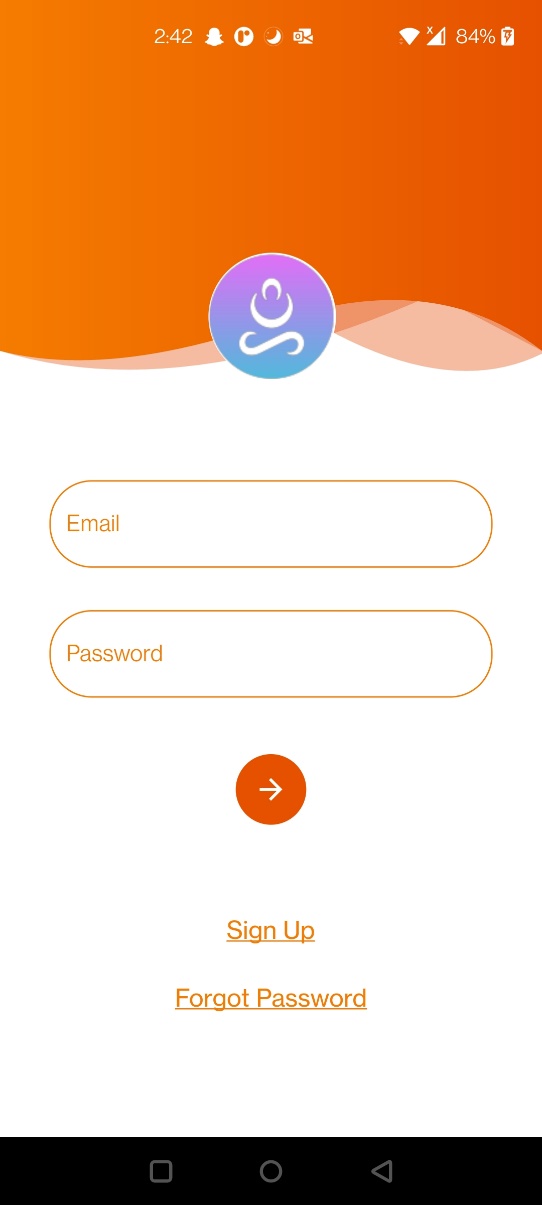
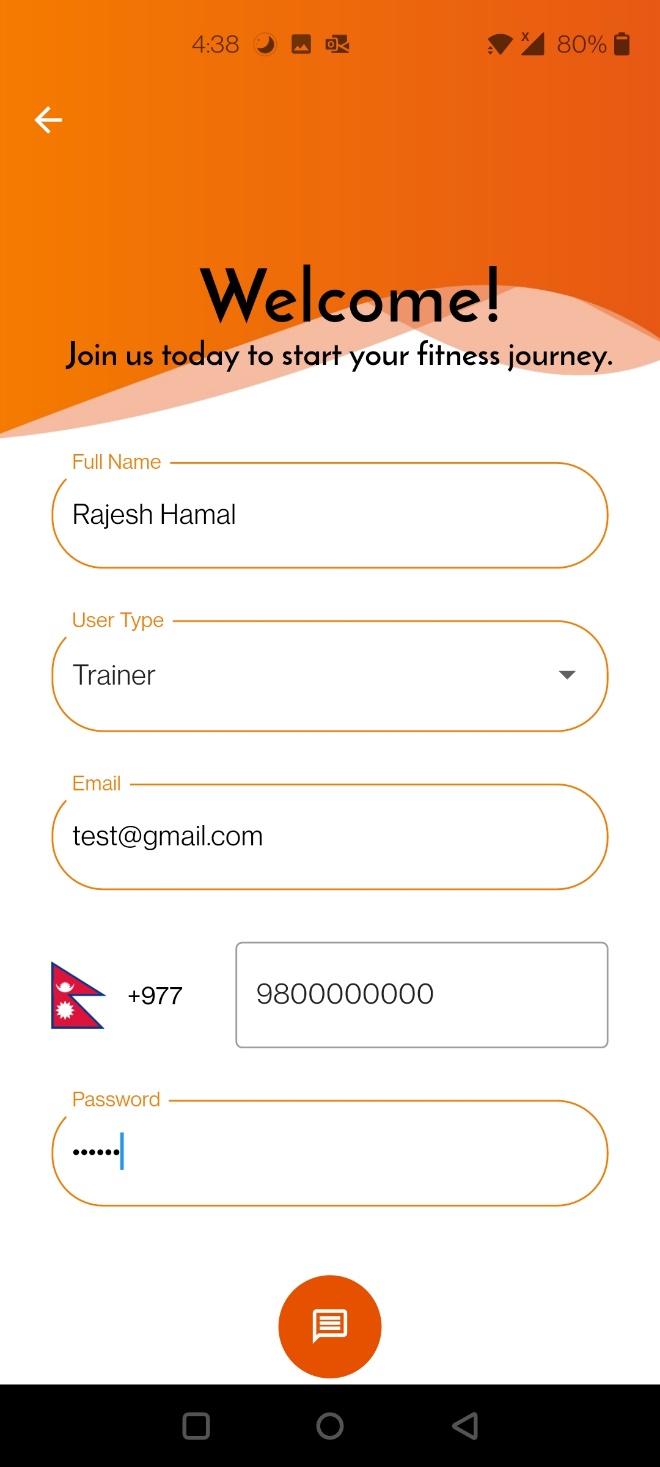
**TRAINER GUIDELINES**

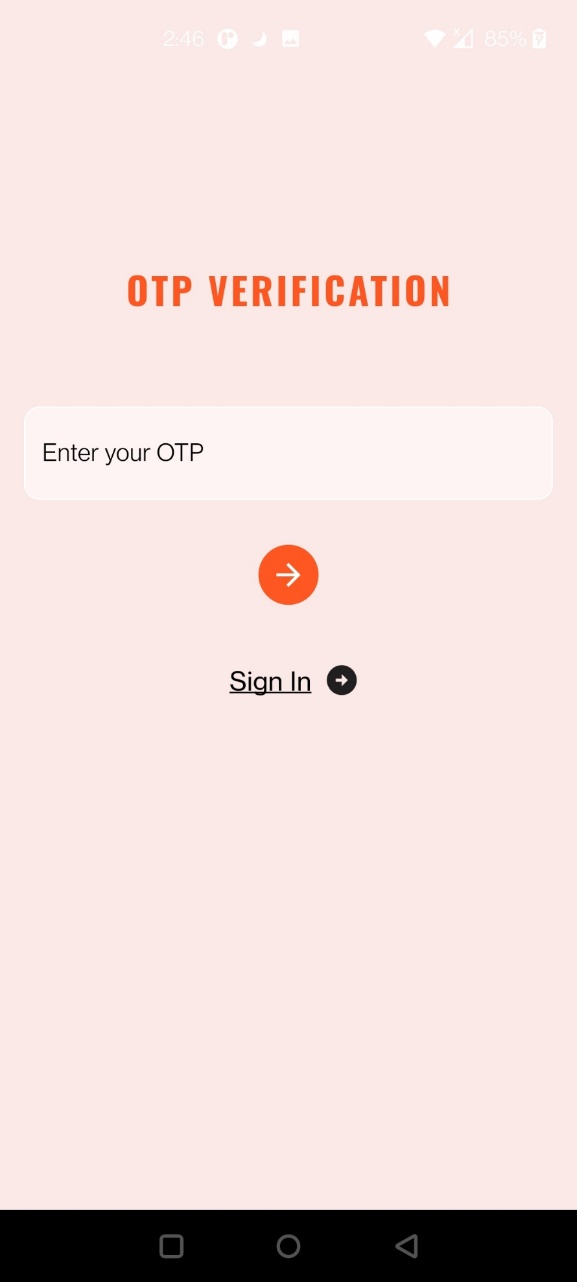
1. When you first open the app, you will see the SIGNIN page. Near the bottom of the page is located a button called signup that will take you to the SIGNUP page, click on it.

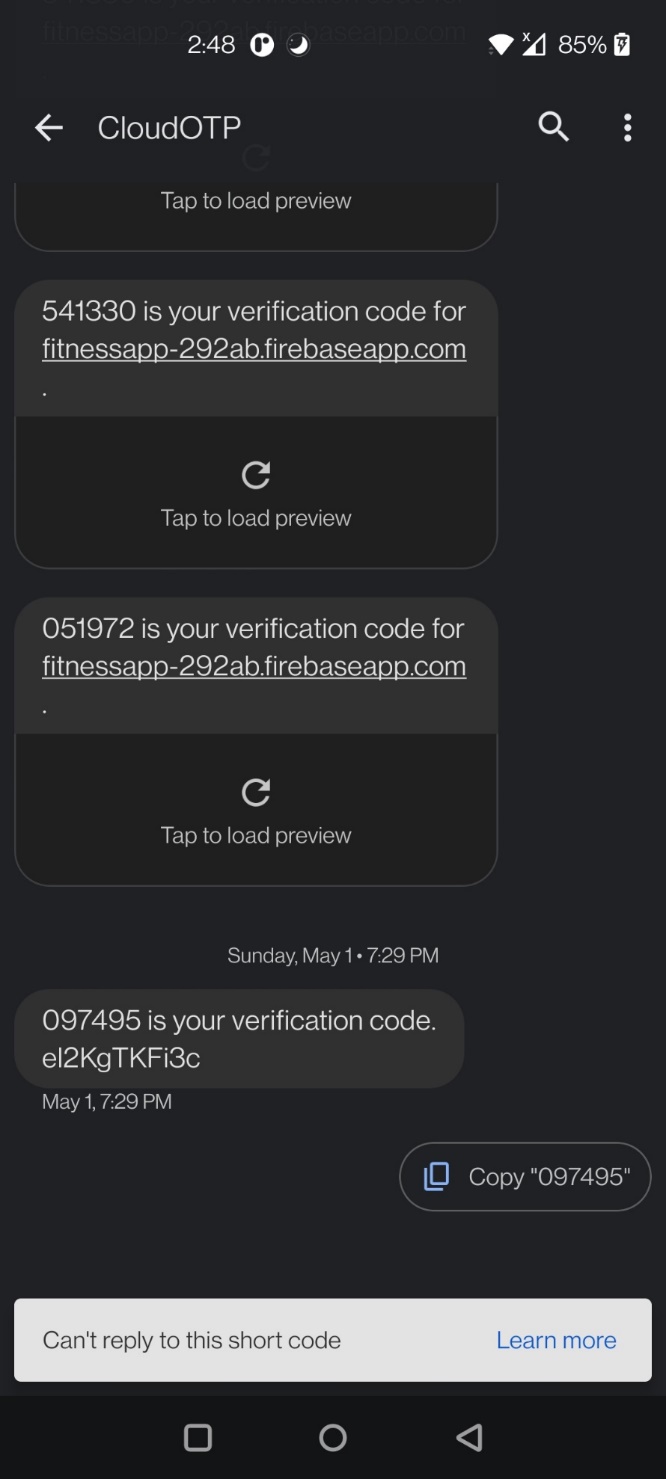
1. Once in the SIGNUP page you can fill the form with your details. Then press the button with the message icon to verify your phone number that you just entered. It will take you to the OTP page.



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.

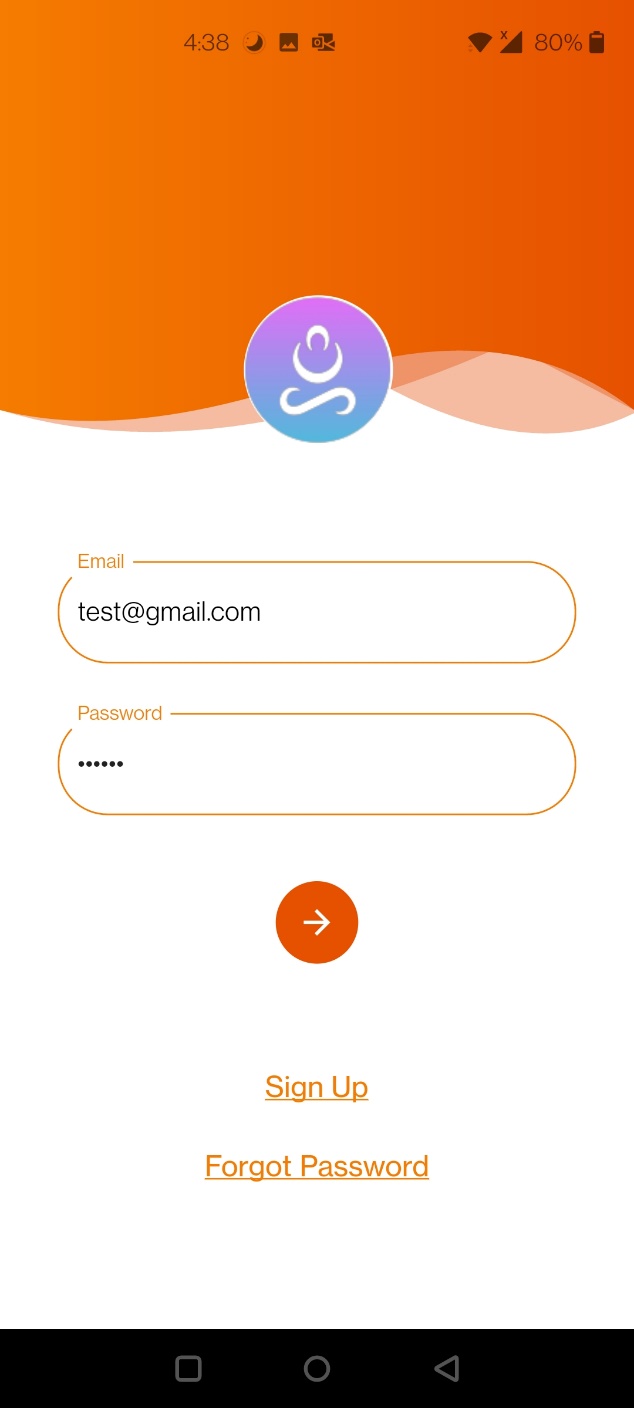
1. Then you will get a notification informing you about your OTP. If you don’t receive a notification, please check your phones message inbox.



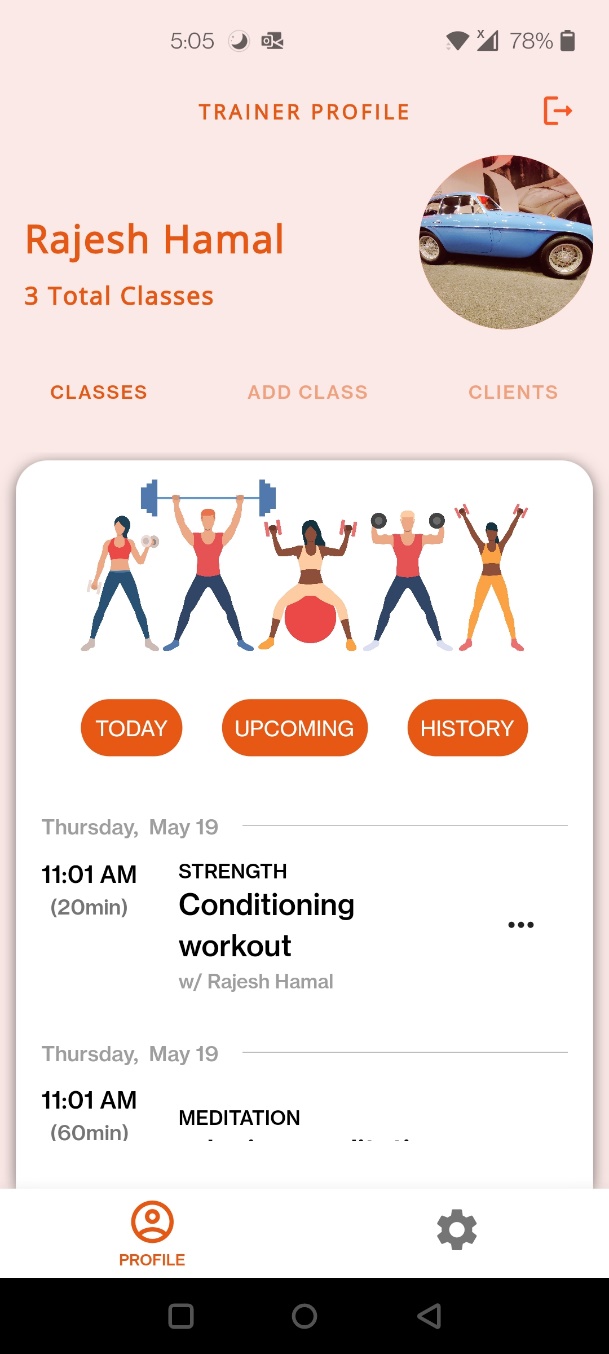
1. After filling the OTP and submitting it you will automatically redirected to the SIGIN page, where you can use your credentials to sign in.

**Email: test@gmail.com**

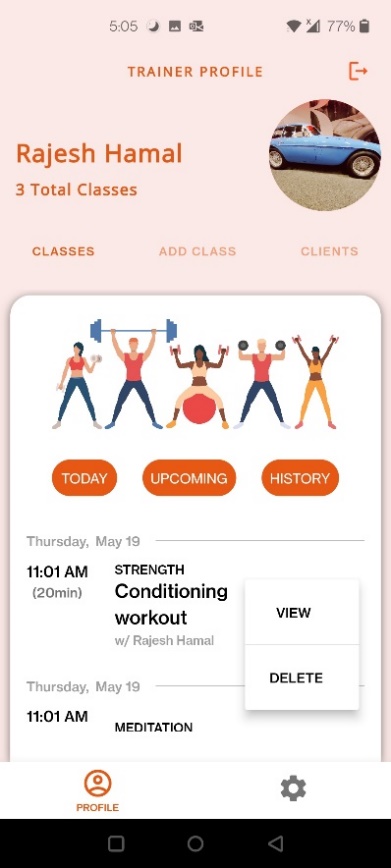
**Password: 000000**

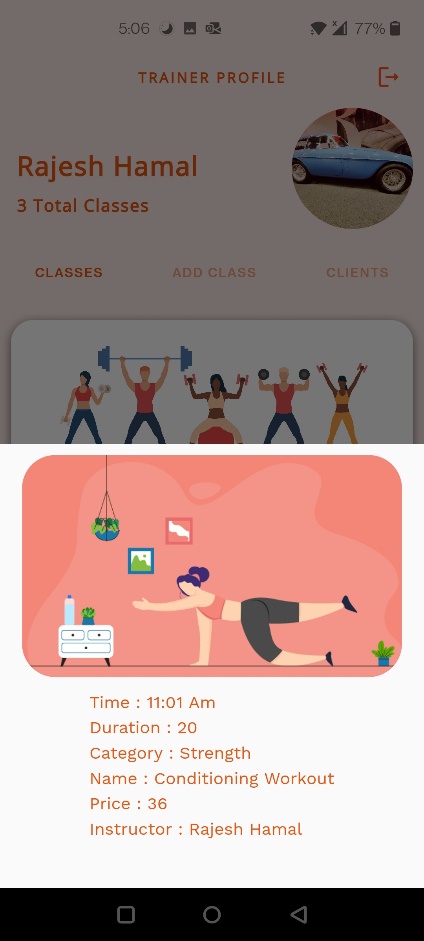
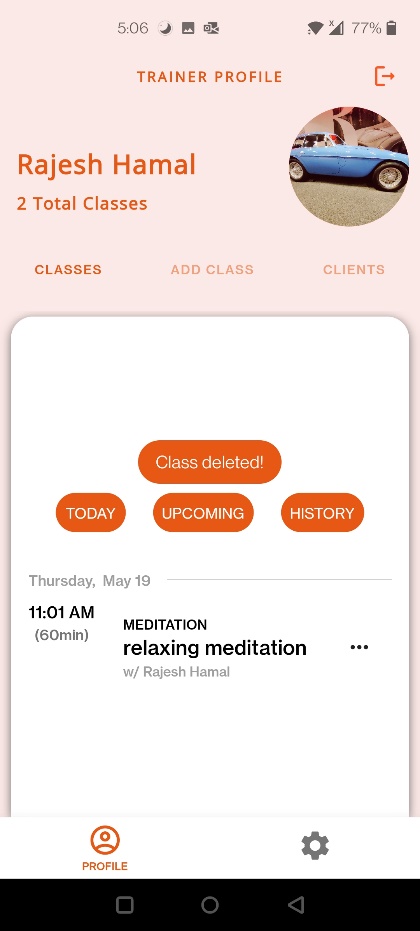


1. Once the trainer signs in their PROFILE page will first be visible. Starting from the top of the page we can see the trainer’s name and the number of classes they have created till date. To the left of this the trainer’s profile picture can be seen.

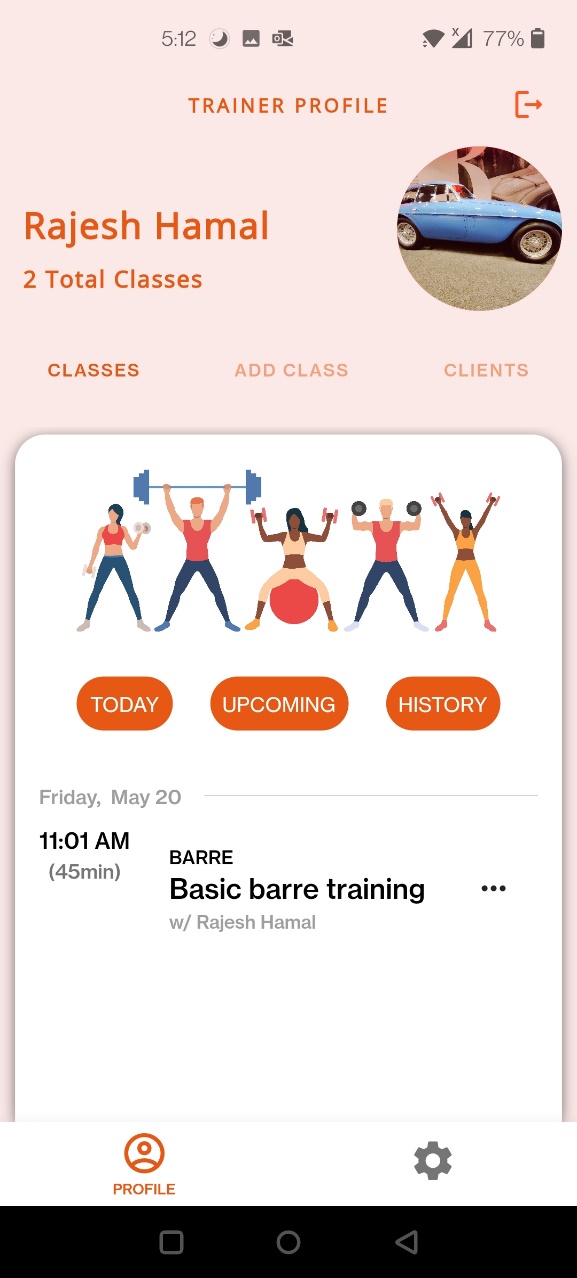
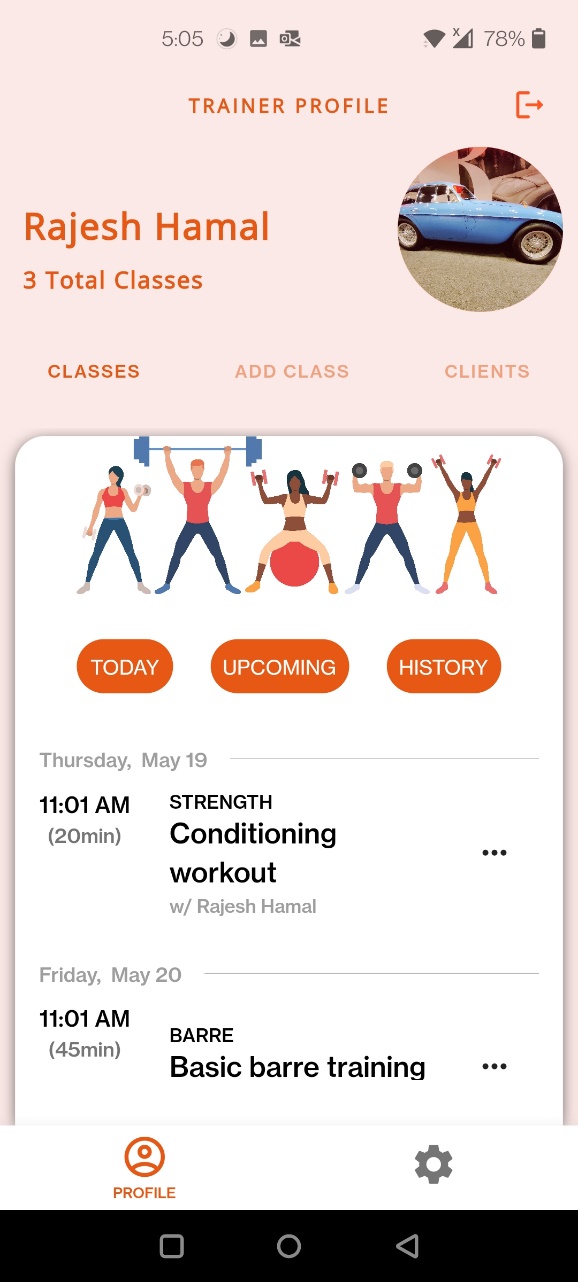


1. As soon as the trainer logs in he/she can view today’s classes. Each class has a menu to the right when clicked will display a pop-up where the trainer can either view class details or delete a class.

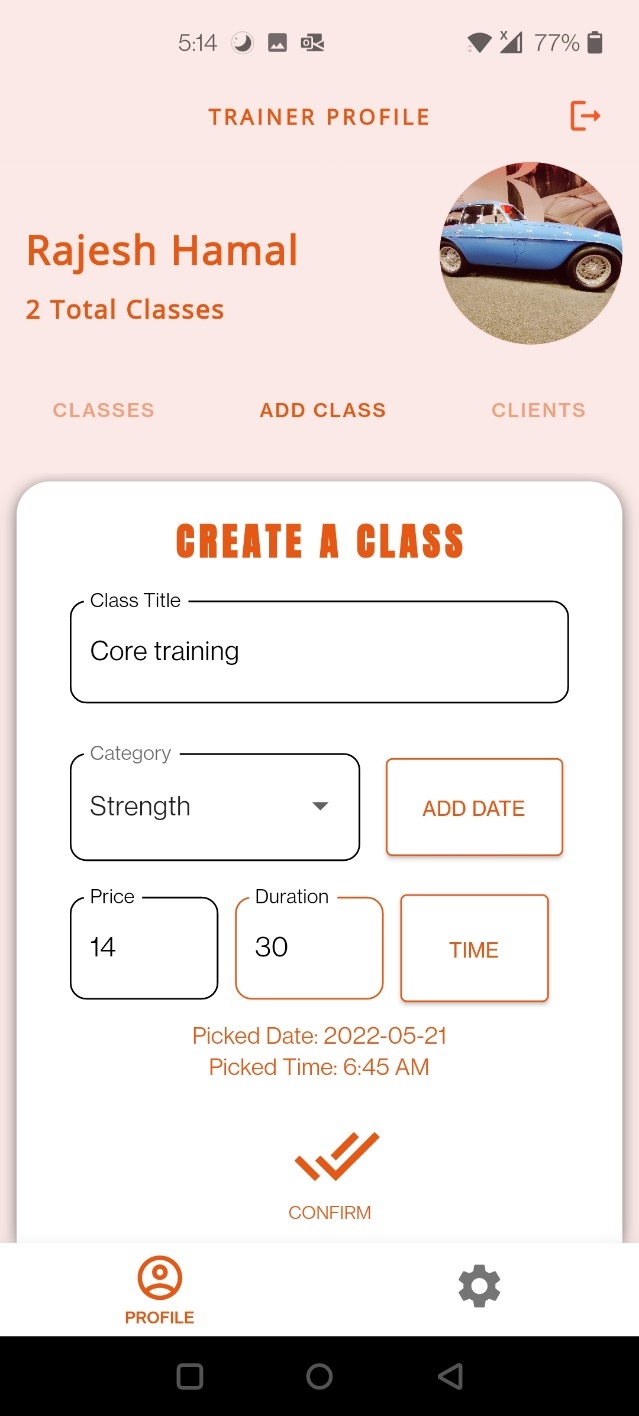


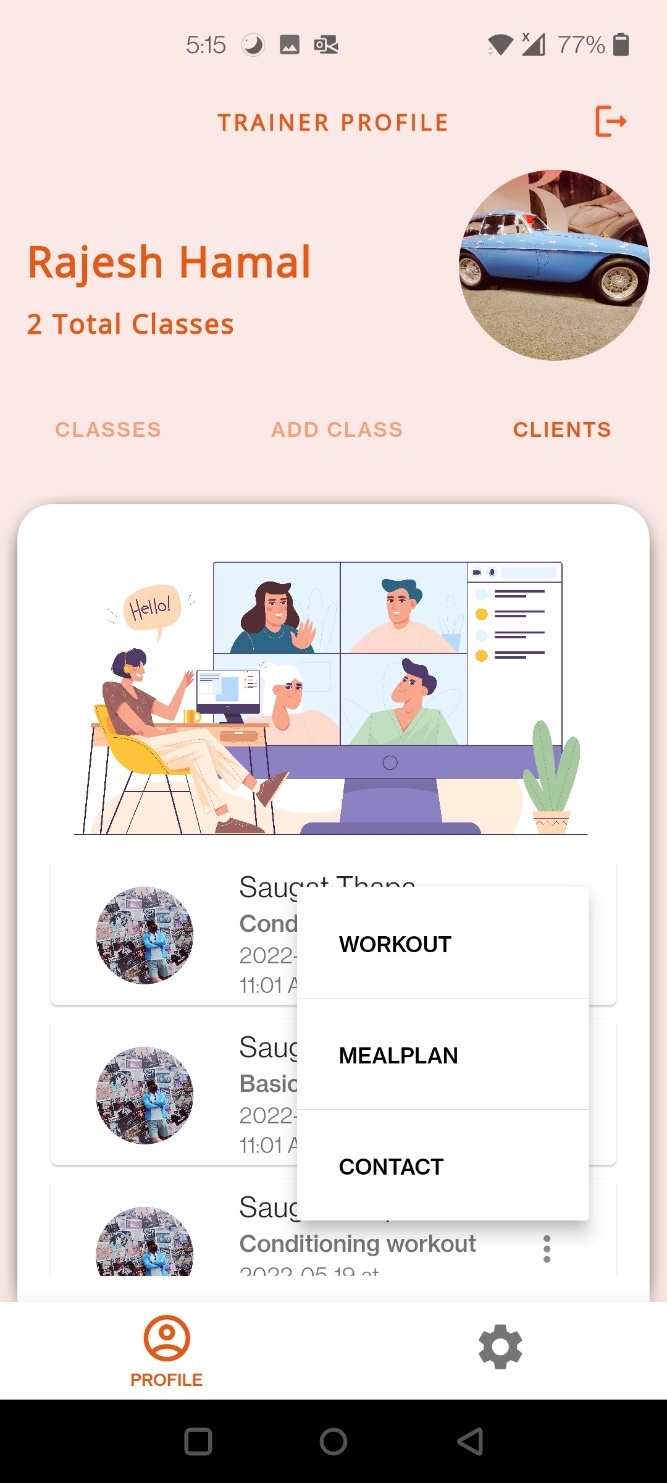
1. Similarly, all the classes ever created or upcoming classes can be viewed in the same way by clicking the HISTORY or UPCOMING button.

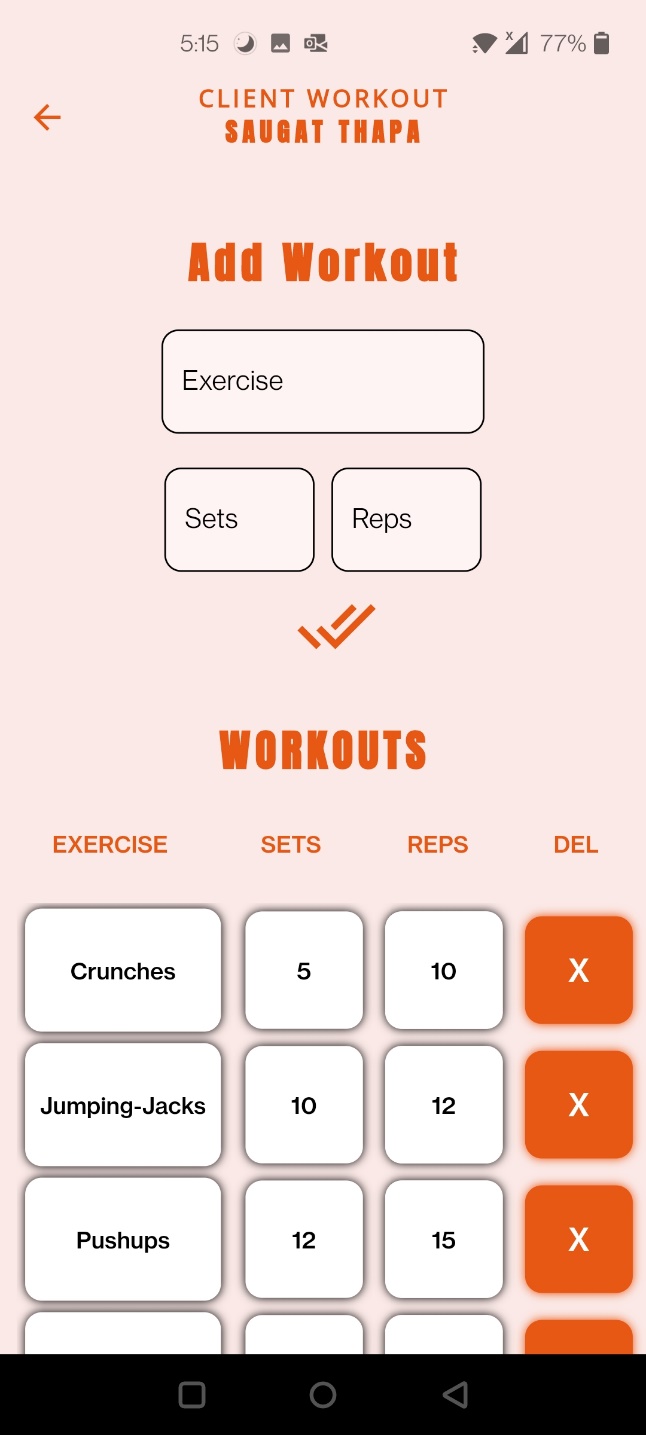
1. The middle ADD CLASS section lets the trainer add new classes which can be then viewed by the clients in the explore page and can also be booked. (Classes are only visible to the clients once the admin verifies.)



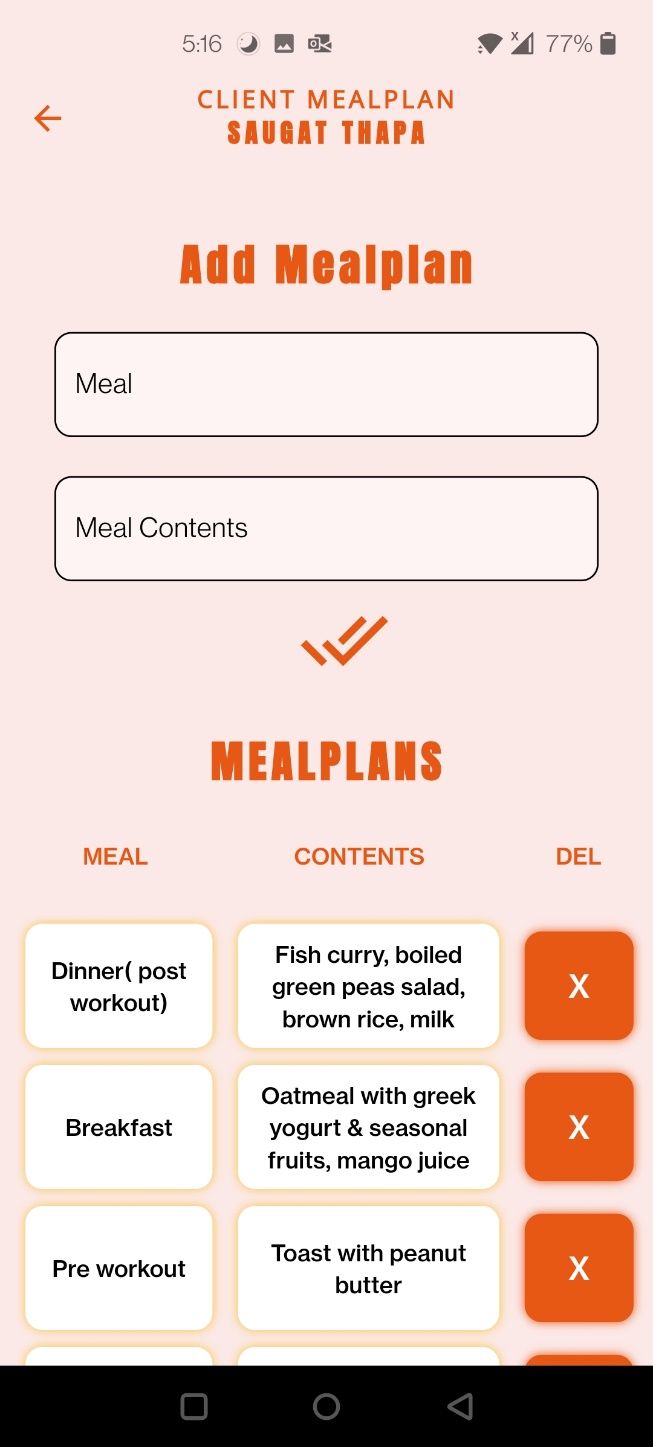
1. Lastly in the CLIENTS section, trainers can view all their clients. From the menu button present at the right side of every client, the trainers can choose to modify the client’s WORKOUTS and/or MEALPLANS.



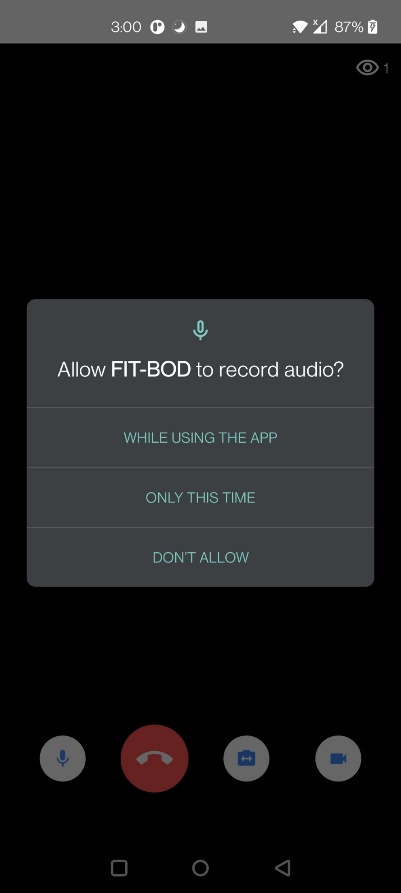
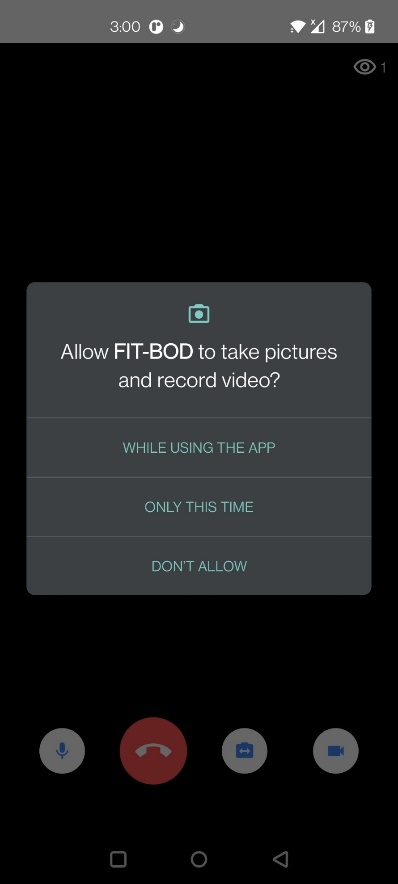
1. Here in the modify workout section. The trainer can either choose to add or delete workouts of the client.



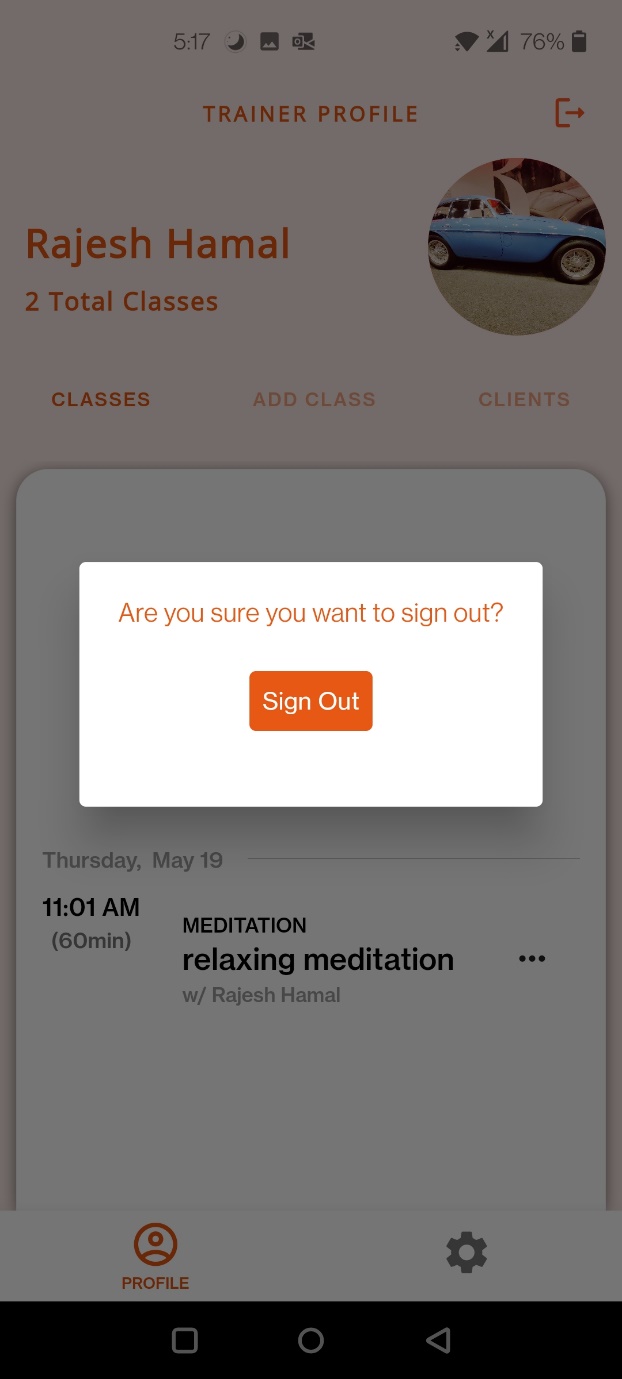
1. Likewise, in the meal plans section, the trainer can either choose to add or delete meal plans of the client.



1. The last option in the menu is the CONTACT option which the trainer can use to join that particular class through video call.

1. The SIGNOUT button lies on the top right corner of this PROFILE screen.



1. The SETTINGS page contains the part where the trainers can change their profile picture.

