

Fit N Food Website



1 Introduction

1.1 Project Description

A website where meals for fitness can be ordered by users to be delivered to them on a weekly basis. The website also has a fitness component where they can become members and sign up to different locations allocated by the admin that the user can join and train at. The users can select their own eating plan or can have one generated by the website depending on responses from a questionnaire they can complete.

2 Design Requirements

The site needs a complete rebuild into a CMS System. The design should be simple and straight to the point. It should also, be responsive and optimized for mobile even more importantly then for pc.

2.1 Similar Sites

Some sites that we like:

- <https://asana.com/>
- <https://www.fitandfreshaustralia.com.au/>

2.2 Page Structure

- Home
- Sign Up/Login
- How it Works
- Get Started

3 Functional Requirements

3.1 Roles

3.1.1 General User

Anyone who visits the public site

3.1.2 Customer

The customer is anyone who registers on the site and signs up to purchase food

3.1.3 Trainer

The trainer can be a gym owner/manager, Bootcamp trainer or Training facilitator of some kind. This Role is not required in Phase 1. This trainer will be allocated an automatic unique referrer ID which they can give to their members who they refer to join our program.

3.1.4 Site Admin

The manager of the site who has unlimited functionality to manage all users, roles, content, and Site config and rules. They also have access to certain Reports to manage the clients.

3.2 Functions

3.2.1 Food Ordering

3.2.1.1 Selecting a Meal Plan

The General User will Arrive on the home page with two main options. “How it Works” or “Get Started”.

Selecting “How it Works” will take the user to a static content page. This would be an infograph that I will like you to design which outlines the different steps in the process and what the member can expect at different stages.

Selecting “Get Started” will take the user to a wizard which they will fill out to help them select the best meal plan for them. The Questionnaire details can be found in Appendix A. After selecting Get Started they can also select an option for “Select or customize your own meal plan”

Let us help you find the best suited plan for your needs and goals.

- Wizard questions followed by suggested meal plan.

Select or customize your own meal plan.

Let us help you find the best suited plan for your needs and goals.

Select or customize your own meal plan.
| Drop down to filter by category |

Plan title
Description
Select >

Plan title
Description
Select >

To do this the admin will need to be able to configure the meal plans with the following options.

Meal Plan	
Plan Name	string
Description	string
Category	MealPlanCategory
NumberOfDays	int
MealsPer Day	int
Plan Price	\$\$

The categories will be “Fat Loss” or “Muscle Gain” with the option to add/update these. The price will be determined by the total sum of each individual meal selected by the user customising their plan or by the meal plan populated by the questionnaire results (appendix 1 below).

3.2.1.2 Customer Sign Up

If the user is not already logged in they will then be taken to the sign up page. This will give the user three options.

- Log in
- Login with Facebook or Google Account
- Register

Register we only require Firstname, Last Name, email and a password.

After a user is logged in or registered the selected meal plan and current progress needs to be saved so they can return to where they were up to if they leave without completing the order.

3.2.1.3 *Customise your meal plan*

The user can then customize their meal plan.

They will be shown a grid which will differ depending on the plan.

A 7day 5meals per day plan will be like this.

Day 1
Day 2
Day 3
Day 4
Breakfast Meal Drop Down Lunch Meal Drop Down Dinner Meal Drop Down Snacks 1 Snack 1 inc x 1 Snack 2 \$3.00 x Qty Snack Drop Down + <div style="text-align: right;">Next Day ></div>
Day 5
Day 6
Day 7
Extras

Each Meal Drop Down will have selected the default meal for that day/Meal but the user can swap this for other meals within the same MealCategory. Some Meals will have an additional charge.

Additional Charge will be determined by the protein in the meal.

Which should be entered by the admin into a matrix.

The admin should also be able to add/remove protein types which are fields in the meal category .

eg.

From\To	Chicken	Beef	Kangaroo	Salmon	Fish
Chicken		0.5	0.5	3	2
Beef				2	1
Kangaroo				1	1
Salmon	-1				

Fish	-.50			0.90	
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etc.

A Meal and snack will be entered with the following info.

Name, Description, Image, MealCategory(Breakfast, Chicken, Fish, Steak, Salmon, Egg and Bacon etc), Energy, Calories, Protein, FatTotal, Carbohydrates, Price. When entering a meal the admin will check a box if it is a fat loss or muscle meal. They will check a radio button of whether the meal is carbs, veggies or carbs and veggies. Radio button whether the meal is with or without sauce.

In the meal drop down we can see the Meal Name as well as any additional price that might be incurred.

We need a way to view more info for an individual meal which will show all other info including the photo, description and nutritional info

For Snacks. A mealplan can include snacks by default. A user can also add extra snacks for an additional cost. This cost will be the price entered when creating snack. This price needs to be included in the snack drop down. The customer can change the quantity select a snack and click add to add it to the order.

Day 1
Day 2
Day 3
Day 4
Day 5
Day 6
Day 7
Extras
Meals
1 Chicken with Rice \$11.00 x
2 Steak and Veggies \$30.00 x
Qty Meal Drop Down +
Snacks
1 Snack 1 x
Qty Snack Drop Down +
Other
1 Small T-Shirt \$25.00 x
Qty Other Item Drop Down +
Finish

After selecting meals for each of the days in the meal plan.

They can then add extra meals if they like.

The cost here is the price entered when creating the Meal.

The Customer also has the option to add extra snacks.

The customer can also choose to add another item.

These extra items could be anything from gym sessions to tshirts.

It will need to be entered a name and price as well as whether it is a one off or weekly charge.

3.2.1.4 Review Order

After Finished Customizing the user can review the order

They will be given a summary of what they ordered.

Fat Loss Meal Plan 1	\$150.00
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Meal Upgrade: Chicken and Rice -> Steak and Veggies	\$0.50
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Meal Upgrade: Kangaroo -> Salmon and Rice	\$1.00
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Additional Snack: Muesli Bar	\$1.00
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Additional Snack: Protein Shake	\$2.00
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Additional Meal: 1 Chicken and Rice	\$11.00
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Total Weekly:	\$165.50
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< Customize

Checkout >

3.2.1.5 Enter Details

A Customer will then enter their details.

First Name: (prepopulated from user)

Last Name: (prepopulated from user)

Email: (prepopulated from user)

Address: Street/Suburb State Postcode.

Additional Delivery Notes:

Start Date:

The admin will need to set the following fields. There will be a default as well as an override for each suburb.

- Delivery Day
- Payment Debit Day
- Order Cutoff Day and Time

Once a suburb is entered it will check to see if it exists in the system and will display to the customer a message like:

"The delivery day for Yagoona is Sunday.

The Payment Day is Friday

The Order Cut off Time is Tuesdays 6pm"

The start date will be populated with the date of the delivery day for the next four available weeks.

This means that if an order is made on Wednesday it will be delivered on the following Sunday not the upcoming one. And the start date drop down will only allow this selection and the next 3 weeks. also, any updates to the order after Tuesday 6pm will be made for the following weeks order not the current weeks.

I might need to give you a list of Australian Suburbs to import into the db.

IF the delivery day is not set for the suburb it will show a generic message and the admin will enter the delivery day for that suburb when they review the order.

Payment Debit day is the day payment is scheduled to be debited form the customers account.

3.2.1.6 *EDebit Integration*

The site will then need to setup an account and payment schedule in edebit using the attached direct debit integration api form.

A schedule will be setup with the payment frequency as weekly and amount as determined from the meal plan and customize process.

Edebit Integration Guide:



The system should also be able to determine if a failed payment is made so that they can that it can put the order on hold. Orders on hold for failed payments should be activated again once a successful payment is made.

3.2.1.7 *Modify Order*

A User can only have one meal plan. If they wish to order for someone else they will need to create a separate user account.

After a user has entered an order they can come back and modify/customize their meal plan. This should also update the payment schedule in Edebit.

The customer should also have the ability to put the order on hold. Where they can set a pause start and pause stop date which will pause payments for this time via Edebit api as well as show the order as on hold in the backend.

The customer should be able to stop an order this will ask them what date it should be cancelled from. The default being 1 week in advance. This will cancel the payment schedule in edebit and mark the order as cancelled from the end date.

The admin should also have the ability to amend the order for all members also.

3.2.2 Admin Management and Reporting

- Members screen with list of members which can be searched and filtered—It should show there current status as well as highlight any members that are on hold from a failed payment.
- when double clicking on the persons name it will bring up all their details, with an option to view their current order
- the details displayed include their personal details, the option to add them to a course, option for admin to manually change their order and start date
- admin can change a members order manually, change their personal details or payment details, adjust their payments etc
- create an email reminder every week two days before delivery for there suburb or whenever orders are due to all Active members to enter any changes to their order. Eg. If a customers suburb is castle hill and we deliver to castle hill on Tuesday. They will receive an email that they must update their order by Sunday. If delivery day is Friday they will receive an email on Wednesday.
The email template needs to be editable and also we need the ability to turn off this email reminder.
- create a weekly report which displays the qty of each meal ordered for each size by date range.

This can be worked out by Active members and the delivery day. If a delivery day for an order is Wednesday

Meal	100g	150gm	200gm
Steak with Vegetables and Asian Stir Fry Sauce	2	0	
Salmon with Sweet Potato	2	0	
Kangaroo Mince with Vegetables	0	0	
Chicken with Vegetables and Asian	1	0	

Stir Fry Sauce			
Chicken with Basmati rice and Moroccan Mango Sauce	3	0	

- must be able to print a report for all the active members and their orders at the time of submission to chefs. This must co-incide with the edebit schedules to be debited. All failed payments must be collected before distribution on Friday morning and contacted before distribution. System must be able to collect these failed payments from edebit reports. preferably collected automatically, otherwise submitted by admin person.
- Each member will also have their own profile which will have their past orders saved on it with each database entry being when the user changes their orders

3.2.3 Training Map (Phase 2)

This will include a page designed with a google type map in the middle with the different locations displayed on the map with a unique mark or image. There will be three different types of marks (These will be set as 'location type' for the user). The different images will indicate different location types which can be ie. 'free training group' or 'Premium training group' or 'gym' (these names can be created and changed by the admin). The admin should have the ability to create additional location types and associate an image with this group type.

Each 'location type' can occur more than once on the map (any number of times) and the admin will set where these locations are set on the map. Each of these instances will be set as 'location', this can be saved as co-ordinates for map.

When a user clicks on one of these groups, they can join the class by becoming a member of the website which is free to sign up, if they are already a member they will be asked to login, if they are already logged in then they will receive a prompt which will ask if they are sure they would like to join this class?

If they are a basic website member, they can join the 'free training group' if they wish to join the other groups they will have to join on a meals/training package which will allow them to join one of the other groups for free. This should be linked with the user profile and they can change the location they are enrolled into at any time to another one of the same 'location type'.

3.2.4 User Profiles (Phase 2)

- Each member will have their own profile which will have their past orders saved on it with each database entry being when the user changes their orders
- This will be their page where they see a table with their fitness measurements and exercise times.

iii. If they are currently a member of a class, their username will be linked to the account of a personal trainer so the trainer can type in their results. Each trainer will be added by the administrator. The trainer will be allocated a course name when they are added by the admin. So this could be the name of a location or anything that the admin decides it to be. This course name is then what links the member to that particular trainer. For example, if the trainer is added and their course name is fitfood15, then when a new member joins, and they select the class fitfood15, then the trainer with this course name will be able to enter the records of this person and other people who choose that course name. So when a new member joins, they will be able to select a course from the map. If they are not a member of a class, there will be an option to join a class.

3.2.5 Trainer Stat Recording (Phase 2)

When a member selects to join a class they will then be prompted with the option to add a meal plan to their training as it is the only way to get fast and lasting results, then they will be forwarded to an edebit sign up page with our current edebit module. When they sign up to this module the admin should link their username to a trainer account so the trainer can enter their results. There will be several different trainers who work for us, so there may be different personal trainers for each location.

iv. This table will be filled by their personal trainer who can login to our system and type in the data that they get from their training. There will be two tables. Firstly there will be the measurement table which shows their measurements, and then there will be a fitness achievement table which will show their running times etc.

Eg. 1 – Measurements (Here is some sample data with 4 fields, I would like the ability to add extra fields as an admin)

Measurement date	Waist (cm)	Hip (cm)	Weight (kg)
24/08/2013	92	106	67
29/12/2013	88	100	62

Eg. 2 – Fitness measurements (in this table the first 5 fields will be entered by the trainer and the last 2 will be generated by the system. The challenge number will be a code which refers to an exercise which all members will be doing. So when other members from other courses do the same exercise, that exercise will be the same code and when their time is recorded, all the times will be compared to one another in the **Quickest time/reps** column. This can be entered in time format or in number format. The location ranking will display the ranking of the **quickest time/reps** that the member gets in comparison to other people with the same **course name**. The fitnfood rank will be compared to all members who have done that particular challenge number.) In the below example data, this is for one person who did a pushup test twice and a crunches test twice. This member also did challenge number 1 (which was timed) and challenge 3 (which was a number of repetitions). The **course name** of this

member has 7 members altogether and there are 71 people in our member database at this time who did the first challenge, and 76 people did challenge number 3.

Date measured	Push-up (max 1 min)	Crunches (max 1min)	Challenge number	Quickest time/ reps	Location ranking	Fitnfood overall rank
15/09/2013	25	45	1	00:02:15	4/7	16/71
6/10/2013	45	44	3	45	2/7	12/76

i. For the fields of these tables I would like the ability as administrator to add new field or delete field and set the format of the field (time, distance, number, text etc)

ii. When the trainers log on, they will have a separate account which allows them to enter the value of the field. To do this they will type in the username of the person and enter the values in the fields (each person will need to select a unique username when creating an account). The personal trainer can not change the field names or add/delete fields. I would like an interface that is displayed when a trainer logs in, that allows the trainer to enter the records into the fields. I want the administrator to have extra control and be able to add extra fields into this interface. The appearance for the trainer interface will display all names that are linked to the course name of the trainer.

iii. The My Fitness page will also have a button which they can click on which displays the times and locations of all fitness classes available in their state. This timetable will be adjusted by me.

3.2.6 Training Videos (Phase 2)

The admin should be able to upload videos to a well designed page where the access is limited to membership. So there can be different video types set by the admin. The admin will then select the members who will have access to these types of videos. So for example if the admin creates 'basic' video types, the admin can allow all members to view this or only certain members. Another video type will be 'gym workouts' and 'challenges'. The admin can add to these different types or delete these types.

3.2.7 Shopping Cart (Phase 3)

Please create a shopping page where we can sell items such as sporting equipment, supplements and other merchandise etc. These items will have a retail price and when a member logs in, the admin can set a % discount for members which will be displayed under the original price in red colour.

4 Appendix A – Get Started Wizard

Questionnaire (wizard) asking the customer to enter the following details:

1. What is your main goal? (Select from dropdown) Fat Loss | Muscle gain | Macrolean (muscle + fat loss) | competition prep |
2. Age :
3. Gender: oM oF
4. What is your current weight (approx dec)?
5. Will you be exercising to speed up your results? (yes/no) (radio button)
6. What part of the day would you usually train? (Dropdown - inactive if q5=no): morning | lunch time | After Work | Evening
7. How many days per week would you like to eat the fit n food meals? 5 days | 7 days (radio button)

table 1.1	A	B	C	D	E	F	G
	meal types	size of mains	Days per week	carbs/veggies	sauce incl?	snacks	Eating plan
1	Muscle Meals	100g	5 days	Carbs	Sauce	no snack	Eating schedule 1
2	Fat Loss Meals	150g	7 days	Veggies	No Sauce	Fat Loss shake	Eating schedule 2
3		200g		Carbs and Veggies		Muscle Shake	Eating schedule 3
4						Green tea coffee	eating schedule 4
5						multivitamins	eating schedule 5

table 1.1

The results from the above questionnaire will determine the meals in the meal plan and also the eating schedule which will be displayed for the user when they log in. The above results will then populate a meal plan (whether it is 15 meals or 21 meals depending on the days selected as the meals will be 3 meals per day). It will also display the size of the meal (100g, 150g, 200g) depending on the results for the questions.

Firstly the admin should be able to select default MealCategory for each of the 15 or 21 meals for each of the Fat loss and Muscle Meal plans. eg. Fat loss 15 meals will have day 1 meal 1 - Salmon, day 2 meal 2 - chicken, etc... Therefore the admin will ONLY be selecting the meal category for each meal in the meal plan (the admin will not be selecting the actual meal). The next step will be populating the actual

meals depending on the results of the answers of the questionnaire. The results will apply the following actions/inclusions to the meal plan:

1. What is your main goal? (Select from dropdown) Fat Loss | Muscle gain | Macrolean (muscle + fat loss) | competition prep |

Responses	then apply to meal plan (From above table 1.1)
Fat Loss	A1, D3, E1, F3, F5
Muscle gain	A2, D2, E2, F2, F3
Macrolean	A3, D3, E1, F2
Competition prep	A1, D2, E2, F3, F5

2. Age : if below 16 or above 50 display a warning that they must seek medical advice. However allow them to continue.
3. Gender: oM oF
4. What is your current weight (kg)?

In response to q3 and q4 apply the following to the meal plan:

If Gender = Male	then apply to meal plan
weight <50kg	B1
51kg - 75kg	B2
76+ kg	B3
if Gender = Female	then apply to meal plan
<60	B1
61+	B2

5. Will you be exercising to speed up your results? (yes/no) (radio button)
6. (inactive if q5 == no) What part of the day would you usually train? (Dropdown): morning | lunch time | After Work | Evening

if	then apply to meal plan
Morning	G1
lunch time	G2
After work	G3
Evening	G4
no training (if q5 == no)	G5

7. How many days per week would you like to eat the fit n food meals? 5 days | 7 days (radio button)

if	then apply to meal plan

5 days	C1
7 days	C2

The above data will then populate the meal plan and present the user with a recommended meal plan. This meal plan can be further adjusted and individual meals can be changed. If the MealCategory is changed then the price changes will apply if applicable (as outlined above).