

Training Management Software

1. General Description

Give guidance on how much each kind of nutrition people need everyday for various purposes and provide training plans. Give people a tool to record the day-to-day nutrition and exercise information, help people better manage their nutrition and exercise.

2. Packages

Subpackage 1: Person

a. Attribute: basic information

Record the basic information of the user (e.g. name, age)

b. Module 1: Record

Allow the user to record and manage the consumed nutrition (e.g. add, remove, modify, display)

c. Module 2: Calculation

Calculate the target calories and nutrition, and give suggestions on the calorie and nutrition based on user's basic information and the training plan

Subpackage 2: Exercise

a. Module 1: Training plan suggestion

Give training plan suggestions based on user's choice (e.g. training part and workload)

b. Module 2: Record

Allow the user to record his/her training (e.g. add, modify, remove, display)