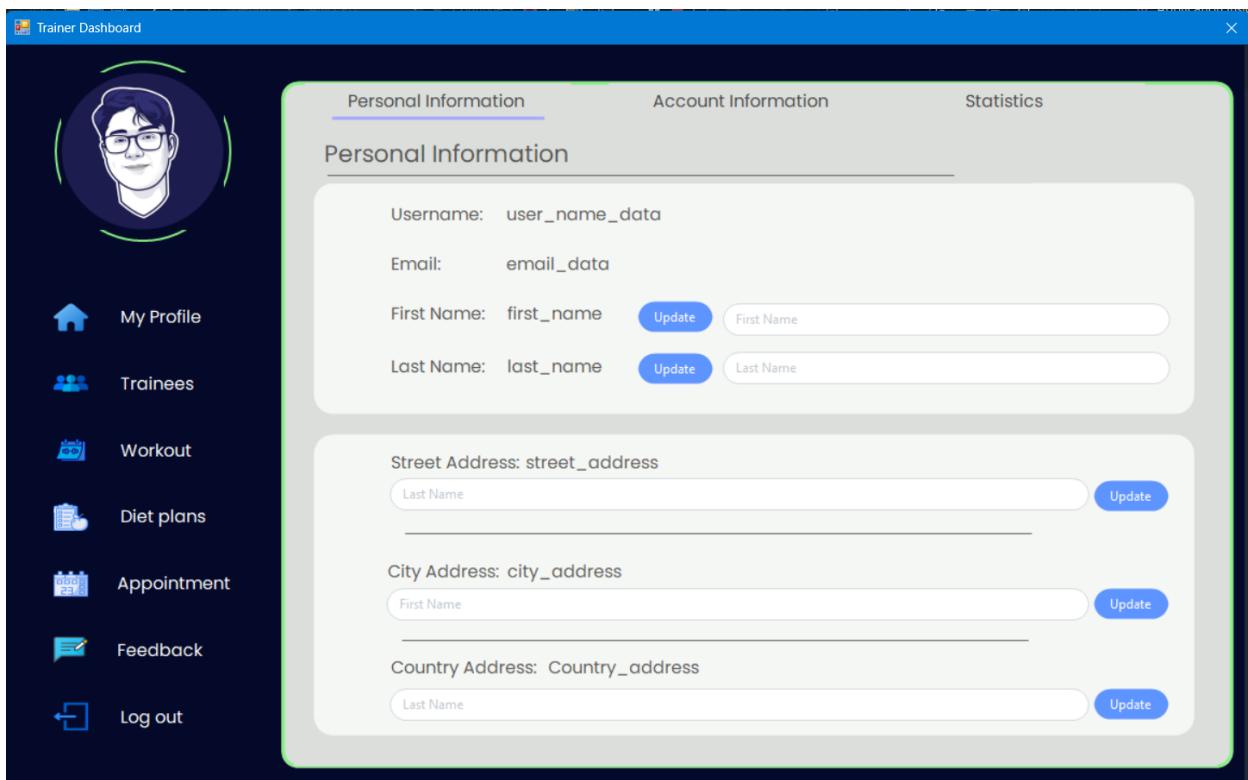
It is divided into three subpages.

b) *Personal Information*

This page is the landing page for Trainer, on this page we get access to all the personal information, along with buttons specified to modify the details of a Trainer.

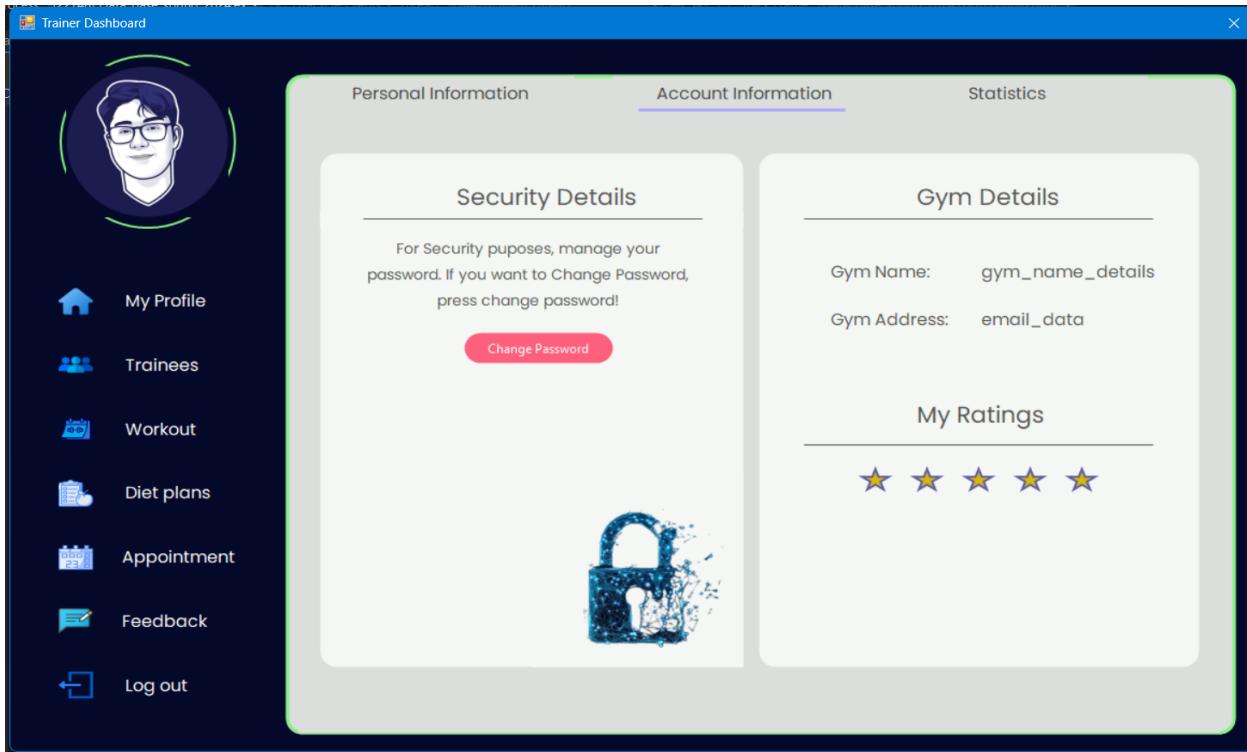


Modifiable state of Personal Information section.

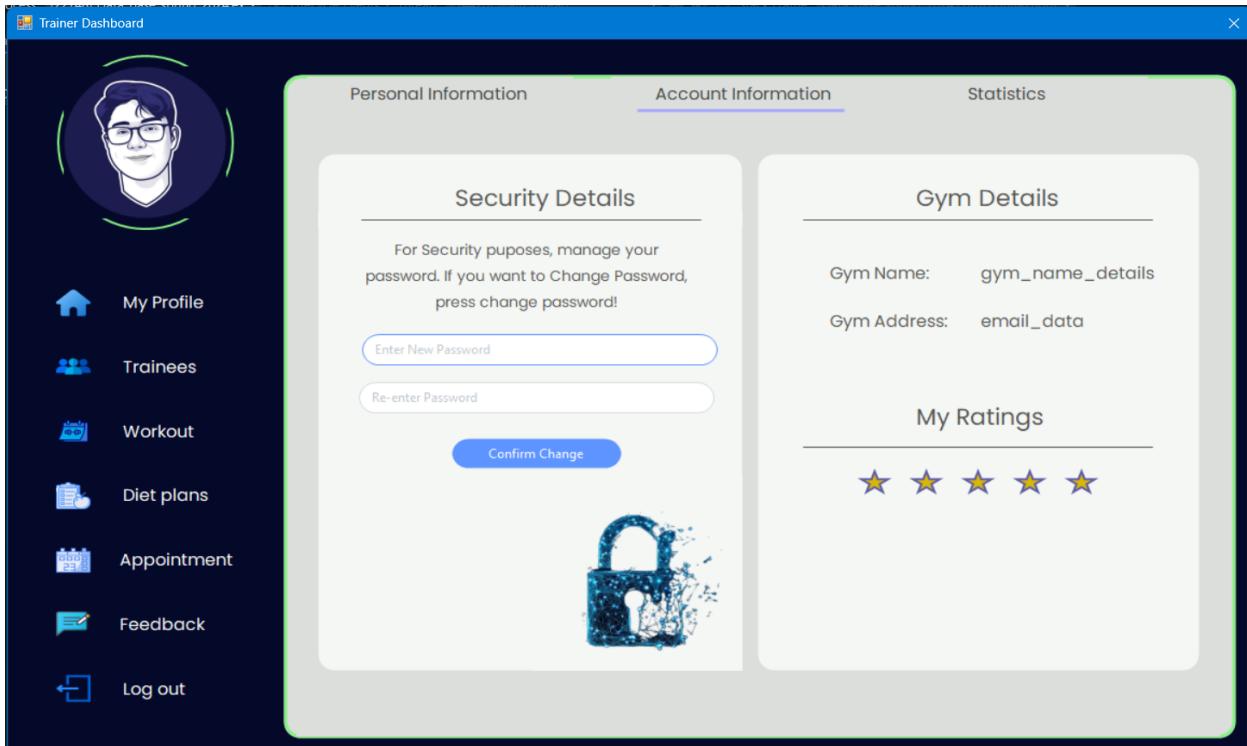


c) Account Information

At this we have information about three constraints. Security Details, Gym Details and My Ratings. We can modify password, we have a button to change password,

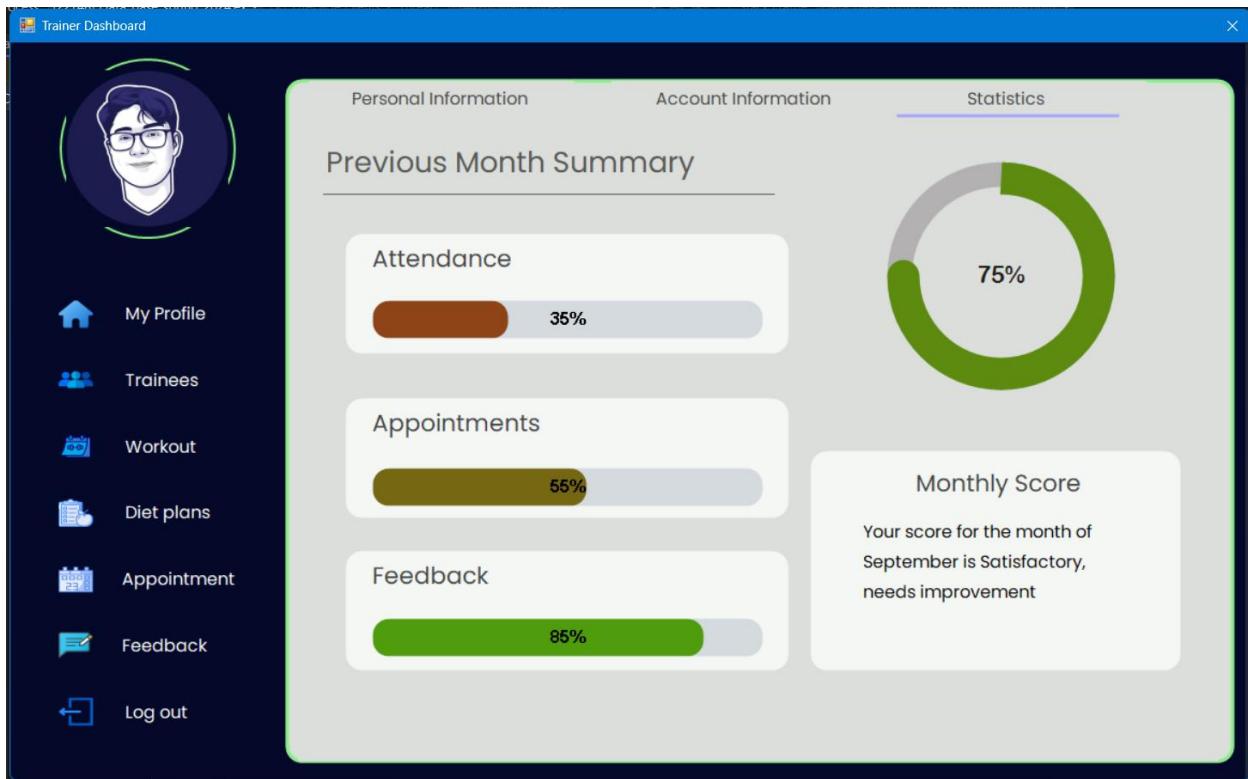


Here is the modifiable state of Security details.



d) Statistics

This sub tab of My profile tab has contents about Statistical information Summary of last month. Here we have calculated monthly scores based on Attendance, Appointments and Feedback Report from Clients.



V. Trainees

Here we have three sub tabs to provide some functionality and details about trainee, creation of a Diet Plan along with creation of Workout plans to provide recommendations to members.

i. Active Trainees

In this sub tab there is a scroll down which displays information about active trainees of that trainee, along with a button of view more which allows us to give access to the details of that trainee.

Trainer Dashboard

Active Trainees Create Diet Plan Create Workout plan

My Trainees Total Trainee: 30

Name
Weight Weight_value
Height Height_value
Gender Gender_value
Email email_value

Name
Weight Weight_value
Height Height_value
Gender Gender_value
Email email_value

Diet Plan Diet_plan_details

Workout plan workout_plan_details

Session Details

[View More](#)

[View More](#)

My Profile

Trainees

Workout

Diet plans

Appointment

Feedback

Reports

Log out

II. Trainee Details

This page has detailed access to the trainee details according to its statistics, Diet Plans and Workout Plans which the trainee is following.

Trainee Details

Saffi Muhammad Hashir
saffimhashir@gmail.com

Current Statistics

Weight:

Height:

Overall Consistency 70%

Workout Plan Consistency 80%

Diet Plan Consistency 50%

Attendance Consistency 30%

[Return to Dashboard](#)

Trainee Details



Saffi Muhammad Hashir
saffimhashir@gmail.com

Diet Plan Name

Advisor name

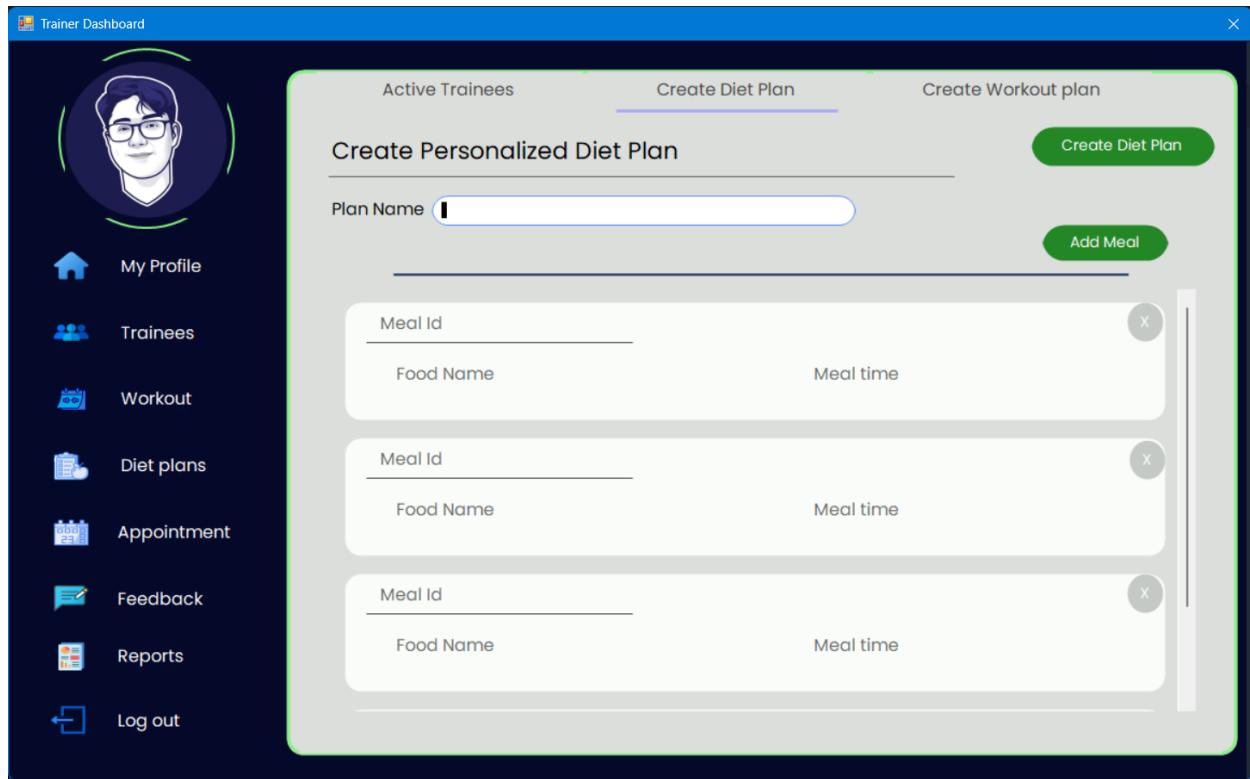
Meal Name	Meal Timing
Meal Name	Meal Timing

Objectives

Return to Dashboard

Create Diet Plan

This page enables trainees to create a Diet Plan. Along with all of the details added to that plan, also there is a button to add meal, which leads to a page where trainer can add details about a meal that is about to be added.

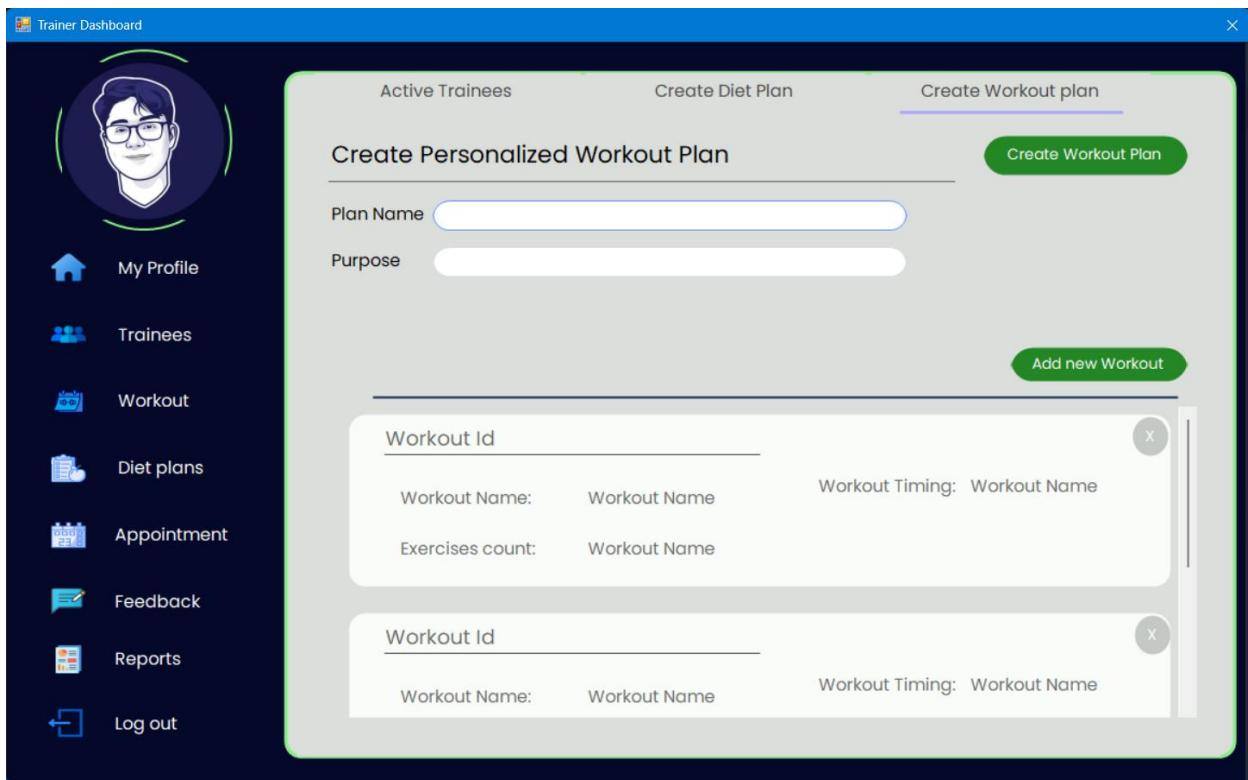


This is the page to create a meal with details about all its contents and allergen details.

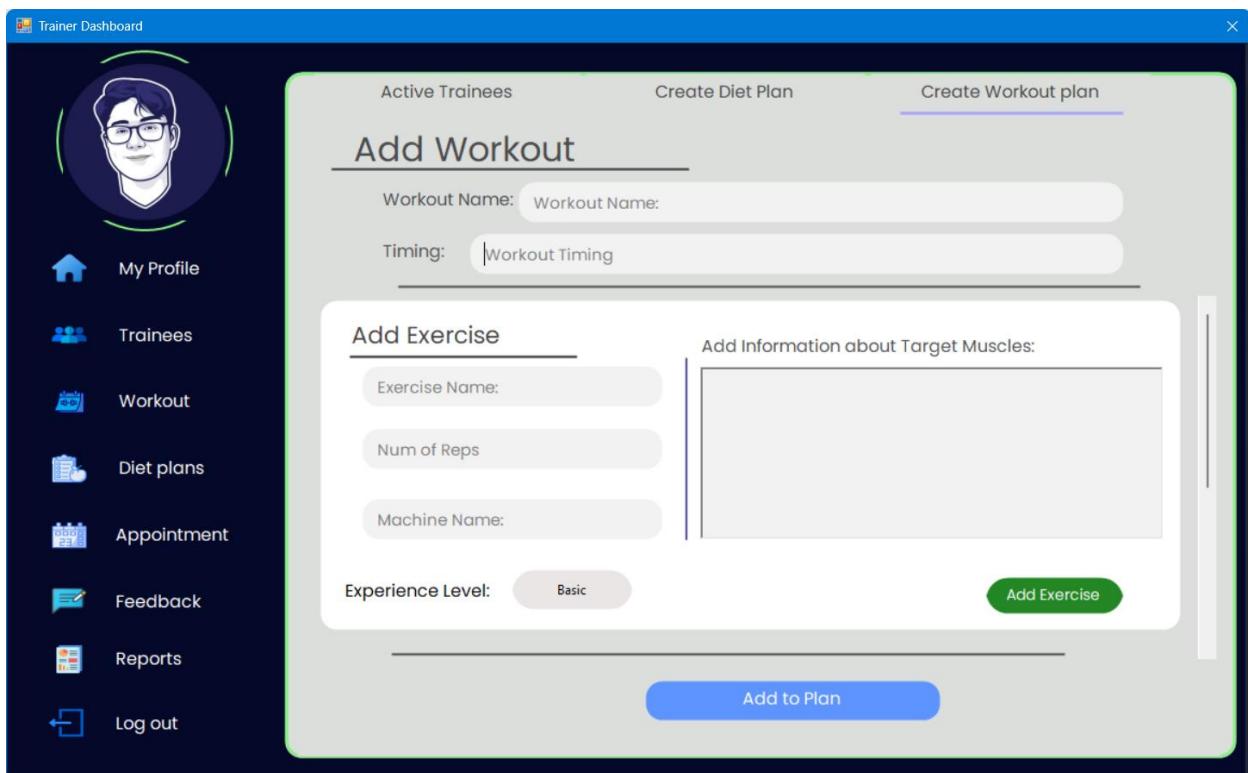
The screenshot shows the 'Trainer Dashboard' window. On the left is a sidebar with a user profile picture and icons for My Profile, Trainees, Workout, Diet plans, Appointment, Feedback, Reports, and Log out. The main area has tabs for 'Active Trainees', 'Create Diet Plan' (which is selected), and 'Create Workout plan'. Below the tabs is a section titled 'Add Meal' with fields for 'Meal Name' and 'Type/Time'. There are also input fields for 'Protein', 'Fibers', 'Carbohydrates', 'Fats', and a large text area for 'Potential Energens'. A blue 'Add to Plan' button is at the bottom.

Create a Workout plan.

This page enables trainers to create a workout plan which a trainer can recommend to the member for the trainees' better experience. To add details about a workout there is a button to add a new workout to the plan by creating sets of exercises from the new page.



This add workout tab is for the trainer to create sets of exercises in a particular workout plan.



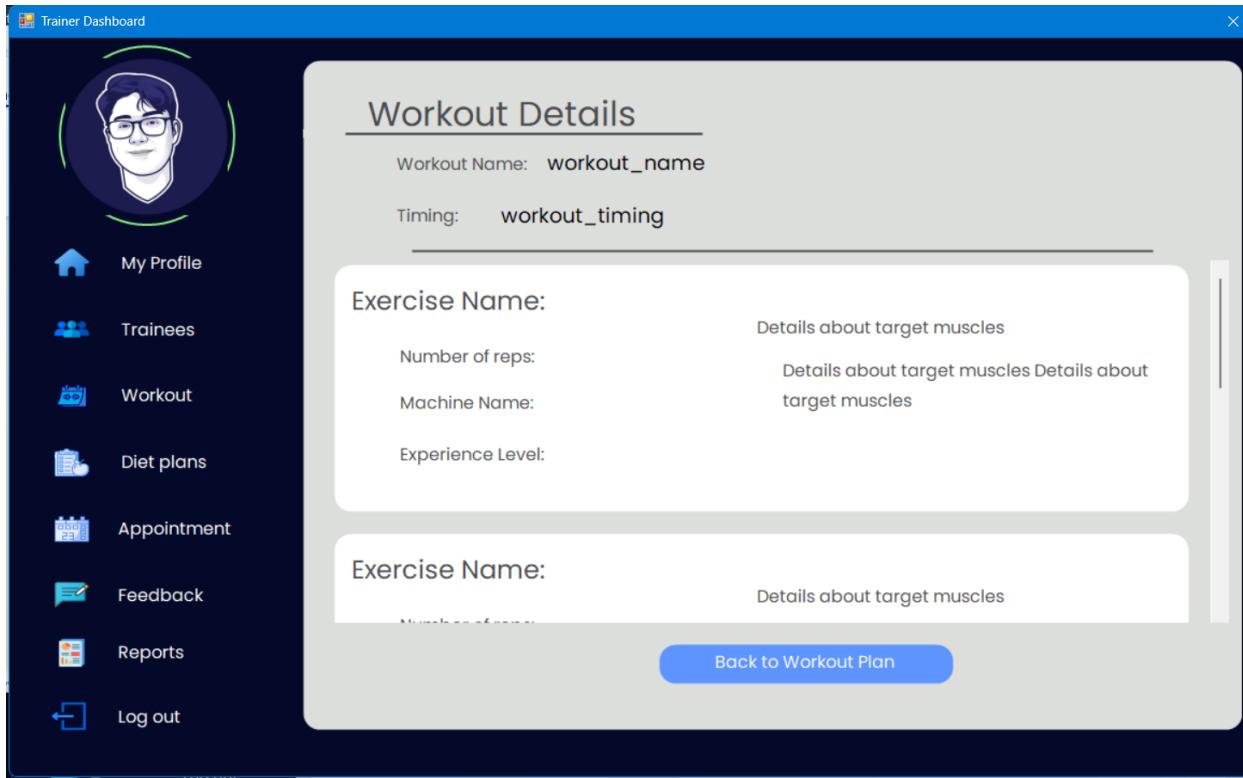
vi. Workout

This tab has all the workout plans present on the Flex Trainer. Here a trainer can have details about all the exercises in that workout plan along with a blue tick which allows a person to view details about that particular exercise.

The screenshot shows the 'Trainer Dashboard' window. On the left is a sidebar with a user profile picture and icons for 'My Profile', 'Trainees', 'Workout', 'Diet plans', 'Appointment', 'Feedback', 'Reports', and 'Log out'. The main area is titled 'Workout Plans' and contains a table titled 'Workout Plan Name' with an 'Advisor name' header. The table has columns for 'Exercise', 'Reps', 'Machine', and 'Muscle'. Each row contains an 'Exercise Name' cell with a blue double-headed arrow icon, a 'reps' cell, a 'Machine Name' cell, and a 'Muscle name' cell. There are six rows of data in the table.

Exercise	Reps	Machine	Muscle
Exercise Name	reps	Machine Name	Muscle name
Exercise Name	reps	Machine Name	Muscle name
Exercise Name	reps	Machine Name	Muscle name
Exercise Name	reps	Machine Name	Muscle name
Exercise Name	reps	Machine Name	Muscle name

The page below is the one which leads to a page where we have complete details about that workout along with complete details about exercises in that workout.



vii. Diet Plans

In this page there are all diet plans present on the Flex Trainer along with all meals in that plan, we have a blue arrow which forwards to the tab which has complete details about that meal along with details of that meal's content.

The image shows a screenshot of a software application titled "Trainer Dashboard". On the left side, there is a vertical sidebar with a user profile picture at the top, followed by several menu items with icons: "My Profile" (house), "Trainees" (people), "Workout" (calendar), "Diet plans" (list), "Appointment" (calendar), "Feedback" (comment), "Reports" (document), and "Log out" (exit). The main content area has a dark blue header with the title "Diet Plans". Below the header is a card titled "Diet Plan Name" with a sub-section "Advisor name". The card contains two columns: "Meal Name" and "Meal Timing". Each column has five rows, each with a blue circular arrow icon and the text "Meal Name" or "Meal Timing".

Diet Plan Name

Advisor name

Objectives

Meal Name

Meal Timing

The page below is the one which has been made for detailed information about that meal.



Trainer Dashboard



 My Profile

 Trainees

 Workout

 Diet plans

 Appointment

 Feedback

 Reports

 Log out

Meal Details

Meal Name:

Type/Time:

Protein	protein	Fibers	fibers
---------	---------	--------	--------

Carbohydrates	carbohydrates	Fats	fats
---------------	---------------	------	------

Potential Energens:

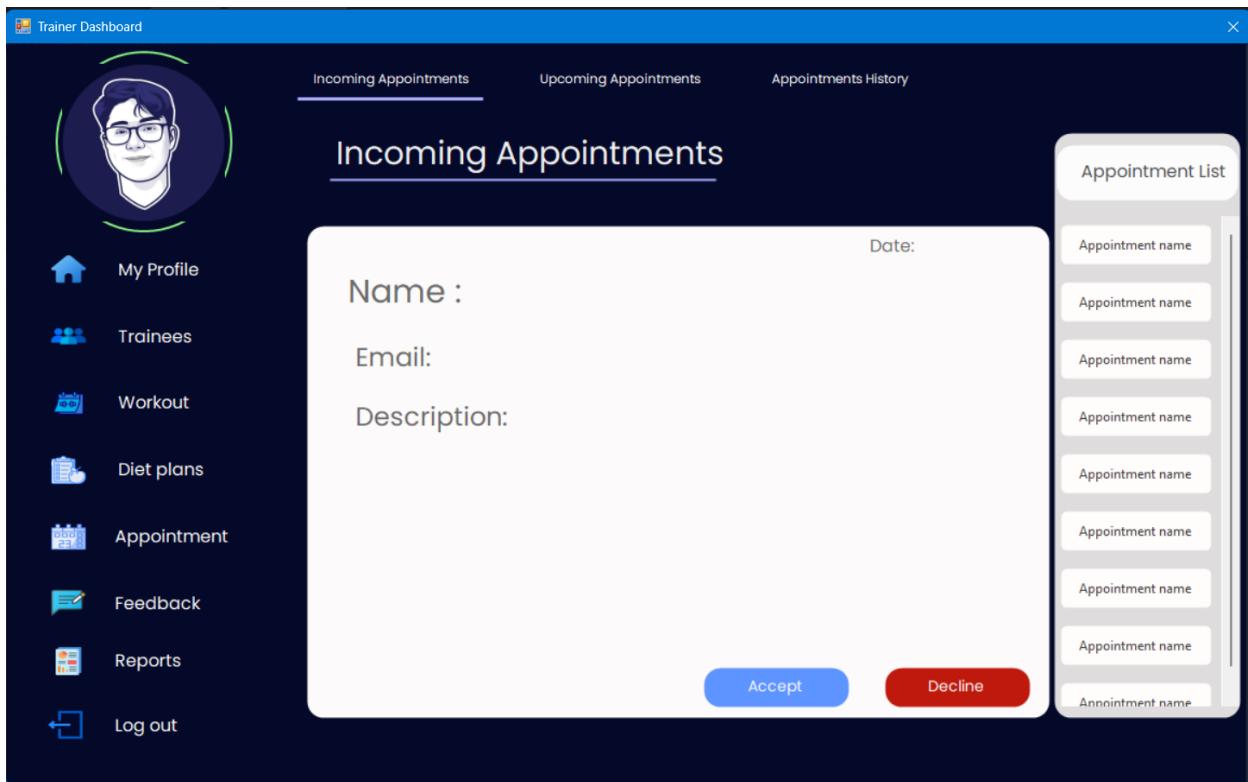
[Back to Diet Plan](#)

viii. Appointment

This Subpage Is used for the purpose of managing appointments, for that purpose we have divided appointment section into three sub sections each having a scrollbar on the right to navigate through all the appointment activity of that trainer.

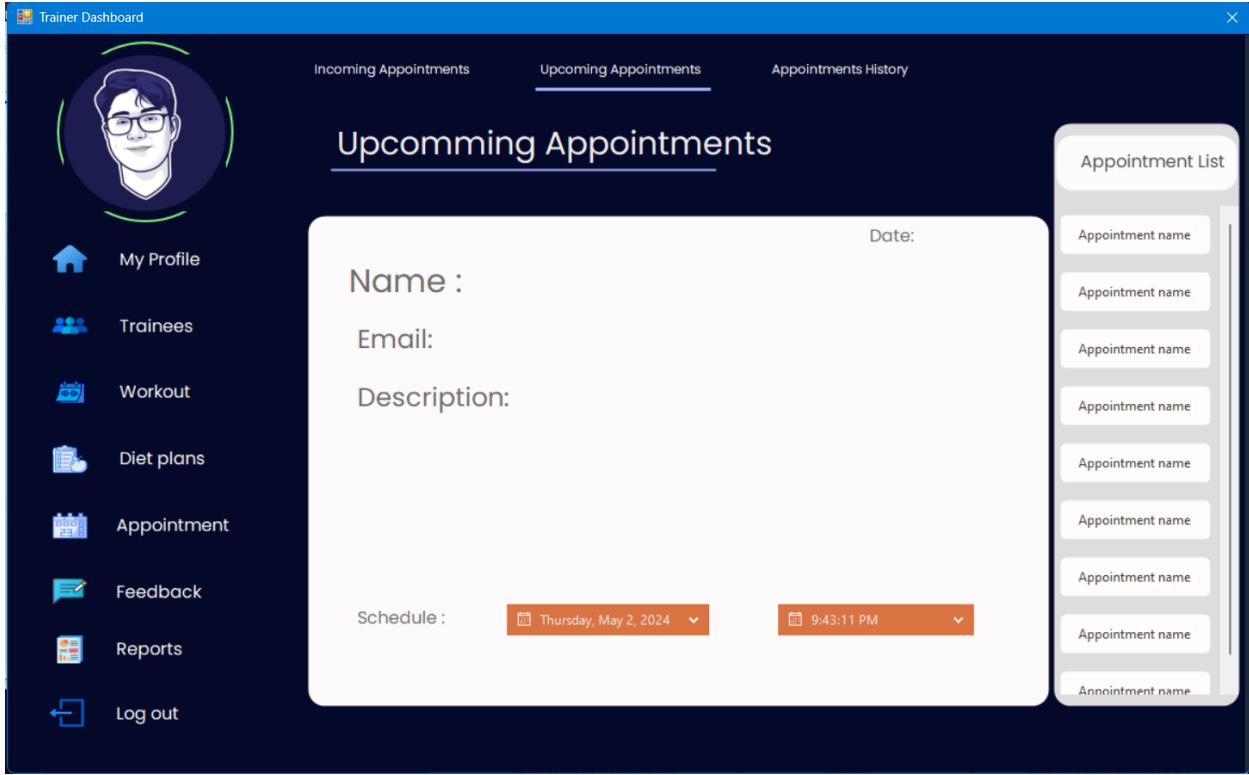
a) Incoming Appointment

This sub tab enables a trainer to accept or decline an appointment request from a member.



b) Upcoming Appointments

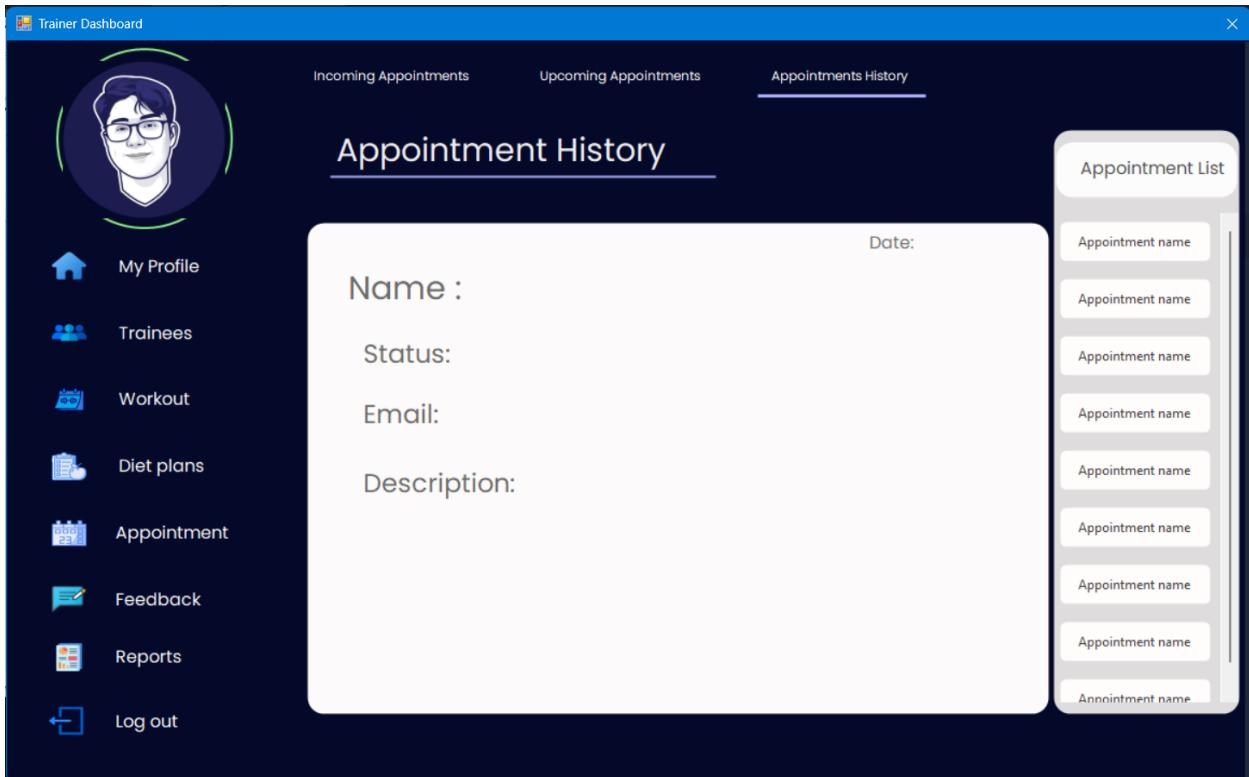
This sub tab lets the trainer view all of his accepted appointments along with a functionality to reschedule that appointment.



The screenshot shows the Trainer Dashboard interface. On the left, there's a sidebar with icons for My Profile, Trainees, Workout, Diet plans, Appointment, Feedback, Reports, and Log out. The main area has three tabs at the top: Incoming Appointments, Upcoming Appointments (which is selected), and Appointments History. Below the tabs, the title "Upcomming Appointments" is displayed. A large white input box contains fields for Name, Email, and Description, followed by a "Schedule:" section with date and time pickers set to Thursday, May 2, 2024, and 9:43:11 PM respectively. To the right, a vertical list titled "Appointment List" shows ten entries, each labeled "Appointment name".

c) Appointment history

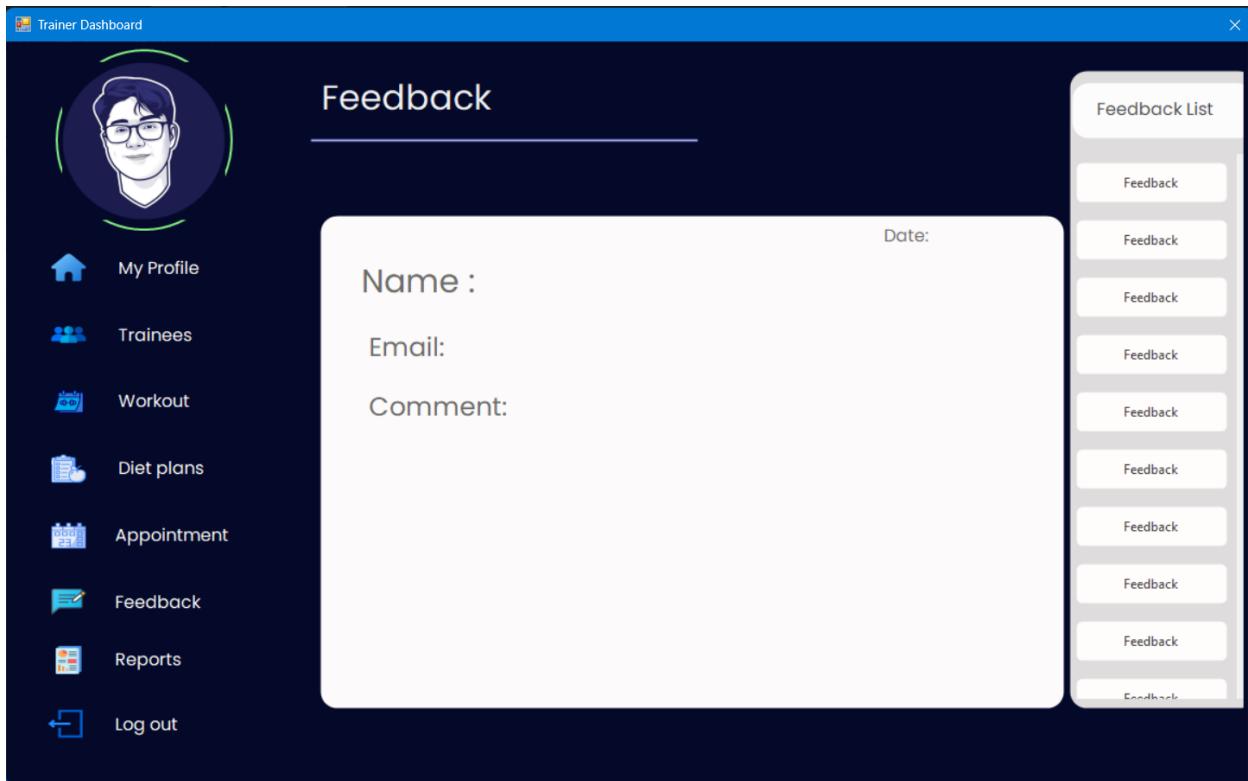
This sub tab is used by trainers to see all of his past activities in category of appointments, along with status of that particular appointment.



The screenshot shows the Trainer Dashboard interface, similar to the previous one but with the "Appointments History" tab selected. The main area now displays the title "Appointment History". The central input box contains fields for Name, Status, Email, and Description. The "Schedule:" section is present but appears to be disabled or not fully rendered. The "Appointment List" on the right side shows ten entries, each labeled "Appointment name".

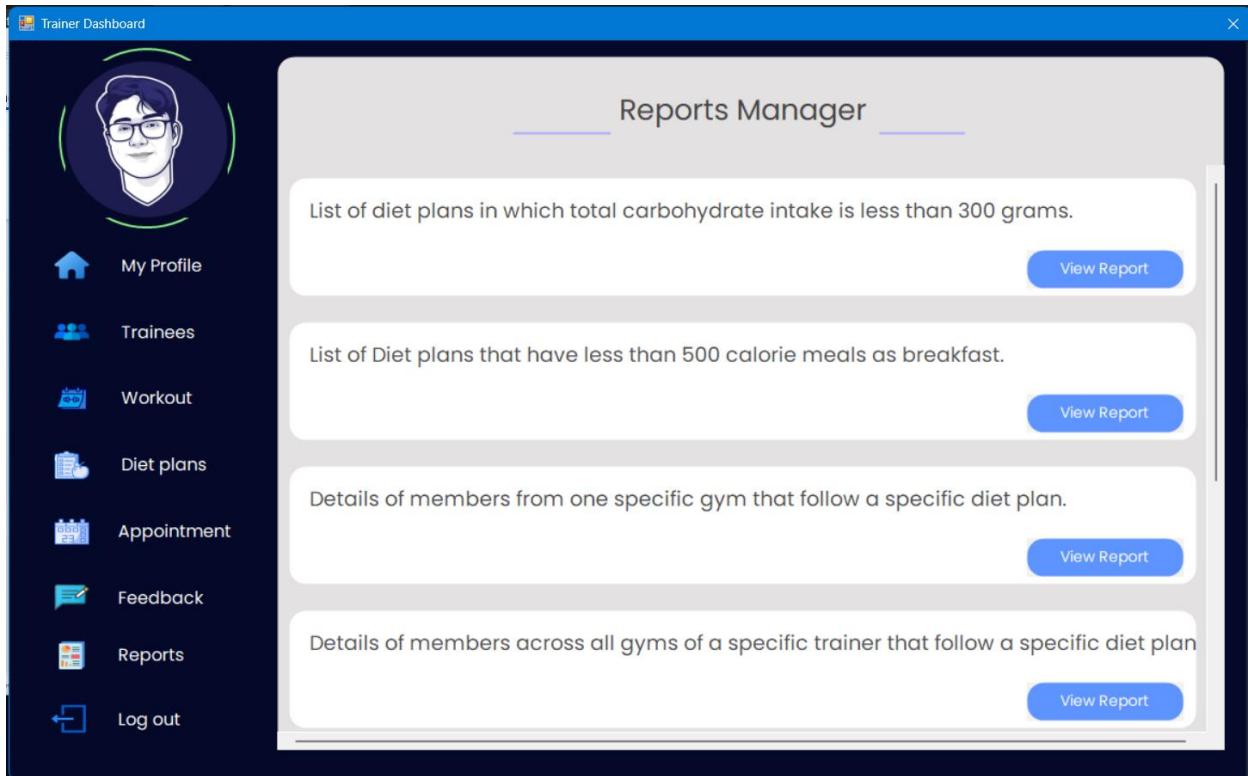
ix. Feedback

This sub page is the page for trainer to view all his feedback from the members who had an appointment and reviewed the service of that trainer, on the basis of this a trainer gets rating.



x. Reports Manager

This page is for report management of some reports which will be helpful to the trainer to learn and do analysis about the trends in members regarding their activities.



F. Admin Dashboard

Admin Dashboard enables the admin to manage the whole platform of Flex Trainer.

i. Active Users

This Sub page of the Admin Dashboard enables admin to view all of the users in the system and initiate a potential action on them.

a) Members

These users are under training and are listed in it along with their set of key attributes for distinguishing purpose, along with that a button for the reviewal of their Registration is made there which leads to a page where an admin can have access of the performance of that member on the basis of those a member's registration is reviewed , an admin can initiate a warning or cancel registration along with a comment.

Flex Trainer
Admin management portal

Saffi Muhammad Hashir
saffimhashir@gmail.com

Active Users
Registered Gyms
Gym Requests
Reports Manager

Log out

Gym Members

Members Trainers Gym Owners

Username: Name:
Email: Gym:

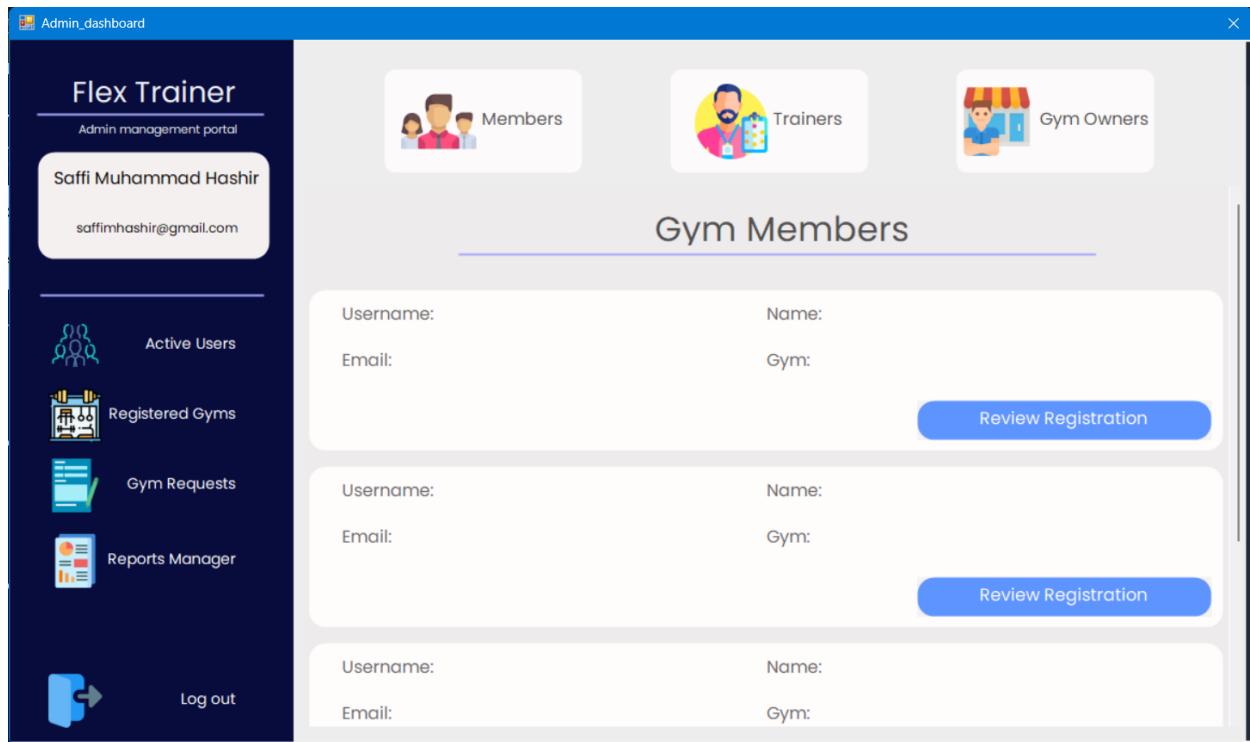
Review Registration

Username: Name:
Email: Gym:

Review Registration

Username: Name:
Email: Gym:

Review Registration



MemberReview


Saffi Muhammad Hashir
saffimhashir@gmail.com

Current Statistics

Weight:
Height:

Overall Consistency

70%

Workout Plan Consistency

80%

Diet Plan Consistency

50%

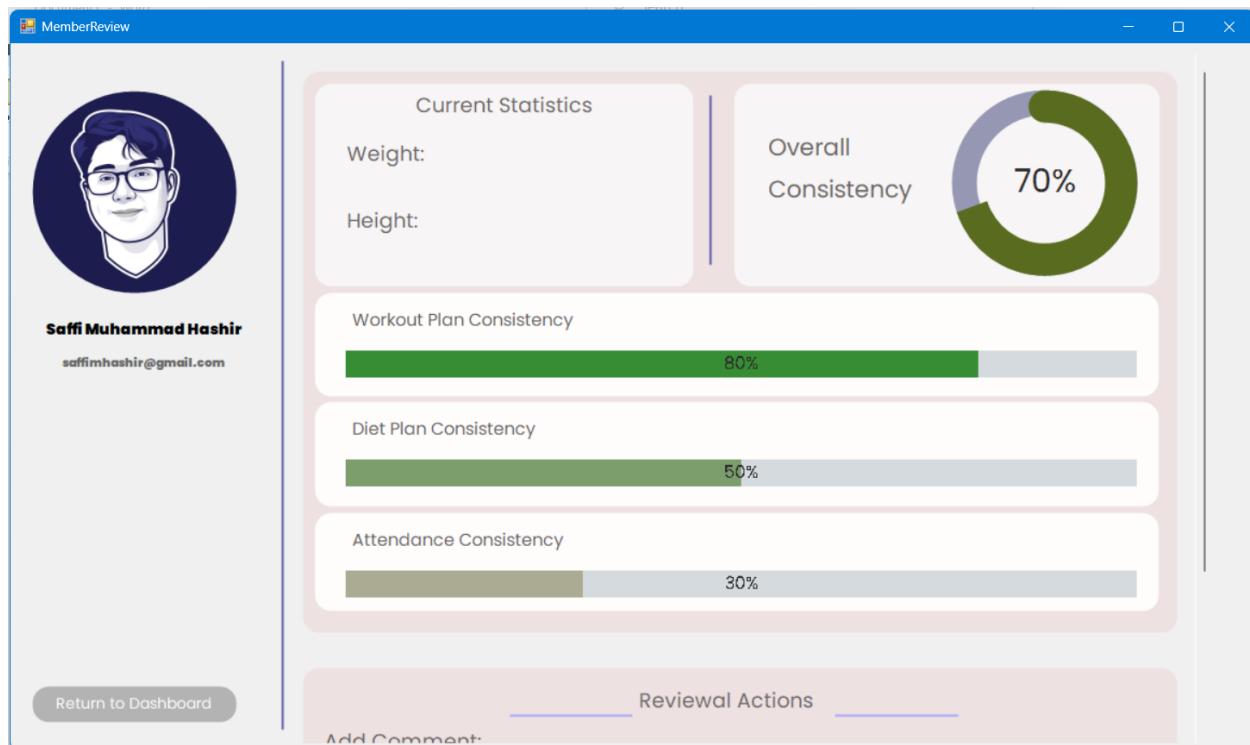
Attendance Consistency

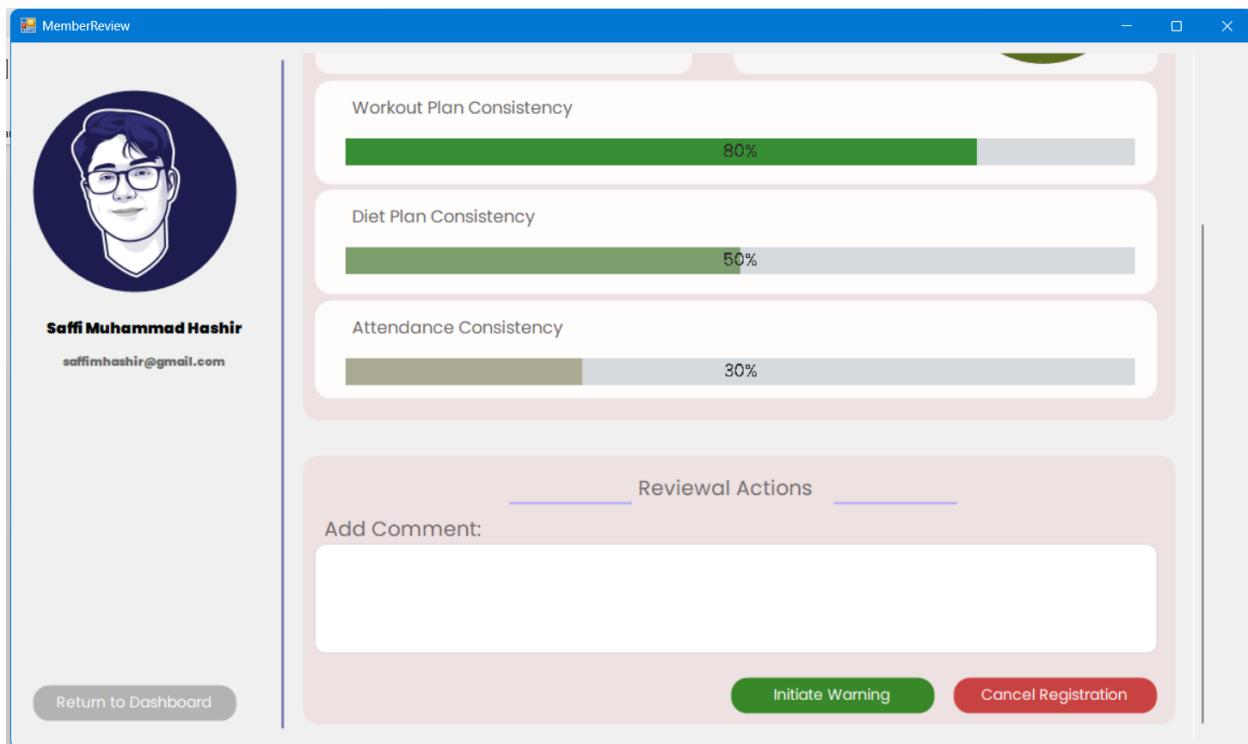
30%

Review Actions

Add Comment

Return to Dashboard





b) Trainers

Here for admin, there is a list of trainers with their set of key attributes for their distinguishing purpose, along with a button to review registration of that trainer. Which forwards the admin to a page where an admin can decide based on feed backs from members about that trainer and manage trainer's registration. In case of warning or Registration cancellation an admin must provide a comment about that potential action.

Admin_dashboard

Flex Trainer

Admin management portal

Saffi Muhammad Hashir
saffimhashir@gmail.com

Active Users
Registered Gyms
Gym Requests
Reports Manager
Log out

Gym Trainers

Members Trainers Gym Owners

Username: Name:
Email: Rating:

Review Registration

Username: Name:
Email: Rating:

Review Registration

Username: Name:
Email: Rating:

Review Registration

TrainerReview



Saffi Muhammad Hashir
saffimhashir@gmail.com

Feedback

Name : Email: Date:

Comment:

Add Comment Review Actions

Feedback List

Feedback

Feedback

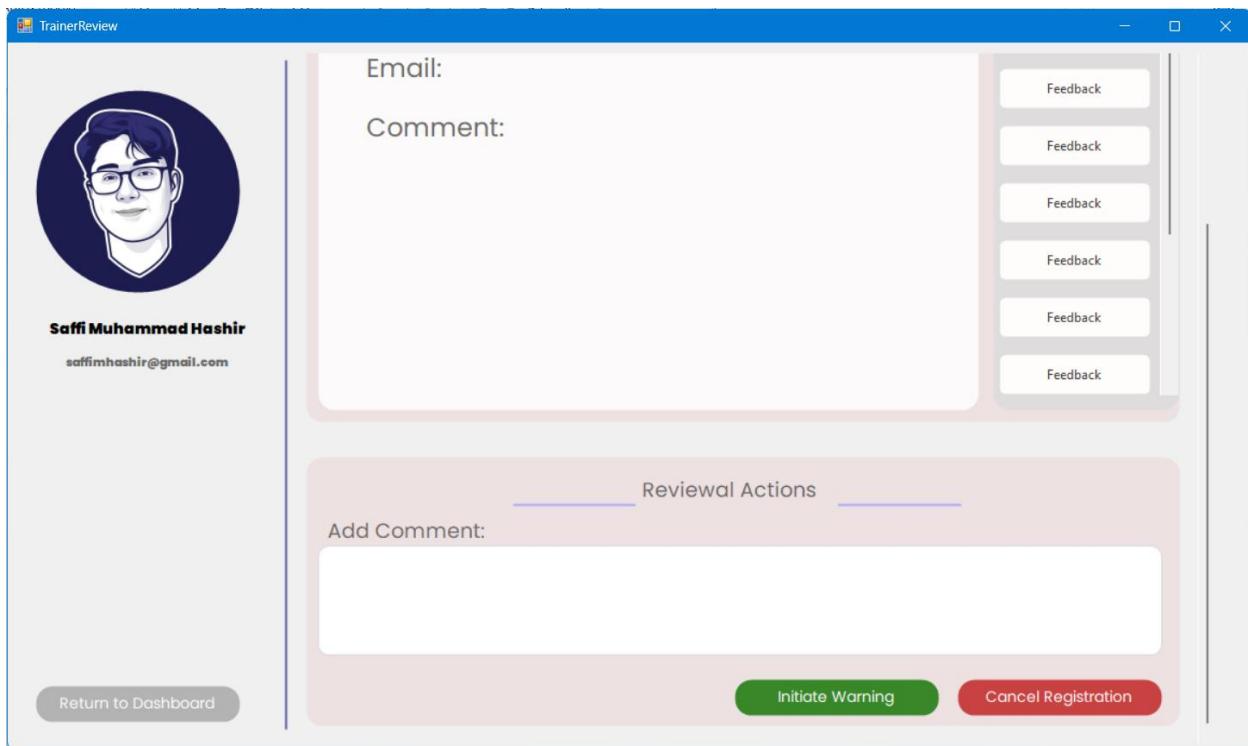
Feedback

Feedback

Feedback

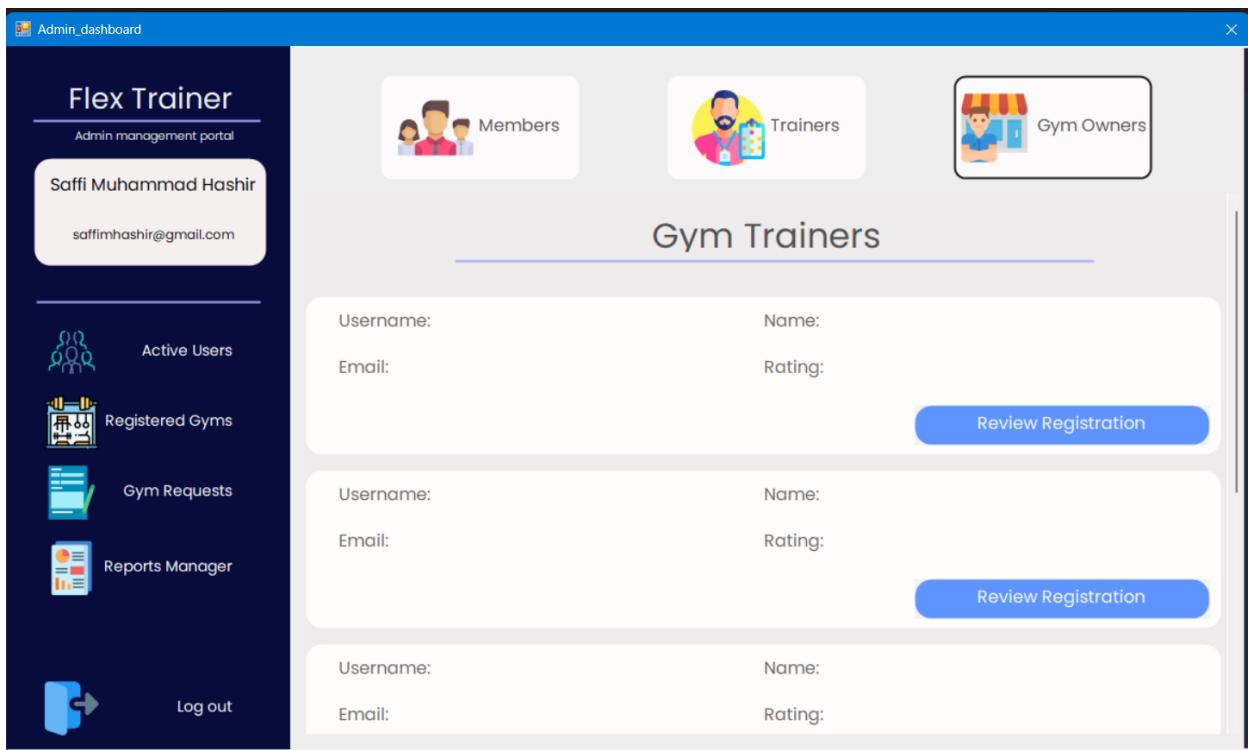
Feedback

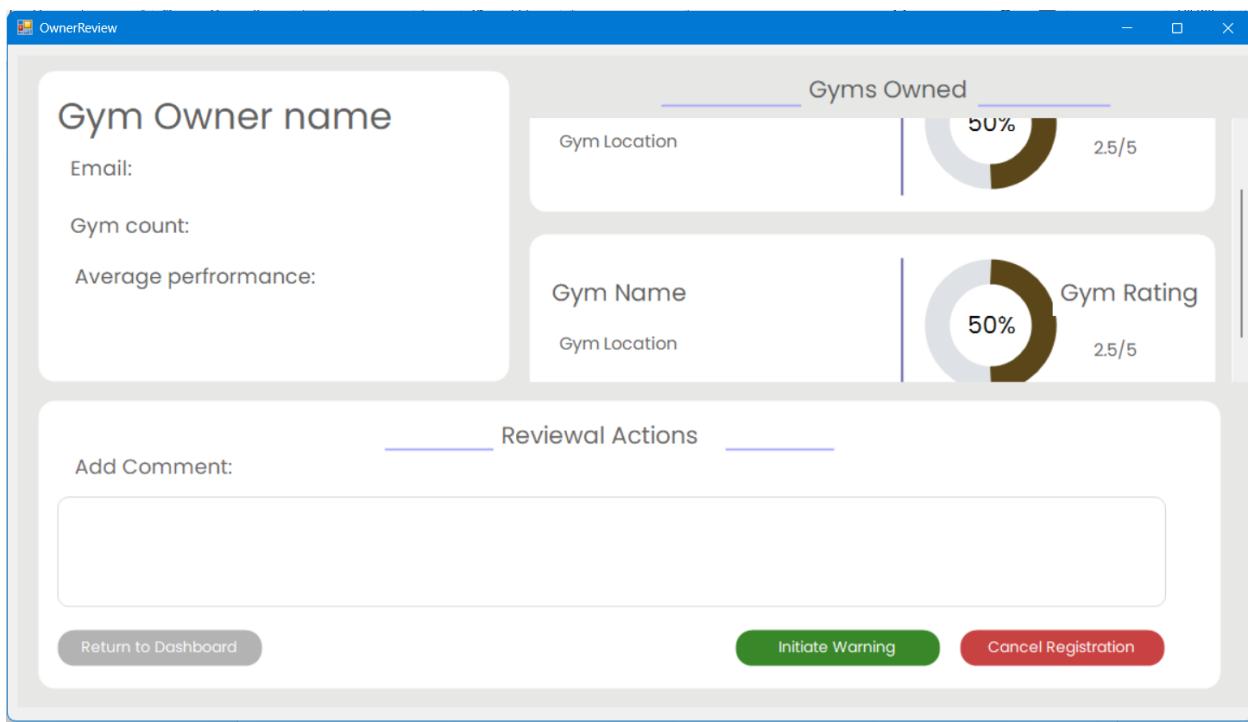
Feedback



c) **Gym Owners**

Here for admin, based on set of key attributes of that Gym owner there is a catalogue, along with a button to review the Registration of that Gym Owner. Membership of the Gym owner is managed based on the performance of all gyms owned by the Gym Owner. Admin may take a potential action over membership status of gym owner but in that case admin has to comment about this action.

A screenshot of the Admin Dashboard titled "Flex Trainer". The sidebar on the left shows the user "Saffi Muhammad Hashir" and "saffimhashir@gmail.com". It has icons for "Active Users", "Registered Gyms", "Gym Requests", and "Reports Manager", along with a "Log out" button. The main area is titled "Gym Trainers" and contains three registration forms. Each form has fields for "Username", "Name", "Email", and "Rating", followed by a blue "Review Registration" button.

A screenshot of the "OwnerReview" page. It shows a summary for a gym owner named "Gym Owner name" with fields for "Email", "Gym count", and "Average performance". To the right, there are two circular progress charts: one for "Gyms Owned" (50%, 2.5/5) and one for "Gym Rating" (50%, 2.5/5). Below this is a "Reviewal Actions" section with a "Add Comment" input field and buttons for "Return to Dashboard", "Initiate Warning" (green), and "Cancel Registration" (red).

ii. Registered Gyms

This subpage has catalogued all of the gyms registered on the flex trainer, along with their complete information, admin has an option to review gyms registration, admin has detailed access to gyms

performance and decide this base of that whether admin has to take a potential action over gym's registration, in case of warning or cancellation of gym registration, admin has to provide a comment about his action on this .

Admin_dashboard

Flex Trainer

Admin management portal

Saffi Muhammad Hashir
saffimhashir@gmail.com

Active Users
Registered Gyms
Gym Requests
Reports Manager
Log out

Registered Gyms

Gym Name:

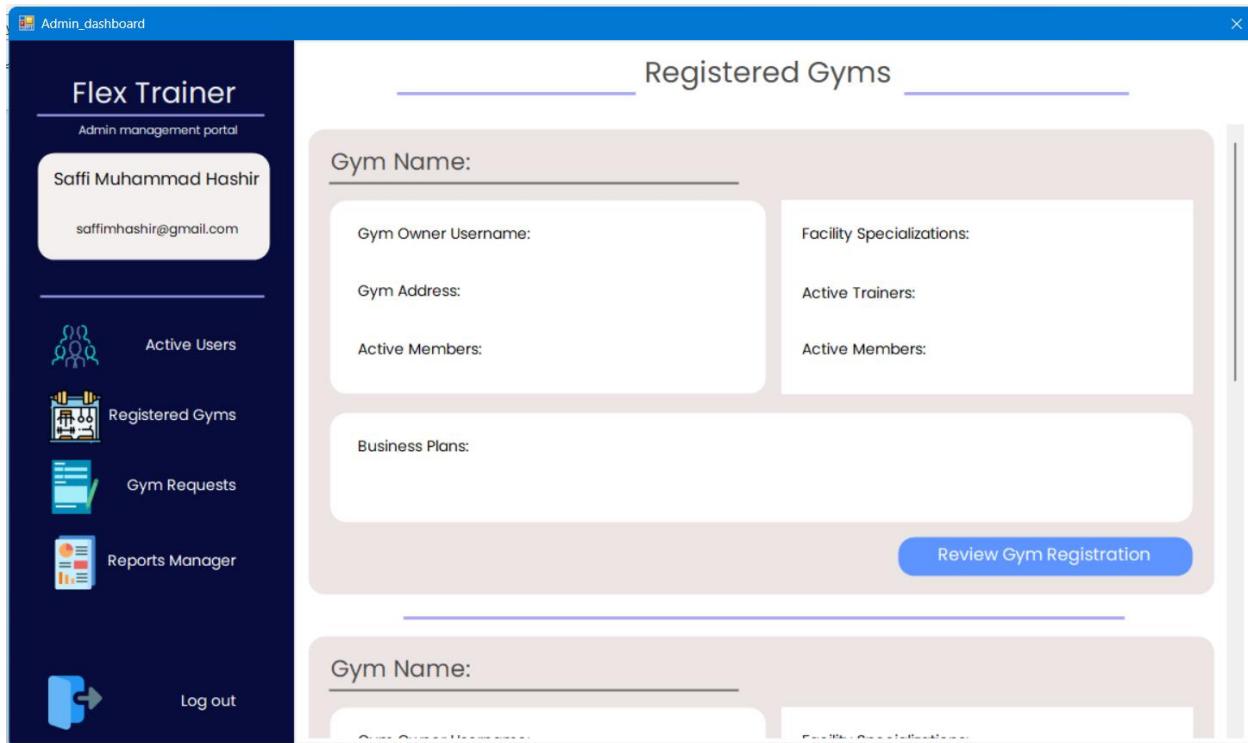
Gym Owner Username:
Gym Address:
Active Members:

Facility Specializations:
Active Trainers:
Active Members:

Business Plans:

Review Gym Registration

Gym Name:



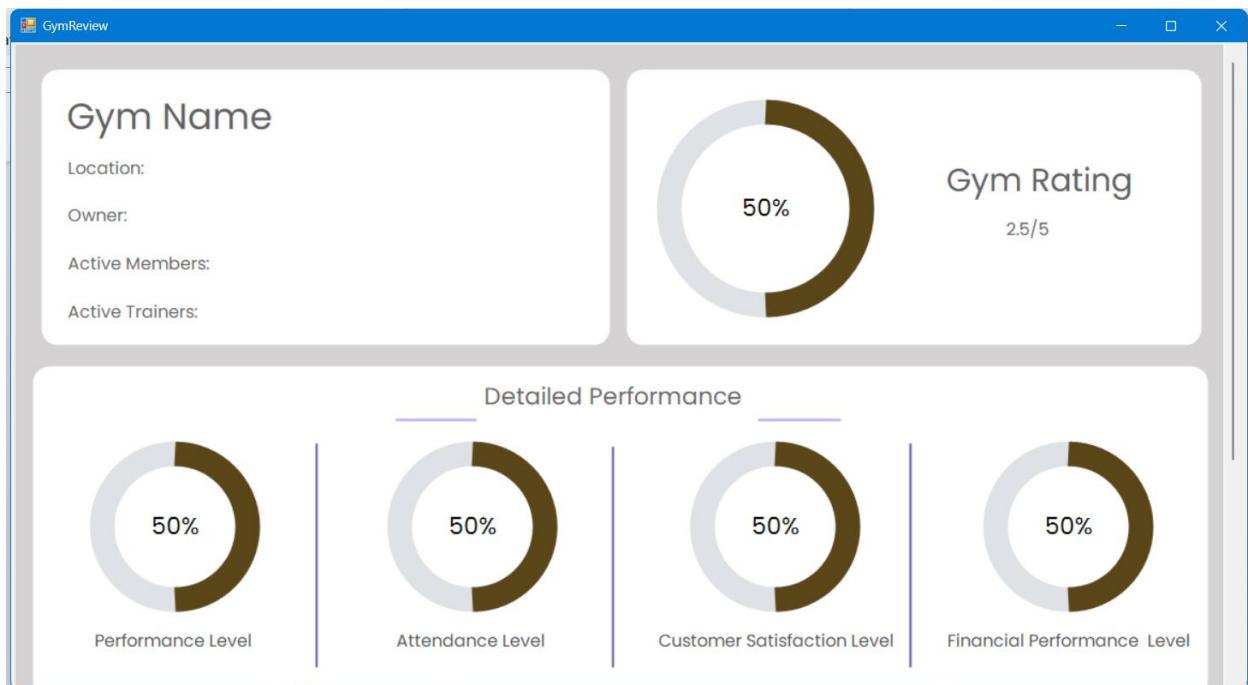
GymReview

Gym Name

Location:
Owner:
Active Members:
Active Trainers:

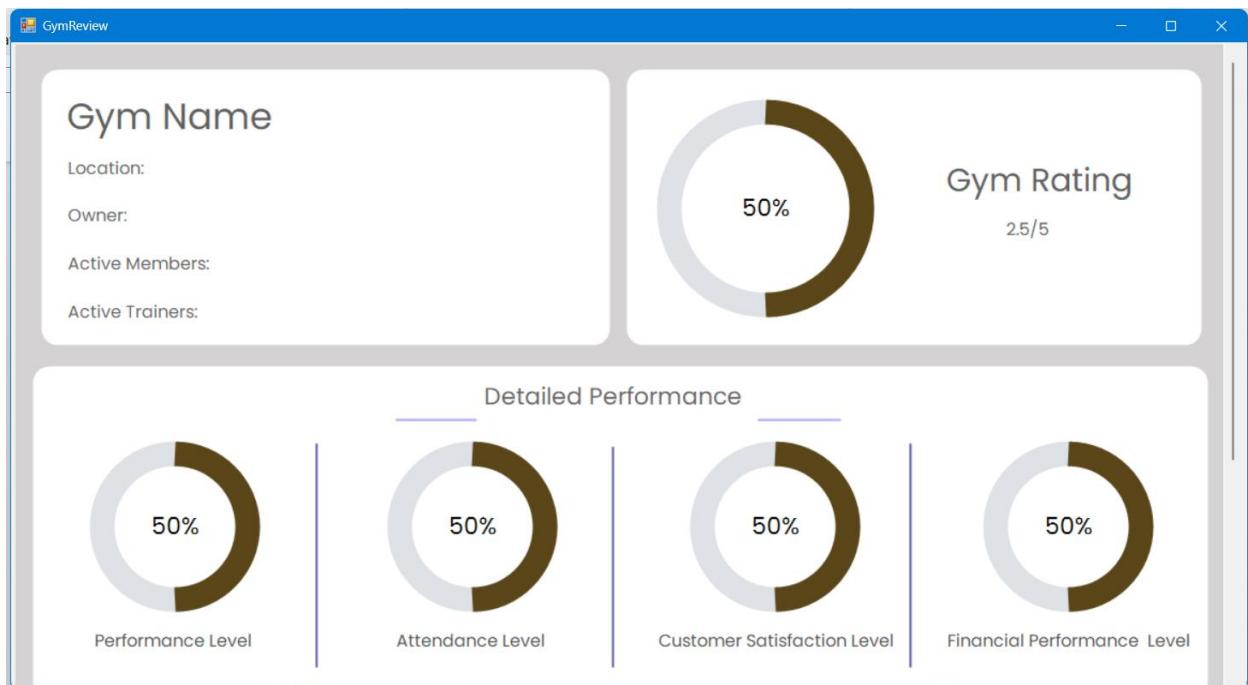
Gym Rating

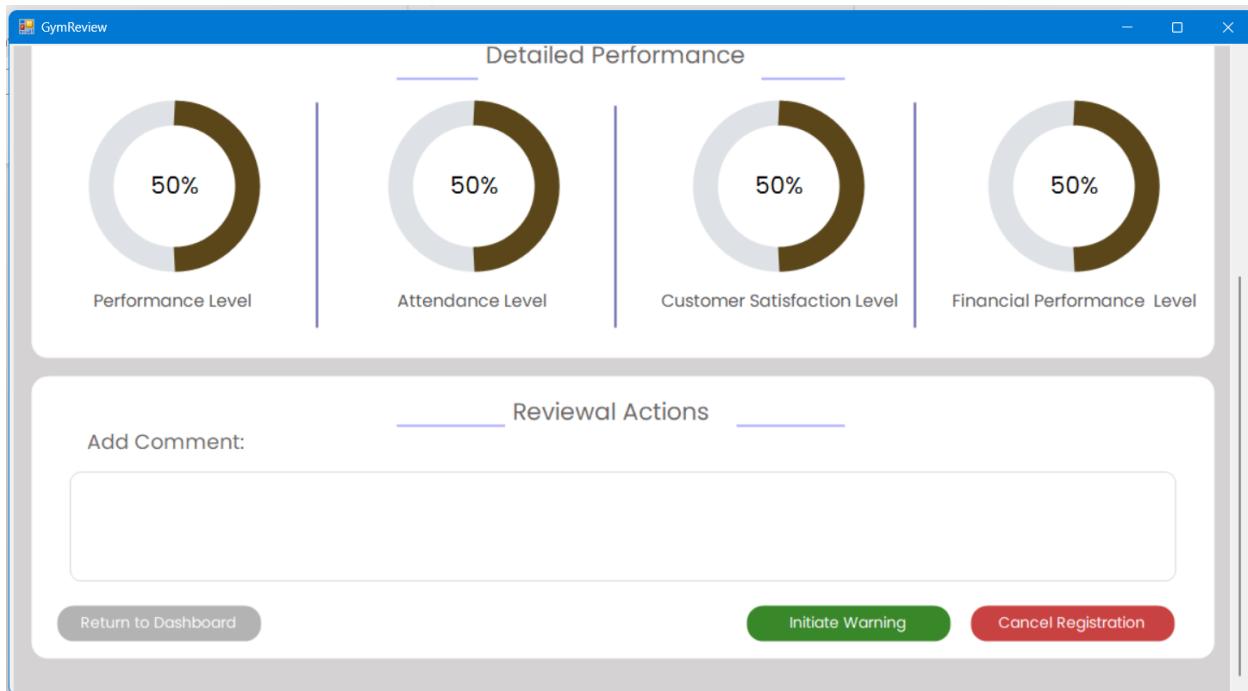
2.5/5



Detailed Performance

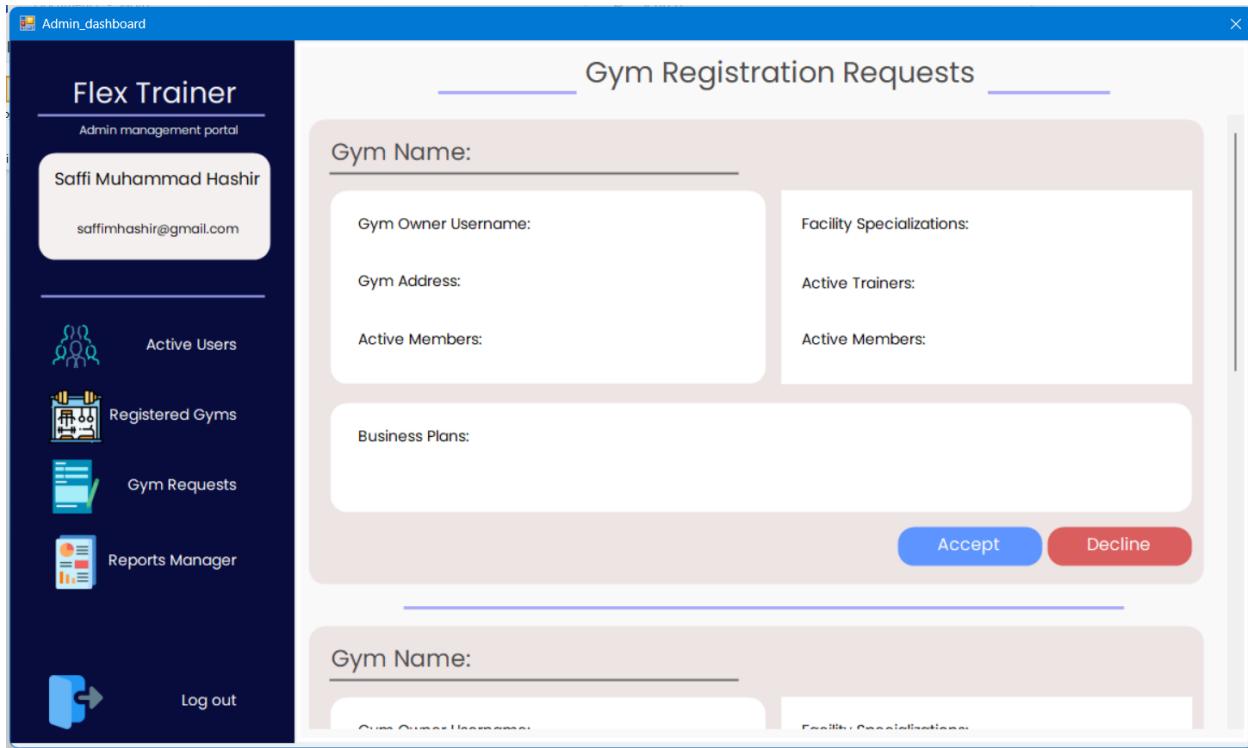
Performance Level
Attendance Level
Customer Satisfaction Level
Financial Performance Level





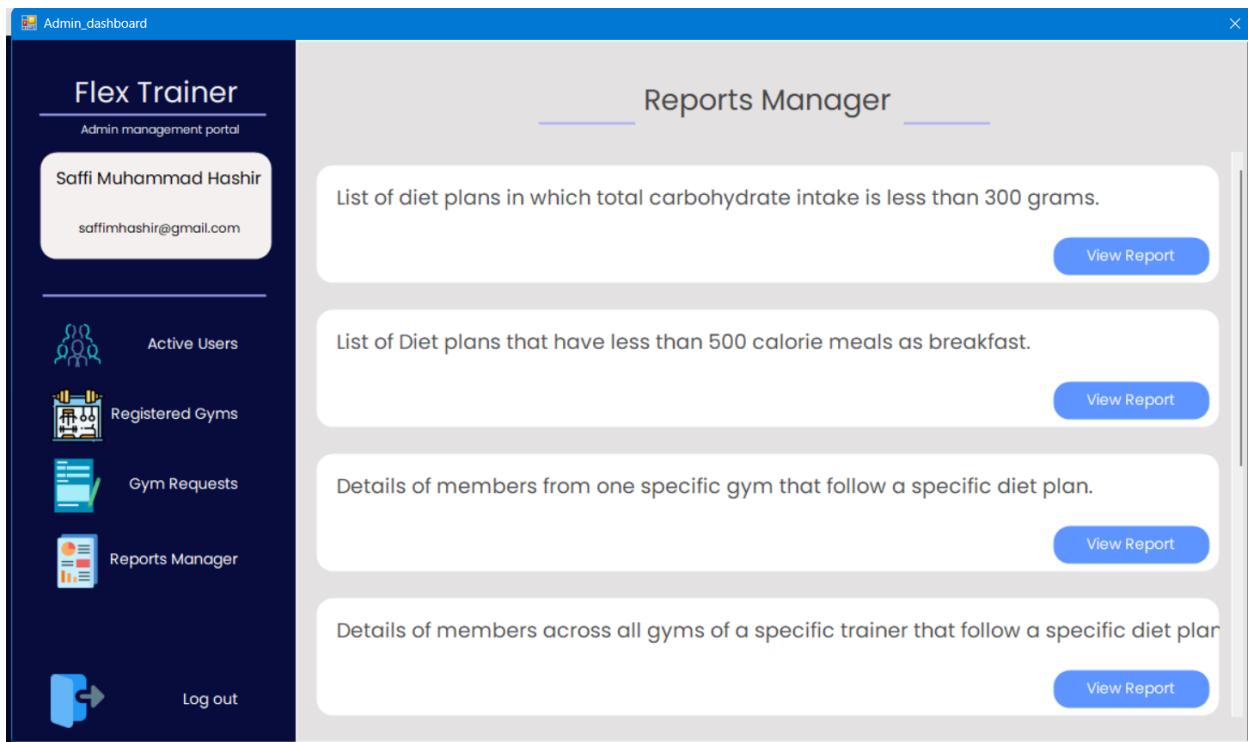
iii. Gym Registration Requests

This Subpage enables the admin to review applications about Gym Registrations from an owner. Admin has all rights to accept or decline the request.



iv. Reports Manager

This page is for report management of some reports which will be helpful to the admin to learn and do analysis about the trends in which are at hike and about efficiency of the system.



G. Group Members

Name	Registration number	Section
Saffi Muhammad Hashir	22i-1293	G
Abdullah Zubair	22i-1077	F
Tauha Imran	22i-1239	G