

Institiúid Teicneolaíochta Cheatharlach



INSTITUTE *of*
TECHNOLOGY

CARLOW

At the heart of South Leinster

Software Development 4th Year Project

Fitness Application and Website

User Manual

Rónán Brennan

C00180359

Supervisor: Paul Barry

16th April 2018

Table of Contents

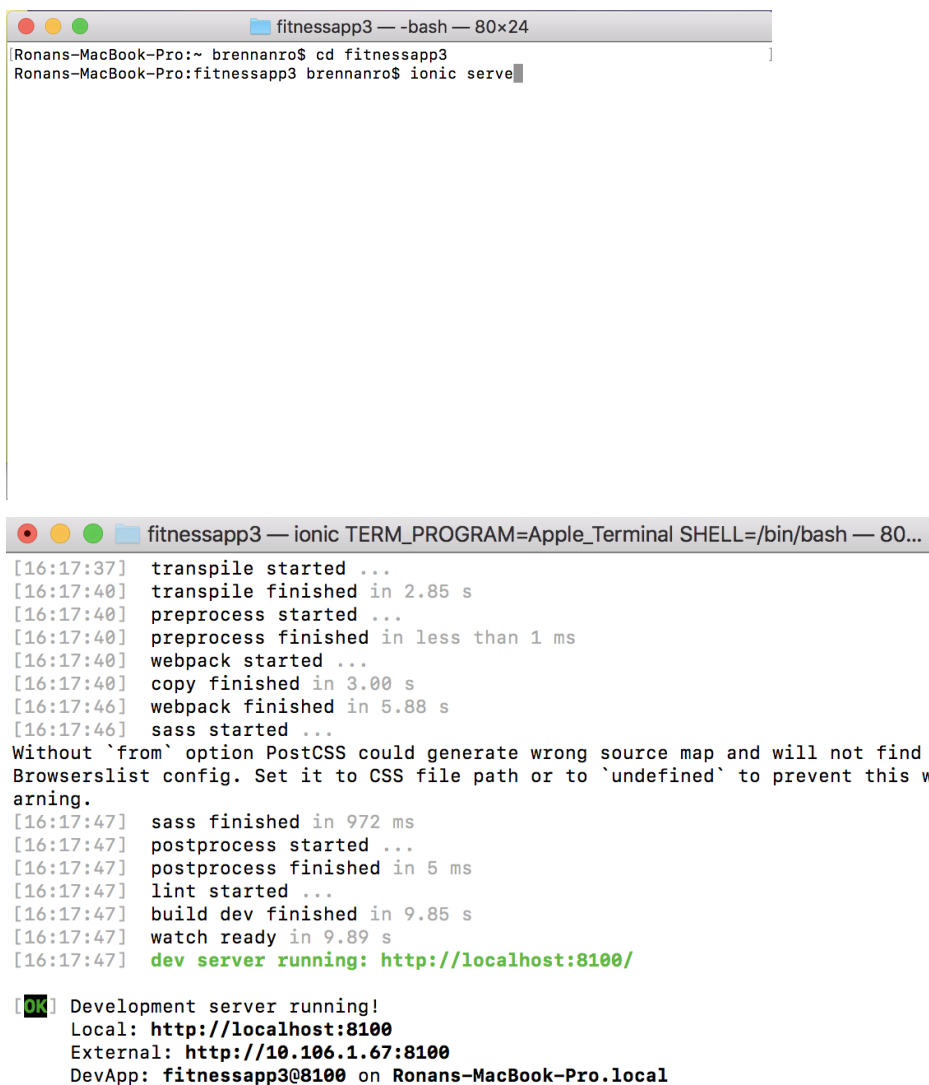
Guide to Using Phone App	2
Installing the Phone App	2
Login Screen	3
Register Screen	4
Main Page	5
Create/Change Profile Screen	6
Workout Program Generator Screen	7
Meal Plan Generator	9
Guide to Web App	12
Where to find?	12
Login Screen	12
Main Page	13
Add Workout	15
Add Meal	16

Guide to Using Phone App

Installing the Phone App

Currently the app is not on the market. However the source code can be requested. When the source code is received the user needs to install ionic into the folder.

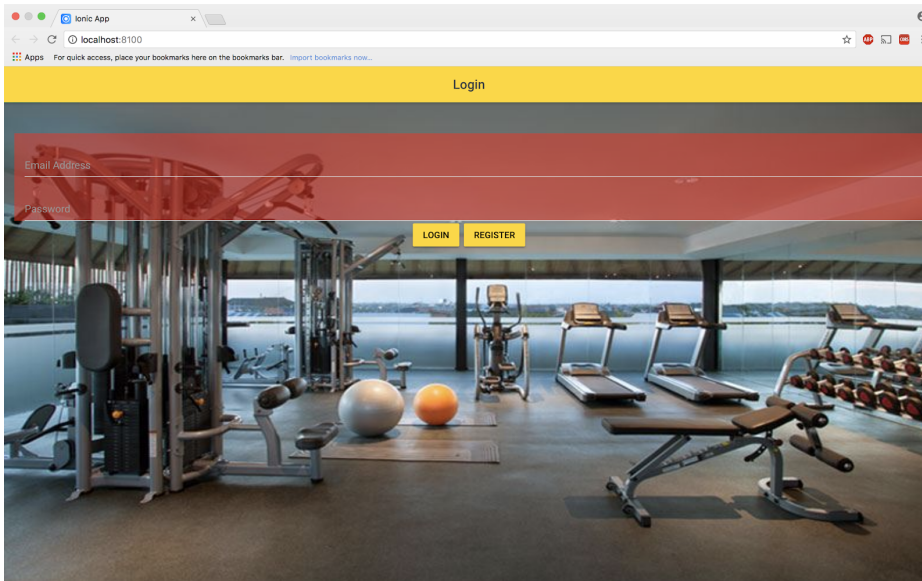
<https://ionicframework.com/docs/intro/installation/>, this link will show the user how to install Ionic. Once Ionic is installed into the folder the user can go to the folder directory in the terminal and type 'ionic serve'. A web page will appear in their browser where they can view the application.



```
fitnessapp3 — -bash — 80x24
Ronans-MacBook-Pro:~ brennanro$ cd fitnessapp3
Ronans-MacBook-Pro:fitnessapp3 brennanro$ ionic serve

fitnessapp3 — ionic TERM_PROGRAM=Apple_Terminal SHELL=/bin/bash — 80...
[16:17:37] transpile started ...
[16:17:40] transpile finished in 2.85 s
[16:17:40] preprocess started ...
[16:17:40] preprocess finished in less than 1 ms
[16:17:40] webpack started ...
[16:17:40] copy finished in 3.00 s
[16:17:46] webpack finished in 5.88 s
[16:17:46] sass started ...
Without `from` option PostCSS could generate wrong source map and will not find
Browserlist config. Set it to CSS file path or to `undefined` to prevent this w
arning.
[16:17:47] sass finished in 972 ms
[16:17:47] postprocess started ...
[16:17:47] postprocess finished in 5 ms
[16:17:47] lint started ...
[16:17:47] build dev finished in 9.85 s
[16:17:47] watch ready in 9.89 s
[16:17:47] dev server running: http://localhost:8100/

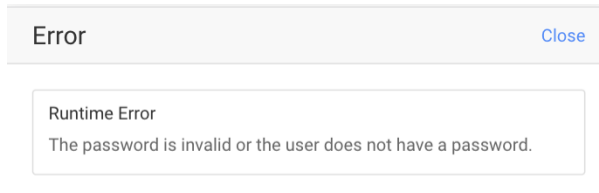
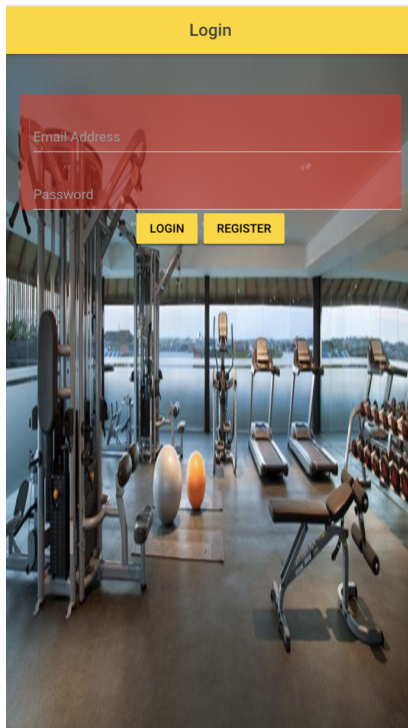
[OK] Development server running!
Local: http://localhost:8100
External: http://10.106.1.67:8100
DevApp: fitnessapp3@8100 on Ronans-MacBook-Pro.local
```



Login Screen

When the user first enters the application they will be brought to the Login page. Here the user can enter their credentials in order to access the main page of the application. However if the user has not yet registered their credentials with the application, they can do so by tapping on the register button located below the login form. By clicking this button they will be brought to a separate page. I will cover the registration process under the Register Screen heading in this document.

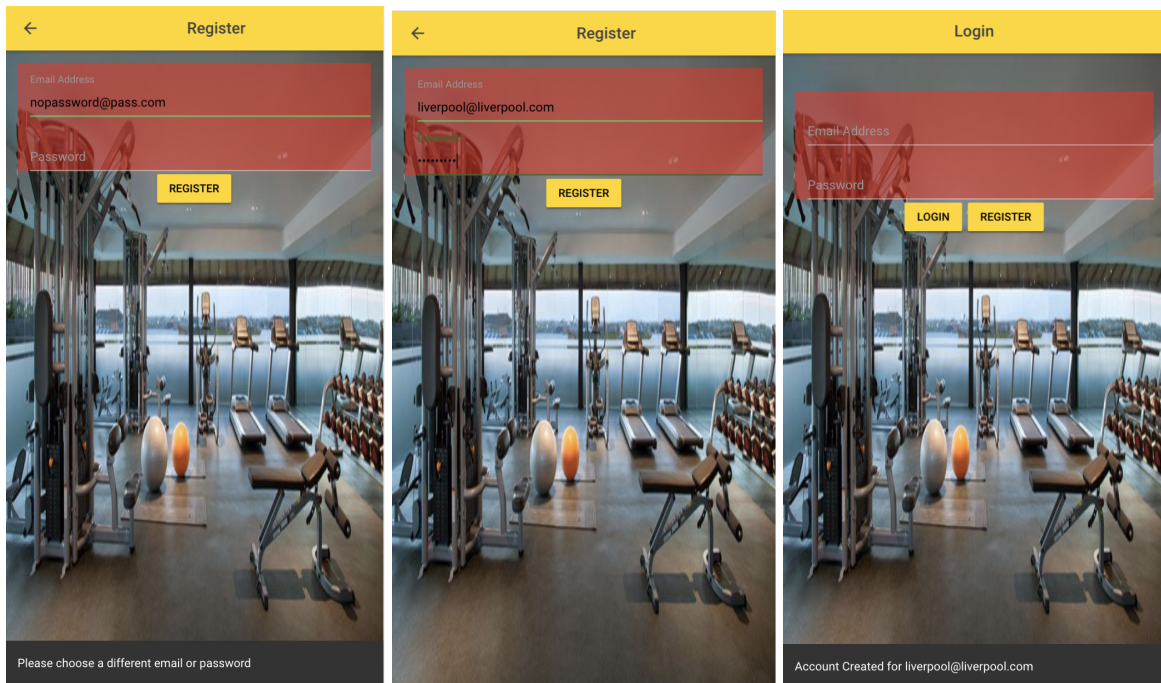
If the user enters their credentials correctly they will be granted access to the main page. If the user enters incorrect credentials they will be told that there was an error when entering their credentials and to try again.



Register Screen

After clicking the 'Register Button' found on the Login page the user will be brought to the register screen. Here they can enter an email address and password into the form provided. When they are happy with what they have entered they can click the 'Register Button' below the form. Their details will then be added and they will be returned to the Login page. They can now use these newly created details to login and gain access to the main page.

A user must enter details into both boxes in the form. If they do not they will be asked to choose a different email or password, i.e don't pick a blank email or password. If they successfully enter the details they will receive a message on the login screen saying an account has been created for their email.

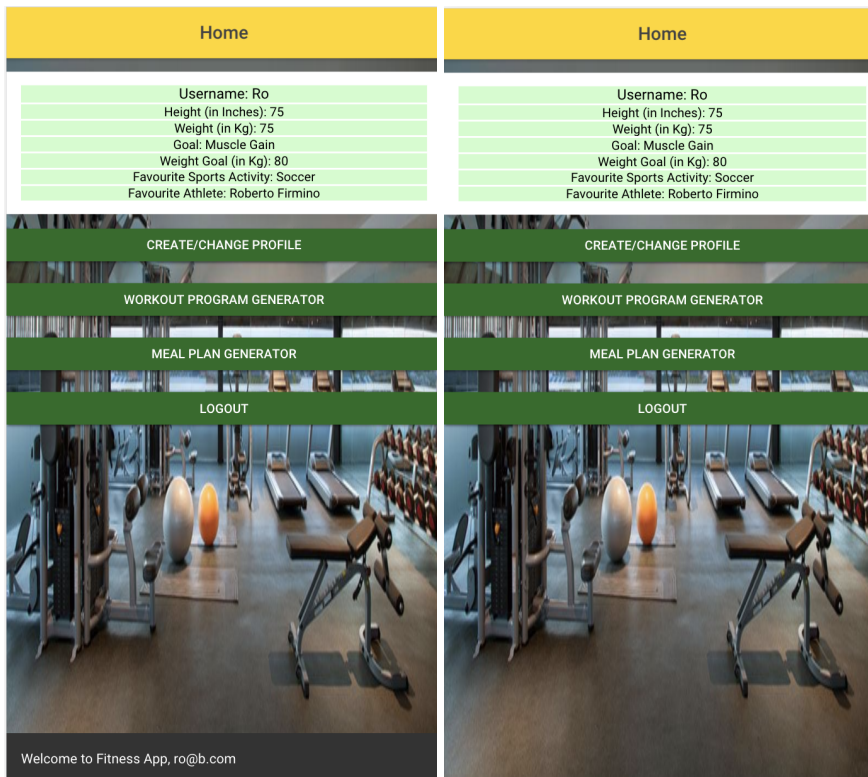


Main Page

Once the user successfully logs in they will be brought to the main page of the application. Here they will receive a welcome message at the bottom of the screen, welcoming them by their email address.

At the top of the screen the user will be able to view their profile details. If they have not added profile details yet they can do so by clicking the 'Create/Change Profile' button found directly beneath the profile details. This profile information contains details about the user, which may be used for a social element later in the apps development.

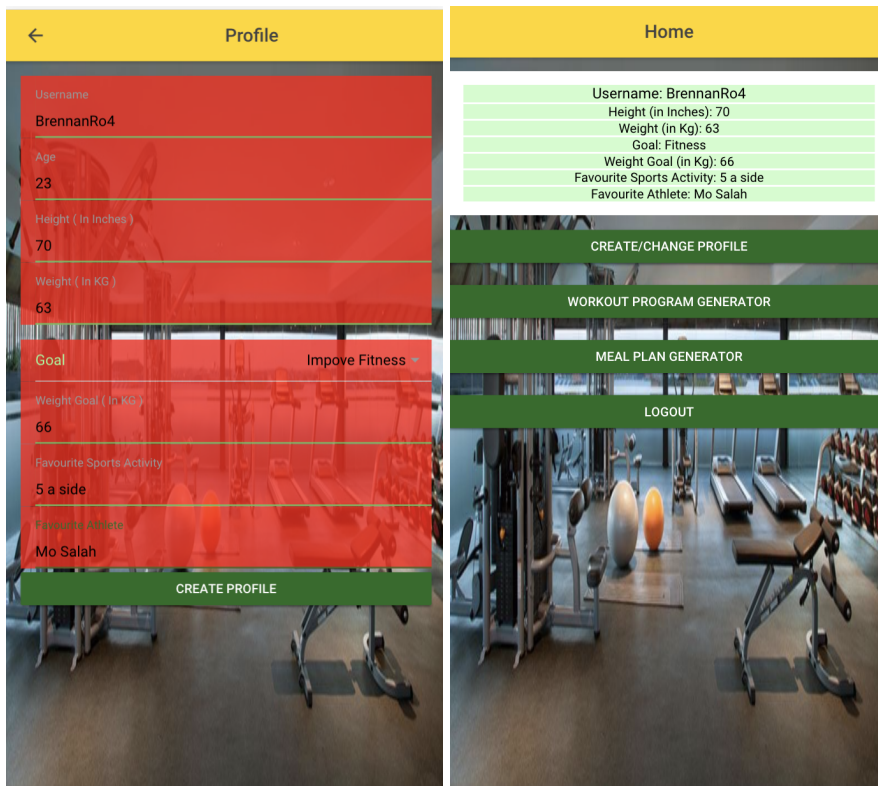
Underneath the 'Create/Change Profile Button' is the 'Workout Generator Button'. The user will click this button to be brought to the Workout Generator page where they can generate a workout plan for themselves. The same is true for the 'Meal Plan Generator Button'. There is also a Logout button found underneath the 'Meal Plan Generator Button'. The user can click this button to log out of their account and be returned to the Login screen.



Create/Change Profile Screen

On this page the user can add details about themselves under the suitable headings. The user will be asked to add a username, their age, their height and their weight. However, if I was to make this a social app I would not ask for some of these details as they can be quite sensitive. The user will also be asked about their goal for working out as well as their weight goal. Finally they will be asked their favourite sports activity as well as their favourite athlete. Once they are happy with the details they have entered they can click the 'Create Profile Button' and then their profile will be created.

If they already had a profile the previous profiles details will be overwritten by the new details. If the user does not wish to change their details they can click the back arrow located in the top left corner of the screen to be returned to the main page.



Workout Program Generator Screen

Once the user clicks the 'Workout Program Generator Button' on the main page they will be brought to the Workout Program Generator Screen. On this page they will be provided with five drop down boxes labelled Personal Trainer, Primary Area Worked, Experience, Equipment and Goal.

If the user enters details into all 5 drop down boxes and clicks the 'Generate Program Button', workouts that match the details in the drop down boxes will appear below the 'Generate Program Button'. The user can then view these workouts by scrolling down the app. They can continue to change the details in the drop down boxes and generate programs.

If a user does not enter details in all five boxes they will be provided with a message asking them to add details for all five boxes. A plan will not be generated if all five boxes are not filled.

← **Program Generator**

Personal Trainer ▼

Primary Area Worked ▼

Experience ▼

Equipment ▼

Goal ▼

GENERATE PROGRAM

← **Program Generator**

Personal Trainer ▼ Ciara

Primary Area Worked ▼ Abs

Experience ▼ Beginner

Equipment ▼ Mat

Goal ▼ Muscle Gain

GENERATE PROGRAM

← **Program Generator**

Personal Trainer ▼ Ciara

Primary Area Worked ▼ Abs

Experience ▼ Beginner

Equipment ▼ Mat

Goal ▼ Muscle Gain

Primary Area Worked

Arms

Chest

Back

Abs

Legs

CANCEL OK

← **Program Generator**

Personal Trainer ▼ Ciara

Primary Area Worked ▼ Abs

Experience ▼ Beginner

Equipment ▼ Mat

Goal ▼ Muscle Gain

GENERATE PROGRAM

Crunch

Trainer Name: Ciara

Primary Area Worked: Abs

Difficulty: Beginner

Equipment: Mat

Reps: 6

Sets: 6

Goal: Muscle Gain

Russian twists

Trainer Name: Ciara

Primary Area Worked: Abs

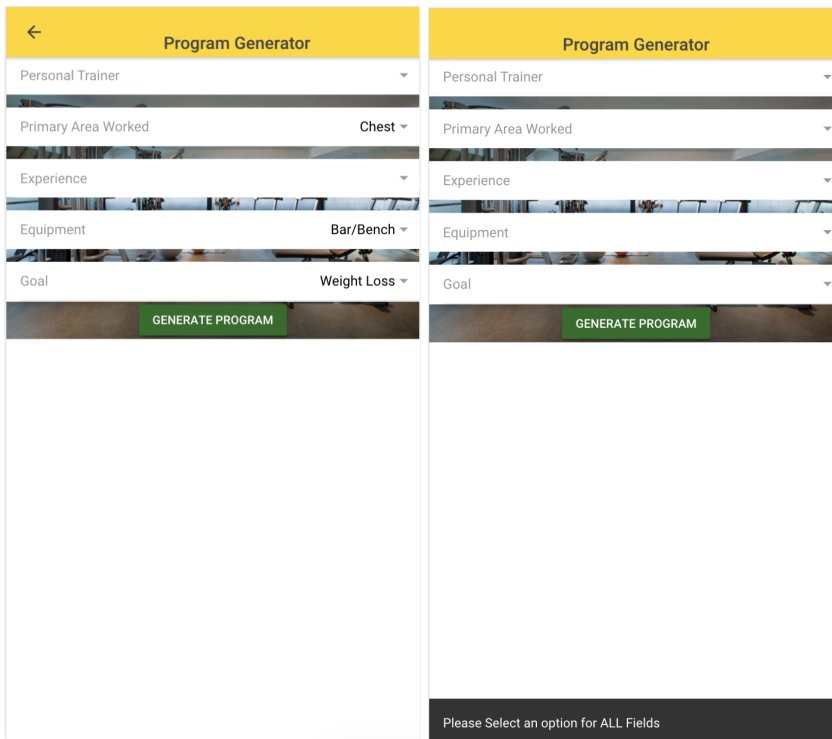
Difficulty: Beginner

Equipment: Mat

Reps: 30

Sets: 3

Goal: Muscle Gain



Meal Plan Generator

When the user clicks the 'Meal Plan Generator Button' on the Main Page they will be brought to the Meal Plan Generator Page. The functionality of this page is similar to that of the Workout Plan Generator Page. On this page they will be provided with four drop down boxes labelled Personal Trainer, Meal Time, Prep Time and Primary Nutrition.

If the user enters details into all 4 drop down boxes and clicks the 'Generate Program Button', meals that match the details in the drop down boxes will appear below the 'Generate Program Button'. The user can then view these meals by scrolling down the app. They can continue to change the details in the drop down boxes and generate meals.

If a user does not enter details in all four boxes they will be provided with a message asking them to add details for all four boxes. A plan will not be generated if all four boxes are not filled.

← Meal Generator

Personal Trainer ▾

Meal Time ▾

Prep Time (in minutes) ▾

Primary Nutrition ▾

GENERATE PROGRAM

← Meal Generator

Personal Trainer Jim ▾

Meal Time Dinner ▾

Prep Time (in minutes) 40 ▾

Primary Nutrition Protein ▾

GENERATE PROGRAM

← Meal Generator

Personal Trainer Jim ▾

Meal Time Dinner ▾

Prep Time (in minutes) ▾

Primary Nutrition Protein ▾

Prep Time (in minutes)

15

20

25

30

35

40

CANCEL OK

← Meal Generator

Personal Trainer Jim ▾

Meal Time Dinner ▾

Prep Time (in minutes) 40 ▾

Primary Nutrition Protein ▾

GENERATE PROGRAM

Curry

Trainer Name: Jim
Ingredients: Curry Powder, Chicken, Onion, Mushrooms, Peppers, Nuts ...
Meal Time: Dinner
Prep Time: 40
Nutrition: Protein
Allergies: Nuts

Meal Generator

Personal Trainer ▾

Meal Time **Lunch** ▾

Prep Time (in minutes) ▾

Primary Nutrition **Calcium** ▾

GENERATE PROGRAM

Meal Generator

Personal Trainer ▾

Meal Time ▾

Prep Time (in minutes) ▾

Primary Nutrition ▾

GENERATE PROGRAM

Please Select an option for ALL Fields

Guide to Web App

Where to find?

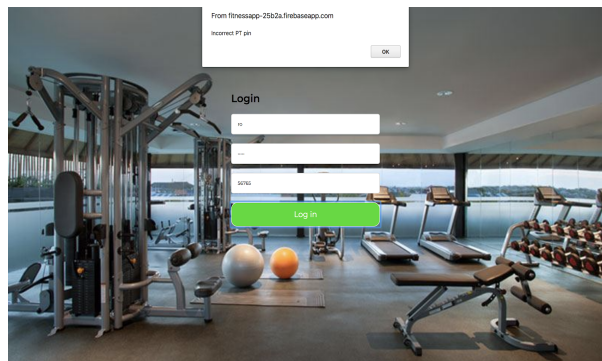
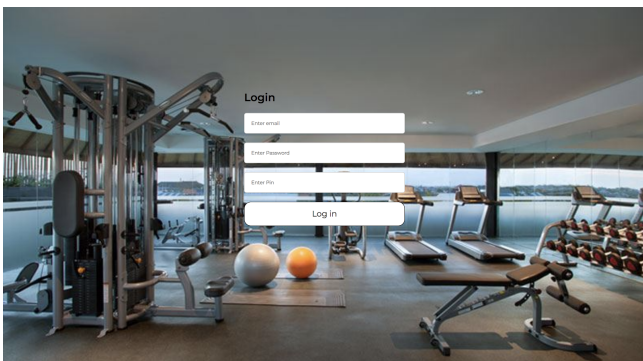
The web application can be found by typing the URL: '<https://fitnessapp-25b2a.firebaseio.com/>'. It can be used on any available web browsers and is also mobile friendly.

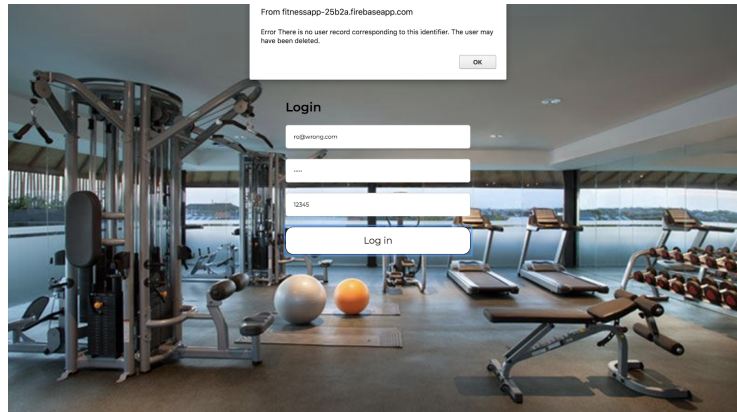
When you first enter the URL you will be brought to the Login Screen for the app.

Login Screen

As previously mentioned when the user enters the app they will be brought to the Login page. Here the user can enter their credentials to access the web app. However users cannot register with the system as only qualified personal trainers will be allowed to access the app. Personal trainers who wish to have access to the app may contact me and present details that they are a qualified personal trainer. They will then be provided with their username (their email address), their password and a pin which they will need to provide to gain access to the next page.

If a user successfully enters their credentials they will be brought to the main page of the application. If they enter incorrect credentials a pop up alert will inform them that they have done so.



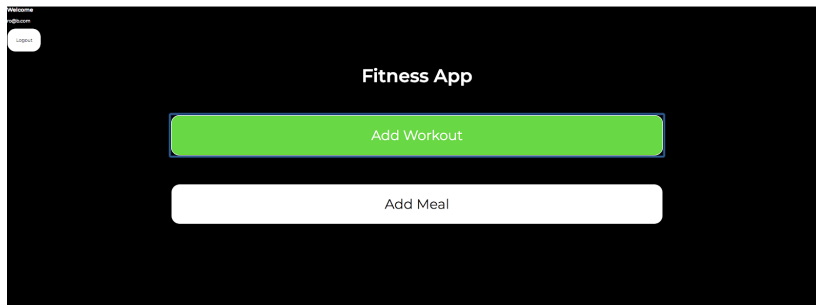
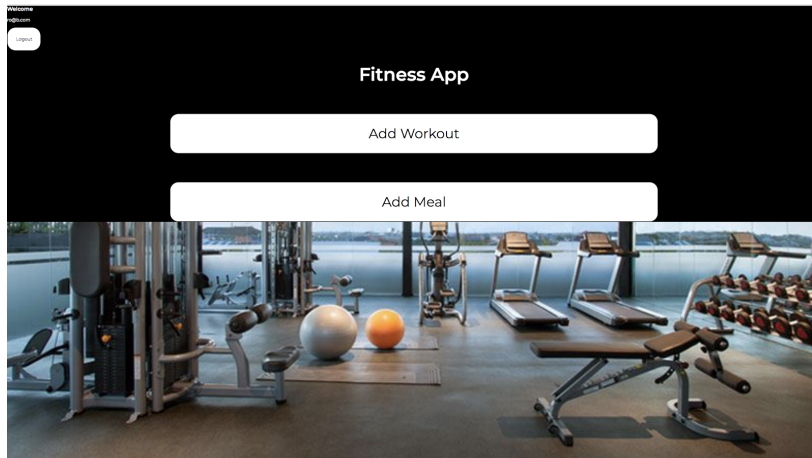


Main Page

After successfully entering their credentials, the user will be brought to the main page of the application. Here they will see a screen with a message welcoming the user along with three buttons. The button in the top left corner is the 'Logout Button'. The user will click this button to logout and be brought back to the main page.

Two other large buttons will be displayed in the center of this page. The first one is labelled 'Add Workout'. The user will click this button and a form will be displayed underneath where the user can enter details into the form. I will cover this in more detail in the Add Workout section of this document.

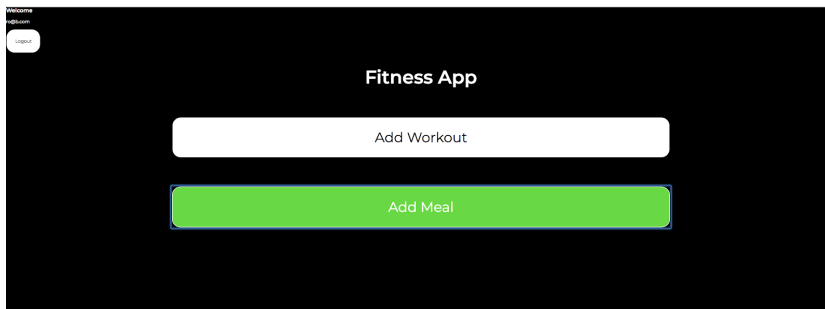
The exact same process occurs when the user clicks the 'Add Meal' button. Again this will be looked at in more detail in the Add Meal section of this document.



Add Workout

Trainer Name.

Workout Name



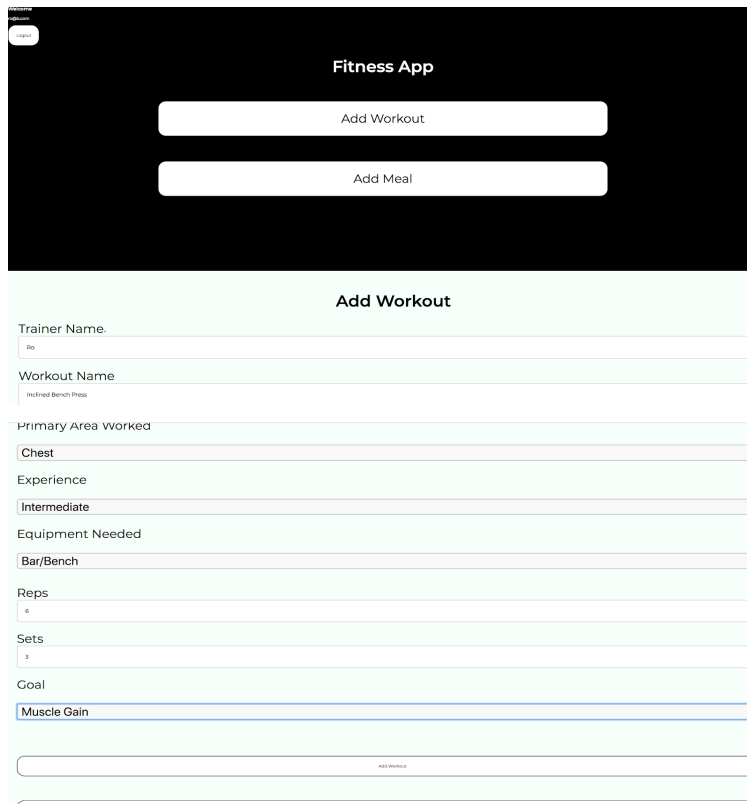
Add Diet

Trainer Name.

Meal Name

Add Workout

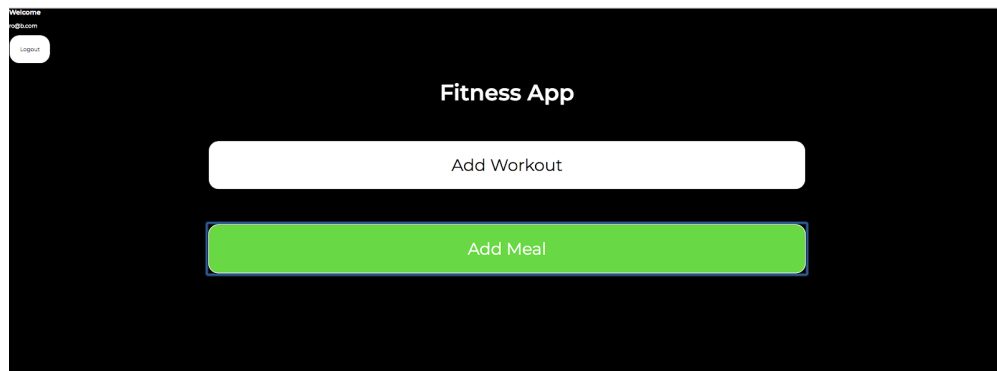
After the user clicks the 'Add Workout' button on the main page a form will appear underneath the 'Add Meal' button. In this form the user will fill out workout details into a combination of text boxes and drop down boxes. When the user is happy that they have filled in all the required information for the workout they will click the 'Add Workout' button at the bottom of the form. If the user has changed their mind and does not want to add a workout they can click the back button at the bottom of the form to be brought back to the main page without the form on it. Below I will show an example of adding a workout to the database. Once the user clicks the 'Add Workout' button they will be told that the workout's name has been added. They will then be returned to the main page.



The image shows two screenshots of a mobile application. The top screenshot is the main screen of the 'Fitness App', which has a black background. It features a 'Logout' button in the top left corner, a title 'Fitness App' in the center, and two large white buttons: 'Add Workout' and 'Add Meal'. The bottom screenshot is the 'Add Workout' form, which has a light green background. It contains the following fields: 'Trainer Name' (text input), 'Workout Name' (text input with a placeholder 'Inclined Bench Press'), 'Primary Area Worked' (dropdown menu with 'Chest' selected), 'Experience' (dropdown menu with 'Intermediate' selected), 'Equipment Needed' (dropdown menu with 'Bar/Bench' selected), 'Reps' (text input with '6'), 'Sets' (text input with '3'), 'Goal' (dropdown menu with 'Muscle Gain' selected), and an 'Add Workout' button at the bottom.

Add Meal

Add meal functions the same way as Add workout. After the user clicks the 'Add Meal' button on the main page a form appears below the 'Add Meal' button. The user then fills out the necessary boxes in the form and when they are happy with it clicks the 'Add Meal' button at the bottom of the page. If they are successful an alert box will appear saying that the meal's name has been added successfully. They are then brought back to the main page. If the user changes their mind and does not wish to add a meal to the database they can again hit the back button at the bottom of the page and they will be returned to the main page of the web app.



Add Diet

Trainer Name.

Meal Name

Ingredients

Ingredients

Meal Time

Breakfast

Prep Time (in Minutes)

5

Primary Nutriton

Carbs

Allergens

None

Add Diet

Back

Trainer Name.

Ro

Meal Name

Scrambled eggs

Ingredients

2 eggs, Milk, Oregano and cheese

Meal Time

Breakfast

Prep Time (in Minutes)

5

Primary Nutriton

Protein

Allergens

Dairy

Ingredients

2 eggs, Milk, Oregano and cheese

Meal Time

Breakfast

Prep Time (in Minutes)

5

Primary Nutriton

Protein

Allergens

Dairy

Add Diet

Back

From fitnessapp-25b2a.firebaseio.com
 Scrambled eggs added successfully!

OK