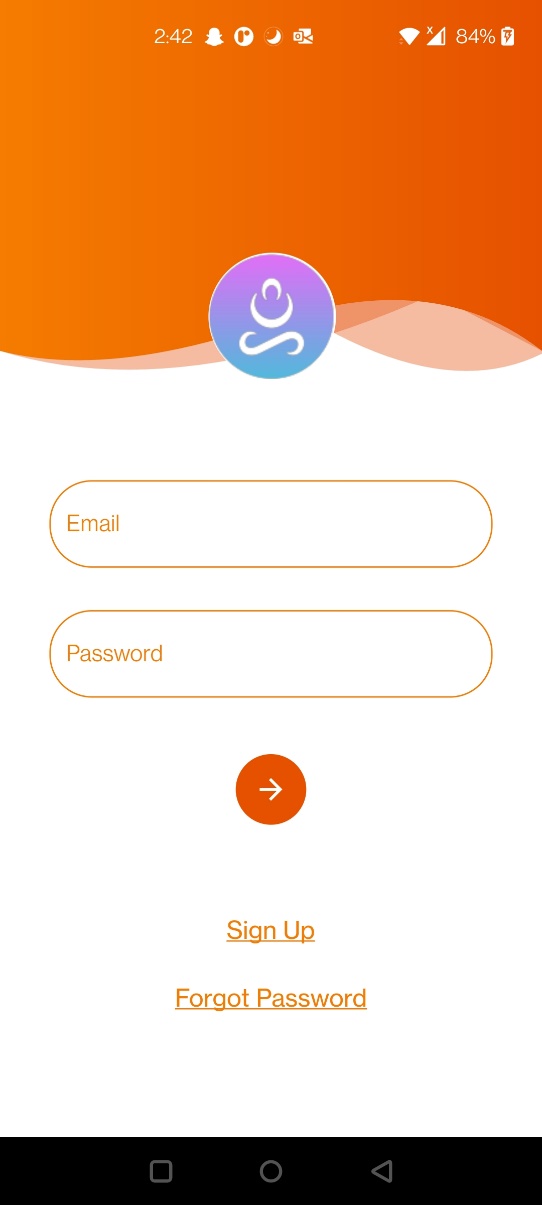
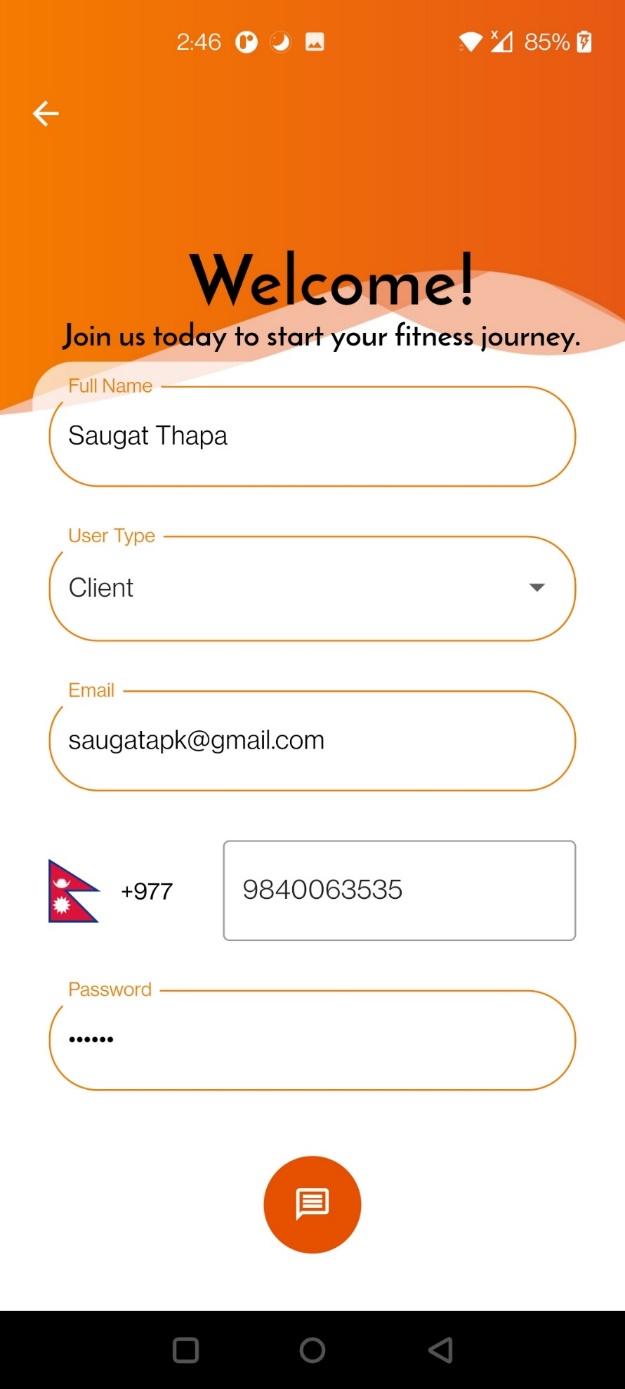
**CLIENT GUIDE**

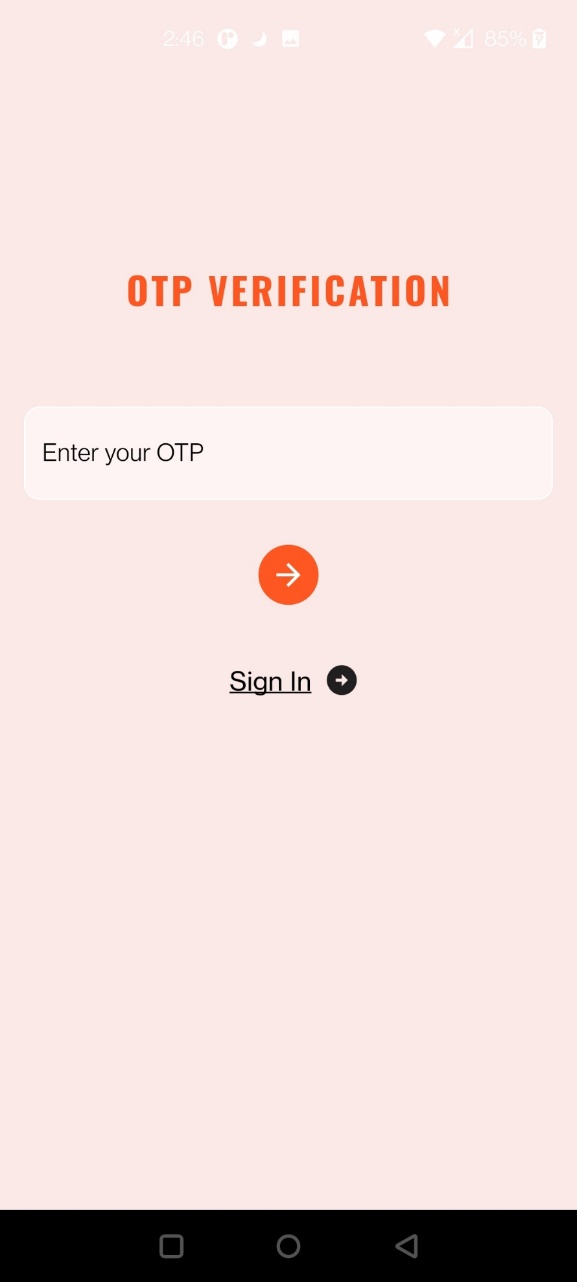
1. When you first open the app, you will see the SIGNIN page. Near the bottom of the page is located a button called signup that will take you to the SIGNUP page, click on it.

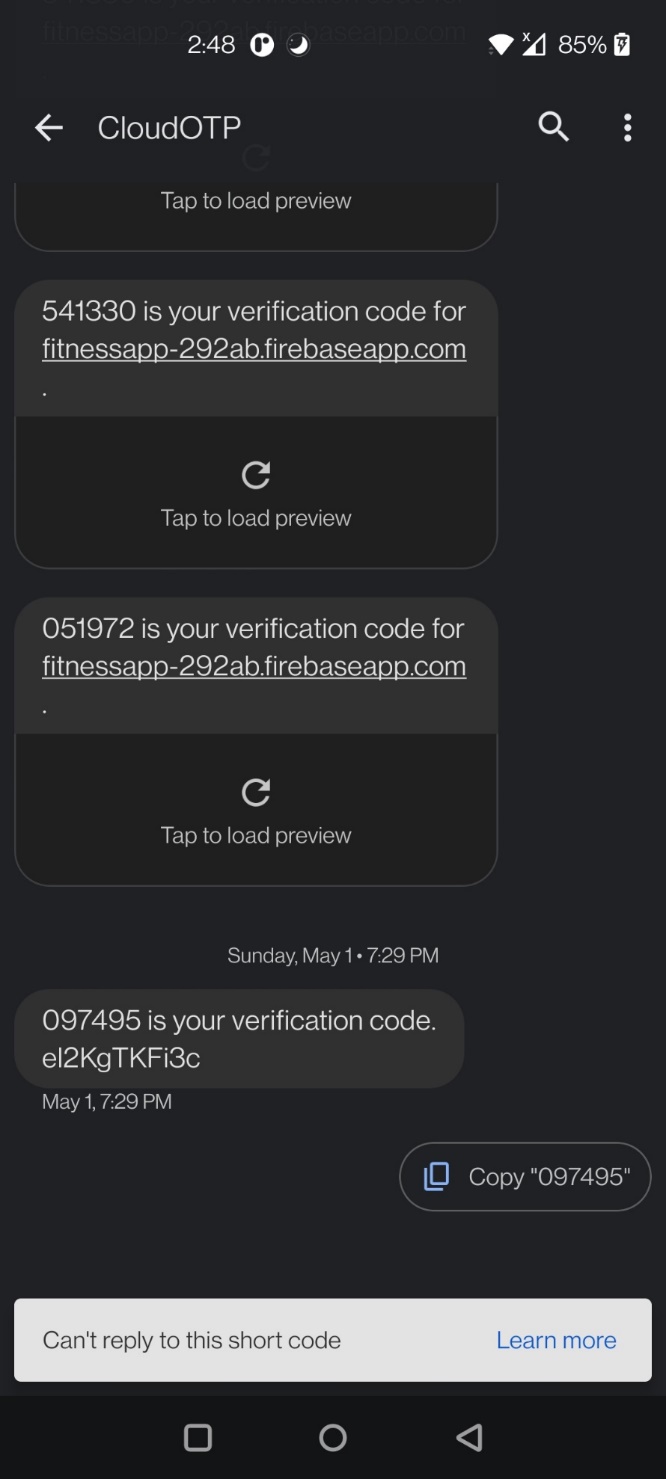
1. Once in the SIGNUP page you can fill the form with your details. Then press the button with the message icon to verify your phone number that you just entered. It will take you to the OTP page.



1. On arriving in the OTP page, you will be automatically redirected to a web page where you will need to confirm that you’re not a robot by completing the captcha.

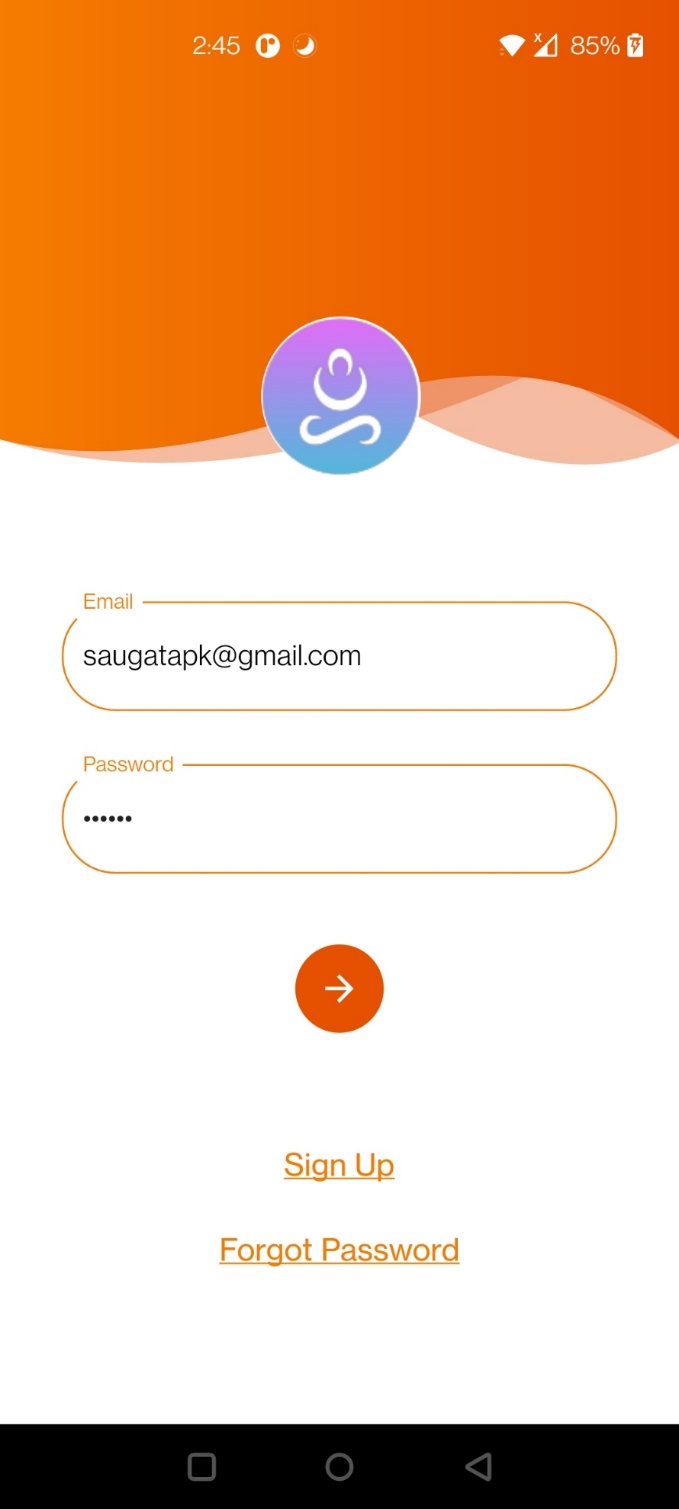
1. Then you will get a notification informing you about your OTP. If you don’t receive a notification, please check your phones message inbox.



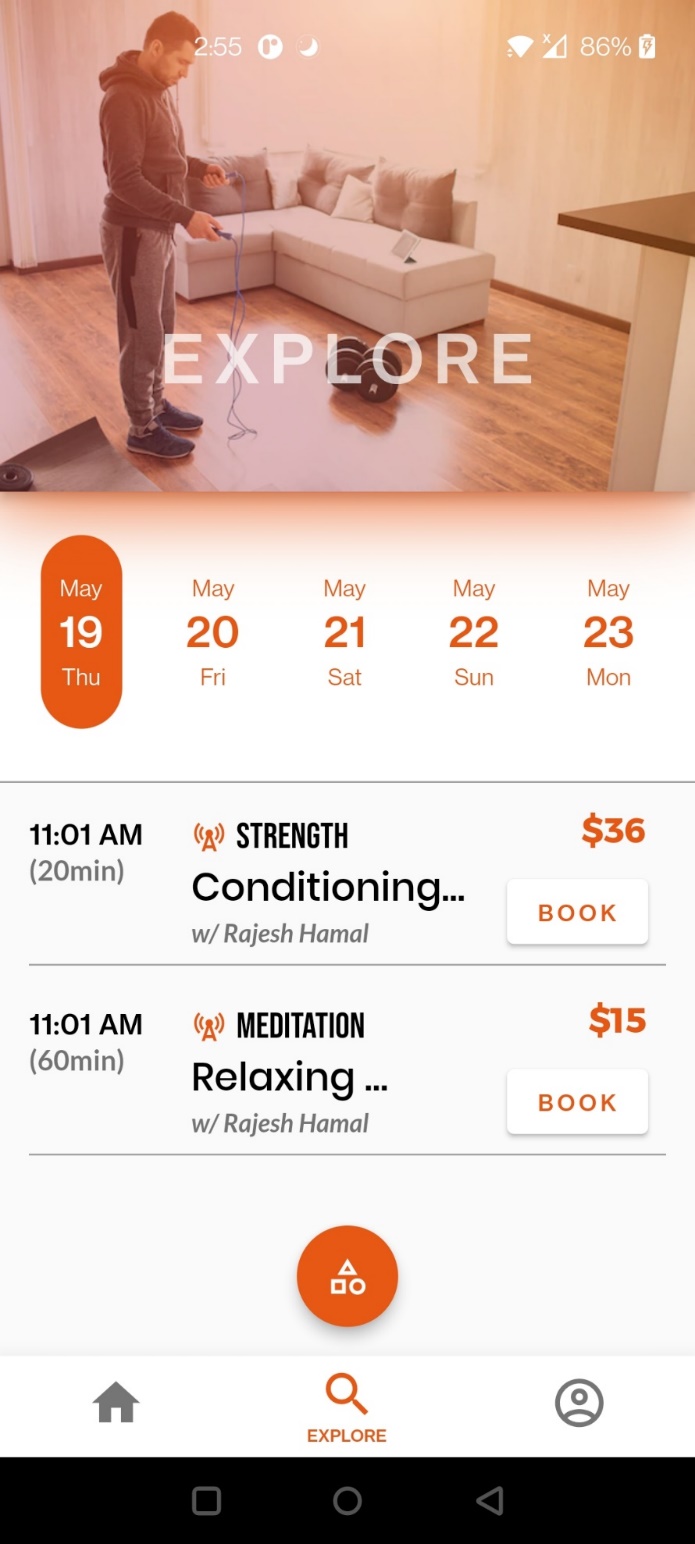
1. After filling the OTP and submitting it you will automatically redirected to the SIGIN page, where you can use your credentials to sign in.

**Email: saugatapk@gmail.com**

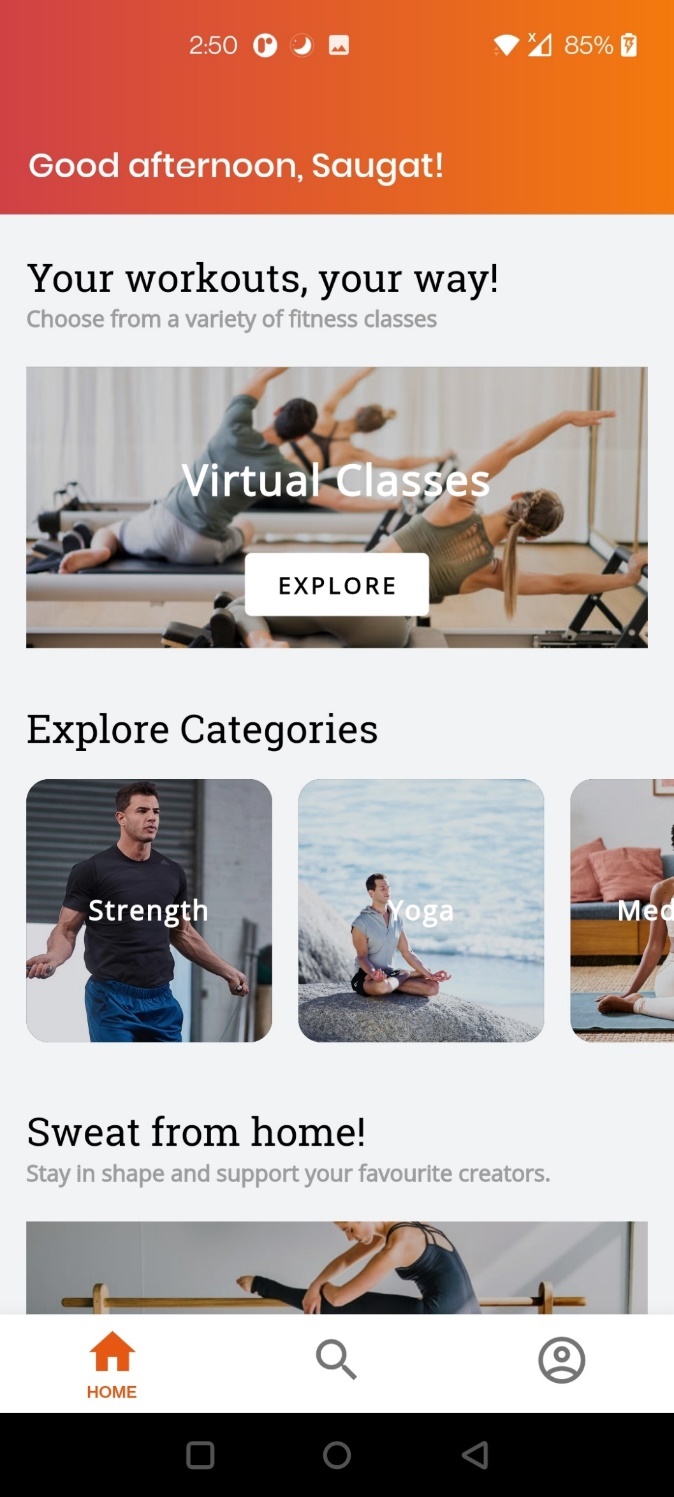
**Password: vile12**



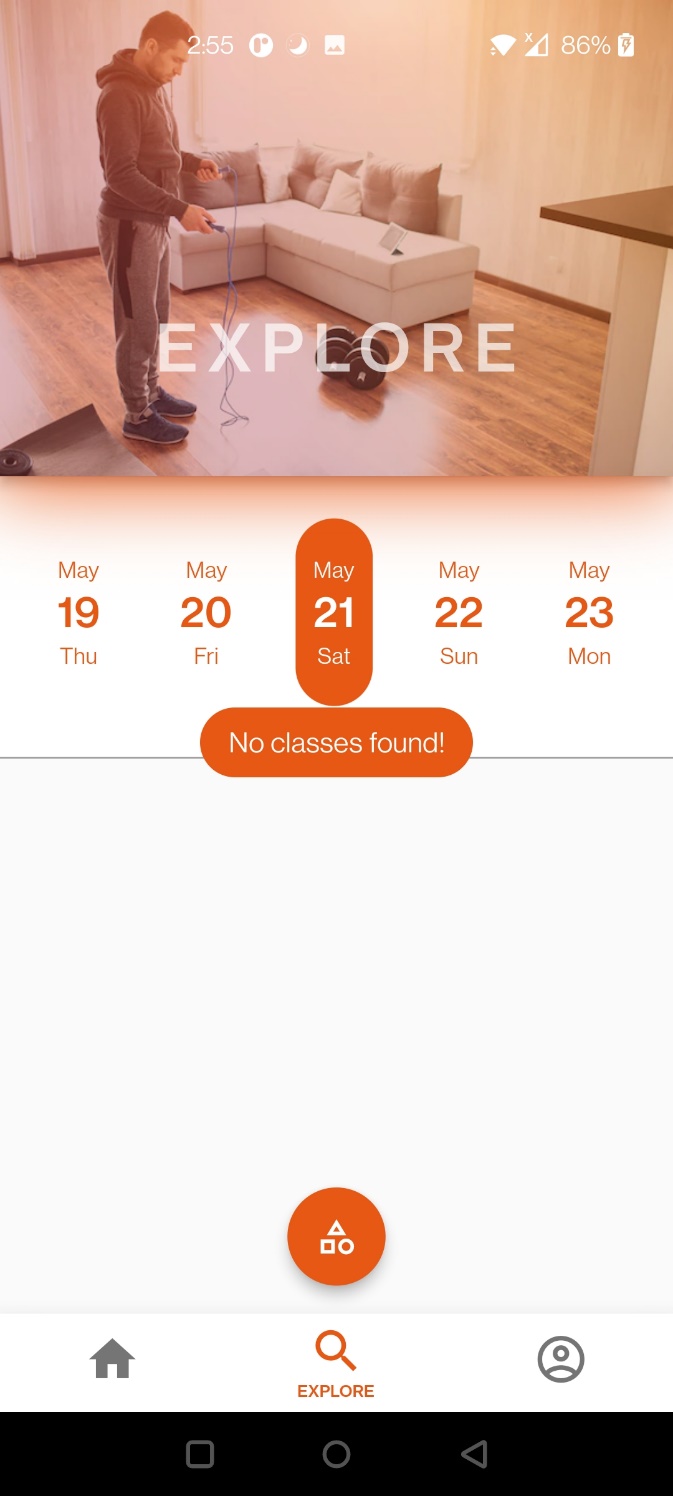
1. After signing in you will be greeted with the home screen which consists of two parts, first is the EXPLORE button which will take you to the explore page and next is the list of categories just below it, which will show you classes only of that category.



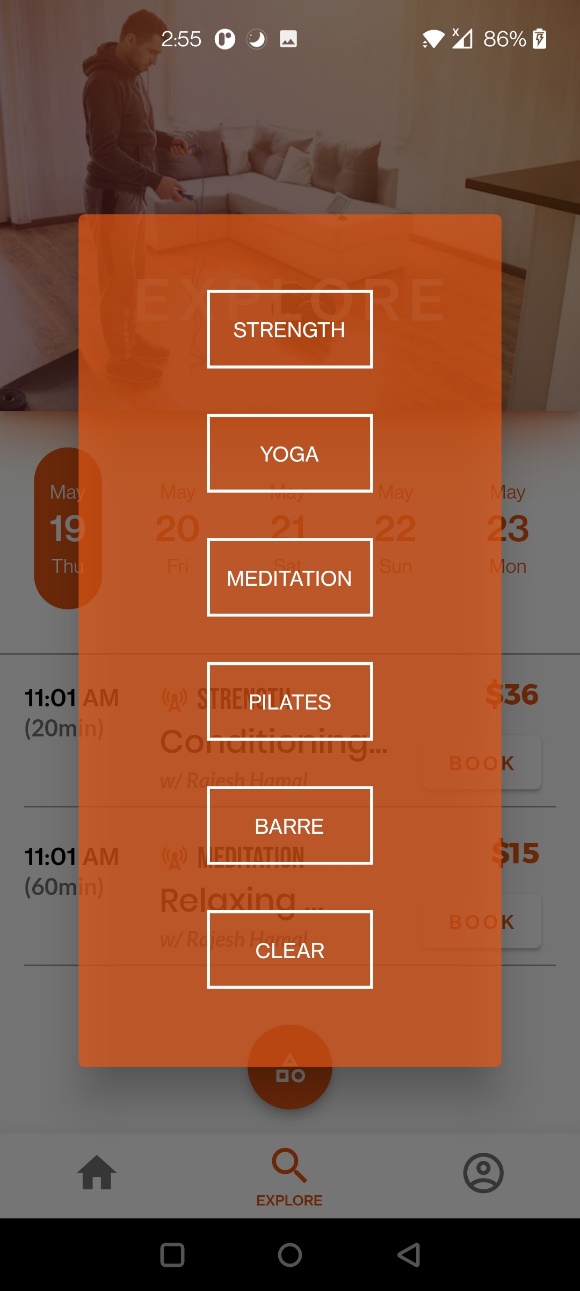
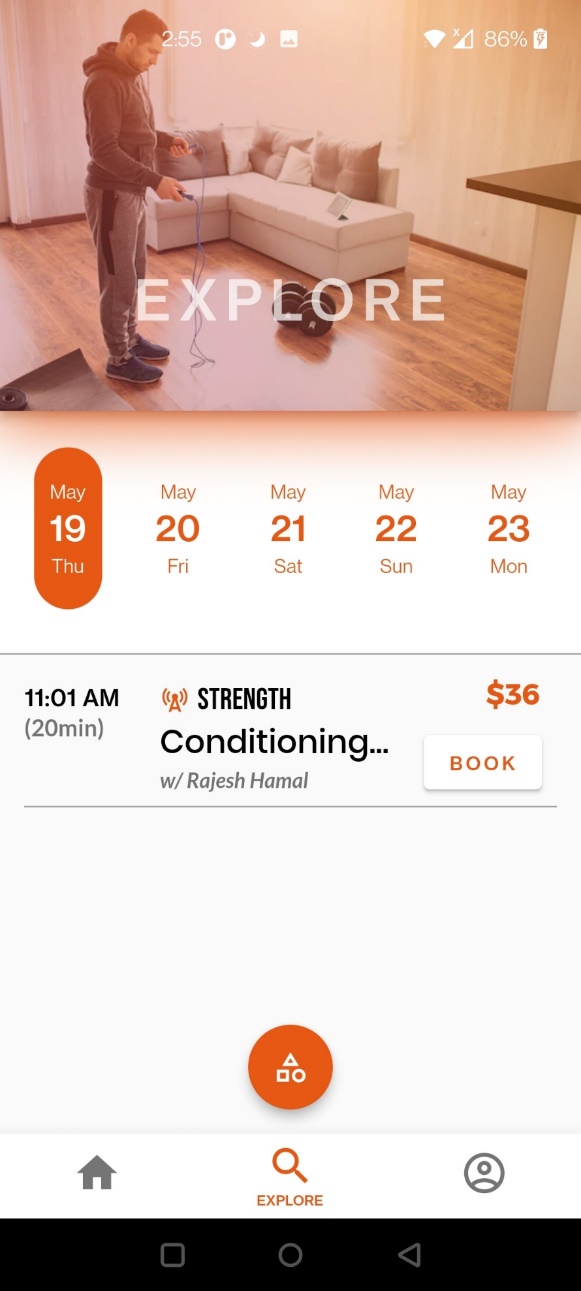
1. You can also navigate to the EXPLORE page using the bottom navigation bar. The explore page consists of lists of classes and their relevant info along with a BOOK button which when clicked books that particular class.



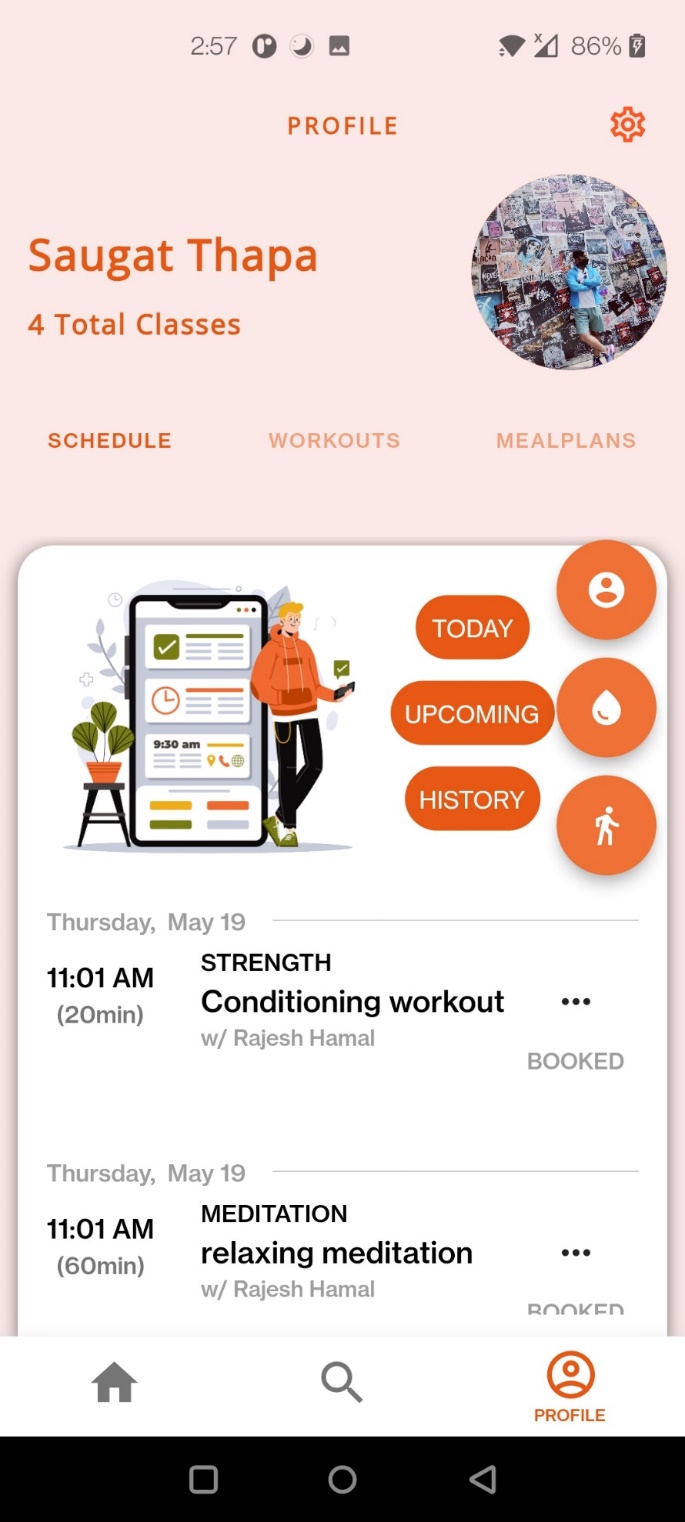
1. Above the list is a slider like list with different dated starting from today. You can click any of the dates to filter through classes according to the date.



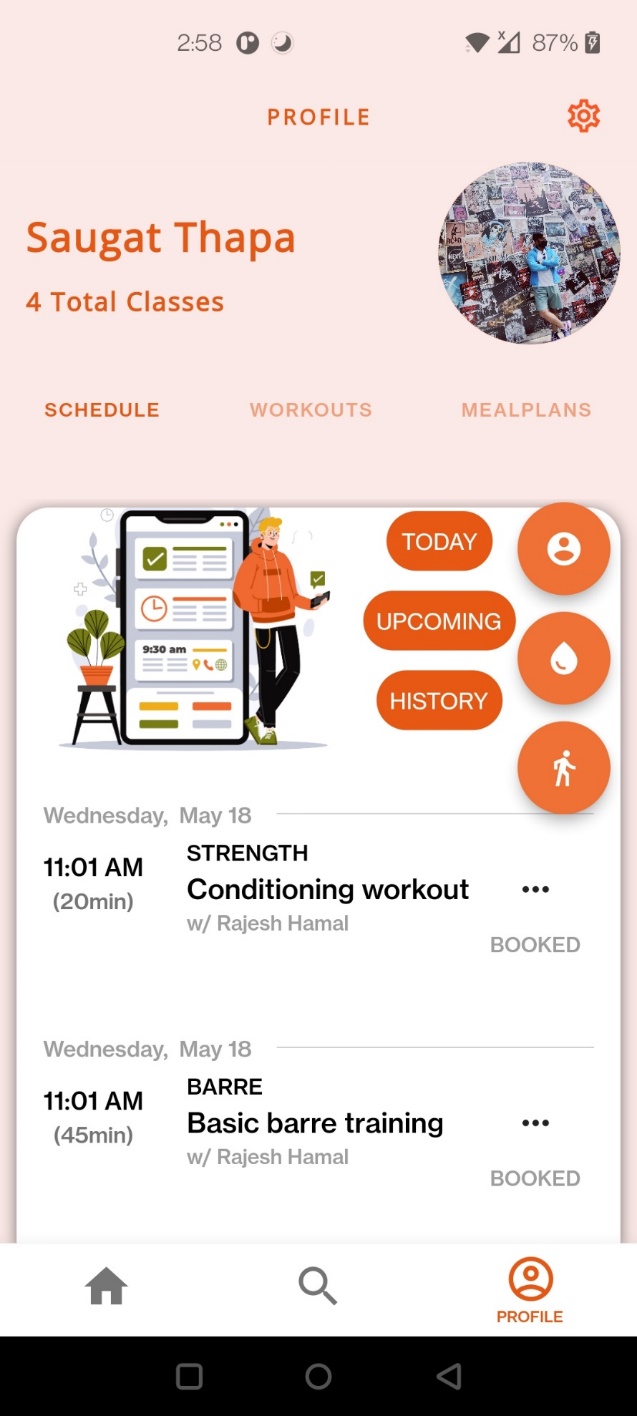
1. Lastly, we have the category filter button the bottom center of the page, when you click on it gives a pop up that gives you a list of categories that you can choose from. And this filter is persistent, meaning it will save your selection event after you leave the page.

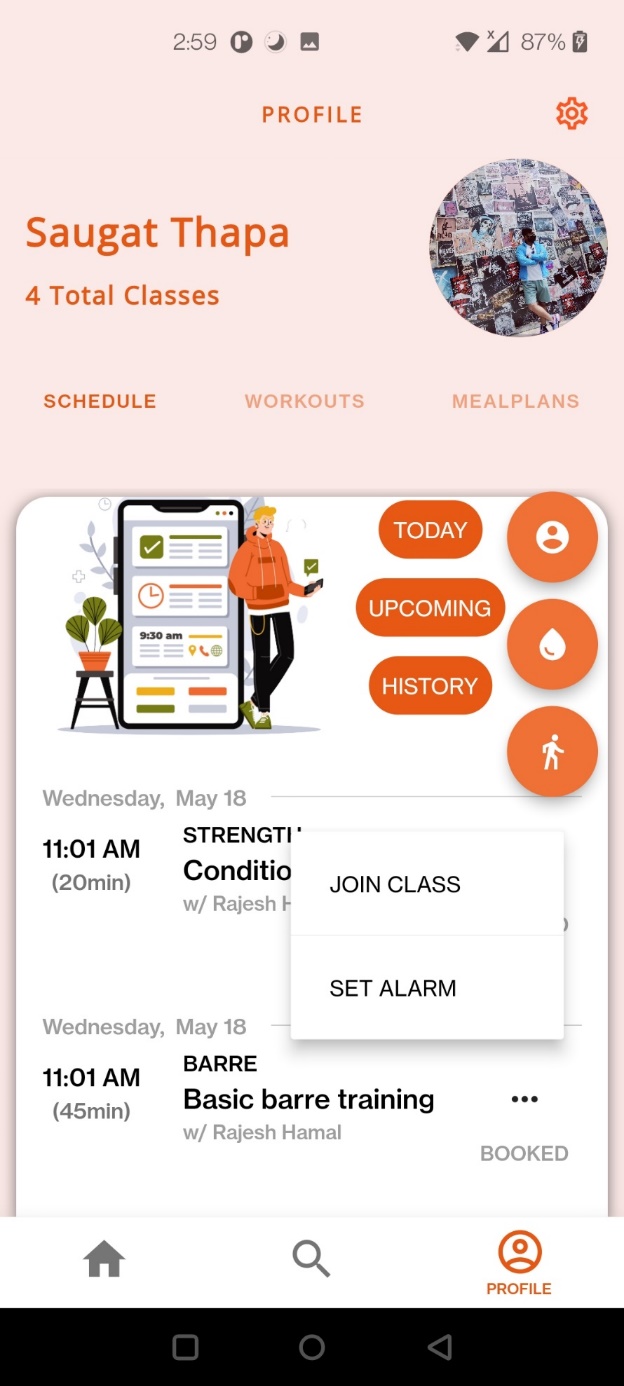
1. From the navigation bar clicking the icon on the far right will take you to the profile page. Starting from the top you can see your name and the total number of classes you have booked so far. And your profile picture on the right. Just below this you can see sections for SCHEDULE, WORKOUTS and MEALPLANS. On the middle right of the screen, you can find three floating buttons which will take you to your EDIT PROFILE PAGE and NUTRIENTS PAGE sequentially from the top. In the SCHEDULE section you can see all the classes that are going to be held today.



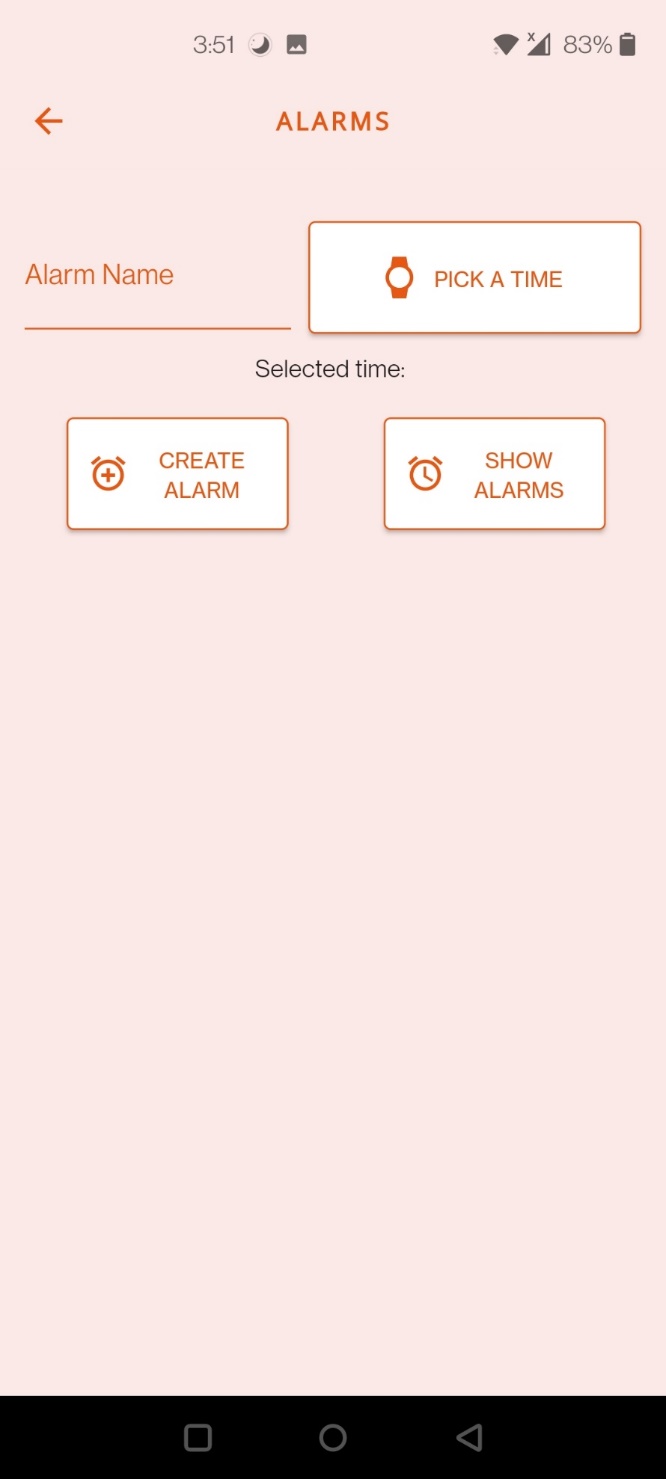
1. You can see the upcoming or all the classes that you have attended till date by clicking the UPCOMING and HISTORY buttons respectively.



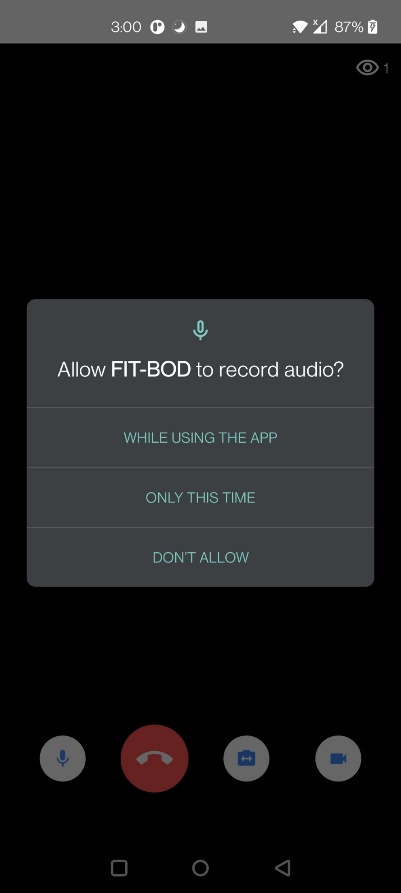
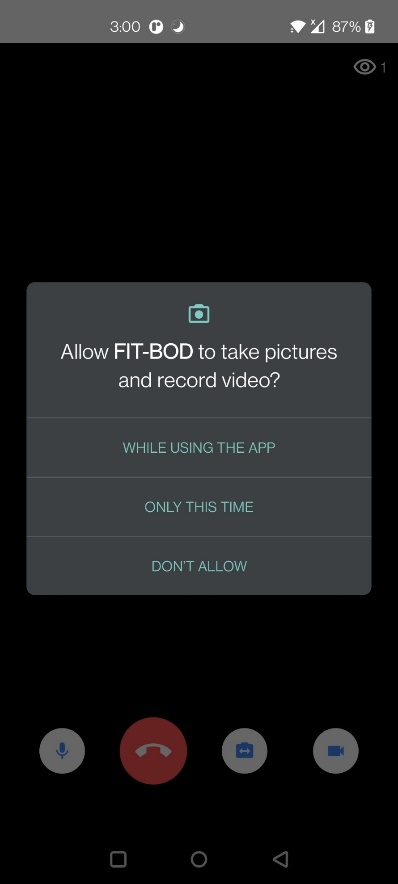
1. Each class has a menu item on the right side, where you can set an ALARM for the class or join the class through video call by clicking the JOIN CLASS button.



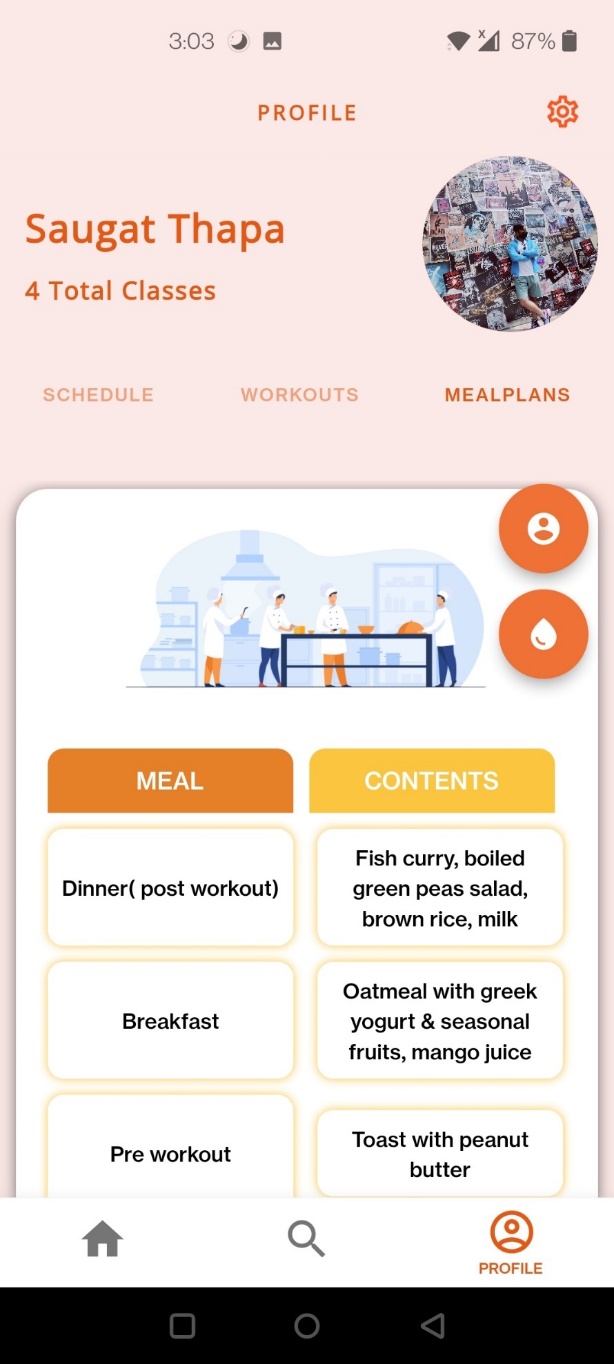
1. Clicking the SET ALARM BUTTON will open a page where you can create alarms on your local android device.



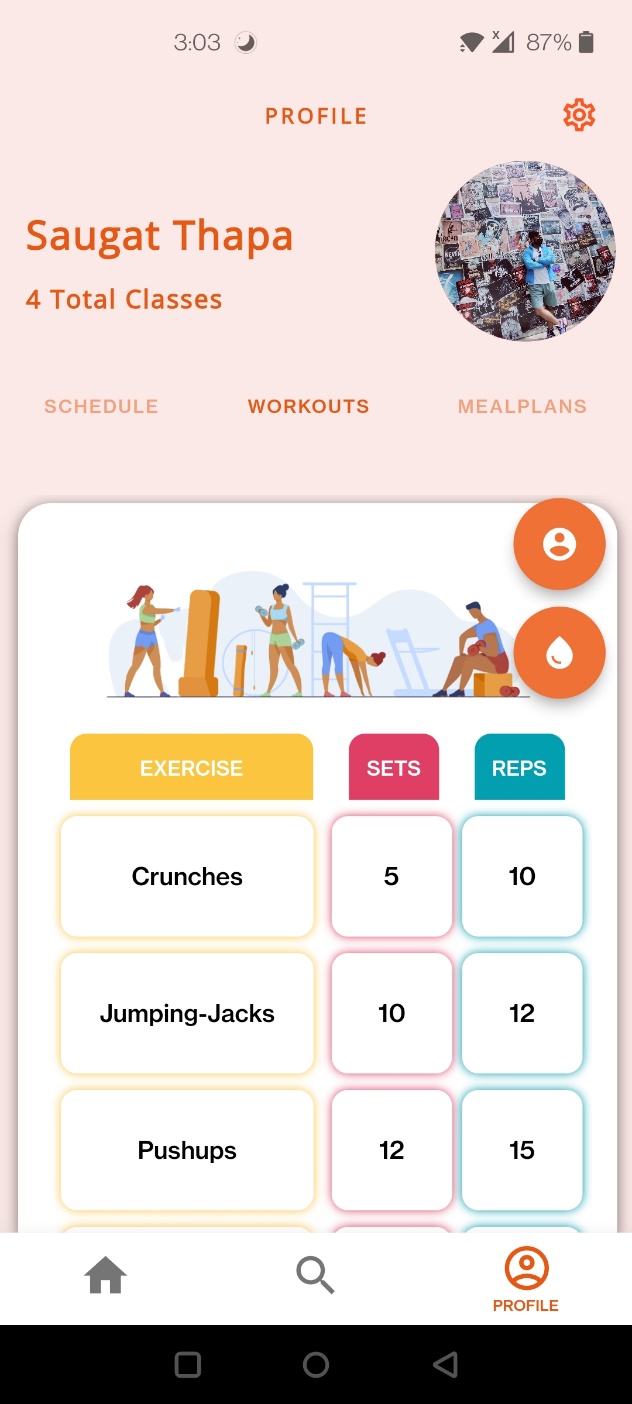
1. JOIN CLASS will take you to a video call where the trainer and other clients will join the call, but first you must give camera and microphone permissions.

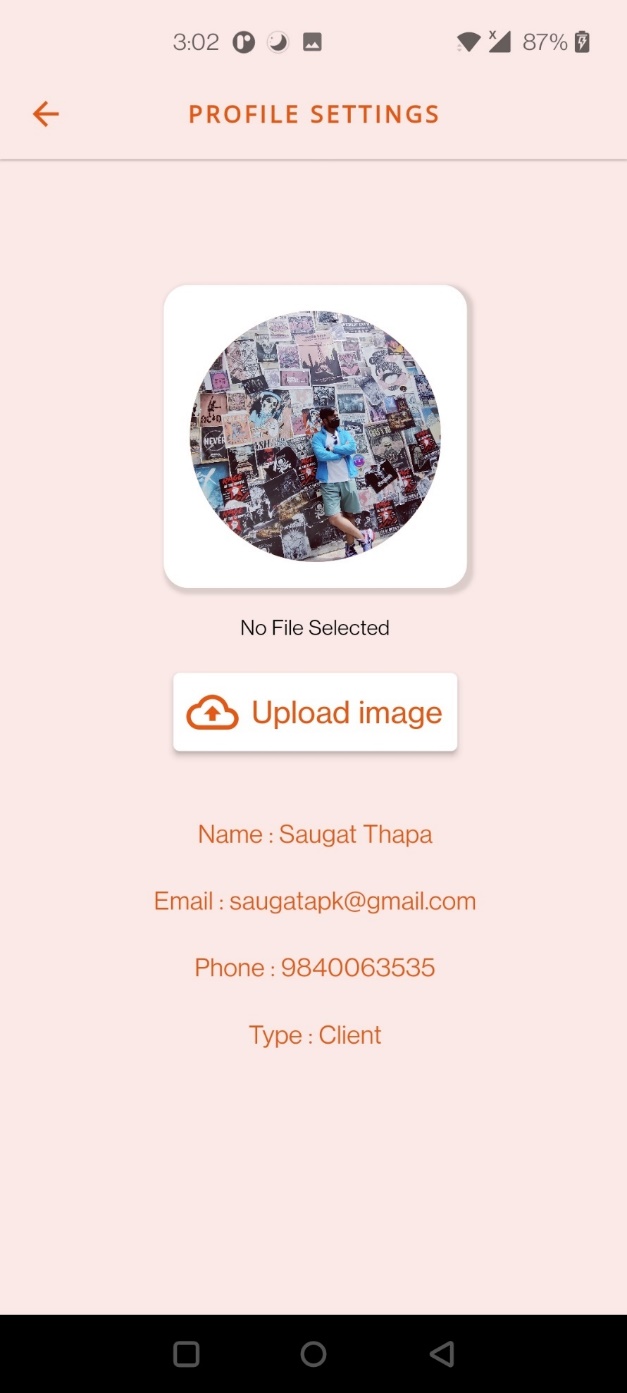
1. The WORKOUT section contains all the workouts if provided by the trainer or else will be empty.



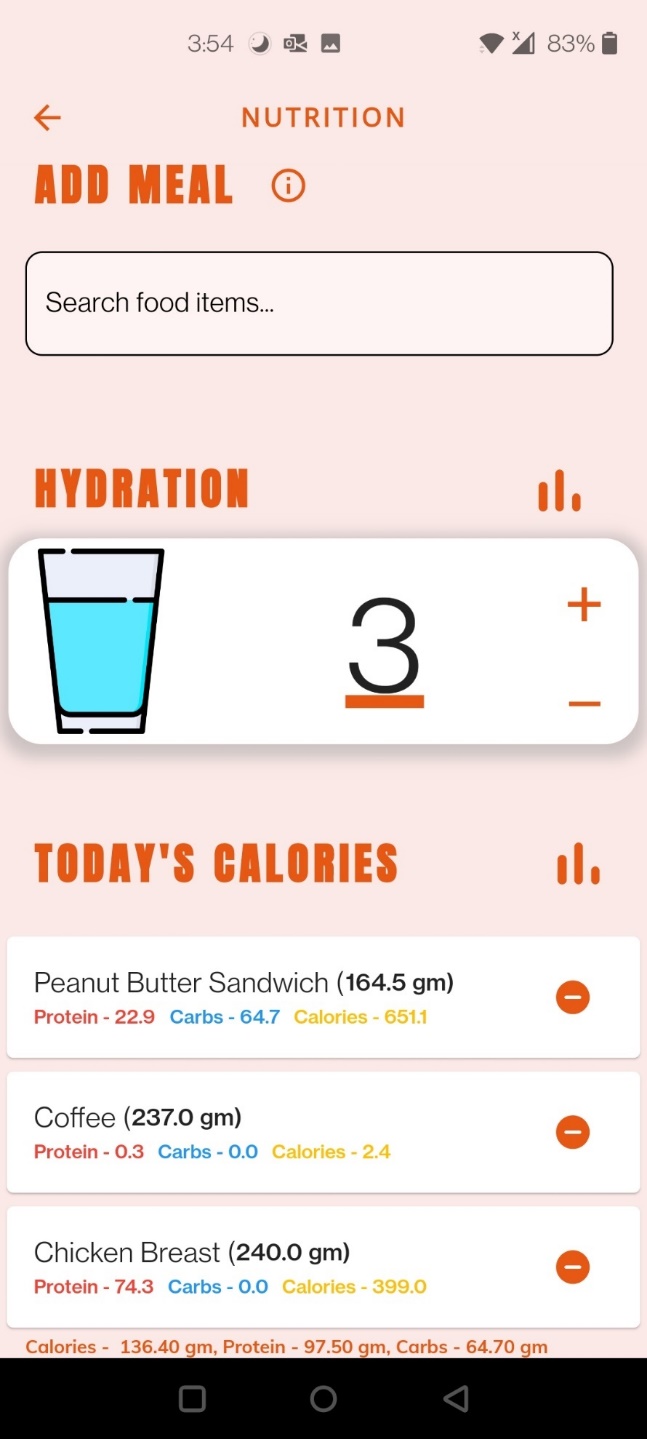
1. Similarly, the MEALPLANS section will display all your meal plans if provided by the trainer.



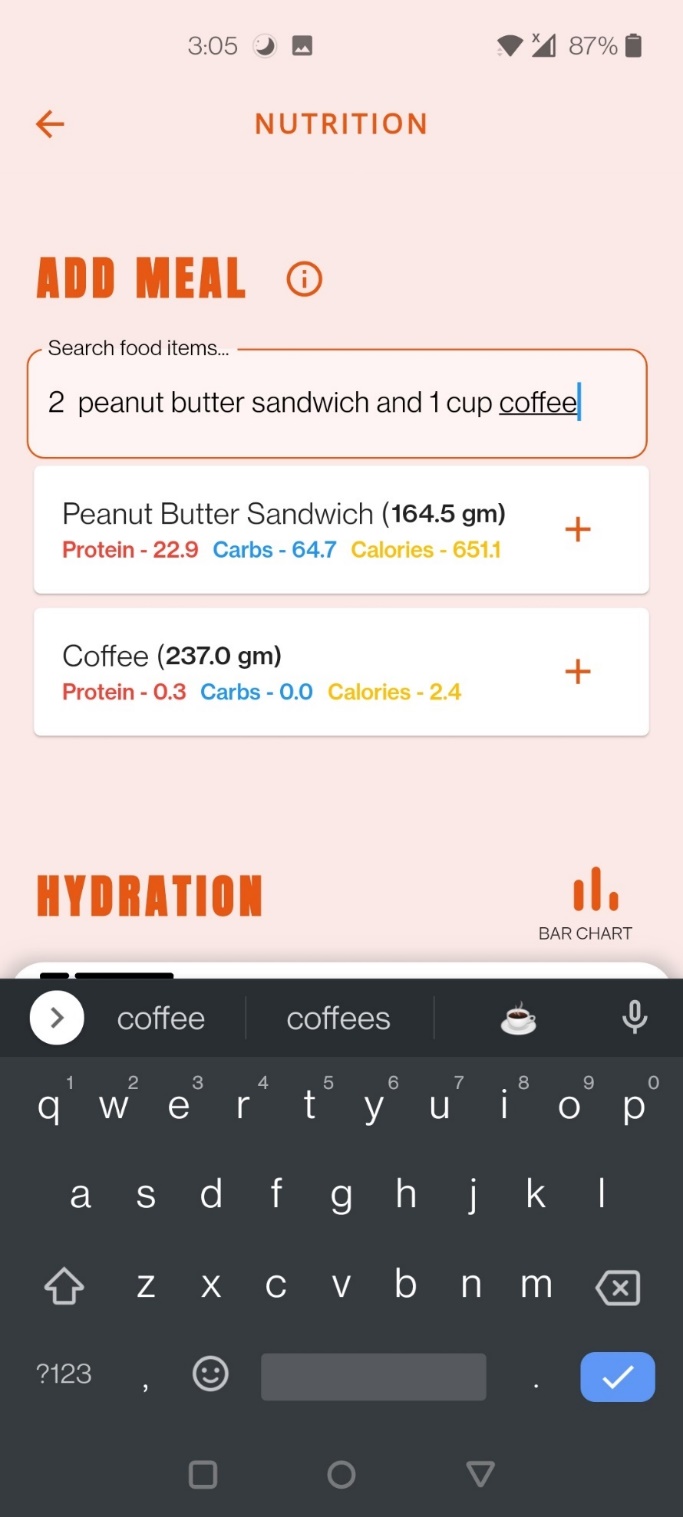
1. Pressing on the PROFILE floating action button will take you to a page where you can change your profile image.



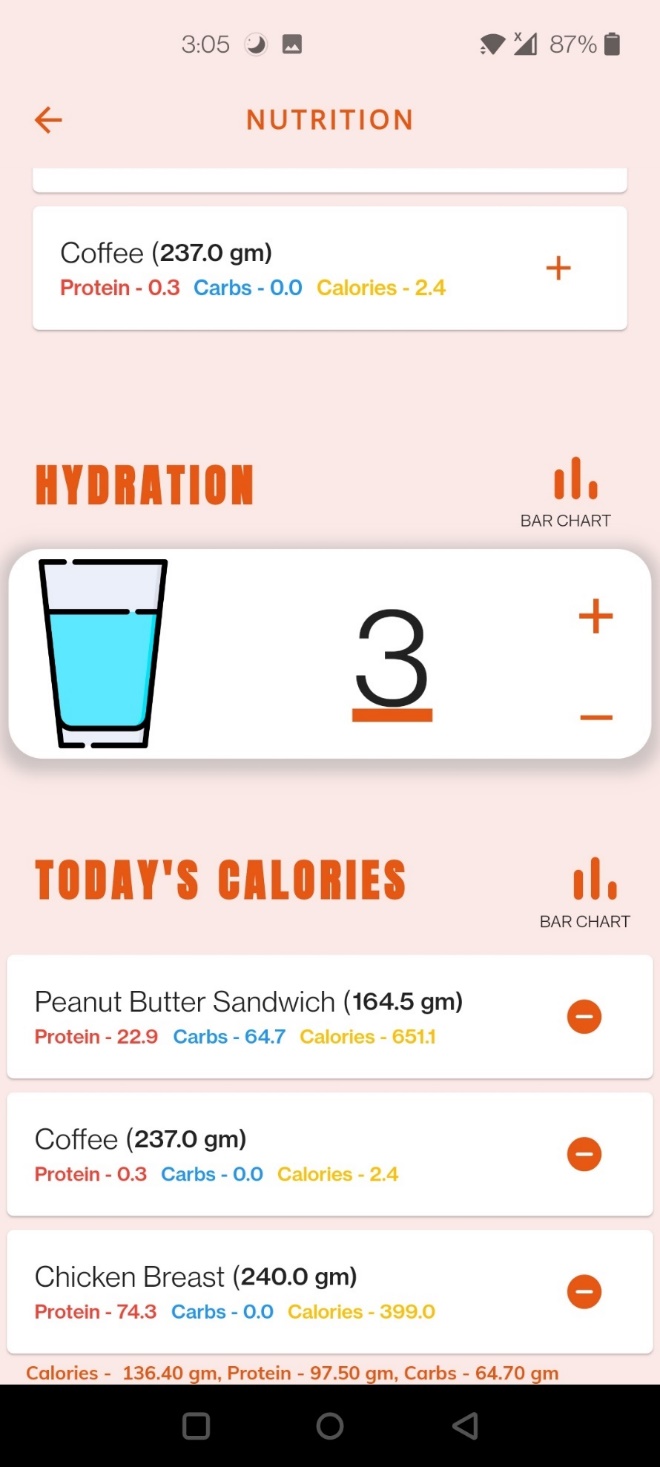
1. Pressing on the floating action button with the water drop icon will take you to your DAILY NUTRITION PAGE.



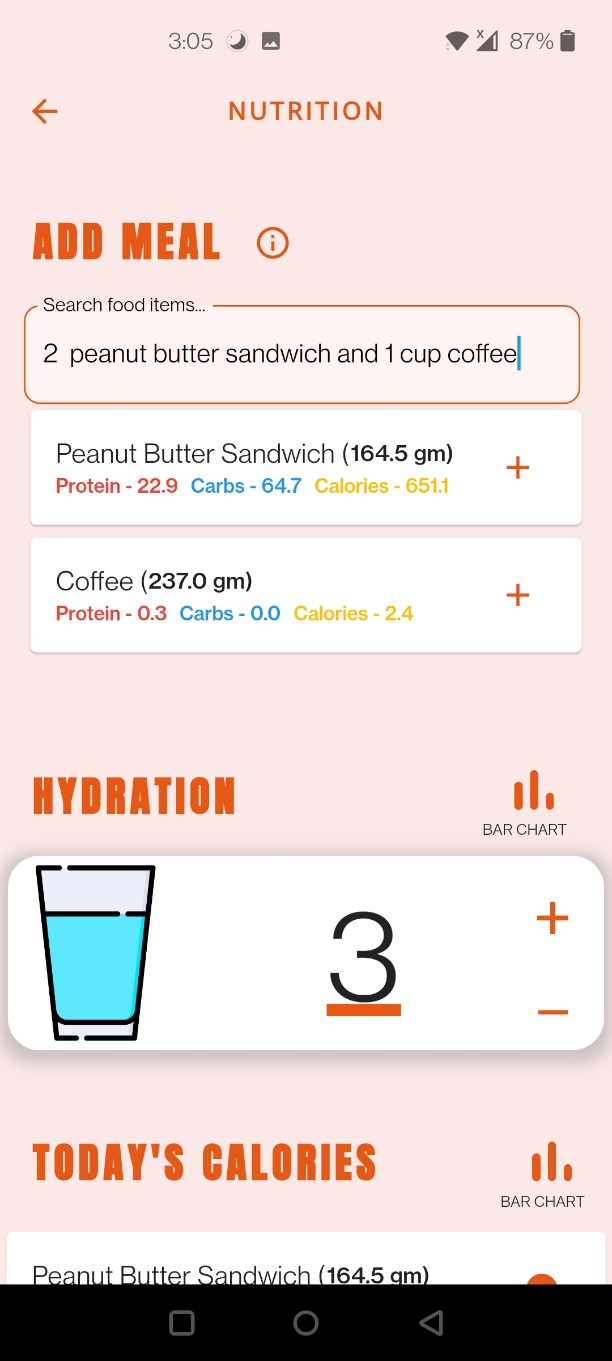
1. On the DAILY NUTRITION PAGE, beginning from the top, first you have a input box where you can enter the food item of your choice and get the nutritional value for the same. Then it is recommended that you add it to your daily calories by pressing the add icon that appears on the right of every food item.



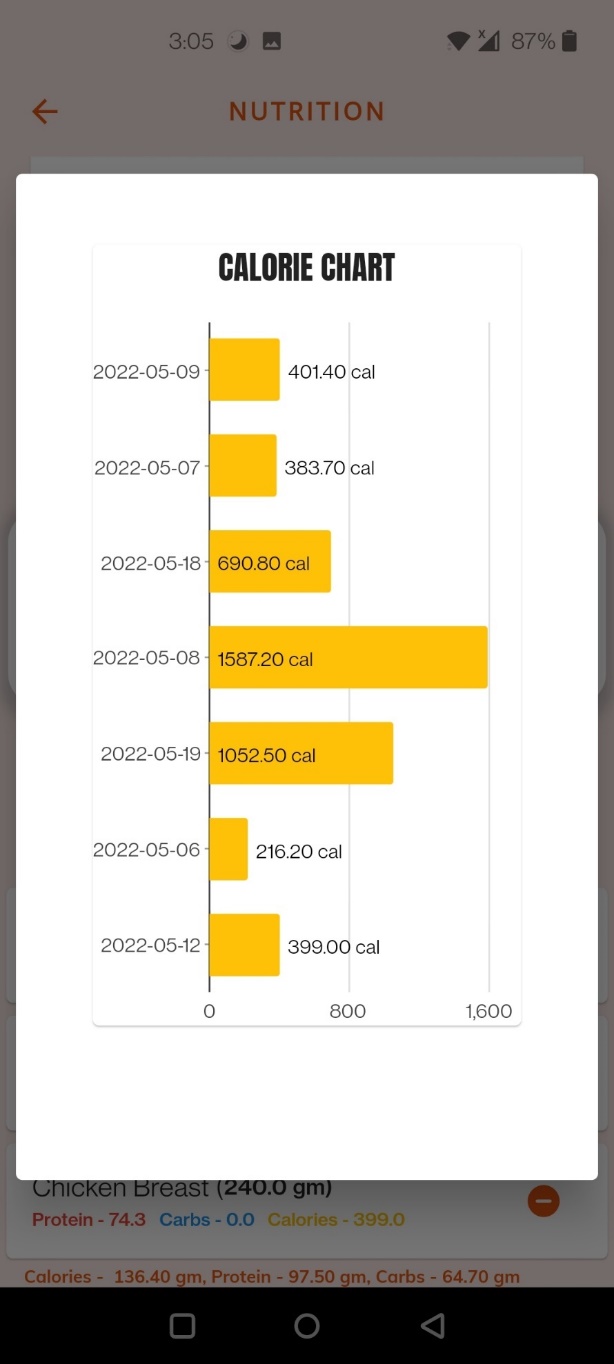
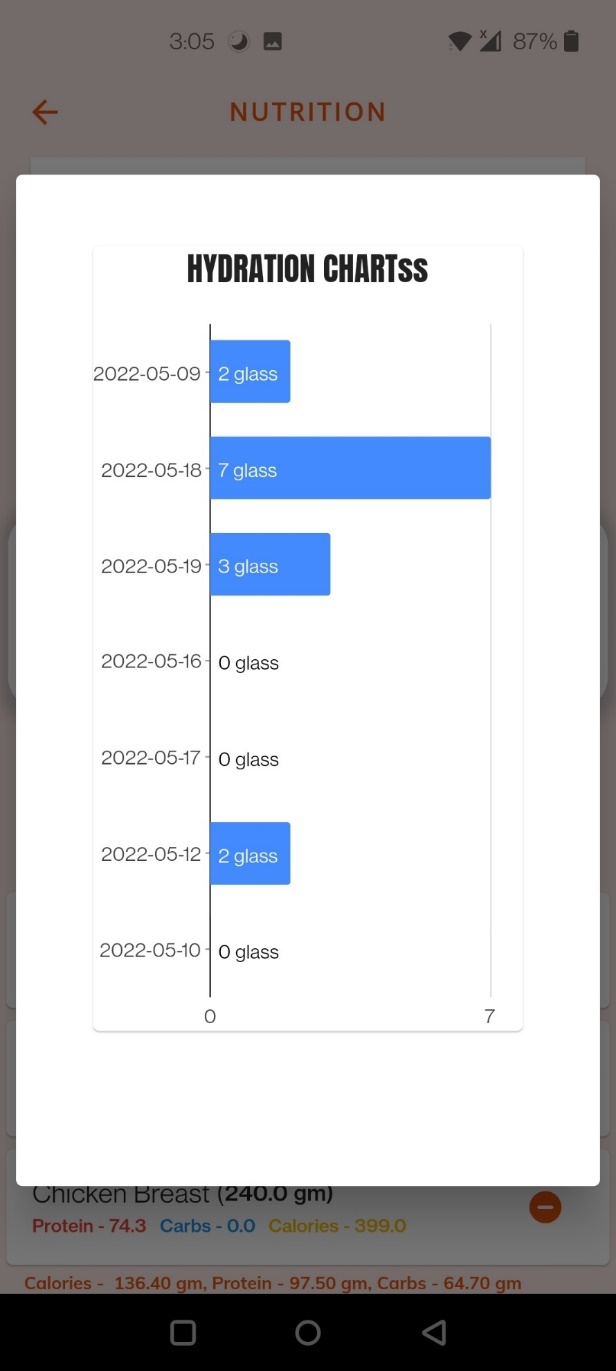
1. Below this there is a section where you can track the number of glasses of water that you drink throughout the day.



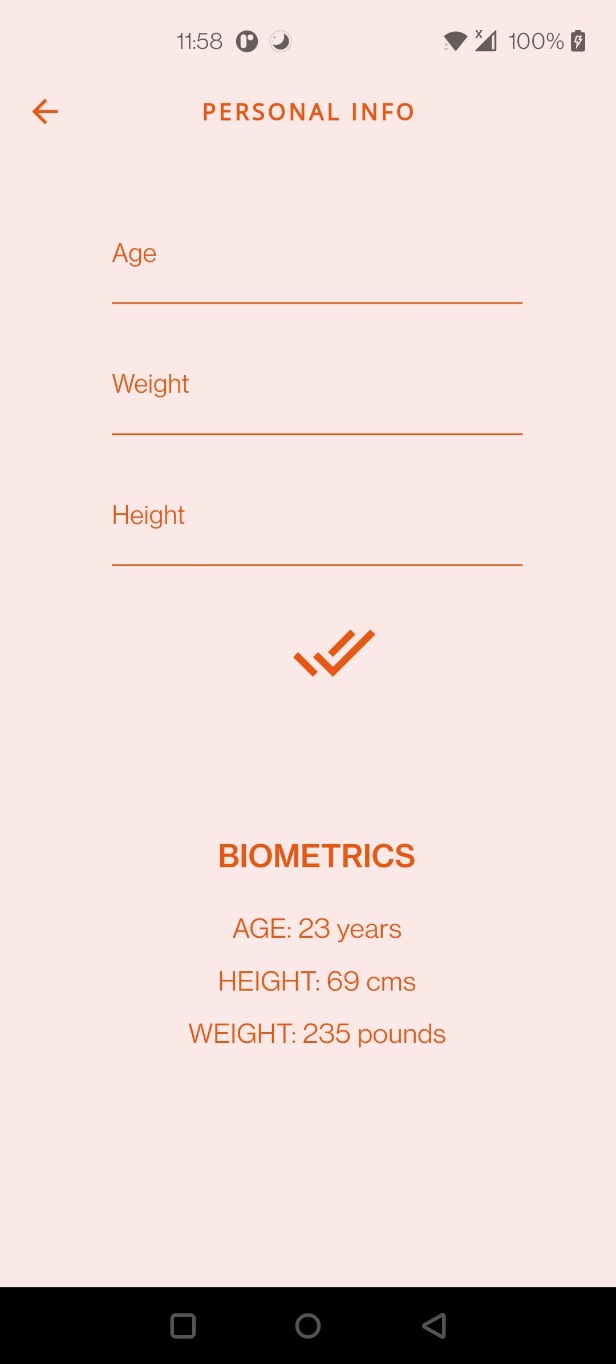
1. Further below you can find all the food items that you added to your daily calories and their respective nutritional value and the TOTAL calories at the bottom of the list



1. You can view hydration and calorie charts for the last 7 entries by clicking the bar icons.

1. The settings page contains the **PERSONAL INFO** section which opens the page where you can update your biometrics



1. The SETTINGS page can be accessed by pressing the settings icon on the top right corner of the page. You have an option to create alarms from here too and the exit button is also situated at the top right corner of this page. After clicking on the sign out icon the app will ask you to confirm your action.

