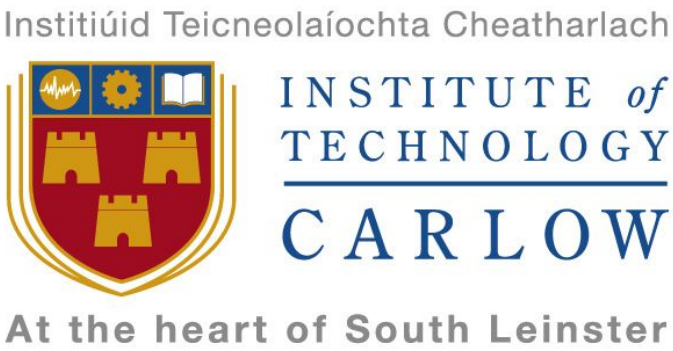

Institute of Technology Carlow

Software Development

Technical Manual

Gym Performance System

Year 4 Project

By

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Due Date: 18/04/2018

Table of Contents

Table of Contents **2**

1.0 Installation of project **4**

1.1 Laravel Web Application 4

1.1 Ionic Mobile Application 5

1.3 Default User Details 5

2.0 Web Application Models **6**

2.1 User 6

2.2 TrainerRequests 7

2.3 TrainerFinder 7

2.4 News Feed 8

2.5 MailBoxMessages 8

2.6 Mailbox 9

2.7 ExercisePlanDetails 10

2.8 ExercisePlan 11

2.9 Exercise 12

2.10 ClientManager 12

2.10 ClientExercisePlans 13

3.0 Web Application Controllers **14**

3.1 UserController 14

3.2 TrainerFinderController 19

3.3 PagesController 22

3.4 NewsFeed Controller 22

3.5 MailboxController 27

3.6 ExercisePlanController 31

3.7 ExerciseController 36

3.8 ClientManagerController 39

4.0 Web Application Views **43**

4.1 search.blade.php (No Parent Directory) 43

4.2 User -> index.blade.php 44

4.3 User -> settings.blade.php 47

4.4 TrainerFinder -> view.blade.php 49

4.5 Pages -> welcome.blade.php 51

4.6 Pages -> index.blade.php 54
4.7 Newsfeed -> index.blade.php 55
4.8 Newsfeed -> edit.blade.php 56
4.9 Mailbox -> viewMessage.blade.php 57
4.10 Mailbox -> viewAll.blade.php 59
4.11 Mailbox -> create.blade.php 61
4.12 Layouts -> feed.blade.php 62
4.13 Layouts -> app.blade.php 64
4.14 Inc -> navbar.blade.php 66
4.15 Inc -> Messages.blade.php 68
4.16 Inc -> Menu.blade.php 69
4.17 ExercisePlans -> viewPlansTrainer.blade.php 72
4.18 ExercisePlans -> viewPlansClient.blade.php 74
4.19 ExercisePlans -> editPlan.blade.php 82
4.20 ExercisePlans -> createPlan.blade.php 97
4.21 Exercise -> viewExercise.blade.php 111

5.0 Web Application Routes 115

6.0 Mobile Application Ionic App Directory 117
6.1 app.component.ts 117
6.2 app.html 118
6.3 app.module.ts 118
6.4 main.ts 119

7.0 Mobile Application Ionic Pages Directory 120
7.1 home.html 120
7.2 home.scss 120
7.3 home.ts 120

1.0 Installation of project

1.1 Laravel Web Application

The fastest to install the web application is locally.

Locally you can use the php application package manager composer. https://getcomposer.org/

Once composer is downloaded and installed, we need to download the project.
https://github.com/Sledro/TotalFitnessLaveral

Then extract the folder and put it in htdocs on XAMPP

Change the DB details in the .env file and also in the /config/database.php to match your database name and administrator details.

Then open command prompt

Go to the directory where the project is

Enter the command composer install

Open phpmyadmin locally and import the database that is included on my USB key called TotalFitness.sql

Run the project on the browser DONE

The web application can also be installed on a web server. The best way again is to use composer but most shared web server do not have composer installed by default. In that case all of the core files including the nodejs and all of the libraries (Whole Folder on USB) needs to be manually uploaded to a web server. This can take quite some time as there is a lot of files. The same config files as above need to be configured and the database can be imported to phpmyadmin the same way.

1.1 Ionic Mobile Application

First, install Node.js. https://nodejs.org

Then, install the latest Ionic command-line tools in your terminal.

```
npm install -g ionic
```

Download the Total Fitness Mobile App code https://github.com/Sledro/TotalFitnessMobile

Open the command prompt and enter

```
npm install
```

Then to run the project enter

```
ionic serve
```

1.3 Default User Details

For convenience we left a default Client and Personal Trainer in the database. These users can be logged in using the details below. Registration and Forgot password pages also works and can be used if preferred.

Personal Trainer Account
Email: jon@doe.com
Password: password

Client/User Account
Email: tim@smith.com
Password: password

Depending on which account you use, different features will be activated.

NOTE: The user authentication methods are not included here are they are mostly generated by laravel. Although modified by myself to add in extra fields.

2.0 Web Application Models

2.1 User

```php
<?php

namespace App;

use Illuminate\Notifications\Notifiable;
use Illuminate\Foundation\Auth\User as Authenticatable;

class User extends Authenticatable
{
    use Notifiable;

    /**
     * The attributes that are mass assignable.
     *
     * @var array
     */
    protected $fillable = [
        'username', 'name', 'email', 'password',
    ];

    /**
     * The attributes that should be hidden for arrays.
     *
     * @var array
     */
    protected $hidden = [
        'password', 'remember_token',
    ];

    public function posts(){
        return $this->hasMany('App\Newsfeed', 'id', 'userID');
    }

}
```

2.2 TrainerRequests

```php
<?php

namespace App;

use Illuminate\Database\Eloquent\Model;

class TrainerRequests extends Model
{
    //
}
```

2.3 TrainerFinder

```php
<?php

namespace App;

use Illuminate\Database\Eloquent\Model;

class TrainerFinder extends Model
{
    //
}
```

2.4 News Feed

```php
<?php

namespace App;

use Illuminate\Database\Eloquent\Model;

class Newsfeed extends Model
{
   protected $table = 'newsfeed';

   public function users() {
        return $this->belongsTo('App\User', 'userID', 'id');
   }
}
```

2.5 MailBoxMessages

```php
<?php

namespace App;

use Illuminate\Database\Eloquent\Model;

class MailboxMessages extends Model
{

}
```

2.6 Mailbox

```php
<?php

namespace App;
use App\User;
use Illuminate\Database\Eloquent\Model;

class Mailbox extends Model
{
    protected $table = 'mailbox';

    public function sender()
    {
        return $this->hasMany('App\User', 'id', 'senderID');
    }

    public function receiver()
    {
        return $this->hasMany('App\User', 'id', 'receiverID');
    }
}
```

2.7 ExercisePlanDetails

```php
<?php

namespace App;

use Illuminate\Database\Eloquent\Model;


class ExercisePlanDetails extends Model
{

    /**
     * The attributes that are mass assignable.
     *
     * @var array
     */
    protected $fillable = [
        'id', 'planID', 'day', 'exerciseID', 'reps', 'sets', 'weight', 'priority',
    ];


    public function exercise()
    {
        return $this->hasMany('App\Exercise', 'id', 'exerciseID');
    }
}
```

2.8 ExercisePlan

```php
<?php

namespace App;

use Illuminate\Database\Eloquent\Model;

class ExercisePlan extends Model
{

        /**
     * The attributes that are mass assignable.
     *
     * @var array
     */
    protected $fillable = [
        'id', 'trainerID', 'name',
    ];

    public function exercises()
    {
        return $this->hasMany('App\ExercisePlanDetails', 'planID', 'id');
    }
}
```

2.9 Exercise

```php
<?php

namespace App;

use Illuminate\Database\Eloquent\Model;

class Exercise extends Model
{
   public function exercise()
   {
        return $this->belongsTo('App\ExercisePlanDetails', 'exerciseID');
   }

}
```

2.10 ClientManager

```php
<?php

namespace App;

use Illuminate\Database\Eloquent\Model;

class ClientManager extends Model
{
   //
}
```

2.10 ClientExercisePlans

```php
<?php

namespace App;

use Illuminate\Database\Eloquent\Model;

class ClientExercisePlans extends Model
{
    protected $table = 'client_exercise_plans';

    public function plan()
    {
        return $this->hasMany('App\ExercisePlan', 'id', 'exercisePlanID');
    }
}
```

3.0 Web Application Controllers

3.1 UserController

```
<?php

namespace App\Http\Controllers;

use Illuminate\Http\Request;
use App\User;
use App\Newsfeed;
use Auth;
class UserController extends Controller
{
    /**
     * Display a listing of the resource.
     *
     * @return \Illuminate\Http\Response
     */
    public function index()
    {
        //
    }

    /**
     * Show the form for creating a new resource.
     *
     * @return \Illuminate\Http\Response
     */
    public function create()
    {
        //
    }

    /**
     * Store a newly created resource in storage.
     *
     * @param  \Illuminate\Http\Request  $request
```

```
     * @return \Illuminate\Http\Response
     */
    public function store(Request $request)
    {
        //
    }

    /**
     * Display the specified resource.
     *
     * @param  int  $id
     * @return \Illuminate\Http\Response
     */
    public function show($username)
    {
        $user = User::whereUsername($username)->first();
        $posts =  Newsfeed::orderBy('id', 'desc')->where('userID', '=',
$user->id)->take(10)->get();
        if($user->trainerID!=""){
            $trainer = User::find($user->trainerID);
            $PT=$trainer;
        }else{
            $PT="None";
        }
        if($user){
            return view('user.index')->withUser($user)->with('posts',
$posts)->with('pt', $PT);;;
        }else{
           return false;
        }
    }

    /**
     * Show the form for editing the specified resource.
     *
     * @param  int  $id
     * @return \Illuminate\Http\Response
     */
    public function edit($id)
```

```
    {
        //
    }

    /**
     * Update the specified resource in storage.
     *
     * @param  \Illuminate\Http\Request  $request
     * @param  int  $id
     * @return \Illuminate\Http\Response
     */
    public function update(Request $request, $id)
    {
        //
    }

    /**
     * Remove the specified resource from storage.
     *
     * @param  int  $id
     * @return \Illuminate\Http\Response
     */
    public function destroy($id)
    {
        //
    }

/**
* Follow the user.
*
* @param $profileId
*
*/
public function follow(Request $request)
{

    \DB::table('user_followers')->insert([
        [
            'user_id'             => $request->input('userID'),
```

```
            'follower_id' => $request->input('followerID'),
            'created_at'       => date('Y-m-d H:i:s'),
            'updated_at'       => date('Y-m-d H:i:s')
        ]
    ]);

    return redirect()->back()->with('success', 'Successfully followed the user.');
    }


    /**
     * Display the specified resource.
     *
     * @param  int  $id
     * @return \Illuminate\Http\Response
     */
    public function settings()
    {
        $user = User::find(Auth::user()->id);
        return view('user.settings')->with('user', $user);
    }

    /**
     * Update the specified resource in storage.
     *
     * @param  \Illuminate\Http\Request  $request
     * @return \Illuminate\Http\Response
     */
    public function updateSettings(Request $request)
    {
        $this->validate($request,[
            'uid' => 'required',
            'name' => 'required',
            'street' => 'required',
            'town' => 'required',
            'county' => 'required',
            'country' => 'required',
            'dob' => 'required',
            'gender' => 'required',
```

```
            'profession' => 'required',
        ]);

        User::where('id', $request->input('uid'))->update([
            'name' => $request->input('name'),
            'street' => $request->input('street'),
            'town' => $request->input('town'),
            'county' => $request->input('county'),
            'country' => $request->input('country'),
            'dob' => $request->input('dob'),
            'gender' => $request->input('gender'),
            'profession' => $request->input('profession')
            ]);


        return redirect ('/settings')->with('success', "Profile Settings Updated");
    }

}
```

3.2 TrainerFinderController

```php
<?php

namespace App\Http\Controllers;

use App\TrainerFinder;
use Illuminate\Http\Request;
use App\User;
use Auth;
use App\TrainerRequests;
class TrainerFinderController extends Controller
{
    /**
     * Display a listing of the resource.
     *
     * @return \Illuminate\Http\Response
     */
    public function index()
    {
        $trainers = User::where('isTrainer', '=', '1')->get();
        return view('trainerFinder.view')->with('trainers', $trainers);
    }

    /**
     * Show the form for creating a new resource.
     *
     * @return \Illuminate\Http\Response
     */
    public function create()
    {
        //
    }

    /**
     * Store a newly created resource in storage.
     *
     * @param  \Illuminate\Http\Request  $request
```

```
     * @return \Illuminate\Http\Response
     */
    public function store(Request $request)
    {
        //
    }

    /**
     * Display the specified resource.
     *
     * @param  \App\TrainerFinder  $trainerFinder
     * @return \Illuminate\Http\Response
     */
    public function show(TrainerFinder $trainerFinder)
    {
        //
    }

    /**
     * Show the form for editing the specified resource.
     *
     * @param  \App\TrainerFinder  $trainerFinder
     * @return \Illuminate\Http\Response
     */
    public function edit(TrainerFinder $trainerFinder)
    {
        //
    }

    /**
     * Update the specified resource in storage.
     *
     * @param  \Illuminate\Http\Request  $request
     * @param  \App\TrainerFinder  $trainerFinder
     * @return \Illuminate\Http\Response
     */
    public function update(Request $request, TrainerFinder $trainerFinder)
    {
        //
```

```
    }

    /**
     * Remove the specified resource from storage.
     *
     * @param  \App\TrainerFinder  $trainerFinder
     * @return \Illuminate\Http\Response
     */
    public function destroy(TrainerFinder $trainerFinder)
    {
        //
    }

    public function request(Request $request)
    {
        \DB::table('trainer_requests')->insert([
            [
                'clientID' => $request->input('clientID'),
                'trainerID' => $request->input('trainerID'),
                'accepted' => '0'
            ]
        ]);

        return redirect()->back()->with('success', 'Successfully requested this trainer
to become your Personal Trainer.');
    }

}
```

3.3 PagesController

```php
<?php

namespace App\Http\Controllers;
use Auth;
use Illuminate\Http\Request;
use App\Post;
class PagesContorller extends Controller
{
   public function index(){
        if(Auth::guest()){
            return view('pages.index');
        }
        else{
            return redirect ('/newsfeed');
        }
   }

}
```

3.4 NewsFeed Controller

```php
<?php
namespace App\Http\Controllers;

use Illuminate\Http\Request;
use App\Newsfeed;
use App\User;
use Illuminate\Support\Facades\Auth;

class NewsfeedController extends Controller
{
   /**
    * Display a listing of the resource.
    *
    * @return \Illuminate\Http\Response
```

```
     */
    public function index()
    {
        $userID=Auth::user()->id;
        $userID2=Auth::user()->id;
        $posts = Newsfeed::select('*')
         ->from('newsfeed')
        ->whereRaw('userid IN ( SELECT userID FROM user_followers WHERE
followerID=:userID ) OR userID=:userID2' )
        ->take(10)
        ->setBindings([$userID, $userID2])
         ->get();
        return view('newsfeed.index')->with('posts', $posts);
    }

    /**
     * Show the form for creating a new resource.
     *
     * @return \Illuminate\Http\Response
     */
    public function create()
    {
        return view('newsfeed.create');
    }

    /**
     * Store a newly created resource in storage.
     *
     * @param  \Illuminate\Http\Request  $request
     * @return \Illuminate\Http\Response
     */
    public function store(Request $request)
    {
        $this->validate($request,[
            'body' => 'required',
            'userid' => 'required'
        ]);

        $post = new Newsfeed;
```

```
        $post->body = $request->input('body');
        $post->userid = $request->input('userid');
        $post->save();

        return redirect ('/newsfeed')->with('success', "Post Created!");
    }

    /**
     * Display the specified resource.
     *
     * @param  int  $id
     * @return \Illuminate\Http\Response
     */
    public function show($id)
    {

    }

    /**
     * Show the form for editing the specified resource.
     *
     * @param  int  $id
     * @return \Illuminate\Http\Response
     */
    public function edit($id)
    {
        $post =  Newsfeed::find($id);
        return view('newsfeed.edit')->with('post', $post);
    }

    /**
     * Update the specified resource in storage.
     *
     * @param  \Illuminate\Http\Request  $request
     * @param  int  $id
     * @return \Illuminate\Http\Response
     */
    public function update(Request $request, $id)
    {
```

```
    $this->validate($request,[
        'body' => 'required'
    ]);

    $post = Newsfeed::find($id);
    $post->body = $request->input('body');
    $post->save();

    return redirect ('/newsfeed')->with('success', "Post Updated!");
}

/**
 * Remove the specified resource from storage.
 *
 * @param  int  $id
 * @return \Illuminate\Http\Response
 */
public function destroy($id)
{
    $post = Newsfeed::find($id);
    $post->delete;
    return redirect ('/newsfeed')->with('success', "Post Updated!");
}



/**
 * Remove the specified resource from storage.
 *
 * @param  int  $userID
 * @return \Illuminate\Http\Response
 */
public function profileFeed($userID)
{

    $userID=$userID;
    $userID2=$userID;
    $posts = Newsfeed::select('*')
    ->from('newsfeed')
```

```
        ->whereRaw('userid IN ( SELECT userID FROM user_followers WHERE
followerID=:userID ) OR userid=:userID2' )
        ->take(10)
        ->setBindings([$userID, $userID2])
        ->get();
        return view('newsfeed.index')->with('posts', $posts);
    }

}
```

3.5 MailboxController

```php
<?php

namespace App\Http\Controllers;


use App\Mailbox;
use Illuminate\Http\Request;
use Auth;
use App\MailboxMessages;
use Illuminate\Foundation\Auth\User;
use Illuminate\Support\Facades\Redirect;
class MailboxController extends Controller
{
    /**
     * Display a listing of the resource.
     *
     * @return \Illuminate\Http\Response
     */
    public function index()
    {
        $mail = Mailbox::with('sender')->with('receiver')->where('receiverID', '=',
Auth::user()->id)->orWhere('senderID', '=', Auth::user()->id)->get();
        return view('mailbox.viewAll')->with('mail', $mail);
    }

    /**
     * Show the form for creating a new resource.
     *
     * @return \Illuminate\Http\Response
     */
    public function create($id)
    {
        return view('mailbox.create')->with('id', $id);
    }

    /**
```

```
     * Store a newly created resource in storage.
     *
     * @param  \Illuminate\Http\Request  $request
     * @return \Illuminate\Http\Response
     */
    public function storeNow(Request $request)
    {
        $header = new Mailbox;
        $header->senderID = Auth::user()->id;
        $header->receiverID = $request->input('receiverID');
        $header->title = $request->input('title');
        $header->save();

        $post = new MailboxMessages;
        $post->mailboxID = $header->id;
        $post->senderID = Auth::user()->id;
        $post->receiverID = $request->input('receiverID');
        $post->message = $request->input('message');
        $post->save();


        return view('mailbox.create')->with('message','Message Sent !');
    }

    /**
     * Display the specified resource.
     *
     * @param  \App\Mailbox  $mailbox
     * @return \Illuminate\Http\Response
     */
    public function show($id)
    {
        $message = MailboxMessages::where('mailboxID', '=', $id)->get();
        $mail = Mailbox::find($id);
        $sender= User::find($mail->senderID);
        $receiver= User::find($mail->receiverID);
        return view('mailbox.viewMessage')->with('mail', $mail)->with('message',
$message)->with('sender', $sender)->with('receiver', $receiver);
    }
```

```php
/**
 * Show the form for editing the specified resource.
 *
 * @param  \App\Mailbox  $mailbox
 * @return \Illuminate\Http\Response
 */
public function edit(Mailbox $mailbox)
{
    //
}

/**
 * Update the specified resource in storage.
 *
 * @param  \Illuminate\Http\Request  $request
 * @param  \App\Mailbox  $mailbox
 * @return \Illuminate\Http\Response
 */
public function update(Request $request, Mailbox $mailbox)
{
    //
}

/**
 * Remove the specified resource from storage.
 *
 * @param  \App\Mailbox  $mailbox
 * @return \Illuminate\Http\Response
 */
public function destroy(Mailbox $mailbox)
{
    //
}


/**
 * Update the specified resource in storage.
 *
```

```
     * @param  \Illuminate\Http\Request  $request
     * @param  \App\Mailbox  $mailbox
     * @return \Illuminate\Http\Response
     */
    public function reply(Request $request)
    {
        $post = new MailboxMessages;
        $post->mailboxID = $request->input('id');
        $post->senderID = $request->input('senderID');
        $post->receiverID = $request->input('receiverID');
        $post->message = $request->input('reply');
        $post->save();

        return Redirect::back()->with('message','Message Sent !');

    }
}
```

3.6 ExercisePlanController

```
<?php

namespace App\Http\Controllers;

use Auth;
use App\ClientExercisePlans; // This model contains the historic and current training plans assigned to this client.
use App\ExercisePlanManager;
use App\ExercisePlan;
use App\ExercisePlanDetails;
use App\Exercise;
use Illuminate\Http\Request;

class ExercisePlansController extends Controller
{
    /**
     * Display a listing of the resource.
     * Display a list of all of the training plans created by the PT.
     * Only PTs can access this.
     * @return \Illuminate\Http\Response
     */
    public function index()
    {
        $plans = ExercisePlan::with('exercises.exercise')->where('trainerID', '=', ''.Auth::user()->id.'')->get();
        return view('exercisePlans.viewPlansTrainer')->with('plans', $plans);
    }

    /**
     * Show the form for creating a new resource.
     *
     * @return \Illuminate\Http\Response
     */
    public function create()
    {
        $exerciseList = Exercise::pluck('name', 'id');
```

```
        return view('exercisePlans.createPlan')->with('exerciseList', $exerciseList);;
    }

    /**
     * Store a newly created resource in storage.
     *
     * @param  \Illuminate\Http\Request  $request
     * @return \Illuminate\Http\Response
     */
    public function store(Request $request)
    {
        $this->validate($request,[
            'title' => 'required',
            'exerciseList' => 'required'
        ]);

        //$array = $request->all();

        $post = new ExercisePlan();
        $post->trainerID = Auth::user()->id;
        $post->name = $request->input('title');
        $post->save();

        for($i=1; $i<=7; $i++){
          if(isset($request->reps[$i][0])){
            for($j=0; $j<=2; $j++){
                if(isset($request->reps[$i][$j])){

                    $details = new ExercisePlanDetails();
                    $details->planID = $post->id;

                    if($i==1){
                        $details->day = "Monday";
                    } else if ($i==2){
                        $details->day = "Tuesday";
                    } else if ($i==3){
                        $details->day = "Wednesday";
                    } else if ($i==4){
                        $details->day = "Thursday";
```

```
                } else if ($i==5){
                    $details->day = "Friday";
                } else if ($i==6){
                    $details->day = "Saturday";
                } else if ($i==7){
                    $details->day = "Sunday";
                }

                $details->exerciseID = $request->exerciseList[$i][$j];
                $details->reps = $request->reps[$i][$j];
                $details->sets = $request->sets[$i][$j];
                $details->priority = "1";
                $details->weight = $request->weight[$i][$j];
                $details->save();

            }
        }
    }
}

    return redirect ('/exercise-plan-manager')->with('success', "New Training Plan Created!");
}

/**
 * Display the specified resource to the client.
 * Shows the client his/her currently assigned fitness plan in a 7 day calender format.
 * Only Clients can access this.
 * @param  \App\cr  $cr
 * @return \Illuminate\Http\Response
 */
public function show()
{
    if(Auth::guest()){
        return redirect ('/');
    }
    else{
```

```
            //Returns logged on users exercise plan and included exercises in object
            $exercisePlan =
ClientExercisePlans::with('plan.exercises.exercise')->where('userID',
Auth::user()->id)->where('active', '=', 1)->get();
            return view('exercisePlans.viewPlanClient')->with('exercisePlan',
$exercisePlan);;;
        }
    }

    /**
     * Show the form for editing the specified resource for the PT.
     * Display the form the allow the PT to edit/update a specific training plan.
     * Only PTs can access this.
     * @param  \App\cr  $cr
     * @return \Illuminate\Http\Response
     */
    public function edit($id)
    {
        $plan =  ExercisePlan::with('exercises.exercise')->find($id);
        $exerciseList = Exercise::pluck('name', 'id');
        return view('exercisePlans.editPlan')->with('plan',
$plan)->with('exerciseList', $exerciseList);;
    }

    /**
     * Update the specified resource in storage.
     *
     * @param  \Illuminate\Http\Request  $request
     * @param  \App\cr  $cr
     * @return \Illuminate\Http\Response
     */
    public function update(Request $request, cr $cr)
    {
        //
    }

    /**
     * Remove the specified resource from storage.
     *
```

```
     * @param  \App\cr  $cr
     * @return \Illuminate\Http\Response
     */
    public function destroy(cr $cr)
    {
        //
    }
}
```

3.7 ExerciseController

```php
<?php

namespace App\Http\Controllers;

use Illuminate\Http\Request;
use App\Exercise;

class ExerciseController extends Controller
{
    /**
     * Display a listing of the resource.
     *
     * @return \Illuminate\Http\Response
     */
    public function index()
    {
        //
    }

    /**
     * Show the form for creating a new resource.
     *
     * @return \Illuminate\Http\Response
     */
    public function create()
    {
        //
    }

    /**
     * Store a newly created resource in storage.
     *
     * @param  \Illuminate\Http\Request  $request
     * @return \Illuminate\Http\Response
     */
    public function store(Request $request)
```

```
{
    //
}

/**
 * Display the specified resource.
 *
 * @param  int  $id
 * @return \Illuminate\Http\Response
 */
public function show($id)
{
    $exercise = Exercise::find($id)->first();
    return view('exercise.viewExercise')->with('exercise', $exercise);
}

/**
 * Show the form for editing the specified resource.
 *
 * @param  int  $id
 * @return \Illuminate\Http\Response
 */
public function edit($id)
{
    //
}

/**
 * Update the specified resource in storage.
 *
 * @param  \Illuminate\Http\Request  $request
 * @param  int  $id
 * @return \Illuminate\Http\Response
 */
public function update(Request $request, $id)
{
    //
}
```

```php
    /**
     * Remove the specified resource from storage.
     *
     * @param  int  $id
     * @return \Illuminate\Http\Response
     */
    public function destroy($id)
    {
        //
    }
}
```

3.8 ClientManagerController

```
<?php

namespace App\Http\Controllers;

use App\ClientManager;
use App\User;
use Auth;
use Illuminate\Http\Request;
use App\ExercisePlan;
use App\TrainerRequests;
use App\ClientExercisePlans;
class ClientManagerController extends Controller
{
    /**
     * Display a listing of the resource.
     *
     * @return \Illuminate\Http\Response
     */
    public function index()
    {
        $clients = User::where('trainerID', '=', ''.Auth::user()->id.'')->get();
        $plansList = ExercisePlan::where('trainerID', '=',
''.Auth::user()->id.'')->pluck('name', 'id');
        return view('clientManager.viewClients')->with('clients',
$clients)->with('plansList', $plansList);
    }

    /**
     * Show the form for creating a new resource.
     *
     * @return \Illuminate\Http\Response
     */
    public function create()
    {
        //
    }
```

```php
/**
 * Store a newly created resource in storage.
 *
 * @param  \Illuminate\Http\Request  $request
 * @return \Illuminate\Http\Response
 */
public function store(Request $request)
{
    //
}

/**
 * Display the specified resource.
 *
 * @param  \App\ClientManager  $clientManager
 * @return \Illuminate\Http\Response
 */
public function show(ClientManager $clientManager)
{
    //
}

/**
 * Show the form for editing the specified resource.
 *
 * @param  \App\ClientManager  $clientManager
 * @return \Illuminate\Http\Response
 */
public function edit(ClientManager $clientManager)
{
    //
}

/**
 * Update the specified resource in storage.
 *
 * @param  \Illuminate\Http\Request  $request
 * @param  \App\ClientManager  $clientManager
```

```
     * @return \Illuminate\Http\Response
     */
    public function update(Request $request)
    {
        echo $request->plansList;
        echo $request->clientID;
        exit();
    }

    /**
     * Remove the specified resource from storage.
     *
     * @param  \App\ClientManager  $clientManager
     * @return \Illuminate\Http\Response
     */
    public function destroy(ClientManager $clientManager)
    {
        //
    }

    /**
     * Display a listing of the resource.
     *
     * @return \Illuminate\Http\Response
     */
    public function requests()
    {
        $requests = TrainerRequests::where('trainerID', '=',
''.Auth::user()->id.'')->where('accepted',"=","0")->get();
        return view('clientManager.requests')->with('requests', $requests);
    }



    public function accept(Request $request)
    {

        TrainerRequests::where('id', $request->requestID)->update(['accepted' => 1]);
```

```
        User::where('id', $request->clientID)->update(['trainerID' =>
$request->trainerID]);

        return redirect()->back()->with('success', 'Successfully accepted this user as
your client.');
    }



    public function updatePlan(Request $request)
    {
        ClientExercisePlans::where('id', $request->clientID)->where('active', '=',
'1')->update(['active' => 0]);

        $details = new ClientExercisePlans();
        $details->userID = $request->clientID;
        $details->exercisePlanID = $request->plansList;
        $details->active = '1';
        $details->save();

        return redirect()->back()->with('success', 'Successfully assigned this plan to
your client.');
    }

}
```

4.0 Web Application Views

4.1 search.blade.php (No Parent Directory)

```
@extends('layouts.app')

@section('content')
    <div class="card">
        @if(isset($details))
        <p> The Search results for your query <b> {{ $query }} </b> are :</p>
        <h2>See your search results below</h2>
        <table class="table table-striped">
            <thead>
                <tr>
                    <th>Name</th>
                    <th>Location</th>
                </tr>
            </thead>
            <tbody>
                @foreach($details as $user)
                <tr>
                    <td><a href="/user/{{$user->username}}">{{$user->name}}</a></td>
                    <td>{{$user->county}}, {{$user->town}}</td>
                </tr>
                @endforeach
            </tbody>
        </table>
        @elseif(isset($message))
        <p>{{ $message }}</p>
        @endif
    </div>
@endsection
```

4.2 User -> index.blade.php

```
@extends('layouts.app')

@section('content')

   <div class="col-lg-6 col-sm-6">
       <div class="card hovercard">
           <div class="card-background">
               <img class="card-bkimg" alt="" 
src="{{asset('img/profile-wallpaper.jpg')}}">
               <!-- http://lorempixel.com/850/280/people/9/ -->
           </div>
           <div class="useravatar">
               <img alt="" src="{{asset('img/avatars/default-avatar.png')}}">
           </div>
           <div class="card-info"> <span class="card-title">{{$user->name}}</span>

           </div>
       </div>

       <div class="btn-pref btn-group btn-group-justified btn-group-lg" role="group" 
aria-label="...">
           <div class="btn-group" role="group">
               <button type="button" id="stars" class="btn btn-primary" href="#tab1" 
data-toggle="tab"><span class="glyphicon glyphicon-star" aria-hidden="true"></span>
                   <div class="hidden-xs">Profile Information</div>
               </button>
           </div>
       </div>

       <div class="well">
           <div class="tab-content">
               <div class="tab-pane fade in active" id="tab1">
                   <div class="panel-body">
                       <div class="row">
                           <div class=" col-md-9 col-lg-9 " style="float:right;">
                               <table class="table table-user-information">
```

```
                                <tbody>
                                    <tr>
                                    <td>Personal Trainer</td>
                                    <td><a
href="/user/{{$pt->username}}">{{$pt->name}}</td>
                                    </tr>
                                    <tr>
                                    <td>Location</td>
                                    <td>{{$user->county}}, {{$user->country}}</td>
                                    </tr>
                                    <tr>
                                    <td>Profession</td>
                                    <td>{{$user->profession}}</td>
                                    </tr>
                                    <tr>
                                    <td>Age</td>

<td>{{\Carbon\Carbon::parse($user->dob)->diff(\Carbon\Carbon::now())->format('%y
years, %m months and %d days')}}</td>
                                    </tr>
                                    <tr>
                                    <tr>
                                    <td>Gender</td>
                                    <td>{{$user->gender}}</td>
                                    </tr>
                                </tbody>
                                </table>
                                @if (!Auth::guest() &&
Auth::user()->username!=$user->username)
                                     <a href="/mailbox/create/{{$user->id}}" class="btn
btn-primary" style="float:left;margin-right:10px;">Private Message</a>
                                    {!! Form::open(['action' =>
['UserController@follow', $user->username], 'method' => 'POST']) !!}
                                    {{Form::hidden('userID', $user->id)}}
                                    {{Form::hidden('followerID', Auth::user()->id)}}
                                    {{ Form::submit('Follow ', ['class' => 'btn
btn-primary']) }}
                                    {!! Form::close() !!}
                                @endif
```

```
                        </div>
                    </div>
                </div>
            </div>
            <div class="tab-pane fade in" id="tab2">
            <h3>This is tab 2</h3>
            </div>
            <div class="tab-pane fade in" id="tab3">
            <h3>This is tab 3</h3>
            </div>
        </div>
    </div>
    <!--Includes the layout feed that is also on the users profile!-->
    @include('layouts.feed')
</div>
<div class="col-md-6 pull-right">
        <div class="card " style="padding:20px;">
                <img src="{{ asset('img/sponsors.png') }}"/>
    </div>
</div>
@endsection
```

4.3 User -> settings.blade.php

```
@extends('layouts.app')

@section('content')

<div class="card">
	<h1>Profile Settings</h1>
	{!! Form::open(['action' => ['UserController@updateSettings'], 'method' =>
'POST']) !!}
	<div class="form-group">
		{{ Form::label('email', 'Email Address') }}
		{{ Form::text('email', $user->email, ['class' => 'form-control']) }}
	</div>
	<div class="form-group">
		{{ Form::label('name', 'Full Name') }}
		{{ Form::text('name', $user->name, ['class' => 'form-control']) }}
	</div>
	<div class="form-group">
		{{ Form::label('street', 'Street') }}
		{{ Form::text('street', $user->street, ['class' => 'form-control']) }}
	</div>
	<div class="form-group">
		{{ Form::label('town', 'Town') }}
		{{ Form::text('town', $user->town, ['class' => 'form-control']) }}
	</div>
	<div class="form-group">
			{{ Form::label('county', 'County') }}
			{{ Form::text('county', $user->county, ['class' =>
'form-control']) }}
		</div>
	<div class="form-group">
		{{ Form::label('country', 'Country') }}
		{{ Form::text('country', $user->country, ['class' => 'form-control'])
}}
	</div>
	<div class="form-group">
		{{ Form::label('dob', 'Date of birth DD/MM/YY') }}
```

```
                {{ Form::text('dob', $user->dob, ['class' => 'form-control']) }}
        </div>
        <div class="form-group">
                {{ Form::label('profession', 'Profession') }}
                {{ Form::text('profession', $user->profession, ['class' =>
'form-control']) }}
        </div>
        <div class="form-group">
                {{ Form::label('gender', 'Gender') }}
                {{ Form::text('gender', $user->gender, ['class' => 'form-control']) }}
        </div>

        {{ Form::hidden('uid',  Auth::user()->id) }}
        {{ Form::hidden('_method', 'PUT') }}
        {{ Form::submit('Update Profile', ['class' => 'btn btn-primary']) }}
        {!! Form::close() !!}
</div>

@endsection
```

4.4 TrainerFinder -> view.blade.php

```
@extends('layouts.app')

@section('content')

<div class="container-fluid">
       <div class="card" style="padding:10px;">
         <h3 style="display: inline-block;margin-top:10px;">
             <center>Trainer Finder</center>
         </h3>

         <hr style="margin:10px;"></hr>
         {!! Form::open(['action' => ['TrainerFinderController@request'], 'method' =>
'POST']) !!}
           <table class="table table-hover" style="margin:0px auto;">
               <thead >
                 <tr>
                   <th scope="col">Client ID</th>
                   <th scope="col">Name</th>
                   <th scope="col">Username</th>
                   <th scope="col">Email</th>
                   <th scope="col">Request</th>
                 </tr>
               </thead>
               <tbody>
                 @foreach($trainers as $trainer)
                 <tr>
                   <th scope="row">{{$trainer->id}}</th>
                   <td>{{$trainer->name}}</td>
                   <td>{{$trainer->username}}</td>
                   <td>{{$trainer->email}}</td>
                   <td>{{ Form::submit('Request Trainer', ['class' => 'btn
btn-primary']) }}</td>
                 </tr>
                 {{ Form::hidden('trainerID', $trainer->id) }}
                 @endforeach
               </tbody>
```

```
            </table>

            {{ Form::hidden('clientID', Auth::user()->id) }}
            {{ Form::hidden('_method', 'PUT') }}
        </center>
    {!! Form::close() !!}
    </div>
</div>
@endsection
```

4.5 Pages -> welcome.blade.php

```
<!doctype html>
<html lang="{{ app()->getLocale() }}">
    <head>
        <meta charset="utf-8">
        <meta http-equiv="X-UA-Compatible" content="IE=edge">
        <meta name="viewport" content="width=device-width, initial-scale=1">

        <title>Laravel</title>

        <!-- Fonts -->
        <link href="https://fonts.googleapis.com/css?family=Raleway:100,600"
rel="stylesheet" type="text/css">

        <!-- Styles -->
        <style>
            html, body {
                background-color: #fff;
                color: #636b6f;
                font-family: 'Raleway', sans-serif;
                font-weight: 100;
                height: 100vh;
                margin: 0;
            }

            .full-height {
                height: 100vh;
            }

            .flex-center {
                align-items: center;
                display: flex;
                justify-content: center;
            }

            .position-ref {
                position: relative;
```

```
        }

        .top-right {
            position: absolute;
            right: 10px;
            top: 18px;
        }

        .content {
            text-align: center;
        }

        .title {
            font-size: 84px;
        }

        .links > a {
            color: #636b6f;
            padding: 0 25px;
            font-size: 12px;
            font-weight: 600;
            letter-spacing: .1rem;
            text-decoration: none;
            text-transform: uppercase;
        }

        .m-b-md {
            margin-bottom: 30px;
        }
    </style>
</head>
<body>
    <div class="flex-center position-ref full-height">
        @if (Route::has('login'))
            <div class="top-right links">
                @auth
                    <a href="{{ url('/home') }}">Home</a>
                @else
                    <a href="{{ route('login') }}">Login</a>
```

```
                    <a href="{{ route('register') }}">Register</a>
                @endauth
            </div>
        @endif

        <div class="content">
            <div class="title m-b-md">
                Laravel
            </div>

            <div class="links">
                <a href="https://laravel.com/docs">Documentation</a>
                <a href="https://laracasts.com">Laracasts</a>
                <a href="https://laravel-news.com">News</a>
                <a href="https://forge.laravel.com">Forge</a>
                <a href="https://github.com/laravel/laravel">GitHub</a>
            </div>
        </div>
    </div>
</body>
</html>
```

4.6 Pages -> index.blade.php

```
@extends('layouts.app')

@section('content')
<div class="card text-center">
 <div class="card-header">
 </div>
 <div class="card-body">
   <h5 class="card-title"><u>Total Fitness</u></h5>
   <p class="card-text">Welcome to Total Fitness. Here you can find personal trainers and work with them to create the perfect training plan together.</p>
   <a href="{{ route('register') }}" class="btn btn-primary">Signup</a> or  <a href="{{ route('login') }}" class="btn btn-primary">Login</a>
 </div>
 <div class="card-footer text-muted">
   2 days ago
 </div>
</div>
@endsection
```

4.7 Newsfeed -> index.blade.php

```
@extends('layouts.app')

@section('content')




    <div class="col-md-6">
        <div class="card " style="padding:20px;">
        {!! Form::open(['action' => 'NewsfeedController@store', 'method' => 'POST'])
!!}
        <div class="form-group">
            <h4>Share quotes, acheivements or simply whatever is on your mind:</h4>
            {{ Form::textarea('body', '', ['class' => 'form-control', 'rows' => 2,
'placeholder' => 'What are you up too.....']) }}
            {{Form::hidden('userid', Auth::user()->id)}}
        </div>
        <center>
        {{ Form::submit('Submit Post', ['class' => 'btn btn-primary']) }}
        {!! Form::close() !!}
        <center>


        </div>



         <!--Includes the layout feed that is also on the users profile!-->
        @include('layouts.feed')
    </div>
    <div class="col-md-6 pull-right">
            <div class="card " style="padding:20px;">
                    <img src="{{ asset('img/sponsors.png') }}"/>
        </div>
    </div>

@endsection
```

4.8 Newsfeed -> edit.blade.php

```
@extends('layouts.app')

@section('content')
   <h1>Edit Post</h1>
   {!! Form::open(['action' => ['NewsfeedController@update', $post->id], 'method' =>
'POST']) !!}
   <div class="form-group">
            {{ Form::label('title', 'Title') }}
            {{ Form::text('title', $post->title, ['class' => 'form-control',
'placeholder' => 'title']) }}
   </div>
   <div class="form-group">
            {{ Form::label('body', 'Body') }}
            {{ Form::textarea('body', $post->body, ['class' => 'form-control',
'placeholder' => 'bodyText']) }}
   </div>
   {{ Form::hidden('_method', 'PUT') }}
   {{ Form::submit('Submit', ['class' => 'btn btn-primary']) }}
   {!! Form::close() !!}
@endsection
```

4.9 Mailbox -> viewMessage.blade.php

```
@extends('layouts.app')

@section('content')

<div class="container-fluid">
       <div class="card" style="padding:10px;">
         <h3 style="display: inline-block;margin-top:10px;">
             <center>View Message</center>
         </h3>

         <hr style="margin:10px;"></hr>


                 @foreach($message as $pms)

                   <div class="jumbotron" style="padding:10px;margin:10px;">
                       <div style="padding:15px;">
                       <a href="/user/{{$sender->name}}"><h4
style="display:inline;">{{$sender->name}}</h4></a> on {{$pms->created_at}}</a>
                        </div>
                       <div class="card" style="margin:0px;">
                       {{$pms->message}}
                       </div>
                   </div>
                 @endforeach
                 <div class="form-group">
                       {!! Form::open(['action' => ['MailboxController@reply'],
'method' => 'POST']) !!}
                       {{ Form::textarea('reply', '', ['class' => 'form-control',
'placeholder' => 'Put your message here....', 'style' => 'margin:20px;width:97%;']) }}
                       {{ Form::hidden('id', $mail->id) }}
                       {{ Form::hidden('senderID', Auth::user()->id) }}
                       <?php if($mail->senderID == Auth::user()->id){
                           $receiverID = $mail->receiverID;
                       }else{
                           $receiverID = $mail->senderID;
```

```
                        }?>
                        {{ Form::hidden('receiverID', $receiverID) }}
                        {{ Form::hidden('_method', 'PUT') }}
                        <center>{{ Form::submit('Send Reply', ['class' => 'btn
btn-primary', 'style' => 'margin:0px auto;']) }}<center>
                        {!! Form::close() !!}
                </div>
    </div>
</div>
@endsection
```

4.10 Mailbox -> viewAll.blade.php

```
@extends('layouts.app')

@section('content')

<div class="container-fluid">
       <div class="card" style="padding:10px;">
         <h3 style="display: inline-block;margin-top:10px;">
             <center>Client Manager</center>
         </h3>

         <hr style="margin:10px;"></hr>

           <table class="table table-hover" style="margin:0px auto;">
               <thead >
                 <tr>
                   <th scope="col">Mail ID</th>
                   <th scope="col">From</th>
                   <th scope="col">To</th>
                   <th scope="col">Title</th>
                   <th scope="col">Received On</th>
                   <th scope="col">View</th>
                 </tr>
               </thead>
               <tbody>
                 @foreach($mail as $pms)
                 <tr>
                   <th scope="row">{{$pms->id}}</th>
                   <td>{{$pms->sender->first()->name}}</td>
                   <td>{{$pms->receiver->first()->name}}</td>
                   <td>{{$pms->title}}</td>
                   <td>{{$pms->created_at}}</td>
                   <td style="width:150px;"><a href="./mailbox/view/{{$pms->id}}"
class="btn btn-primary" >View</a></td>
                 </tr>
                 @endforeach
               </tbody>
```

```
            </table>
        </div>
    </div>
    @endsection
```

4.11 Mailbox -> create.blade.php

```
@extends('layouts.app')

@section('content')

<div class="container-fluid">
       <div class="card" style="padding:10px;">
         <h3 style="display: inline-block;margin-top:10px;">
             <center>Create Message</center>
         </h3>

         <hr style="margin:10px;"></hr>
                <div class="form-group">
                      {!! Form::open(['action' => ['MailboxController@storeNow'],
'method' => 'POST']) !!}
                      {{ Form::label('title', 'Title') }}
                      {{ Form::text('title', '', ['class' => 'form-control']) }}
                      {{ Form::label('message', 'message') }}
                      {{ Form::textarea('message', '', ['class' => 'form-control'])
}}
                      {{ Form::hidden('receiverID', $id) }}
                      {{ Form::hidden('_method', 'PUT') }}
                      {{ Form::submit('Send Message', ['class' => 'btn btn-primary'])
}}
                      {!! Form::close() !!}
               </div>
   </div>
</div>
@endsection
```

4.12 Layouts -> feed.blade.php

```
@if(count($posts) >= 1)
@foreach($posts as $post)
            <div class="card ">
                <div class="card-header ">
                        <div class="float-left">
                            <img class="usravatar"
src="{{asset('img/avatars/default-avatar.png')}}">
                        </div>
                <h4 class="card-title" style="padding:20px;margin-left:55px;"><a
href="/user/{{$post->users->username}}">{{$post->users->name}}</a> says:</h4>
                </div>
                <div class="card-body ">
                    <h1 class="card-title">{{$post->body}}</h1>
                </div>
                <div class="card-footer ">
                    <hr>
                    <div class="stats">
                        <div class="legend">
                            <i class="fa fa-clock-o"></i>  Written on:
{{$post->created_at}}
                        </div>
                    </div>

                    <a href="/newsfeed/{{$post->id}}/edit">
                        <div class="float-right">
                            <button type="button" class="btn btn-default btn-sm">
                                <span class="glyphicon glyphicon-edit"></span> Edit
                            </button> 
                            </a>
                            {!!Form::open(['action' => ['NewsfeedController@destroy',
$post->id], 'method' => 'POST', 'class' => 'pull-right'])!!}
                                {{Form::hidden('_method', 'DELETE')}}
                                {{Form::submit('Delete', ['class' => 'btn btn-default
btn-sm'])}}
                            {!!Form::close()!!}
                        </div>
```

```
                </div>
            </div>
@endforeach
@else
   <div class="card ">
      Here you will see posts from people you follow on your feed. To begin follow a
friend or person of intrest.
   </div>
@endif
```

4.13 Layouts -> app.blade.php

```
<!DOCTYPE html>
<html lang="{{ app()->getLocale() }}">
<head>
    <!-- CSRF Token -->
    <meta charset="utf-8" />
    <meta name="csrf-token" content="{{ csrf_token() }}">
    <link rel="apple-touch-icon" sizes="76x76" href="{{ asset('img/style.css')
}}apple-icon.png">
    <link rel="icon" type="image/png" href="{{ asset('img/favicon.ico') }}">
    <meta http-equiv="X-UA-Compatible" content="IE=edge,chrome=1" />
    <title>{{ config('app.name', 'Total Fitness') }}</title>
    <meta content='width=device-width, initial-scale=1.0, maximum-scale=1.0,
user-scalable=0, shrink-to-fit=no' name='viewport' />
    <!--     Fonts and icons     -->
    <link href="https://fonts.googleapis.com/css?family=Montserrat:400,700,200"
rel="stylesheet" />
    <link rel="stylesheet"
href="https://maxcdn.bootstrapcdn.com/font-awesome/latest/css/font-awesome.min.css" />
    <!-- CSS Files -->

    <script
src="https://ajax.googleapis.com/ajax/libs/jquery/3.3.1/jquery.min.js"></script>
    <script
src="https://maxcdn.bootstrapcdn.com/bootstrap/3.3.7/js/bootstrap.min.js"></script>
    <link href="{{ asset('css/light-bootstrap-dashboard.css?v=2.0.1') }}"
rel="stylesheet" />

    <link href="{{ asset('css/style.css') }}" rel="stylesheet" />
    <link href="{{ asset('css/bootstrap.min.css') }}" rel="stylesheet" />
    <link href="//maxcdn.bootstrapcdn.com/bootstrap/3.3.0/css/bootstrap.min.css"
rel="stylesheet">
    <script
src="//maxcdn.bootstrapcdn.com/bootstrap/3.3.0/js/bootstrap.min.js"></script>
    <script src="//code.jquery.com/jquery-1.11.1.min.js"></script>
    <!-- Scripts -->
    <script src="{{ asset('js/light-bootstrap-dashboard.js') }}"></script>
```

```
   <!--   Core JS Files   -->
   <script src="{{ asset('js/core/jquery.3.2.1.min.js') }}"
type="text/javascript"></script>
   <script src="{{ asset('js/core/popper.min.js') }}" type="text/javascript"></script>
   <script src="{{ asset('js/core/bootstrap.min.js') }}"
type="text/javascript"></script>
   <!--  Plugin for Switches, full documentation here:
http://www.jque.re/plugins/version3/bootstrap.switch/ -->

           <link href="{{
asset('fonts/vendor/bootstrap-sass/bootstrap/glyphicons-halflings-regular.ttf') }}"
rel="tff" />
</head>
<body>
       <div class="wrapper">
               @include('inc.menu')
               <div class="main-panel">
                       @include('inc.navbar')
                       <div class="content">
                       @include('inc.messages')
                       @yield('content')
                   </div>
       </div>


   </body>
   </html>
```

4.14 Inc -> navbar.blade.php

```
            <!-- Navbar -->
            <nav class="navbar navbar-expand-lg " color-on-scroll="500">
                    <div class=" container-fluid  ">

                        <button href="" class="navbar-toggler navbar-toggler-right"
type="button" data-toggle="collapse" aria-controls="navigation-index"
aria-expanded="false" aria-label="Toggle navigation">
                            <span class="navbar-toggler-bar burger-lines"></span>
                            <span class="navbar-toggler-bar burger-lines"></span>
                            <span class="navbar-toggler-bar burger-lines"></span>
                        </button>
                        <div class="collapse navbar-collapse justify-content-end"
id="navigation">
                            <ul class="nav navbar-nav mr-auto"
style="width:49%;padding:5px;margin-top:5px;">
                                <li class="nav-item">
                                    <div id="custom-search-input">

                                        <form action="/search" method="POST"
role="search">
                                            {{ csrf_field() }}
                                            <div class="input-group">
                                                <input type="text" class="form-control"
name="q"
                                                    placeholder="Search users by name
or email"> <span class="input-group-btn">
                                                    <button type="submit" class="btn
btn-default">
                                                        <span class="glyphicon
glyphicon-search"></span>
                                                    </button>
                                                </span>
                                            </div>
                                        </form>
                                    </div>
                                </li>
```

```
                        </ul>
                        <ul class="nav navbar-nav navbar-right" >

                        <!-- Right Side Of Navbar -->

                            <!-- Authentication Links -->
                            @if (Auth::guest())
                                <a href="{{ route('login') }}"><button
type="button" class="btn btn-primary"
aria-pressed="true"><strong>Login</strong></button></a>
                                <a href="{{ route('register') }}"> <button
type="button" class="btn btn-default"
aria-pressed="true"><strong>Register</strong></button></a>
                            @else

                                Welcome, 
                                <a href="/user/@auth{{ Auth::user()->name
}}@endauth "  data-toggle="dropdown" role="button" aria-expanded="false">
                                    {{ Auth::user()->name }}
                                </a> 
                                <a href="{{ route('logout') }}"
                                    onclick="event.preventDefault();

document.getElementById('logout-form').submit();">
                                    <button type="button" class="btn btn-default"
aria-pressed="true"><strong>Logout</strong></button>
                                </a>

                                <form id="logout-form" action="{{ route('logout')
}}" method="POST" style="display: none;">
                                    {{ csrf_field() }}
                                </form>

                            @endif
                        </ul>
                    </div>
                </div>
            </nav>
            <!-- End Navbar -->
```

4.15 Inc -> Messages.blade.php

```
@if(count($errors) > 0)
    @foreach($errors->all() as $error)
        <div class="alert alert-danger">
            {{$error}}
        </div>
    @endforeach
@endif

@if(session('success'))
    <div class="alert alert-success">
        {{session('success')}}
    </div>
@endif

@if(session('error'))
    <div class="alert alert-danger">
        {{session('error')}}
    </div>
@endif
```

4.16 Inc -> Menu.blade.php

```
<div class="sidebar" data-image="{{ asset('img/sidebar-5.jpg')}}">
            <!--
        Tip 1: You can change the color of the sidebar using: data-color="purple | blue
| green | orange | red"
        Tip 2: you can also add an image using data-image tag
    -->
            <div class="sidebar-wrapper">
                <div class="logo">
                    <a href="/index.php" class="simple-text">
                        <img src="{{ asset('img/TF-Logo.png') }}" height="80%"
width="80%"/>
                    </a>
                </div>
                <ul class="nav">
                        <li>
                                <a class="nav-link" href="/newsfeed">
                                    <i class="nc-icon nc-circle"></i>
                                    <p>Newsfeed</p>
                                </a>
                            </li>
                    @if(Auth::user())
                        @if(Auth::user()->isTrainer == 1)
                            <li>
                                <a class="nav-link" href="/client-manager">
                                    <i class="nc-icon nc-badge"></i>
                                    <p>Client Manager</p>
                                </a>
                            </li>
                        @else
                            <li>
                                <a class="nav-link" href="/trainer-finder">
                                    <i class="nc-icon nc-badge"></i>
                                    <p>Trainer Finder</p>
                                </a>
                            </li>
                        @endif
```

```
                        <li>
                          <a class="nav-link" href="/search">
                                <i class="nc-icon nc-zoom-split"></i>
                                <p>Find User</p>
                            </a>
                        </li>
                        <li>
                            <a class="nav-link" href="/mailbox">
                                <i class="nc-icon nc-email-85"></i>
                                <p>Mailbox</p>
                            </a>
                        </li>
                        <li>
                        <a class="nav-link"
href="/user/@auth{{Auth::user()->username}}@endauth">
                                <i class="nc-icon nc-circle-09"></i>
                                <p>My Profile</p>
                            </a>
                        </li>
                        @if(Auth::user()->isTrainer == 1)
                            <li>
                                <a class="nav-link" href="/exercise-plan-manager">
                                    <i class="nc-icon nc-bullet-list-67"></i>
                                    <p>Exercise Manager</p>
                                </a>
                            </li>
                        @else
                            <li>
                                <a class="nav-link" href="/my-exercise-plan">
                                    <i class="nc-icon nc-bell-55"></i>
                                    <p>My Exercise Plan</p>
                                </a>
                            </li>
                        @endif
                        <li>
                            <a class="nav-link" href="/settings">
                                <i class="nc-icon nc-settings-gear-64"></i>
                                <p>Settings</p>
                            </a>
```

```
                </li>
            @else
            <li class="nav-item active">
                <a class="nav-link" href="/login">
                    <i class="nc-icon nc-lock-circle-open"></i>
                    <p>Login</p>
                </a>
            </li>
            <li class="nav-item active">
                <a class="nav-link" href="/register">
                    <i class="nc-icon nc-notes"></i>
                    <p>Register</p>
                </a>
            </li>
            @endif
        </ul>
    </div>
</div>
```

4.17 ExercisePlans -> viewPlansTrainer.blade.php

```
@extends('layouts.app')

@section('content')

<div class="container-fluid">
       <div class="card" style="padding:10px;">
         <h3 style="display: inline-block;margin-top:10px;">
             <center>Update Training Plan
             <a href="./exercise-plan-manager/create" class="btn btn-success"
style="float:right;align:right;margin-right:10px;width:200px;">New Exercise Plan</a>
             </center>
         </h3>

         <hr style="margin:10px;"></hr>

           <table class="table table-hover" style="margin:0px auto;">
               <thead >
                 <tr>
                   <th scope="col">Plan ID</th>
                   <th scope="col">Name</th>
                   <th scope="col"># Active Clients</th>
                   <th scope="col">Created On</th>
                   <th scope="col">Manage</th>
                   <th scope="col">Delete</th>
                 </tr>
               </thead>
               <tbody>
                 @foreach($plans as $plan)
                 <tr>
                   <th scope="row">{{$plan->id}}</th>
                   <td>{{$plan->name}}</td>
                   <td>55</td>
                   <td>{{$plan->created_at}}</td>
                   <td><a href="./exercise-plan-manager/edit/{{$plan->id}}" class="btn
btn-primary" >Manage</a></td>
```

```
                    <td style="width:150px;"><a
href="./exercise-plan-manager/edit/{{$plan->id}}" class="btn btn-danger" >Delete
(Cannot be undone)</a></td>
                </tr>
                @endforeach
            </tbody>
        </table>
    </div>
</div>
@endsection
```

4.18 ExercisePlans -> viewPlansClient.blade.php

```
@extends('layouts.app')

@section('content')
<div class="container-fluid">
    <div class="row">



        <div class="col-md-2" style="padding:10px;flex:0%;">
           <div class="card" style="padding:15px;background-color:#c7e0fc;">
               <h3 style="margin-bottom:3px;">
                   <center>Monday</center>
                   <hr style="margin:5px;"></hr>
               </h3>
               <!--Iterate through list of user assigned exercise plan!-->
               @foreach($exercisePlan as $plans)
                   @foreach($plans->plan as $plan)
                       <!--Iterate through  assigned exercises plan details!-->
                       @foreach($plan->exercises as $exercises)
                           @if($exercises->day=="Monday")

                               <!--Iterate through exercises in user plans for
Monday!-->
                               @foreach($exercises->exercise as $exercise)

                                   <div id="card-282411">
                                           <div class="card" style="padding:5px;">
                                               <div class="card-header">
                                                   <a class="card-link"
href="./exercise/{{$exercise->id}}" d>{{$exercise->name}}</a><br/>
                                                   <b>Sets:</b> {{$exercises->sets}}
<br/>
                                                   <b>Reps:</b> {{$exercises->reps}}
<br/>
                                                   <b>Weight:</b>
{{$exercises->weight}}<br/>
```

```
                                        </div>
                                    </div>
                                </div>
                            @endforeach
                        @endif
                    @endforeach
                @endforeach
            @endforeach
        </div>
    </div>


     <div class="col-md-2" style="padding:10px;flex:0%;">
            <div class="card" style="padding:15px;background-color:#c7e0fc;">
                <h3 style="margin-bottom:3px;">
                    <center>Tuesday</center>
                    <hr style="margin:5px;"></hr>
                </h3>
                <!--Iterate through list of user assigned exercise plan!-->
                @foreach($exercisePlan as $plans)
                    @foreach($plans->plan as $plan)
                        <!--Iterate through  assigned exercises plan details!-->
                        @foreach($plan->exercises as $exercises)
                            @if($exercises->day=="Tuesday")

                                <!--Iterate through exercises in user plans for
Monday!-->
                                @foreach($exercises->exercise as $exercise)

                                    <div id="card-282411">
                                        <div class="card" style="padding:5px;">
                                            <div class="card-header">
                                                <a class="card-link"
href="./exercise/{{$exercise->id}}" d>{{$exercise->name}}</a><br/>
                                                <b>Sets:</b>
{{$exercises->sets}} <br/>
                                                <b>Reps:</b>
{{$exercises->reps}} <br/>
```

```
                                                    <b>Weight:</b>
{{$exercises->weight}}<br/>
                                                </div>
                                            </div>
                                        </div>
                                    @endforeach
                                @endif
                            @endforeach
                        @endforeach
                    @endforeach
                </div>
            </div>



            <div class="col-md-2" style="padding:10px;flex:0%;">
                    <div class="card" style="padding:15px;background-color:#c7e0fc;">
                        <h3 style="margin-bottom:3px;">
                            <center>Wednesday</center>
                            <hr style="margin:5px;"></hr>
                        </h3>
                        <!--Iterate through list of user assigned exercise plan!-->
                        @foreach($exercisePlan as $plans)
                            @foreach($plans->plan as $plan)
                                <!--Iterate through  assigned exercises plan
details!-->
                                @foreach($plan->exercises as $exercises)
                                    @if($exercises->day=="Wednesday")

                                        <!--Iterate through exercises in user plans for
Monday!-->
                                        @foreach($exercises->exercise as $exercise)

                                            <div id="card-282411">
                                                <div class="card"
style="padding:5px;">
                                                    <div class="card-header">
                                                        <a class="card-link"
href="./exercise/{{$exercise->id}}" d>{{$exercise->name}}</a><br/>
```

```
                                                    <b>Sets:</b>
{{$exercises->sets}} <br/>
                                                    <b>Reps:</b>
{{$exercises->reps}} <br/>
                                                    <b>Weight:</b>
{{$exercises->weight}}<br/>
                                                </div>
                                            </div>
                                        </div>
                                    @endforeach
                                @endif
                            @endforeach
                        @endforeach
                    @endforeach
                </div>
            </div>


            <div class="col-md-2" style="padding:10px;flex:0%;">
                    <div class="card"
style="padding:15px;background-color:#c7e0fc;">
                        <h3 style="margin-bottom:3px;">
                            <center>Thursday</center>
                            <hr style="margin:5px;"></hr>
                        </h3>
                        <!--Iterate through list of user assigned exercise plan!-->
                        @foreach($exercisePlan as $plans)
                            @foreach($plans->plan as $plan)
                                <!--Iterate through  assigned exercises plan
details!-->
                                @foreach($plan->exercises as $exercises)
                                    @if($exercises->day=="Thursday")

                                        <!--Iterate through exercises in user plans
for Monday!-->
                                        @foreach($exercises->exercise as $exercise)

                                            <div id="card-282411">
```

```
                                                    <div class="card"
style="padding:5px;">
                                                        <div class="card-header">
                                                            <a class="card-link"
href="./exercise/{{$exercise->id}}" d>{{$exercise->name}}</a><br/>
                                                            <b>Sets:</b>
{{$exercises->sets}} <br/>
                                                            <b>Reps:</b>
{{$exercises->reps}} <br/>
                                                            <b>Weight:</b>
{{$exercises->weight}}<br/>
                                                        </div>
                                                    </div>
                                                </div>
                                            @endforeach
                                        @endif
                                    @endforeach
                                @endforeach
                            @endforeach
                        </div>
                    </div>


        <div class="col-md-2" style="padding:10px;flex:0%;">
                <div class="card" style="padding:15px;background-color:#c7e0fc;">
                    <h3 style="margin-bottom:3px;">
                        <center>Friday</center>
                        <hr style="margin:5px;"></hr>
                    </h3>
                    <!--Iterate through list of user assigned exercise plan!-->
                    @foreach($exercisePlan as $plans)
                        @foreach($plans->plan as $plan)
                            <!--Iterate through  assigned exercises plan details!-->
                            @foreach($plan->exercises as $exercises)
                                @if($exercises->day=="Friday")

                                    <!--Iterate through exercises in user plans for
Monday!-->
```

```
                                @foreach($exercises->exercise as $exercise)

                                    <div id="card-282411">
                                            <div class="card" style="padding:5px;">
                                                <div class="card-header">
                                                    <a class="card-link"
href="./exercise/{{$exercise->id}}" d>{{$exercise->name}}</a><br/>
                                                    <b>Sets:</b>
{{$exercises->sets}} <br/>
                                                    <b>Reps:</b>
{{$exercises->reps}} <br/>
                                                    <b>Weight:</b>
{{$exercises->weight}}<br/>
                                                </div>
                                            </div>
                                        </div>
                                    @endforeach
                                @endif
                            @endforeach
                        @endforeach
                    </div>
                </div>



                <div class="col-md-2" style="padding:10px;flex:0%;">
                        <div class="card" style="padding:15px;background-color:#c7e0fc;">
                            <h3 style="margin-bottom:3px;">
                                <center>Saturday</center>
                                <hr style="margin:5px;"></hr>
                            </h3>
                            <!--Iterate through list of user assigned exercise plan!-->
                            @foreach($exercisePlan as $plans)
                                @foreach($plans->plan as $plan)
                                    <!--Iterate through  assigned exercises plan
details!-->
                                    @foreach($plan->exercises as $exercises)
                                        @if($exercises->day=="Saturday")
```

```
                                    <!--Iterate through exercises in user plans for
Monday!-->
                                    @foreach($exercises->exercise as $exercise)

                                        <div id="card-282411">
                                                <div class="card"
style="padding:5px;">
                                                    <div class="card-header">
                                                        <a class="card-link"
href="./exercise/{{$exercise->id}}" d>{{$exercise->name}}</a><br/>
                                                        <b>Sets:</b>
{{$exercises->sets}} <br/>
                                                        <b>Reps:</b>
{{$exercises->reps}} <br/>
                                                        <b>Weight:</b>
{{$exercises->weight}}<br/>
                                                    </div>
                                                </div>
                                            </div>
                                    @endforeach
                                @endif
                            @endforeach
                        @endforeach
                    @endforeach
                </div>
            </div>




            <div class="col-md-2" style="padding:10px;flex:0%;">
                    <div class="card"
style="padding:15px;background-color:#c7e0fc;">
                        <h3 style="margin-bottom:3px;">
                            <center>Sunday</center>
                            <hr style="margin:5px;"></hr>
                        </h3>
                        <!--Iterate through list of user assigned exercise plan!-->
```

```
                        @foreach($exercisePlan as $plans)
                            @foreach($plans->plan as $plan)
                                <!--Iterate through  assigned exercises plan
details!-->
                                @foreach($plan->exercises as $exercises)
                                    @if($exercises->day=="Sunday")

                                        <!--Iterate through exercises in user plans
for Monday!-->
                                        @foreach($exercises->exercise as $exercise)

                                            <div id="card-282411">
                                                    <div class="card"
style="padding:5px;">
                                                        <div class="card-header">
                                                            <a class="card-link"
href="./exercise/{{$exercise->id}}" d>{{$exercise->name}}</a><br/>
                                                            <b>Sets:</b>
{{$exercises->sets}} <br/>
                                                            <b>Reps:</b>
{{$exercises->reps}} <br/>
                                                            <b>Weight:</b>
{{$exercises->weight}}<br/>
                                                        </div>
                                                    </div>
                                                </div>
                                        @endforeach
                                    @endif
                                @endforeach
                            @endforeach
                        @endforeach
                    </div>
                </div>
    </div>
</div>
@endsection
```

4.19 ExercisePlans -> editPlan.blade.php

```
@extends('layouts.app')

@section('content')
<div class="card" style="padding:10px;">
       {!! Form::open(['action' => ['ExercisePlansController@update', $plan->id],
'method' => 'POST']) !!}
       <center><h3 style="margin-top:10px;margin-bottom:20px;">Edit Training Plan
              {{ Form::submit('Update Plan', ['class' => 'btn btn-primary', 'style'
=> 'float:right;align:right;margin-right:10px;']) }}
              {{ Form::submit('Delete Plan', ['class' => 'btn btn-danger', 'style' =>
'float:right;align:right;margin-right:10px;']) }}
              </h3></center>
   <hr style="margin:10px;"></hr>


   <div class="form-group">
          {{ Form::label('title', 'Name') }}
          {{ Form::text('title', $plan->name, ['class' => 'form-control',
'placeholder' => 'title']) }}
   </div>

       {{ Form::label('plan', 'Calender Plan') }}<br/>
       <div class="col-md-2" style="padding:0px 10px 0px 0px;flex:0%;width:14.22%;">
           <div class="card"
style="padding:10px;background-color:#c7e0fc;width:100%;">
              <h3 style="margin-bottom:3px;">
                  <center>Monday</center>
                  <hr style="margin:10px;"></hr>
              </h3>

              <!--Iterate through exercises in the plan!-->
              @foreach($plan->exercises as $exercise)
                  @if($exercise->day=="Monday")
                      <div class="panel-group" id="accordion">
                             <div class="panel panel-default">
                             <div class="panel-heading">
```

```
                                <h4 class="panel-title">
                                    <?$ran=rand(10,10000)?>
                                <a data-toggle="collapse" data-parent="#accordion"
href="#collapse{{$ran}}">
                                    <!--Iterate through exercises in user plans for
Monday!-->
                                    @foreach($exercise->exercise as $exercises)
                                        {{$exercises->name}}</a>
                                    @endforeach
                                </h4>
                            </div>
                            <div id="collapse{{$ran}}" class="collapse">
                                <div class="panel-body">

                                        <div class="form-group">
                                            {{ Form::label('exerciseList',
'Exercise') }} <br/>
                                            {{ Form::select('exerciseList',
$exerciseList) }} <br/>
                                        </div>
                                        <div class="form-group">
                                                {{ Form::label('description',
'Exercise Description') }} <br/>
                                                <a class="card-link"
href="./exercise/{{$exercise->id}}">Exercise Details</a><br/>
                                        </div>
                                        <div class="form-group">
                                                {{ Form::label('reps', 'Number of
Reps') }} <br/>
                                                {{ Form::text('reps',
$exercise->reps, array('size'=>15, 'maxlength'=>10)) }} <br/>
                                        </div>
                                        <div class="form-group">
                                                {{ Form::label('sets', 'Number of
Sets') }} <br/>
                                                {{ Form::text('sets',
$exercise->sets, array('size'=>15, 'maxlength'=>10)) }} <br/>
                                        </div>
                                        <div class="form-group">
```

```
                                                {{ Form::label('weight', 'Weight
(kg)') }} <br/>
                                                {{ Form::text('weight',
$exercise->weight, array('size'=>15, 'maxlength'=>10)) }} <br/>
                                            </div>

                                    </div>
                                </div>
                            </div>
                        @endif
                    @endforeach
                </div>
            </div>




            <div class="col-md-2" style="padding:0px 10px 0px 0px;flex:0%;width:14.22%;">
                    <div class="card"
style="padding:10px;background-color:#c7e0fc;width:100%;">
                        <h3 style="margin-bottom:3px;">
                            <center>Tuesday</center>
                            <hr style="margin:10px;"></hr>
                        </h3>

                        <!--Iterate through exercises in the plan!-->
                        @foreach($plan->exercises as $exercise)
                            @if($exercise->day=="Tuesday")
                                <div class="panel-group" id="accordion">
                                        <div class="panel panel-default">
                                        <div class="panel-heading">
                                            <h4 class="panel-title">
                                                <?$ran=rand(10,10000)?>
                                            <a data-toggle="collapse"
data-parent="#accordion" href="#collapse{{$ran}}">
                                            <!--Iterate through exercises in user plans
for Tuesday!-->
                                            @foreach($exercise->exercise as $exercises)
```

```
                                        {{$exercises->name}}</a>
                                    @endforeach
                                </h4>
                            </div>
                            <div id="collapse{{$ran}}" class="collapse">
                                <div class="panel-body">

                                        <div class="form-group">
                                            {{ Form::label('exerciseList',
'Exercise') }} <br/>
                                            {{ Form::select('exerciseList',
$exerciseList) }} <br/>
                                        </div>
                                        <div class="form-group">
                                                {{ Form::label('description',
'Exercise Description') }} <br/>
                                                <a class="card-link"
href="./exercise/{{$exercise->id}}">Exercise Details</a><br/>
                                        </div>
                                        <div class="form-group">
                                                {{ Form::label('reps', 'Number
of Reps') }} <br/>
                                                {{ Form::text('reps',
$exercise->reps, array('size'=>15, 'maxlength'=>10)) }} <br/>
                                        </div>
                                        <div class="form-group">
                                                {{ Form::label('sets', 'Number
of Sets') }} <br/>
                                                {{ Form::text('sets',
$exercise->sets, array('size'=>15, 'maxlength'=>10)) }} <br/>
                                        </div>
                                        <div class="form-group">
                                                {{ Form::label('weight',
'Weight (kg)') }} <br/>
                                                {{ Form::text('weight',
$exercise->weight, array('size'=>15, 'maxlength'=>10)) }} <br/>
                                        </div>

                                </div>
```

```
                                    </div>
                                </div>
                            </div>
                        @endif
                    @endforeach
                </div>
            </div>


            <div class="col-md-2" style="padding:0px 10px 0px
0px;flex:0%;width:14.22%;">
                    <div class="card"
style="padding:10px;background-color:#c7e0fc;width:100%;">
                        <h3 style="margin-bottom:3px;">
                            <center>Wednesday</center>
                            <hr style="margin:10px;"></hr>
                        </h3>

                        <!--Iterate through exercises in the plan!-->
                        @foreach($plan->exercises as $exercise)
                            @if($exercise->day=="Wednesday")
                                <div class="panel-group" id="accordion">
                                        <div class="panel panel-default">
                                        <div class="panel-heading">
                                            <h4 class="panel-title">
                                                <?$ran=rand(10,10000)?>
                                            <a data-toggle="collapse"
data-parent="#accordion" href="#collapse{{$ran}}">
                                                <!--Iterate through exercises in user
plans for Wednesday!-->
                                                @foreach($exercise->exercise as
$exercises)
                                                    {{$exercises->name}}</a>
                                                @endforeach
                                            </h4>
                                        </div>
                                        <div id="collapse{{$ran}}" class="collapse">
```

```
                                        <div class="panel-body">

                                            <div class="form-group">
                                                {{ Form::label('exerciseList',
'Exercise') }} <br/>
                                                {{ Form::select('exerciseList',
$exerciseList) }} <br/>
                                            </div>
                                            <div class="form-group">
                                                    {{
Form::label('description', 'Exercise Description') }} <br/>
                                                    <a class="card-link"
href="./exercise/{{$exercise->id}}">Exercise Details</a><br/>
                                            </div>
                                            <div class="form-group">
                                                    {{ Form::label('reps',
'Number of Reps') }} <br/>
                                                    {{ Form::text('reps',
$exercise->reps, array('size'=>15, 'maxlength'=>10)) }} <br/>
                                            </div>
                                            <div class="form-group">
                                                    {{ Form::label('sets',
'Number of Sets') }} <br/>
                                                    {{ Form::text('sets',
$exercise->sets, array('size'=>15, 'maxlength'=>10)) }} <br/>
                                            </div>
                                            <div class="form-group">
                                                    {{ Form::label('weight',
'Weight (kg)') }} <br/>
                                                    {{ Form::text('weight',
$exercise->weight, array('size'=>15, 'maxlength'=>10)) }} <br/>
                                            </div>

                                        </div>
                                    </div>
                                </div>
                            </div>
                        @endif
                    @endforeach
```

```
                    </div>
                </div>



                <div class="col-md-2" style="padding:0px 10px 0px
0px;flex:0%;width:14.22%;">
                        <div class="card"
style="padding:10px;background-color:#c7e0fc;width:100%;">
                            <h3 style="margin-bottom:3px;">
                                <center>Thursday</center>
                                <hr style="margin:10px;"></hr>
                            </h3>

                            <!--Iterate through exercises in the plan!-->
                            @foreach($plan->exercises as $exercise)
                                @if($exercise->day=="Thursday")
                                    <div class="panel-group" id="accordion">
                                            <div class="panel panel-default">
                                            <div class="panel-heading">
                                                <h4 class="panel-title">
                                                    <?$ran=rand(10,10000)?>
                                                <a data-toggle="collapse"
data-parent="#accordion" href="#collapse{{$ran}}">
                                                    <!--Iterate through exercises in
user plans for Thursday!-->
                                                    @foreach($exercise->exercise as
$exercises)
                                                        {{$exercises->name}}</a>
                                                    @endforeach
                                                </h4>
                                            </div>
                                            <div id="collapse{{$ran}}"
class="collapse">
                                                <div class="panel-body">

                                                    <div class="form-group">
```

```
                                                    {{
Form::label('exerciseList', 'Exercise') }} <br/>
                                                    {{
Form::select('exerciseList', $exerciseList) }} <br/>
                                                </div>
                                                <div class="form-group">
                                                    {{
Form::label('description', 'Exercise Description') }} <br/>
                                                    <a class="card-link"
href="./exercise/{{$exercise->id}}">Exercise Details</a><br/>
                                                </div>
                                                <div class="form-group">
                                                    {{ Form::label('reps',
'Number of Reps') }} <br/>
                                                    {{ Form::text('reps',
$exercise->reps, array('size'=>15, 'maxlength'=>10)) }} <br/>
                                                </div>
                                                <div class="form-group">
                                                    {{ Form::label('sets',
'Number of Sets') }} <br/>
                                                    {{ Form::text('sets',
$exercise->sets, array('size'=>15, 'maxlength'=>10)) }} <br/>
                                                </div>
                                                <div class="form-group">
                                                    {{
Form::label('weight', 'Weight (kg)') }} <br/>
                                                    {{ Form::text('weight',
$exercise->weight, array('size'=>15, 'maxlength'=>10)) }} <br/>
                                                </div>

                                            </div>
                                        </div>
                                    </div>
                                </div>
                            @endif
                        @endforeach
                    </div>
                </div>
```

```
                    <div class="col-md-2" style="padding:0px 10px 0px
0px;flex:0%;width:14.22%;">
                            <div class="card"
style="padding:10px;background-color:#c7e0fc;width:100%;">
                                <h3 style="margin-bottom:3px;">
                                    <center>Friday</center>
                                    <hr style="margin:10px;"></hr>
                                </h3>

                                <!--Iterate through exercises in the plan!-->
                                @foreach($plan->exercises as $exercise)
                                    @if($exercise->day=="Friday")
                                        <div class="panel-group" id="accordion">
                                                <div class="panel panel-default">
                                                <div class="panel-heading">
                                                    <h4 class="panel-title">
                                                        <?$ran=rand(10,10000)?>
                                                    <a data-toggle="collapse"
data-parent="#accordion" href="#collapse{{$ran}}">
                                                        <!--Iterate through exercises
in user plans for Friday!-->
                                                        @foreach($exercise->exercise as
$exercises)
                                                            {{$exercises->name}}</a>
                                                        @endforeach
                                                    </h4>
                                                </div>
                                                <div id="collapse{{$ran}}"
class="collapse">
                                                    <div class="panel-body">

                                                        <div class="form-group">
                                                            {{
Form::label('exerciseList', 'Exercise') }} <br/>
                                                            {{
Form::select('exerciseList', $exerciseList) }} <br/>
                                                        </div>
                                                        <div class="form-group">
```

```
                                                                {{
Form::label('description', 'Exercise Description') }} <br/>
                                                                <a
class="card-link"  href="./exercise/{{$exercise->id}}">Exercise Details</a><br/>
                                                            </div>
                                                            <div class="form-group">
                                                                {{
Form::label('reps', 'Number of Reps') }} <br/>
                                                                {{
Form::text('reps', $exercise->reps, array('size'=>15, 'maxlength'=>10)) }} <br/>
                                                            </div>
                                                            <div class="form-group">
                                                                {{
Form::label('sets', 'Number of Sets') }} <br/>
                                                                {{
Form::text('sets', $exercise->sets, array('size'=>15, 'maxlength'=>10)) }} <br/>
                                                            </div>
                                                            <div class="form-group">
                                                                {{
Form::label('weight', 'Weight (kg)') }} <br/>
                                                                {{
Form::text('weight', $exercise->weight, array('size'=>15, 'maxlength'=>10)) }} <br/>
                                                            </div>

                                                        </div>
                                                    </div>
                                                </div>
                                            </div>
                                        @endif
                                    @endforeach
                                </div>
                            </div>



                            <div class="col-md-2" style="padding:0px 10px 0px
0px;flex:0%;width:14.22%;">
```

```
                                <div class="card"
style="padding:10px;background-color:#c7e0fc;width:100%;">
                                    <h3 style="margin-bottom:3px;">
                                        <center>Saturday</center>
                                        <hr style="margin:10px;"></hr>
                                    </h3>

                                    <!--Iterate through exercises in the plan!-->
                                    @foreach($plan->exercises as $exercise)
                                        @if($exercise->day=="Saturday")
                                            <div class="panel-group" id="accordion">
                                                    <div class="panel panel-default">
                                                    <div class="panel-heading">
                                                        <h4 class="panel-title">
                                                            <?$ran=rand(10,10000)?>
                                                        <a data-toggle="collapse"
data-parent="#accordion" href="#collapse{{$ran}}">
                                                            <!--Iterate through
exercises in user plans for Saturday!-->

@foreach($exercise->exercise as $exercises)

{{$exercises->name}}</a>
                                                            @endforeach
                                                        </h4>
                                                    </div>
                                                    <div id="collapse{{$ran}}"
class="collapse">
                                                        <div class="panel-body">

                                                                <div
class="form-group">
                                                                    {{
Form::label('exerciseList', 'Exercise') }} <br/>
                                                                    {{
Form::select('exerciseList', $exerciseList) }} <br/>
                                                                </div>
                                                                <div
class="form-group">
```

```
                                                                {{
Form::label('description', 'Exercise Description') }} <br/>
                                                                <a
class="card-link"  href="./exercise/{{$exercise->id}}">Exercise Details</a><br/>
                                                            </div>
                                                            <div
class="form-group">
                                                                {{
Form::label('reps', 'Number of Reps') }} <br/>
                                                                {{
Form::text('reps', $exercise->reps, array('size'=>15, 'maxlength'=>10)) }} <br/>
                                                            </div>
                                                            <div
class="form-group">
                                                                {{
Form::label('sets', 'Number of Sets') }} <br/>
                                                                {{
Form::text('sets', $exercise->sets, array('size'=>15, 'maxlength'=>10)) }} <br/>
                                                            </div>
                                                            <div
class="form-group">
                                                                {{
Form::label('weight', 'Weight (kg)') }} <br/>
                                                                {{
Form::text('weight', $exercise->weight, array('size'=>15, 'maxlength'=>10)) }} <br/>
                                                            </div>

                                                        </div>
                                                    </div>
                                                </div>
                                            </div>
                                        @endif
                                    @endforeach
                                </div>
                            </div>
```

```
                        <div class="col-md-2" style="padding:0px 10px 0px
0px;flex:0%;width:14.22%;">
                                <div class="card"
style="padding:10px;background-color:#c7e0fc;width:100%;">
                                    <h3 style="margin-bottom:3px;">
                                        <center>Sunday</center>
                                        <hr style="margin:10px;"></hr>
                                    </h3>

                                    <!--Iterate through exercises in the plan!-->
                                    @foreach($plan->exercises as $exercise)
                                        @if($exercise->day=="Sunday")
                                            <div class="panel-group"
id="accordion">
                                                    <div class="panel
panel-default">
                                                    <div class="panel-heading">
                                                        <h4 class="panel-title">
                                                            <?$ran=rand(10,10000)?>
                                                        <a data-toggle="collapse"
data-parent="#accordion" href="#collapse{{$ran}}">
                                                            <!--Iterate through
exercises in user plans for Sunday!-->

@foreach($exercise->exercise as $exercises)

{{$exercises->name}}</a>
                                                            @endforeach
                                                        </h4>
                                                    </div>
                                                    <div id="collapse{{$ran}}"
class="collapse">
                                                        <div class="panel-body">

                                                            <div
class="form-group">
                                                                {{
Form::label('exerciseList', 'Exercise') }} <br/>
```

```
                                                                {{
Form::select('exerciseList', $exerciseList) }} <br/>
                                                            </div>
                                                            <div
class="form-group">
                                                                {{
Form::label('description', 'Exercise Description') }} <br/>
                                                                <a
class="card-link"  href="./exercise/{{$exercise->id}}">Exercise Details</a><br/>
                                                            </div>
                                                            <div
class="form-group">
                                                                {{
Form::label('reps', 'Number of Reps') }} <br/>
                                                                {{
Form::text('reps', $exercise->reps, array('size'=>15, 'maxlength'=>10)) }} <br/>
                                                            </div>
                                                            <div
class="form-group">
                                                                {{
Form::label('sets', 'Number of Sets') }} <br/>
                                                                {{
Form::text('sets', $exercise->sets, array('size'=>15, 'maxlength'=>10)) }} <br/>
                                                            </div>
                                                            <div
class="form-group">
                                                                {{
Form::label('weight', 'Weight (kg)') }} <br/>
                                                                {{
Form::text('weight', $exercise->weight, array('size'=>15, 'maxlength'=>10)) }} <br/>
                                                            </div>

                                                        </div>
                                                    </div>
                                                </div>
                                            </div>
                                        @endif
                                    @endforeach
                                </div>
```

```
                                </div>

            <center>
            {{ Form::hidden('_method', 'PUT') }}
            </center>
        {!! Form::close() !!}


@endsection
```

4.20 ExercisePlans -> createPlan.blade.php

```
@extends('layouts.app')

@section('content')

<div class="card" style="padding:10px;">
       {!! Form::open(['action' => ['ExercisePlansController@store'], 'method' =>
'POST']) !!}
       <center><h3 style="margin-top:10px;margin-bottom:20px;">Create Training Plan
               {{ Form::submit('Create this Plan', ['class' => 'btn btn-success',
'style' => 'float:right;align:right;margin-right:10px;']) }}
               </h3></center>
   <hr style="margin:10px;"></hr>

   <div class="form-group">
           {{ Form::label('title', 'Name') }}
           {{ Form::text('title', '', ['class' => 'form-control', 'placeholder' =>
'Exercise Plan Name E.g Advanced Bulking']) }}
   </div>
   <div class="form-group">
       {{ Form::label('plan', 'Calender Plan') }}</br>
       <div class="col-md-2" style="padding:0px 10px 0px 0px;flex:0%;width:14.22%;">
           <div class="cardDay1"
style="padding:10px;background-color:#c7e0fc;width:100%;">

               <h3 style="margin-bottom:3px;">
                   <center>Monday</center>
                   <hr style="margin:10px;"></hr>
               </h3>
               <input class="btn btn-primary" onclick="changeVal('val1')"
style="font-family:Helvetica;padding:10px;margin:5px 0px 5px 0px;width:100%;"
name="queue" value="Add Exercise">
                   <div class="panel-group">
                       <div class="panel panel-default">
                         <div class="panel-heading">
                           <h4 class="panel-title">
```

```
                            <a data-toggle="collapse" href="#collapse1001">New
Exercise</a>
                          </h4>
                        </div>
                        <div id="collapse1001" class="panel-collapse collapse in">
                              <div class="panel-body">

                                    <div class="form-group">
                                        {{ Form::label('exerciseList', 'Exercise') }}
<br/>
                                        {{ Form::select('exerciseList[1][]',
$exerciseList) }} <br/>
                                    </div>
                                    <div class="form-group">
                                            {{ Form::label('description', 'Exercise
Description') }} <br/>
                                            <a class="card-link"
href="./exercise/">Exercise Details</a><br/>
                                    </div>
                                    <div class="form-group" >
                                            {{ Form::label('reps', 'Number of Reps') }}
<br/>
                                            {{ Form::text('reps[1][]', "",
array('size'=>15, 'maxlength'=>10)) }} <br/>
                                    </div>
                                    <div class="form-group">
                                            {{ Form::label('sets', 'Number of Sets') }}
<br/>
                                            {{ Form::text('sets[1][]', '',
array('size'=>15, 'maxlength'=>10)) }} <br/>
                                    </div>
                                    <div class="form-group">
                                            {{ Form::label('weight', 'Weight (kg)') }}
<br/>
                                            {{ Form::text('weight[1][]', '',
array('size'=>15, 'maxlength'=>10)) }} <br/>
                                    </div>
                                </div>
```

```
                        </div>
                    </div>
                </div>
        </div>
    </div>

        <div class="col-md-2" style="padding:0px 10px 0px 0px;flex:0%;width:14.22%;">
                <div class="cardDay2" style="padding:10px;background-color:#c7e0fc;">

                    <h3 style="margin-bottom:3px;">
                        <center>Tuesday</center>
                        <hr style="margin:10px;"></hr>
                    </h3>
                    <input class="btn btn-primary" onclick="changeVal('val2')"
style="font-family:Helvetica;padding:10px;margin:5px 0px 5px 0px;width:100%;"
name="queue" value="Add Exercise">
                        <div class="panel-group">
                            <div class="panel panel-default">
                              <div class="panel-heading">
                                <h4 class="panel-title">
                                  <a data-toggle="collapse" href="#collapse1001">New
Exercise</a>
                                </h4>
                              </div>
                              <div id="collapse1001" class="panel-collapse collapse
in">
                                    <div class="panel-body">

                                        <div class="form-group">
                                            {{ Form::label('exerciseList', 'Exercise')
}} <br/>
                                            {{ Form::select('exerciseList[2][]',
$exerciseList) }} <br/>
                                        </div>
                                        <div class="form-group">
                                                {{ Form::label('description', 'Exercise
Description') }} <br/>
                                                <a class="card-link"
href="./exercise/">Exercise Details</a><br/>
```

```
                                        </div>
                                        <div class="form-group">
                                                {{ Form::label('reps', 'Number of
Reps') }} <br/>
                                                {{ Form::text('reps[2][]', "",
array('size'=>15, 'maxlength'=>10)) }} <br/>
                                        </div>
                                        <div class="form-group">
                                                {{ Form::label('sets', 'Number of
Sets') }} <br/>
                                                {{ Form::text('sets[2][]', '',
array('size'=>15, 'maxlength'=>10)) }} <br/>
                                        </div>
                                        <div class="form-group">
                                                {{ Form::label('weight', 'Weight (kg)')
}} <br/>
                                                {{ Form::text('weight[2][]', '',
array('size'=>15, 'maxlength'=>10)) }} <br/>
                                        </div>
                                    </div>

                                </div>
                            </div>
                        </div>
                    </div>

                    <div class="col-md-2" style="padding:0px 10px 0px
0px;flex:0%;width:14.22%;">
                        <div class="cardDay3"
style="padding:10px;background-color:#c7e0fc;">

                            <h3 style="margin-bottom:3px;">
                                <center>Wednesday</center>
                                <hr style="margin:10px;"></hr>
                            </h3>
                            <input class="btn btn-primary" onclick="changeVal('val3')"
style="font-family:Helvetica;padding:10px;margin:5px 0px 5px 0px;width:100%;"
name="queue" value="Add Exercise">
```

```
                        <div class="panel-group">
                            <div class="panel panel-default">
                              <div class="panel-heading">
                                <h4 class="panel-title">
                                  <a data-toggle="collapse"
href="#collapse1001">New Exercise</a>
                                </h4>
                              </div>
                              <div id="collapse1001" class="panel-collapse collapse
in">
                                    <div class="panel-body">

                                        <div class="form-group">
                                            {{ Form::label('exerciseList',
'Exercise') }} <br/>
                                            {{ Form::select('exerciseList[3][]',
$exerciseList) }} <br/>
                                        </div>
                                        <div class="form-group">
                                                {{ Form::label('description',
'Exercise Description') }} <br/>
                                                <a class="card-link"
href="./exercise/">Exercise Details</a><br/>
                                        </div>
                                        <div class="form-group">
                                                {{ Form::label('reps', 'Number of
Reps') }} <br/>
                                                {{ Form::text('reps[3][]', "",
array('size'=>15, 'maxlength'=>10)) }} <br/>
                                        </div>
                                        <div class="form-group">
                                                {{ Form::label('sets', 'Number of
Sets') }} <br/>
                                                {{ Form::text('sets[3][]', '',
array('size'=>15, 'maxlength'=>10)) }} <br/>
                                        </div>
                                        <div class="form-group">
                                                {{ Form::label('weight', 'Weight
(kg)') }} <br/>
```

```
                                                {{ Form::text('weight[3][]', '',
array('size'=>15, 'maxlength'=>10)) }} <br/>
                                            </div>
                                        </div>

                                    </div>
                                </div>
                            </div>
                        </div>

                        <div class="col-md-2" style="padding:0px 10px 0px
0px;flex:0%;width:14.22%;">
                            <div class="cardDay4"
style="padding:10px;background-color:#c7e0fc;">

                                <h3 style="margin-bottom:3px;">
                                    <center>Thursday</center>
                                    <hr style="margin:10px;"></hr>
                                </h3>
                                <input class="btn btn-primary" onclick="changeVal('val4')"
style="font-family:Helvetica;padding:10px;margin:5px 0px 5px 0px;width:100%;"
name="queue" value="Add Exercise">
                                <div class="panel-group">
                                    <div class="panel panel-default">
                                      <div class="panel-heading">
                                        <h4 class="panel-title">
                                          <a data-toggle="collapse"
href="#collapse1001">New Exercise</a>
                                        </h4>
                                      </div>
                                      <div id="collapse1001" class="panel-collapse collapse
in">
                                            <div class="panel-body">

                                                <div class="form-group">
                                                    {{ Form::label('exerciseList',
'Exercise') }} <br/>
```

```
                                        {{ Form::select('exerciseList[4][]',
$exerciseList) }} <br/>
                                    </div>
                                    <div class="form-group">
                                        {{ Form::label('description',
'Exercise Description') }} <br/>
                                        <a class="card-link"
href="./exercise/">Exercise Details</a><br/>
                                    </div>
                                    <div class="form-group">
                                        {{ Form::label('reps', 'Number of
Reps') }} <br/>
                                        {{ Form::text('reps[4][]', "",
array('size'=>15, 'maxlength'=>10)) }} <br/>
                                    </div>
                                    <div class="form-group">
                                        {{ Form::label('sets', 'Number of
Sets') }} <br/>
                                        {{ Form::text('sets[4][]', '',
array('size'=>15, 'maxlength'=>10)) }} <br/>
                                    </div>
                                    <div class="form-group">
                                        {{ Form::label('weight', 'Weight
(kg)') }} <br/>
                                        {{ Form::text('weight[4][]', '',
array('size'=>15, 'maxlength'=>10)) }} <br/>
                                    </div>
                                </div>

                            </div>
                        </div>
                    </div>
                </div>

            <div class="col-md-2" style="padding:0px 10px 0px
0px;flex:0%;width:14.22%;">
                    <div class="cardDay5"
style="padding:10px;background-color:#c7e0fc;">
```

```
                        <h3 style="margin-bottom:3px;">
                            <center>Friday</center>
                            <hr style="margin:10px;"></hr>
                        </h3>
                        <input class="btn btn-primary" onclick="changeVal('val5')"
style="font-family:Helvetica;padding:10px;margin:5px 0px 5px 0px;width:100%;"
name="queue" value="Add Exercise">
                            <div class="panel-group">
                                <div class="panel panel-default">
                                  <div class="panel-heading">
                                    <h4 class="panel-title">
                                      <a data-toggle="collapse"
href="#collapse1001">New Exercise</a>
                                    </h4>
                                  </div>
                                  <div id="collapse1001" class="panel-collapse collapse
in">
                                        <div class="panel-body">

                                            <div class="form-group">
                                                {{ Form::label('exerciseList',
'Exercise') }} <br/>
                                                {{ Form::select('exerciseList[5][]',
$exerciseList) }} <br/>
                                            </div>
                                            <div class="form-group">
                                                    {{ Form::label('description',
'Exercise Description') }} <br/>
                                                    <a class="card-link"
href="./exercise/">Exercise Details</a><br/>
                                            </div>
                                            <div class="form-group">
                                                    {{ Form::label('reps', 'Number of
Reps') }} <br/>
                                                    {{ Form::text('reps[5][]', "",
array('size'=>15, 'maxlength'=>10)) }} <br/>
                                            </div>
                                            <div class="form-group">
```

```
                                                {{ Form::label('sets', 'Number of
Sets') }} <br/>
                                                {{ Form::text('sets[5][]', '',
array('size'=>15, 'maxlength'=>10)) }} <br/>
                                            </div>
                                            <div class="form-group">
                                                {{ Form::label('weight', 'Weight
(kg)') }} <br/>
                                                {{ Form::text('weight[5][]', '',
array('size'=>15, 'maxlength'=>10)) }} <br/>
                                            </div>
                                        </div>

                                    </div>
                                </div>
                            </div>
                        </div>

                    <div class="col-md-2" style="padding:0px 10px 0px
0px;flex:0%;width:14.22%;">
                            <div class="cardDay6"
style="padding:10px;background-color:#c7e0fc;">

                                <h3 style="margin-bottom:3px;">
                                    <center>Saturday</center>
                                    <hr style="margin:10px;"></hr>
                                </h3>
                                <input class="btn btn-primary" onclick="changeVal('val6')"
style="font-family:Helvetica;padding:10px;margin:5px 0px 5px 0px;width:100%;"
name="queue" value="Add Exercise">
                                <div class="panel-group">
                                    <div class="panel panel-default">
                                      <div class="panel-heading">
                                        <h4 class="panel-title">
                                          <a data-toggle="collapse"
href="#collapse1001">New Exercise</a>
                                        </h4>
                                      </div>
```

```
                                <div id="collapse1001" class="panel-collapse collapse
in">
                                    <div class="panel-body">

                                        <div class="form-group">
                                            {{ Form::label('exerciseList',
'Exercise') }} <br/>
                                            {{ Form::select('exerciseList[6][]',
$exerciseList) }} <br/>
                                        </div>
                                        <div class="form-group">
                                                {{ Form::label('description',
'Exercise Description') }} <br/>
                                                <a class="card-link"
href="./exercise/">Exercise Details</a><br/>
                                        </div>
                                        <div class="form-group">
                                                {{ Form::label('reps', 'Number of
Reps') }} <br/>
                                                {{ Form::text('reps[6][]', "",
array('size'=>15, 'maxlength'=>10)) }} <br/>
                                        </div>
                                        <div class="form-group">
                                                {{ Form::label('sets', 'Number of
Sets') }} <br/>
                                                {{ Form::text('sets[6][]', '',
array('size'=>15, 'maxlength'=>10)) }} <br/>
                                        </div>
                                        <div class="form-group">
                                                {{ Form::label('weight', 'Weight
(kg)') }} <br/>
                                                {{ Form::text('weight[6][]', '',
array('size'=>15, 'maxlength'=>10)) }} <br/>
                                        </div>
                                    </div>

                                </div>
                            </div>
                        </div>
```

```
            </div>
        </div>


        <div class="col-md-2" style="padding:0px 10px 0px
0px;flex:0%;width:14.22%;">
                <div class="cardDay5"
style="padding:10px;background-color:#c7e0fc;">

                    <h3 style="margin-bottom:3px;">
                        <center>Sunday</center>
                        <hr style="margin:10px;"></hr>
                    </h3>
                    <input class="btn btn-primary" onclick="changeVal('val7')"
style="font-family:Helvetica;padding:10px;margin:5px 0px 5px 0px;width:100%;"
name="queue" value="Add Exercise">
                        <div class="panel-group">
                            <div class="panel panel-default">
                              <div class="panel-heading">
                                <h4 class="panel-title">
                                  <a data-toggle="collapse"
href="#collapse1001">New Exercise</a>
                                </h4>
                              </div>
                              <div id="collapse1001" class="panel-collapse collapse
in">
                                    <div class="panel-body">

                                        <div class="form-group">
                                            {{ Form::label('exerciseList',
'Exercise') }} <br/>
                                            {{ Form::select('exerciseList[7][]',
$exerciseList) }} <br/>
                                        </div>
                                        <div class="form-group">
                                                {{ Form::label('description',
'Exercise Description') }} <br/>
```

```
                                                    <a class="card-link"
href="./exercise/">Exercise Details</a><br/>
                                                </div>
                                                <div class="form-group">
                                                        {{ Form::label('reps', 'Number of
Reps') }} <br/>
                                                        {{ Form::text('reps[7][]', "",
array('size'=>15, 'maxlength'=>10)) }} <br/>
                                                </div>
                                                <div class="form-group">
                                                        {{ Form::label('sets', 'Number of
Sets') }} <br/>
                                                        {{ Form::text('sets[7][]', '',
array('size'=>15, 'maxlength'=>10)) }} <br/>
                                                </div>
                                                <div class="form-group">
                                                        {{ Form::label('weight', 'Weight
(kg)') }} <br/>
                                                        {{ Form::text('weight[7][]', '',
array('size'=>15, 'maxlength'=>10)) }} <br/>
                                                </div>
                                            </div>

                                        </div>
                                    </div>
                                </div>
                            </div>

            <center>
            {{ Form::hidden('_method', 'PUT') }}

            </center>
        {!! Form::close() !!}


        <script>
    var value = "";
    function changeVal(choice) {
```

```
        if (choice == 'val1') {
            value = '1';
        } else if (choice == 'val2'){
            value ='2';
        } else if (choice == 'val3'){
            value ='3';
        } else if (choice == 'val4'){
            value ='4';
        } else if (choice == 'val5'){
            value ='5';
        } else if (choice == 'val6'){
            value ='6';
        } else if (choice == 'val7'){
            value ='7';
        }

    }

    function rand(){
        return Math.floor((Math.random() * 1000) + 1);
    }


            $('input[name="queue"]').click(function(){
                var a=rand();
                $("<div class='panel-group'>"+
                    "<div class='panel panel-default'>"+
                        "<div class='panel-heading'>"+
                            "<h4 class='panel-title'>"+
                                "<a data-toggle='collapse' href='#collapse"+a+"'>New
Exercise</a></h4>"+
                        "</div>"+
                    "<div id='collapse"+a+"' class='panel-collapse collapse'>"+
                    "<div class='panel-body' style='padding:10px;'>"+
                                    "<div class='form-group'>"+
                                            "<label for='description'>Exrcise
Description</label><br/>"+
                                            "<select
name='exerciseList["+value+"][]'>"+
```

```
                                        <?php foreach ($exerciseList as $key =>
$item){ ?>
                                            "<option value='<?php echo $key;
?>'><?php echo $item; ?></option>"+
                                        <?php  } ?>
                                        "</select>"+
                                    "</div>"+
                                    "<div class='form-group'>"+
                                        "<label for='description'>Exrcise
Description</label><br/>"+
                                    " <a class='card-link'
href='./exercise/'>Exercise Details</a><br/>"+
                                    "</div>"+
                                    "<div class='form-group'>"+
                                        "<label for='reps[]'>Number of
Reps</label><br/>"+
                                        "<input type='text'
name='reps["+value+"][]' size='15'> <br/>"+
                                        "</div>"+
                                    "<div class='form-group'>"+
                                        "<label for='sets[]'>Number of
Sets</label><br/>"+
                                        "<input type='text'
name='sets["+value+"][]' size='15'> <br/>"+
                                    "</div>"+
                                    "<div class='form-group'>"+
                                        "<label for='weight[]'>Weight
(kg)</label><br/>"+
                                        "<input type='text'
name='weight["+value+"][]' size='15'> <br/>"+

"</div></div></div></div>").appendTo(".cardDay"+value);
            })
        </script>
@endsection
```

4.21 Exercise -> viewExercise.blade.php

```
@extends('layouts.app')

@section('content')
<div class="container-fluid">
    <div class="card">
            {{$exercise}}
       </div>


    </div>
</div>
@endsection
```

4.22 ClientManager -> viewClient.blade.php

```
@extends('layouts.app')

@section('content')

<div class="container-fluid">
       <div class="card" style="padding:10px;">
         <h3 style="display: inline-block;margin-top:10px;">
             <center>Client Manager
                 <a href="./client-manager/requests" class="btn btn-success"
style="float:right;align:right;margin-right:10px;width:200px;">View Requests</a>
                 </center>
         </h3>



         <hr style="margin:10px;"></hr>

           <table class="table table-hover" style="margin:0px auto;">
               <thead >
                 <tr>
```

```
                    <th scope="col">Client ID</th>
                    <th scope="col">Name</th>
                    <th scope="col">Username</th>
                    <th scope="col">Email</th>
                    <th scope="col">Plan</th>
                    <th scope="col">Update</th>
                    <th scope="col">Remove</th>
                  </tr>
                </thead>
                <tbody>
                  @foreach($clients as $client)
                  <tr>
                    {!! Form::open(['action' => ['ClientManagerController@updatePlan'],
'method' => 'POST']) !!}
                    <th scope="row">{{$client->id}}</th>
                    <td>{{$client->name}}</td>
                    <td>{{$client->username}}</td>
                    <td>{{$client->email}}</td>
                    <td> {{ Form::select('plansList', $plansList) }} <br/></td>
                    {{ Form::hidden('clientID', $client->id) }}
                    <td>{{ Form::submit('Update Plan', ['class' => 'btn btn-primary'])
}}</td>
                    {{ Form::hidden('_method', 'PUT') }}
                    {!! Form::close() !!}
                    <td style="width:150px;"><a
href="./exercise-plan-manager/edit/{{$client->id}}" class="btn btn-danger" >Remove as
Client</a></td>
                  </tr>
                  @endforeach
                </tbody>
            </table>
    </div>
</div>
@endsection
```

4.23 ClientManager -> requests.blade.php

```
@extends('layouts.app')

@section('content')

<div class="container-fluid">
       <div class="card" style="padding:10px;">
         <h3 style="display: inline-block;margin-top:10px;">
             <center>Client Requests</center>
         </h3>
         {!! Form::open(['action' => ['ClientManagerController@accept'], 'method' =>
'POST']) !!}
         <hr style="margin:10px;"></hr>

           <table class="table table-hover" style="margin:0px auto;">
               <thead >
                 <tr>
                   <th scope="col">Request ID</th>
                   <th scope="col">User ID</th>
                   <th scope="col">Username</th>
                   <th scope="col">Email</th>
                   <th scope="col">Action</th>
                 </tr>
               </thead>
               <tbody>
                 @foreach($requests as $request)
                 <tr>
                   <th scope="row">{{$request->id}}</th>
                   <td>{{$request->clientID}}</td>
                   <td>{{ Form::submit('Accept Client', ['class' => 'btn
btn-primary']) }}</td>
                 </tr>
                 {{ Form::hidden('requestID', $request->id) }}
                 {{ Form::hidden('clientID', $request->clientID) }}
                 {{ Form::hidden('trainerID', $request->trainerID) }}
                 @endforeach
               </tbody>
```

```
            </table>
            {{ Form::hidden('_method', 'PUT') }}

    {!! Form::close() !!}
    </div>
</div>
@endsection
```

5.0 Web Application Routes

```
<?php
/*
|--------------------------------------------------------------------------
| Web Routes
|--------------------------------------------------------------------------
|
| Here is where you can register web routes for your application. These
| routes are loaded by the RouteServiceProvider within a group which
| contains the "web" middleware group. Now create something great!
|
*/
Use Illuminate\Support\Facades\Input;
Use Illuminate\Foundation\Auth\User;

Route::get('/', 'PagesContorller@index');

Route::get('/about', 'PagesContorller@about');

Auth::routes();

Route::resource('newsfeed', 'NewsfeedController');

Route::get('/newsfeed', 'NewsfeedController@index')->middleware('auth');

Route::post('/user/{username}/follow', 'UserController@follow')->name('user.show');
Route::get('/user/{username}', 'UserController@show')->name('user.show');
Route::get('/settings', 'UserController@settings')->middleware('auth');
Route::put('/settings/update', 'UserController@updateSettings')->middleware('auth');
Route::resource('user','UserController');

Route::get('/my-exercise-plan', 'ExercisePlansController@show')->middleware('auth');
Route::resource('ExercisePlans','ExercisePlansController');

Route::get('/exercise/{id}', 'ExerciseController@show')->name('exercise.show');
Route::resource('exercise','ExerciseController');
```

```
Route::put('/exercise-plan-manager/create/send',
'ExercisePlansController@store')->middleware('auth');
Route::get('/exercise-plan-manager/create',
'ExercisePlansController@create')->middleware('auth');
Route::get('/exercise-plan-manager/edit/{id}',
'ExercisePlansController@edit')->middleware('auth');
Route::get('/exercise-plan-manager',
'ExercisePlansController@index')->middleware('auth');
Route::resource('ExercisePlans','ExercisePlansController');
Route::put('/client-manager/update',
'ClientManagerController@updatePlan')->middleware('auth');
Route::put('/client-manager/accept',
'ClientManagerController@accept')->middleware('auth');
Route::get('/client-manager', 'ClientManagerController@index')->middleware('auth');
Route::get('/client-manager/requests',
'ClientManagerController@requests')->middleware('auth');
Route::resource('ClientManager','ClientManagerController');

Route::put('/trainer-finder/request',
'TrainerFinderController@request')->middleware('auth');
Route::get('/trainer-finder', 'TrainerFinderController@index')->middleware('auth');
Route::resource('TrainerFinder','TrainerFinderController');

Route::put('/mailbox/create/sent', 'MailboxController@storeNow')->middleware('auth');
Route::put('/mailbox/reply', 'MailboxController@reply')->middleware('auth');
Route::get('/mailbox', 'MailboxController@index')->middleware('auth');
Route::get('/mailbox/create/{id}', 'MailboxController@create')->middleware('auth');
Route::get('/mailbox/view/{id}', 'MailboxController@show')->middleware('auth');
Route::resource('Mailbox','MailboxController');

Route::any('/search',function(){
   $q = Input::get ( 'q' );
   $user =
User::where('name','LIKE','%'.$q.'%')->orWhere('email','LIKE','%'.$q.'%')->get();
   if(count($user) > 0)
       return view('search')->withDetails($user)->withQuery ( $q );
   else return view ('search')->withMessage('No Details found. Try to search again
!');
});
```

6.0 Mobile Application Ionic App Directory

6.1 app.component.ts

```
import { Component } from '@angular/core';
import { Platform } from 'ionic-angular';
import { StatusBar } from '@ionic-native/status-bar';
import { SplashScreen } from '@ionic-native/splash-screen';

import { HomePage } from '../pages/home/home';
@Component({
 templateUrl: 'app.html'
})
export class MyApp {
 rootPage:any = HomePage;

 constructor(platform: Platform, statusBar: StatusBar, splashScreen: SplashScreen) {
   platform.ready().then(() => {
     // Okay, so the platform is ready and our plugins are available.
     // Here you can do any higher level native things you might need.
     statusBar.styleDefault();
     splashScreen.hide();
   });
 }
}
```

6.2 app.html

```
<ion-nav [root]="rootPage"></ion-nav>
```

6.3 app.module.ts

```
import { BrowserModule } from '@angular/platform-browser';
import { ErrorHandler, NgModule } from '@angular/core';
import { IonicApp, IonicErrorHandler, IonicModule } from 'ionic-angular';
import { SplashScreen } from '@ionic-native/splash-screen';
import { StatusBar } from '@ionic-native/status-bar';
import { MyApp } from './app.component';
import { HomePage } from '../pages/home/home';
import { InAppBrowser } from '@ionic-native/in-app-browser';

@NgModule({
 declarations: [
   MyApp,
   HomePage
 ],
 imports: [
   BrowserModule,
   IonicModule.forRoot(MyApp)
 ],
 bootstrap: [IonicApp],
 entryComponents: [
   MyApp,
   HomePage
 ],
 providers: [
   StatusBar,
   SplashScreen,
   InAppBrowser,
   {provide: ErrorHandler, useClass: IonicErrorHandler}
 ]
})
export class AppModule {}
```

6.4 main.ts

```
import { platformBrowserDynamic } from '@angular/platform-browser-dynamic';
import { AppModule } from './app.module';

platformBrowserDynamic().bootstrapModule(AppModule);
```

7.0 Mobile Application Ionic Pages Directory

7.1 home.html

```
<ion-content padding>
 <img src="../assets/imgs/TF-Logo.png" />
</ion-content>
```

7.2 home.scss

```
ion-content{
   position: relative;
   background-color: #73A0D0!important;
}
ion-content img{
   position: absolute;
   display: block;
   left: 50%;
   top: 50%;
   transform: translate(-50%,-50%);
}
```

7.3 home.ts

```
import { Component } from '@angular/core';
import { NavController } from 'ionic-angular';
import { InAppBrowser } from '@ionic-native/in-app-browser';

@Component({
 selector: 'page-home',
 templateUrl: 'home.html'
})

export class HomePage{
 constructor(public navCtrl: NavController,private iab: InAppBrowser /* 2 */) {
   this.iab.create('http://totalfitness.host','_self',{location:'no'}); /*3*/
 }
}
```