

1.0 Introduction

This User's Manual contains the basic steps and information that are needed for the user to properly use the system. This serves as a guide for the people who have access to the system and are unfamiliar with its modules. This manual also includes the system requirements, installation guide, system functions and user's conventions for Efficient Reliable Gym Management System for 6100 Martial Arts & Fitness.

1.1 System Requirements

These are the hardware and software requirements needed in order for the user to efficiently use the system. This section also includes the information for who will be the ones using this system.

1.1.1 Hardware Requirements

The system needs the following hardware requirements to properly set up the system.

1.1.1.1 Web Application

In order to run the web application the computer must have at least dual-core 3.06 GHz or faster for 32-bit (x86) and 64-bit (x64) processor is needed. For the memory, 2GB RAM (32-bit) or 4GB RAM (64-bit) and a 16 GB available disk space for 32-bit and 20GB for 64-bit.

1.1.1.2 Mobile Application

The mobile device to be used should be an android phone for the application to run. It is preferred that the mobile device runs Android Jellybean version 4.4 or API level 19 until Android Nougat version 7.0 or API level 24.

1.1.2 Software Requirement

The system contains the following software requirements for web so that the system will run properly.

1.1.2.1 Web Application

1.1.2.1.1 Google Chrome

The web application can be displayed through Google Chrome. The group prefers to use this browser better layout and functioning of the system compared to other browsers.

1.1.3 Peopleware Requirements

The admin of the system could add new class, membership, promo and personnel for he or she is the only one that can modify every stored data in the system. In addition, the coaches, the cashier and client can also access the web application and only can modify their own personal data in the system. The mobile application is only limited to coach and client usage.

The system users must have basic knowledge in using computers, mobile devices, and the internet.

1.2 Installation Guide

1.2.1 System Files

- The web application must run on a web browser preferably Google Chrome.
- The mobile application must run on an android device from Android Jellybean until Nougat.

1.2.2 Installation Instructions

1.2.2.1 Administrator, Coach, Cashier and Client







The administrator, coaches, cashier and client can access by logging in their account in the system directly through the web application, using the link: sixonezerozeromaf.000webhostapp.com.



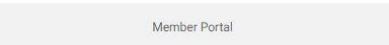




1.2.2.2 Guest Mobile Application


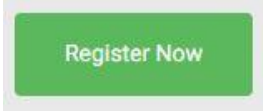


For the guest to install the mobile application, the user will be given an apk version and the user will tap on the install button. Next, the user must check the “Unknown Sources” on the list of options that will pop up. This will allow the phone to set up third party applications. After that, the user may now successfully install the mobile application.

1.3 User’s Manual Conventions


1.3.1 Website

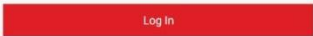






Buttons/Links/Required Fields	Description
 <p>About button</p>	<p>This button brings the user to the about page.</p>
 <p>Classes & Membership button</p>	<p>This button brings the user to the classes & membership button</p>
 <p>Events button</p>	<p>This button brings the user to the events page.</p>
 <p>Registration button</p>	<p>This button brings the user to the registration page.</p>
 <p>Contact button</p>	<p>This button brings the user to the contact page.</p>
 <p>Login button</p>	<p>This button brings the user to the login page.</p>

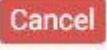

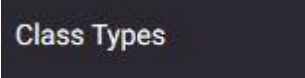
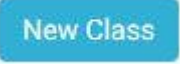


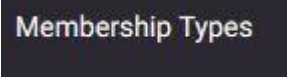
 <p>Learn more button</p>	<p>This button brings the user to the about page to learn more.</p>
 <p>Click here link</p>	<p>This button brings the user to classes & membership page.</p>
 <p>Member portal button</p>	<p>This button allows the user to login a client.</p>
 <p>Staff portal button</p>	<p>The button allows the user to login a staff.</p>
 <p>Boxing rates button</p>	<p>This button allows the user to view the rates of boxing class.</p>
 <p>Muay Thai rates button</p>	<p>This button allows the user to view the rates of muay thai classes.</p>
 <p>Jiu Jitsu rates button</p>	<p>This button allows the users to view the rates of jiu jitsu classes.</p>







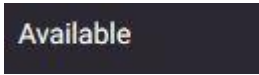
 <p>View tips button</p>	<p>This button allows the user to view tips.</p>
 <p>Register now button</p>	<p>This button allows the user to register as a client.</p>
 <p>Facebook link</p>	<p>This link brings the user to the Facebook account of 6100 Martial Arts & Fitness.</p>
 <p>Instagram link</p>	<p>This link brings the user to the Instagram account of 6100 Martial Arts & Fitness.</p>

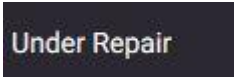
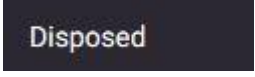




1.3.2 Web Application (Administrator)

Buttons/Links/Required Fields	Description
 <p>Login field</p>	<p>Enables the Administrator to enter his/her email address and password</p>







 <p>Login button</p>	The button is used to log-in to the system
 <p>Dashboard button</p>	The button brings the Admin to the dashboard page.
 <p>New Announcement button</p>	This button allows the admin to add a new announcement.
 <p>Details button</p>	This button allows the admin to view an announcement
 <p>Remove button</p>	This button allows the admin to remove an announcement.
 <p>New Event button</p>	This button allows the admin to add a new event.
 <p>Details button</p>	This button allows the admin to view the details of an event.




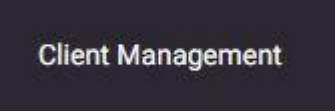


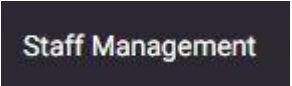
 Cancel button	This button allows the admin to cancel an event.
 Services button	The button brings the Admin to the services page.
 Class types Button	This button brings the admin to the Class Types Page
 New Class button	This button allows the admin to add a new class type.
 Update button	This button allows the admin to update a class.
 Deactivate button	This button allows the admin to deactivate a class.
 Membership Type button	This button brings the admin to the Membership Types Page



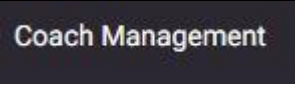
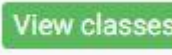

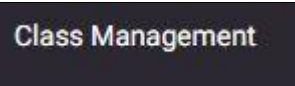

 <p>New Membership Type button</p>	<p>This button allows the admin to add a new class type</p>
 <p>Promos button</p>	<p>This button brings the admin to the Promos Types Page</p>
 <p>New Promo Button</p>	<p>This button allows the admin to add a new promo.</p>
 <p>Details button</p>	<p>This button allows the admin to view the details of the promo.</p>
 <p>Open button</p>	<p>This button allows the admin to open the promo.</p>
 <p>Equipment button</p>	<p>The button brings the Admin to the equipment page.</p>
 <p>Available button</p>	<p>This button brings the admin to the available equipment page.</p>


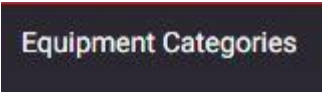



 <p>Under Repair button</p>	This button brings the admin to the under repair equipment page.
 <p>Disposed button</p>	This button brings the admin to the disposed equipment.
 <p>Fixed button</p>	This button allows the admin to fix equipment.
 <p>Repair button</p>	This button allows the admin to repair equipment.
 <p>Dispose button</p>	This button allows the admin to dispose equipment.
 <p>Reports button</p>	The button brings the Admin to the reports page.

<p>Membership</p> <p>Membership Report Button</p>	<p>The button brings the Admin to the Membership Report page.</p>
<p>Sales</p> <p>Sales Report Button</p>	<p>The button brings the Admin to the Sales Report page.</p>
<p>Equipment</p> <p>Equipment Report Button</p>	<p>The button brings the Admin to the Equipment Report page.</p>
<p>Staff Logs</p> <p>Staff logs Report Button</p>	<p>The button brings the Admin to the Staff logs Report page.</p>
<p>Client Logs</p> <p>Client logs Report Button</p>	<p>The button brings the Admin to the client logs Report page.</p>
<p>Equipment</p> <p>Equipment report button</p>	<p>The button brings the Admin to the Equipment Report page.</p>





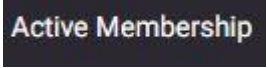
<p>Date Start</p>  <p>Date Start report input</p>	<p>The fields allows the Admin to choose the start date of a report.</p>
<p>Date End</p>  <p>Date End report input</p>	<p>The fields allows the Admin to choose the start end of a report</p>
 <p>Submit report button</p>	<p>The button allows the Admin to submit the date start and end to generate the report.</p>
 <p>Admin drop down button</p>	<p>This drop down button allows the admin to view more options to his/her account.</p>
 <p>Admin Profile button</p>	<p>The button brings the Admin to his/her profile account.</p>
 <p>Change password button</p>	<p>The button allows the admin to change password.</p>

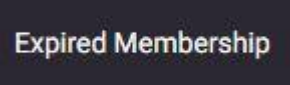
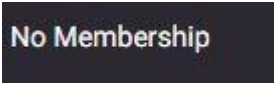
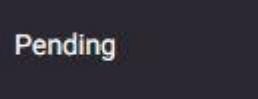
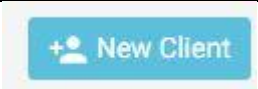



 <p>New password</p> <p>Confirm password</p> <p>New Password and Confirm Password Input</p>	<p>The fields allow the admin to type the new password and confirm.</p>
 <p>Save Button</p>	<p>The button allows the admin to save changes in his/her profile.</p>
 <p>Settings Button</p>	<p>This button brings the admin to the setting page.</p>
 <p>Client Management Button</p>	<p>This button brings the admin to the client management page.</p>
 <p>New Client Button</p>	<p>This button allows the admin to add new client.</p>
 <p>Scan Id Field</p>	<p>This field allows the admin to scan an ID of client.</p>
 <p>Staff Management</p>	<p>This button brings the admin to the staff management page.</p>





<p>Button</p>	
 <p>New Staff Button</p>	<p>The button allows the admin to add a new staff.</p>
 <p>Update Button</p>	<p>The button allows the admin to update a staff details.</p>
 <p>Coach Management Button</p>	<p>The button brings the admin to the Coach management page.</p>
 <p>View Classes Button</p>	<p>The button allows the admin to view the classes that the coach handles.</p>
 <p>Add Class Button</p>	<p>The button allows the admin to add class to the coach.</p>
 <p>Class Management Button</p>	<p>The button brings the admin to the class management page.</p>
	<p>The button allows the admin to add a new class.</p>








New Class Button	
 Update Button	The button allows the admin to update a class.
 Equipment Categories	The button brings the admin to the equipment categories page.
 New Category Button	The button allows the admin to add a new equipment category.
 Update Button	The button allows the admin to update an equipment category
Search: <input data-bbox="602 1308 837 1360" type="text"/> Searchbox	The button allows the admin to search.
 Logout Button	The button allows the admin to logout from his/her account.








1.3.3 Web Application (Cashier)



Buttons/Links/Required Fields	Description
 <p>Staff Login to 6100</p> <p>Staff Email</p> <p>Password</p> <p>Login field</p>	<p>These fields allow the cashier to login by typing his/her email and password.</p>
 <p>Login button</p>	<p>The button allows the cashier to login to his/her account.</p>
 <p>Client button</p>	<p>The button brings the cashier to the client page.</p>
 <p>All Client button</p>	<p>This button brings the cashier to the all client registered page.</p>
 <p>Active Membership Button</p>	<p>This button brings the cashier to the active membership page.</p>

 <p>Expired Membership button</p>	<p>This button brings the cashier to the expired membership page.</p>
 <p>No Membership button</p>	<p>This button brings the cashier to the no membership page.</p>
 <p>Pending button</p>	<p>This button brings the cashier to the pending client page.</p>
 <p>New Client button</p>	<p>This button allows the cashier to add new client.</p>
 <p>Scan ID Field</p>	<p>This button allows the cashier to scan the ID of a client using barcode.</p>
 <p>Time In button</p>	<p>This button brings the cashier to time in a client.</p>
 <p>Log Out button</p>	<p>This button allows the cashier to log out a client.</p>


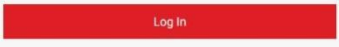


 Client Details Button	This button allows the cashier to view the client details.
 Client ID Button	This button allows the cashier to view the client ID.
 Logbook button	This button brings the cashier to the logbook page.
Switch to Client Logbook Switch to Client Logbook Link	This button brings the cashier to the client logbook page.
Switch to Staff Logbook Switch to Staff Logbook Link	This button brings the cashier to the staff logbook page.
To: <input data-bbox="532 1270 792 1318" type="text" value="dd/mm/yyyy"/> Date To button	This button allows the cashier to input the date up to.
From: <input data-bbox="552 1470 792 1518" type="text" value="dd/mm/yyyy"/> Date From button	This button allows the cashier to input the date from.
 Details button	This button allows the cashier to view the log details








 <p>Sales Button</p>	<p>This button brings the cashier to sales page.</p>
 <p>Scan ID Field</p>	<p>This button allows the cashier to scan the ID of a client using barcode.</p>
 <p>Print Receipt Button</p>	<p>This button allows the cashier to print the receipt.</p>
 <p>Enroll Button</p>	<p>This button brings the cashier to enroll page.</p>
 <p>New transaction Button</p>	<p>This button allows the cashier to make a new transaction</p>
 <p>Select Button</p>	<p>This button allows the cashier to select a client to enroll.</p>
 <p>Class offered button</p>	<p>This button allows the cashier to enroll a client in a certain class type written in the button label.</p>

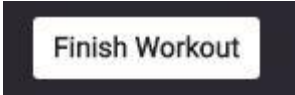




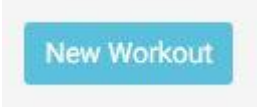
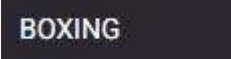
 Promo button	This button allows the cashier to add promo in the client's transaction.
 Cancel button	This button allows the cashier to cancel a client's transaction
 Pay button	This button allows the cashier to confirm the payment and print receipt immediately.
 Cancel Button	This button allows the cashier to cancel a transaction.
 Cashier drop down button	This drop down button allows the cashier to view more options to his/her account.
 Cashier profile button	This button brings the cashier to his/her profile.
 Change Password Button	This button allows the cashier to change password

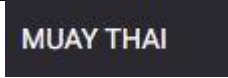
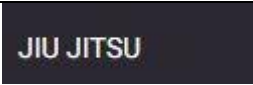




 Save Button	This button allows the cashier to save the changes.
 Logout Button	This button allows the cashier to logout from his/her account.






1.3.4 Web Application (Coach)


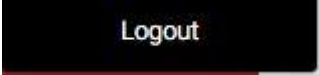
Buttons/Links/Required Fields	Description
 Login field	These fields allow the coach to login to the system by typing his/her email and password
 Login button	This button allows the coach to login to his/her account
 Dashboard button	This button brings the coach to the dashboard page.
 View Client Details button	This button allows the user to view the details of a client he/she handles.

 No Routine Status	This means that the coach still not assign a routine to the client.
 Add Routine button	This button allows the coach to add routine to the client.
 Ongoing Status	This means that a coach assigned a routine that the client needs to finish.
 View workout button	This button allows the coach to view the workout routines assigned to the client
 Complete button	The coach clicks this button if the client completed an activity
 Incomplete button	The coach clicks this button if the client didn't complete an activity
 Skipped button	The coach clicks this button if the client skipped an activity


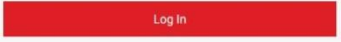

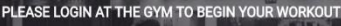
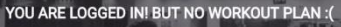
 <p>Finish Workout button</p>	<p>The coach clicks this button if the client finished the workout.</p>
 <p>Finished Status</p>	<p>This means the client finished the routine assigned by the coach.</p>
 <p>Classes button</p>	<p>This button brings the coach to the classes page.</p>
 <p>Class Type button</p>	<p>This button brings the coach to the classes page he/she handles and allows him/her to view the clients enrolled to it.</p>
 <p>Workout button</p>	<p>This button brings the coach to the workout plans page.</p>
 <p>New Workout button</p>	<p>This button allows the coach to add a new workout.</p>
 <p>Boxing workout plan button</p>	<p>This button brings the coach to the workout plan page of boxing.</p>






 Muay Thai workout plan button	This button brings the coach to the workout plan page of muay thai.
 Jiu Jitsu workout plan button	This button brings the coach to the workout plan page of jiu jitsu.
 Search box field	This field allows the coach to search for a workout routine.
 Workout routine button	This button allows the coach to view the routine in the workout plan.
 Edit button	This button allows the coach to edit the workout routine.
Available: <input type="checkbox"/> BOXING <input type="checkbox"/> MUAY THAI <input type="checkbox"/> JIU JITSU Availability Check box	This field allows the coach to choose the class type where a workout routine can be use.
 Save	This button allows the coach to save the changes.

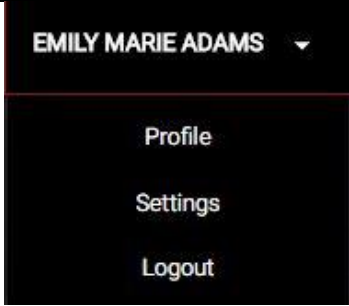
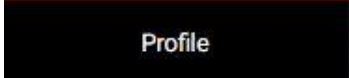


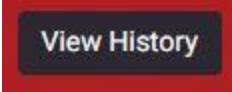
Save button	
 Remove activity button	This button allows the coach to remove an activity.
Name <input type="text" value="Squats"/> Sets <input type="text"/> Add Activity fields	These fields allow the coach to add new activity by typing the activity name and sets.
 Add Activity button	This button allows the coach to add activity to the workout routine.
 Coach drop down button	This drop down button allows the coach to view more options of his/her account.
 Profile button	This button allows the coach to view his/her profile.
 Change password button	This button allows the coach to change password.






 Save button	This button allows the coach to save the change to his/her profile.
 Logout button	This button allows the coach to logout from his/her account.

1.3.5 Web Application (Client)


Buttons/Links/Required Fields	Description
 Login Fields	These fields allow the client to login to his/her account by typing their email and password.
 Login Button	This button allows the client to login to his/her account.
 Dashboard button	This button brings the client to the dashboard page.
 Login message	This message means that the client has not login to the gym.
 No workout plan message	This message means the client is timed in but the coach has not assign a workout








	plan yet.
 Complete status	This means the client completed the activity.
 Incomplete Status	This means the client did not complete the activity.
 Skipped status	This means the client skipped the activity
 Logs & Progress button	This button brings the client to the logs & progress page.
From: <input data-bbox="500 1157 824 1192" type="text" value="dd/mm/yyyy"/> Date From field	This field allows the client to choose a date from.
To: <input data-bbox="500 1346 834 1381" type="text" value="dd/mm/yyyy"/> Date To Field	This field allows the client to choose a date to.
 Details button	This button allows the client to view the details of his/her log.

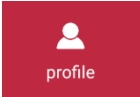





 <p>Client drop down button</p>	<p>This drop down button allows the client to view more options of his/her account.</p>
 <p>Profile button</p>	<p>This button brings the client to his/her profile page.</p>
<p>Height (in)</p> <input data-bbox="511 850 820 888" type="text"/> <p>Weight (lb)</p> <input data-bbox="511 934 820 972" type="text"/> <p>BMI Fields</p>	<p>These fields allows the client to input his/her height in inches and weight in lbs.</p>
 <p>Submit button</p>	<p>This button allows the client to submit his/her height and weight for calculation of BMI.</p>
 <p>Record button</p>	<p>This allows the client to record his/her BMI Result.</p>
 <p>View history button</p>	<p>This allows the client to view his/her BMI history report.</p>

 Edit profile button	This button allows the client to edit his/her profile.
 Settings button	This button brings the client to settings page.
 Change password button	This button allows the client to change his/her password
 Save button	This button allows the client to save the changes.
 Logout button	This allows the client to logout from his/her account.

1.3.6 Coach Mobile Application







Buttons/Links/Required Fields	Description
 Email and Password field	These are the fields the coach will key in his Email and Password.


 <p>Sign In Button</p>	<p>This button allows the coach to sign in to his account.</p>
 <p>Home Button</p>	<p>This button displays the home activity.</p>
 <p>View Workout</p>	<p>This button allows the coach to view a client's workout.</p>
 <p>Complete Button</p>	<p>The coach clicks this button if the client completed an activity</p>
 <p>Incomplete Button</p>	<p>The coach clicks this button if the client did not finish an activity</p>
 <p>Skipped Button</p>	<p>The coach clicks this button if the client skipped an activity</p>
 <p>Finish Workout Button</p>	<p>This button allows the coach to end the client's workout.</p>

 <p>Profile Button</p>	<p>This button displays the coach's profile.</p>
 <p>Edit Button</p>	<p>This button allows the coach to edit his details.</p>
 <p>Save Button</p>	<p>This button allows the coach to save his edited details.</p>
 <p>Classes Button</p>	<p>This button displays the classes activity.</p>
 <p>Workout Plan Button</p>	<p>This button displays the workout plan activity.</p>
 <p>Workout Button</p>	<p>This button displays the client's workout activity.</p>
<p>LOGOUT</p> <hr/> <p>Logout Button</p>	<p>This button allows the coach to log out of their account.</p>

1.3.7 Client Mobile Application

Buttons/Links/Required	Description
------------------------	-------------

Fields	
 <p data-bbox="586 491 751 527">Logs Button</p>	<p data-bbox="932 369 1404 447">This button displays the client's logs activity.</p>
 <p data-bbox="565 695 776 730">Progress Button</p>	<p data-bbox="964 621 1372 699">This button displays the client's progress activity.</p>
 <p data-bbox="589 932 748 968">BMI Button</p>	<p data-bbox="932 854 1404 932">This button displays the client's BMI activity.</p>
 <p data-bbox="526 1199 816 1234">Calculate BMI Button</p>	<p data-bbox="969 1094 1367 1171">This button allows the client to calculate their BMI.</p>
 <p data-bbox="586 1430 751 1465">More Button</p>	<p data-bbox="927 1327 1409 1404">This button displays the client's more activity.</p>
 <p data-bbox="578 1713 764 1749">Profile Button</p>	<p data-bbox="938 1562 1398 1640">This button allows the client to visit their profile.</p>

 <p>CONTACT US</p> <p>Contact Us Button</p>	<p>This button allows the client to view more information about the gym.</p>
<p>LOGOUT</p> <hr/> <p>Logout Button</p>	<p>This button allows the client to log out of their account.</p>

2.0 Getting Started

2.1 Run the System

To run the system, the four different users of the web app must have computers or laptop device/s that are connected to the internet in order to utilize the system service.

2.2 The Initial Screen

Upon entering the link

<http://sixonezerozeromaf.000webhostapp.com>, the system shows the homepage of the website of 6100 Martial Arts & Fitness. On the Mobile Application, a login screen will also be shown.

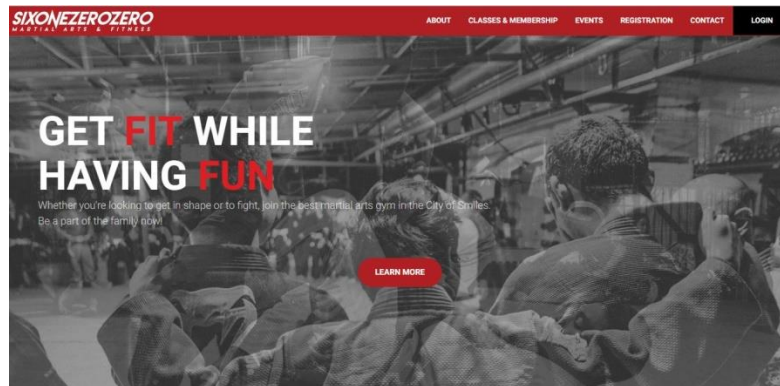


Figure 1. Website Home Page

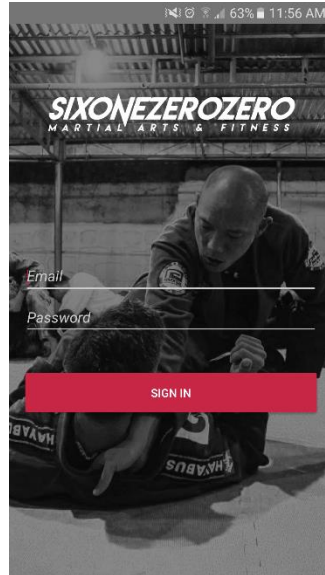


Figure 2. Mobile Login Screen

2.3 The Major Components

2.3.1 Toolbars

The web and mobile both use the red color for it signifies the color of the 6100 Martial Arts and Fitness. The font used is Roboto.

2.3.2 Menus

2.3.2.1 Website Menu

The Website top navigation contains six modules. These are the About, Classes & Membership, Events, Registration, Contact and Login.

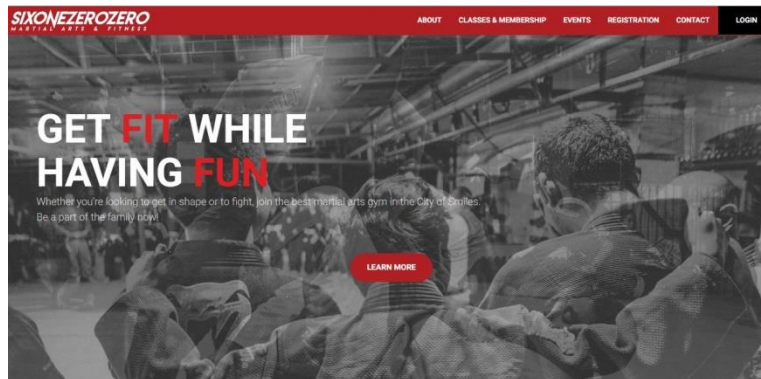


Figure 3. Website Menu

2.3.2.2 Admin Web Menu

The Admin top navigation contains five modules. These are the Dashboard, Services, Equipment, Reports and a drop down button contains admin Profile, Settings and Logout button.

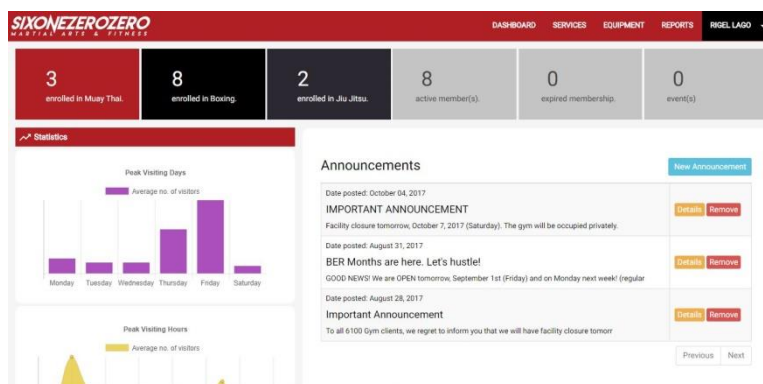


Figure 4. Admin Main Navigation

2.3.2.3 Cashier Web Menu

The Cashier top navigation contains five modules. These are the Clients, Logbook, Sales, Enroll, and a drop down button that contains cashier Profile and Logout button.

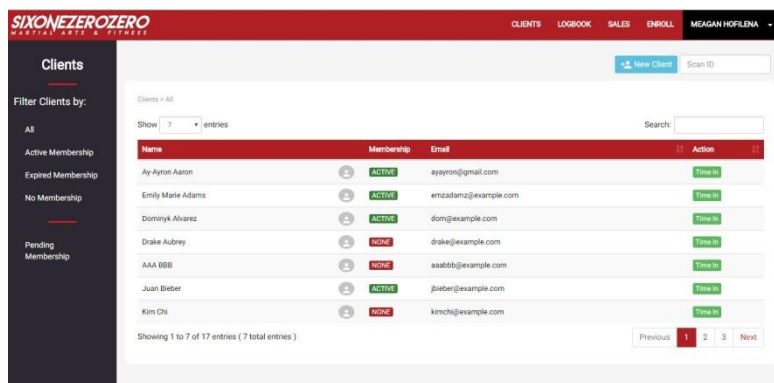


Figure 5. Cashier Main Navigation

2.3.2.4 Coach Web Menu

The Coach top navigation contains three modules. These are the Dashboard, Classes, Workout Plans and a drop down button that contains coach Profile and Logout button.

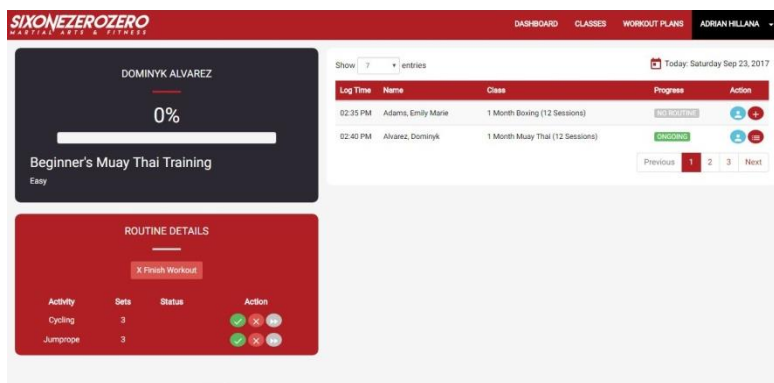


Figure 6. Coach Main Navigation

2.3.2.5 Client Web Menu

The Client top navigation contains two modules. These are the Dashboard, Logs & Progress and a drop down button that contains client Profile, Settings and Logout button.

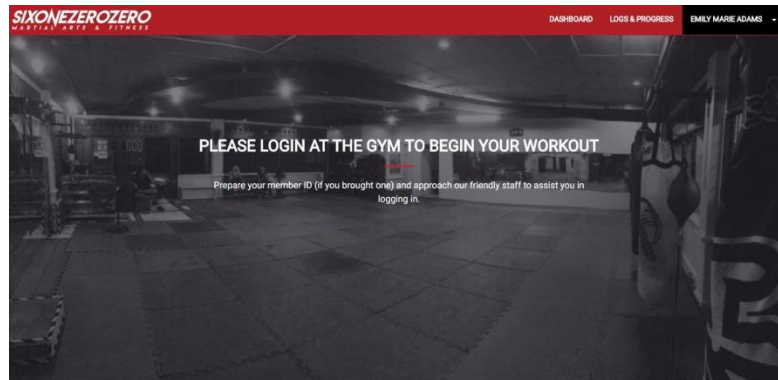


Figure 6. Client Main Navigation

2.3.2.6 Coach Mobile Menu

The Coach Mobile bottom navigation contains four modules. These are the Home, Profile, Classes and Workout Plans.

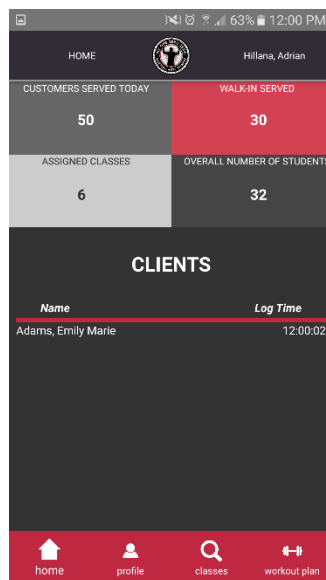


Figure 7. Client Main Navigation

2.3.2.7 Client Mobile Menu

The Client bottom navigation contains five modules. These are the Workout, Logs, Progress, BMI and More which contains the Contact Us and Client Profile Button.

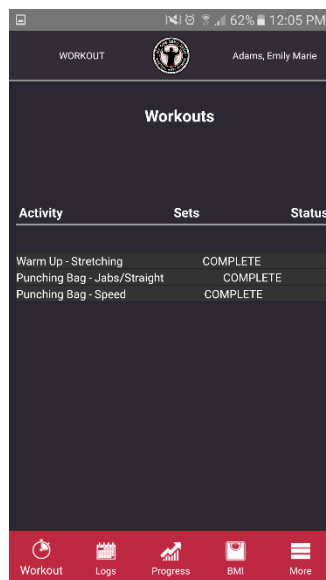


Figure 8. Client Main Navigation

2.3.3 Status Bar

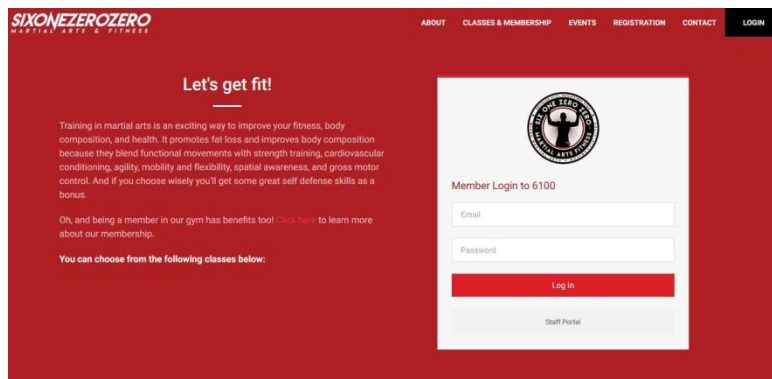


Figure 9. Status Bar

The system displays a message that says “Invalid login information” when the user encounters an errors such as in entering their Email or Password wrong, or the the fields are not completely filled up.

3.0 System Modules/Features

3.1 Website



Figure 10. Homepage

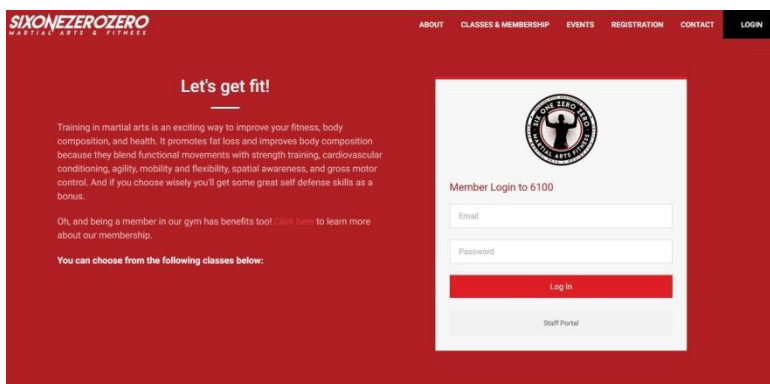


Figure 11. About and Login Page

This page is where the user can learn more about 6100 Martial Arts & Fitness and Login using their email and password.

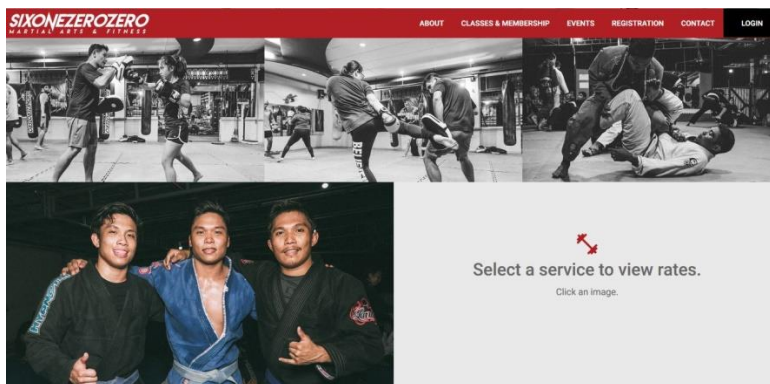


Figure 12. Classes and Membership Page

This page is where the user can view the rates of classes and membership offered.

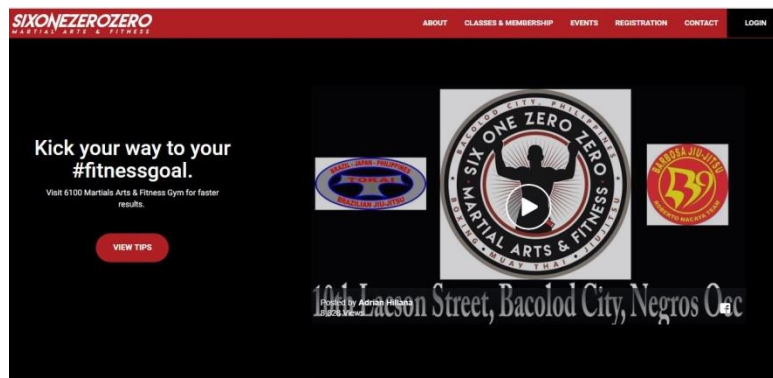


Figure 13. Tips Page

This page is where the user can view a short video about the gym and tips when he clicks the View Tips button.

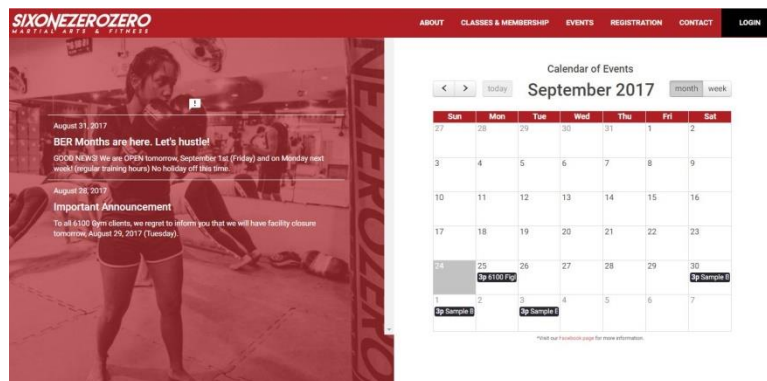


Figure 14. Announcement and Events Page

Shows the latest announcement. The user can also view the events going to happen monthly or weekly.

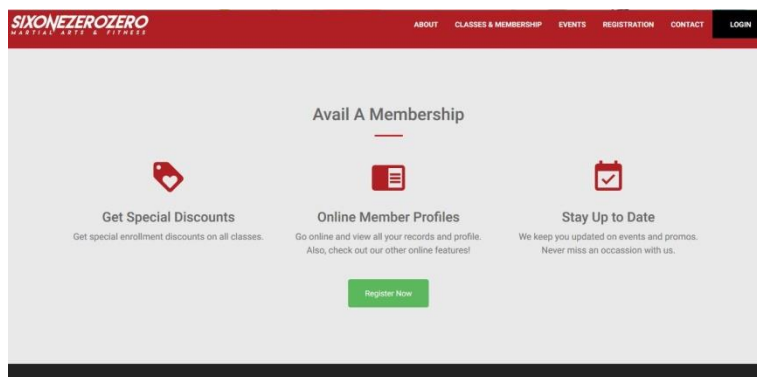


Figure 15. Registration Page

Allows the user to register as a new client of the gym.

Figure 17. Registration Page – Register Now Button

This form is where the user can input his/her details to be a client of the gym.

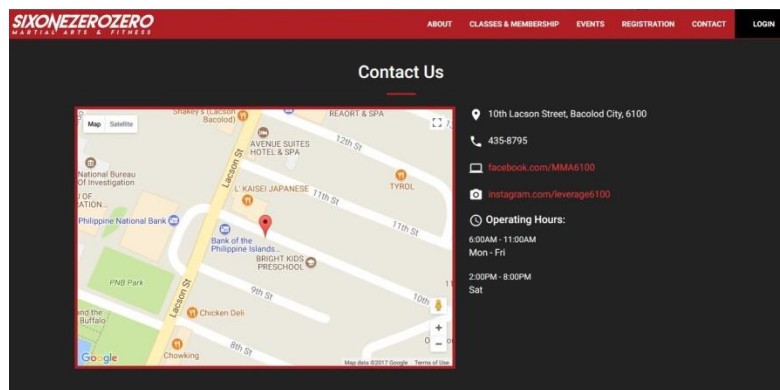


Figure 18. Contact Page

This page is where the user can view the contact information of the gym.

3.2 Admin Web Application

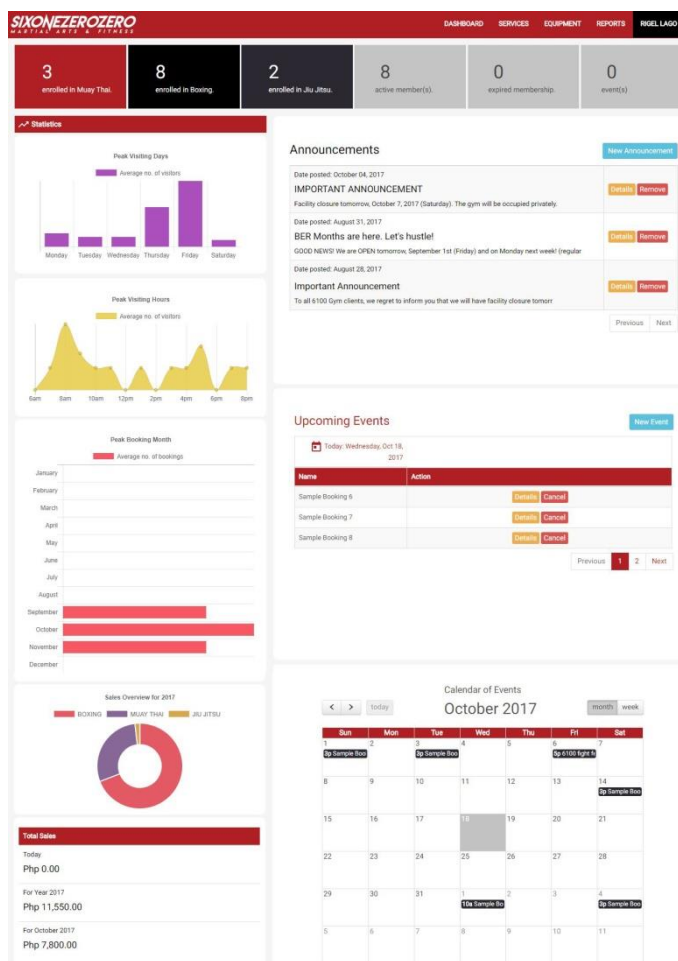


Figure 19. Admin Dashboard

Allows the admin to view the statistical reports of peak hours, days and month, announcements, upcoming and calendar of events and sales overview of the year.

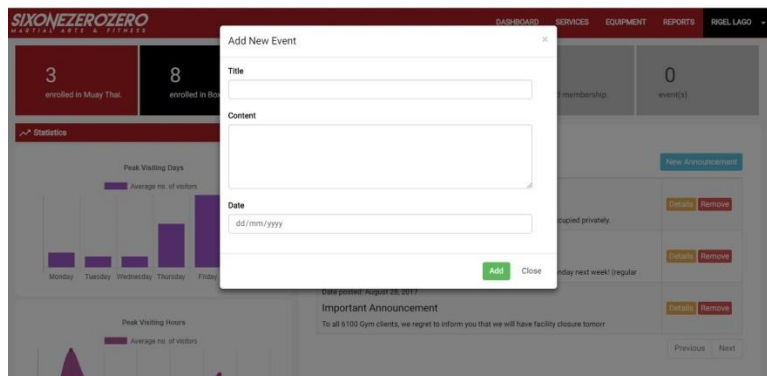


Figure 20: Admin Dashboard – New Announcement

Allows the admin to add a new announcement.

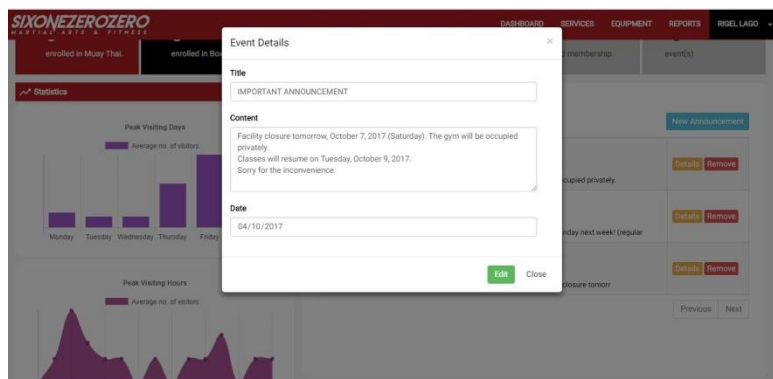


Figure 21. Admin Dashboard – Details of announcement

Allows the admin to edit details about an announcement. He may press the save button after he edits this record.

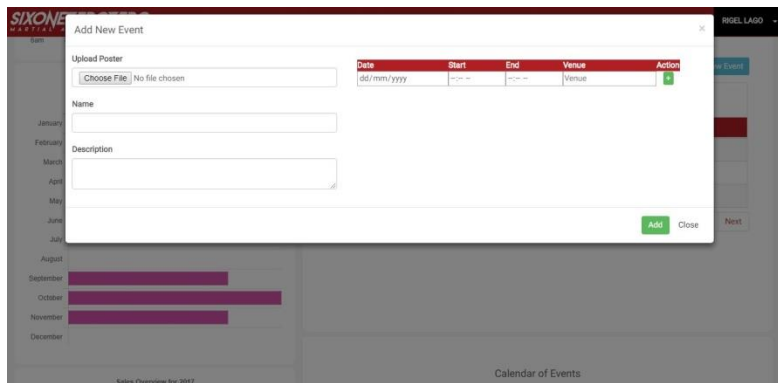


Figure 22. Admin Dashboard – New Event

Allows the admin to add a new event.

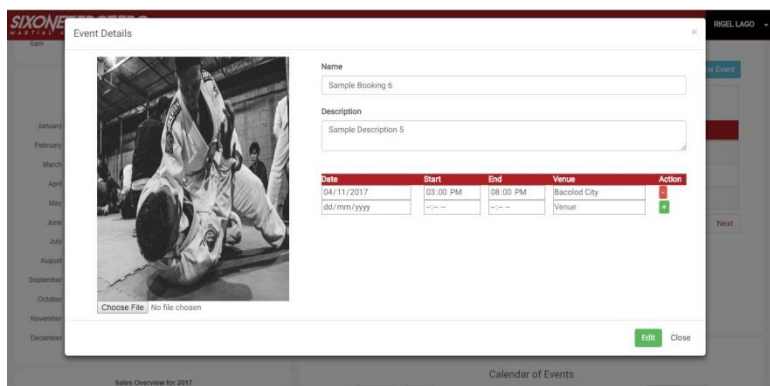


Figure 23. Admin Dashboard – Details of event

Allows the admin to view the details of the event. He may also edit and press the save button after he edits this event.

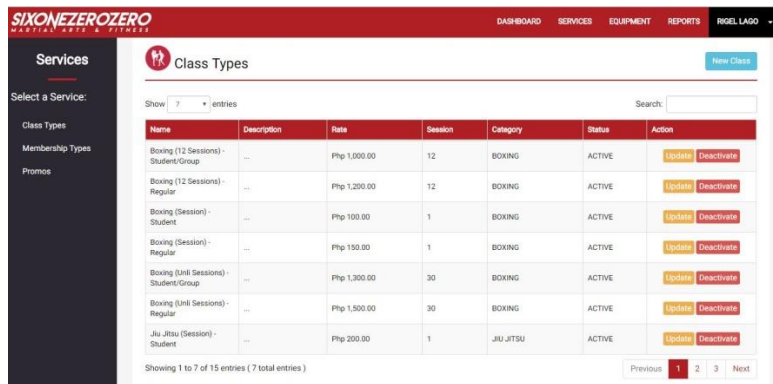


Figure 24. Services – Class type

Allows the admin to view the class type the gym offers. He may edit it when he clicks the details button.

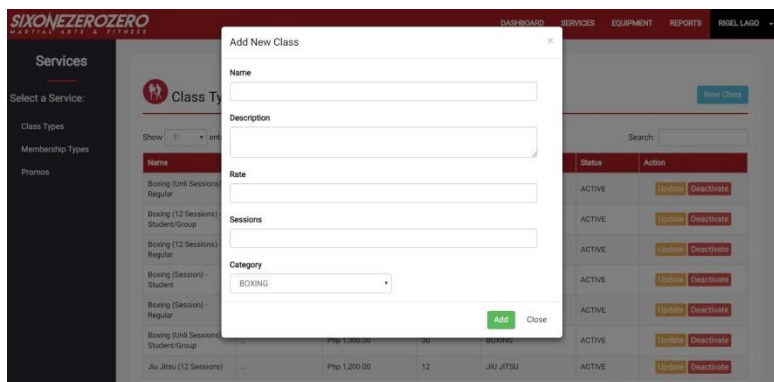


Figure 25. Services – Class type: New Class

Allows the admin to add a new class type.

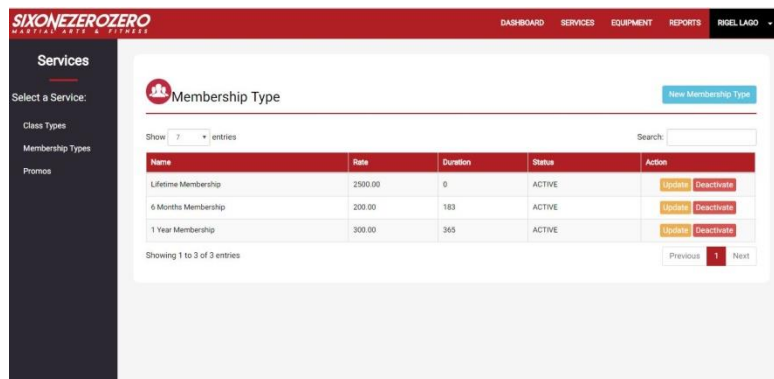


Figure 26. Services – Membership Type

Allows the admin to view the membership type the gym offers. He may edit it when he clicks the details button.

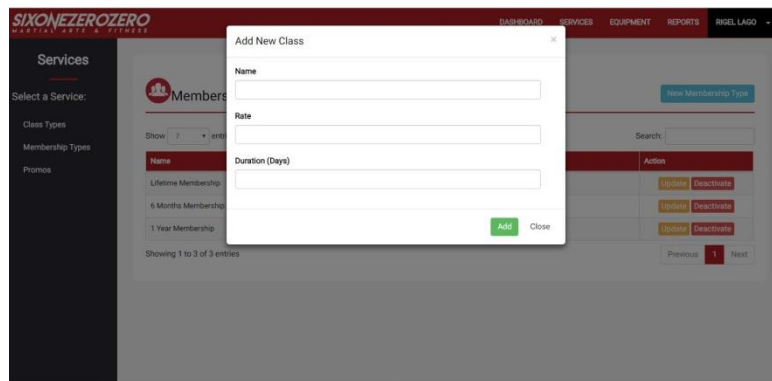


Figure 27. Services – Membership Type: New Membership

Allows the admin to add a new membership.

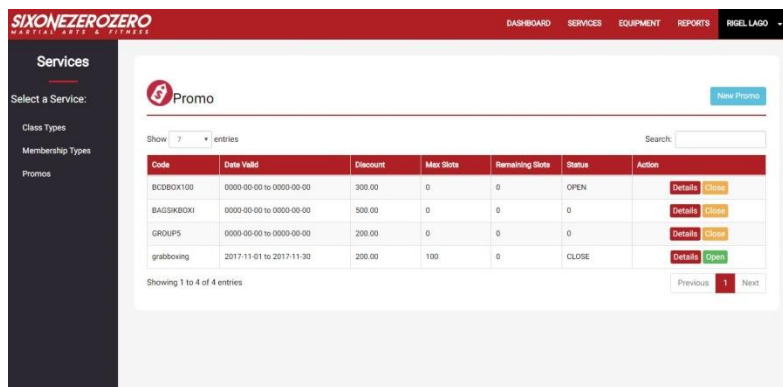


Figure 28. Services – Promo

Allows the admin to view the Promos and the promo details when he clicks the Details Button.

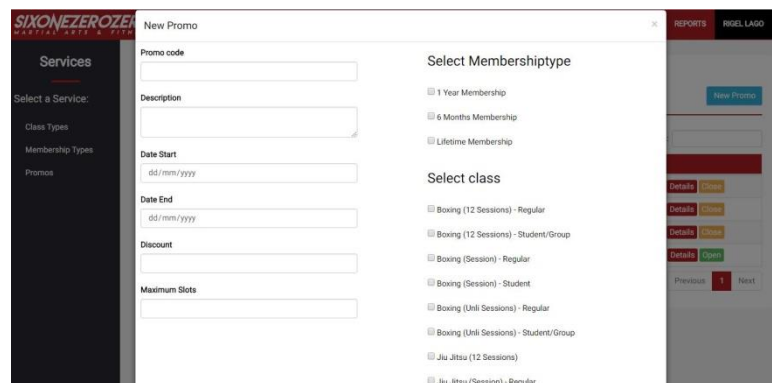


Figure 29. Services – Promo: New Promo

Allows the admin to add a new promo.

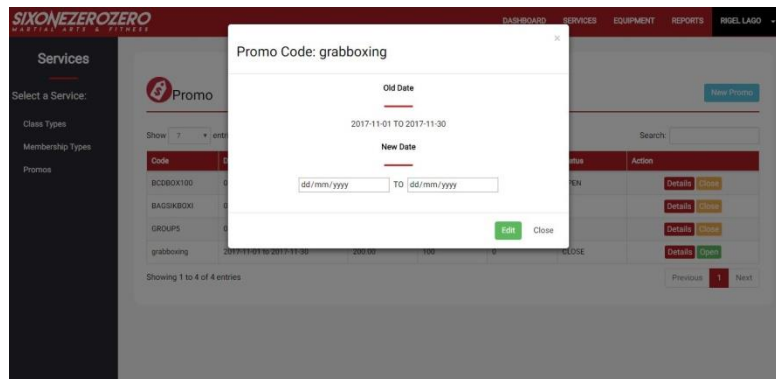


Figure 30. Services – Promo: Open Button

Allows the admin to open the promo again. He can also close the promo by clicking the Close Button.

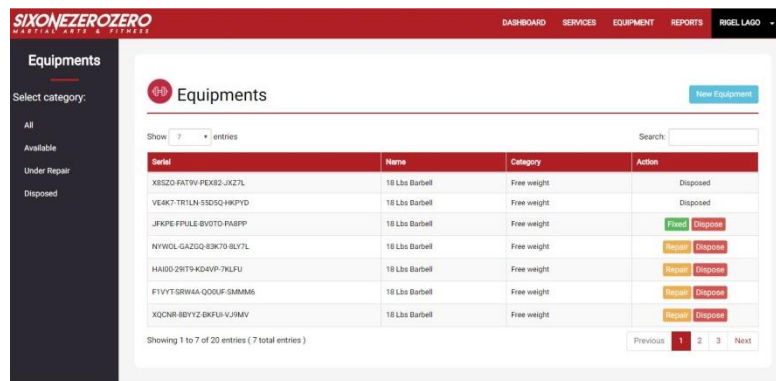


Figure 31. Equipment Page

Allows the admin to view the equipment in the gym with the status of disposed, fixed or repair.

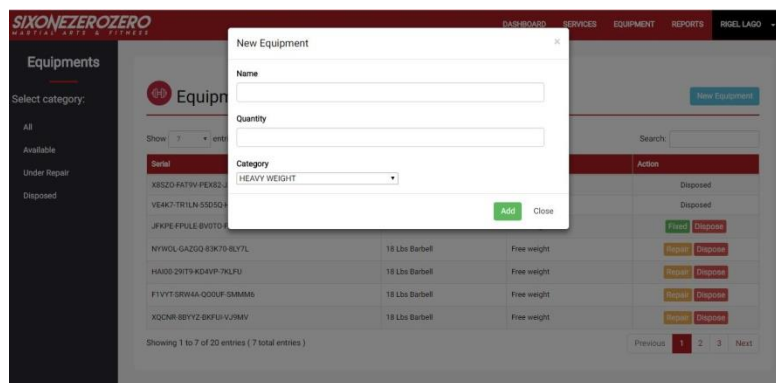


Figure 32. Equipment Page – New Equipment

Allows the admin to add a new equipment.

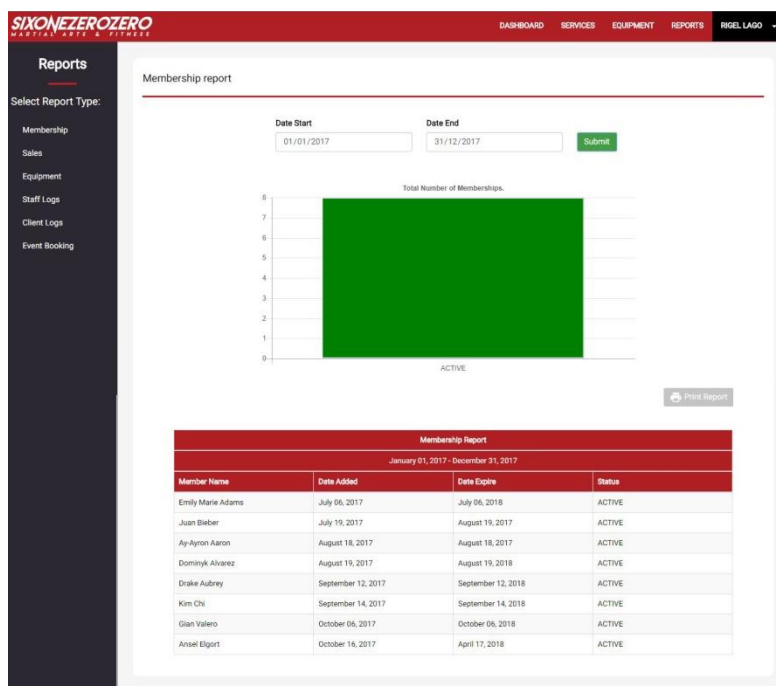


Figure 33. Report Page

Allows the admin to view the generated reports when he clicks the submit button with corresponding dates and print it when he clicks the Print Report button

Name	Date Added	Date Expire	Status
Emily Marie Adams	July 06, 2017	July 06, 2018	ACTIVE
Juan Bieber	July 19, 2017	August 19, 2017	ACTIVE
Ay-Ayton Aaron	August 18, 2017	August 18, 2017	ACTIVE
Dominyk Alvarez	August 19, 2017	August 19, 2018	ACTIVE
Drake Aubrey	September 12, 2017	September 12, 2018	ACTIVE
Kim Chi	September 14, 2017	September 14, 2018	ACTIVE
Glan Valero	October 06, 2017	October 06, 2018	ACTIVE
Ansel Elgot	October 16, 2017	April 17, 2018	ACTIVE

Figure 34. Report Page – Generated Report: PDF File

The view of generated report ready to print.

Figure 35. Profile Page

Allows the admin to edit his profile.

Figure 36. Profile Page – Change Password

Allows the admin to change his password and confirm the changes by clicking the save button.

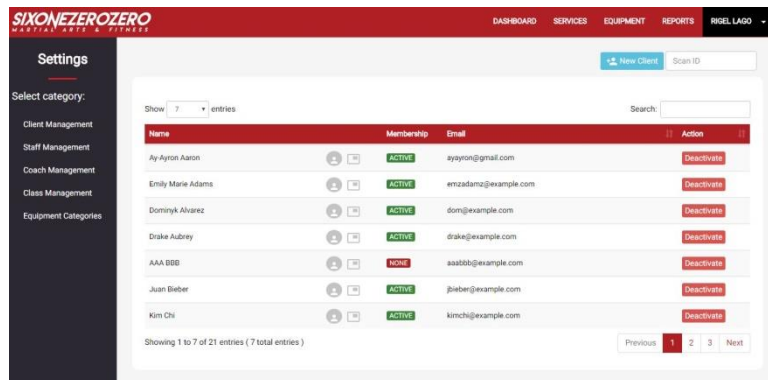


Figure 37. Settings Page – Client Management

Allows the admin to view the client list edit client profile information when he clicks the details button

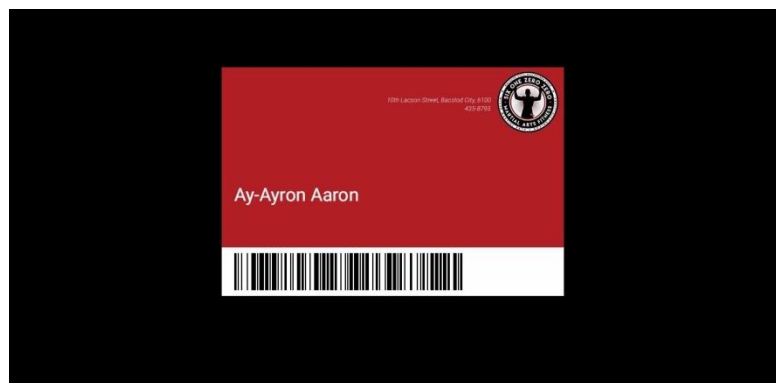


Figure 38. Settings Page – Client Management: ID

Allows the admin to view the template of the client ID with the barcode he/she scans to login to the gym.

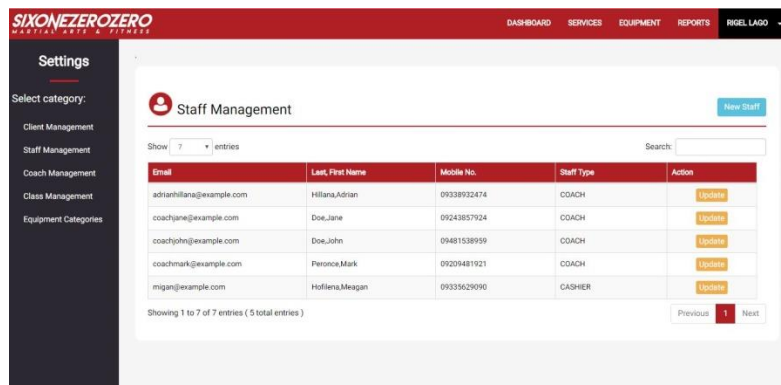


Figure 39. Settings Page – Staff Management

Allows the admin to view the staff list and edit staff profile information by clicking the Update button.

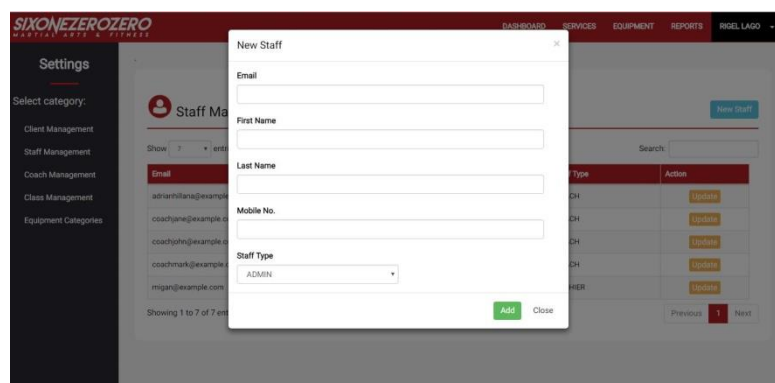


Figure 40. Settings Page – Staff Management: New Staff

Allows the admin to add new staff.

SIXONEZERO
MARTIAL ARTS & FITNESS

DASHBOARD SERVICES EQUIPMENT REPORTS RIGEL LAGO

Settings

Select category:

- Client Management
- Staff Management
- Coach Management
- Class Management
- Equipment Categories

Coach Management

Show 7 entries

Email	Last, First Name	Mobile No.	Action
adrianhilana@example.com	Hilana, Adrian	0933892474	View classes Add Class
coachjane@example.com	Doe, Jane	09243857924	View classes Add Class
coachjohn@example.com	Doe, John	09481538959	View classes Add Class
coachmark@example.com	Peronce, Mark	09209481921	View classes Add Class

Showing 1 to 4 of 4 entries

Previous 1 Next

Figure 41. Settings Page – Coach Management

Allows the admin to view the coach list add classes that a coach handles when he clicks the Add Class Button.

SIXONEZERO
MARTIAL ARTS & FITNESS

DASHBOARD SERVICES EQUIPMENT REPORTS RIGEL LAGO

Settings

Select category:

- Client Management
- Staff Management
- Coach Management
- Class Management
- Equipment Categories

Class Management [New Class](#)

Show 7 entries

Name	Action
BOXING	Update
JIU JITSU	Update
MUAY THAI	Update

Showing 1 to 3 of 3 entries

Previous 1 Next

Figure 42. Settings Page – Class Management

Allows the admin to view the class list the gym offers and add a new class when he clicks the New Class Button.

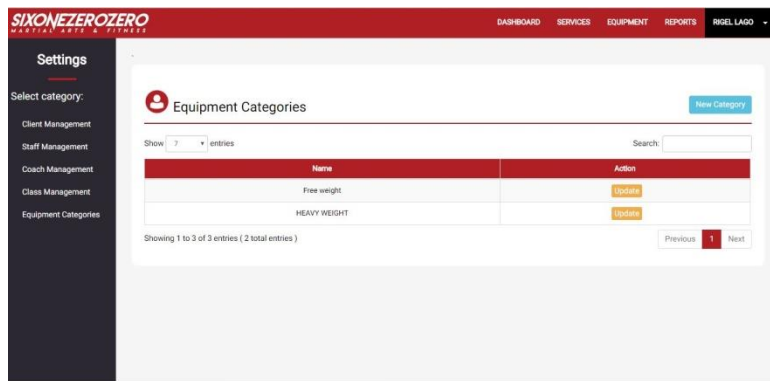


Figure 43. Settings Page – Equipment Categories

Allows the admin to view the categories list of equipment and add a new category when he clicks the New Category Button.

3.3 Cashier Web Application

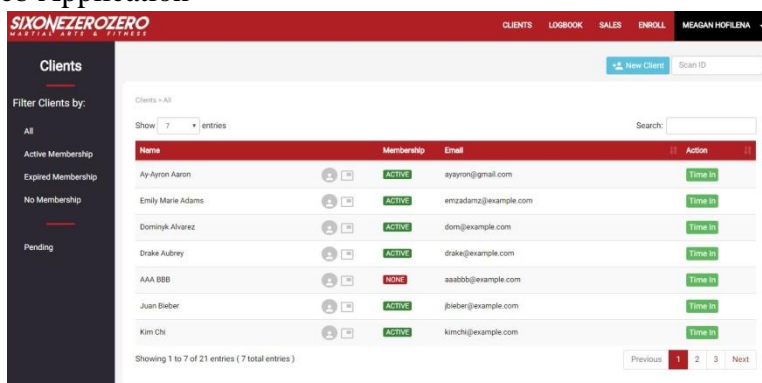


Figure 44. Client Page

Allows the cashier to view and login a client with a filter of active, expired members and non-members client.

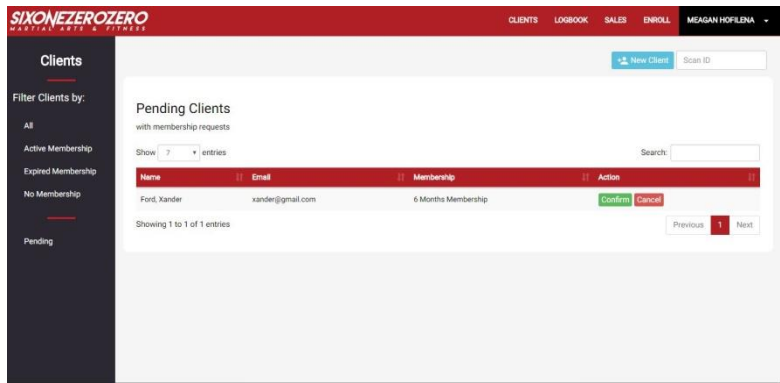


Figure 45. Client Page – Pending

Allows the cashier to confirm a pending client.

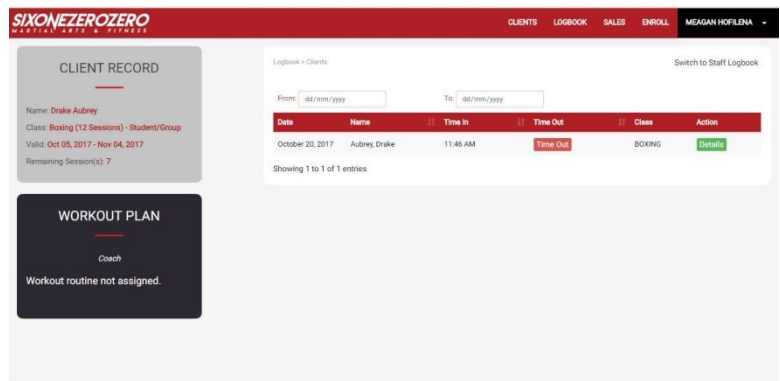


Figure 46. Logbook Page - Client

Allows the cashier to view the client logged in and time out when a client leaves the gym.

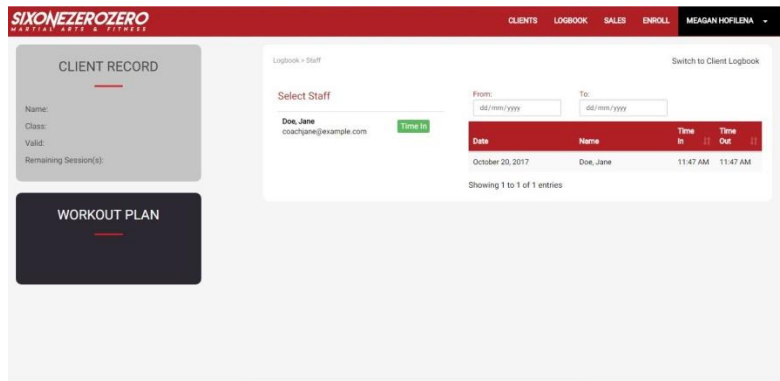


Figure 47. Logbook - Staff

Allows the cashier to view and login a staff.

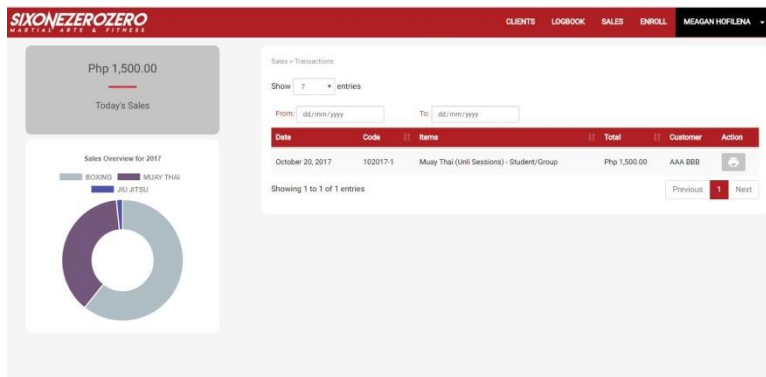


Figure 48. Sales Page

Allows the cashier to view the sales of the gym daily and print receipts.

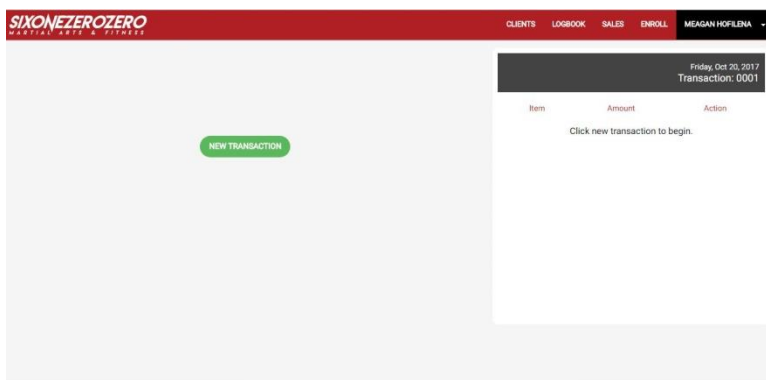


Figure 49. Enroll Page

Allows the cashier to add a new transaction, when he clicks the New Transaction Button a list of client will show up.

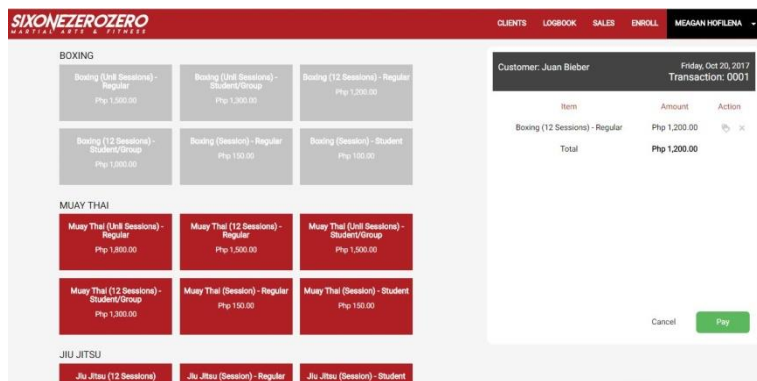


Figure 50. Enroll Page – Add Transaction
Allows the cashier to enroll a client in a class.

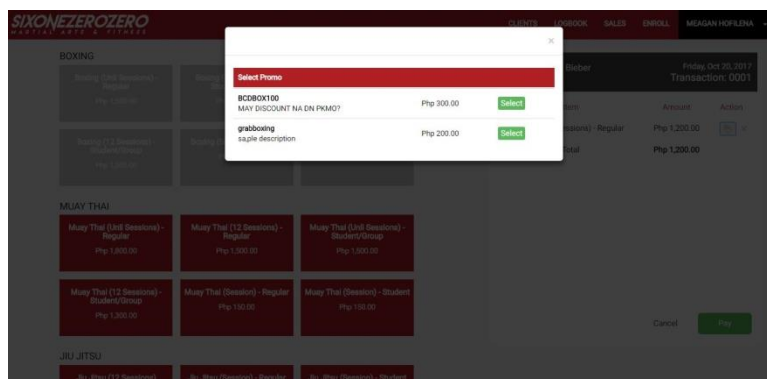


Figure 51. Enroll Page – Add Promo
Allows the cashier to add a promo in client's transaction

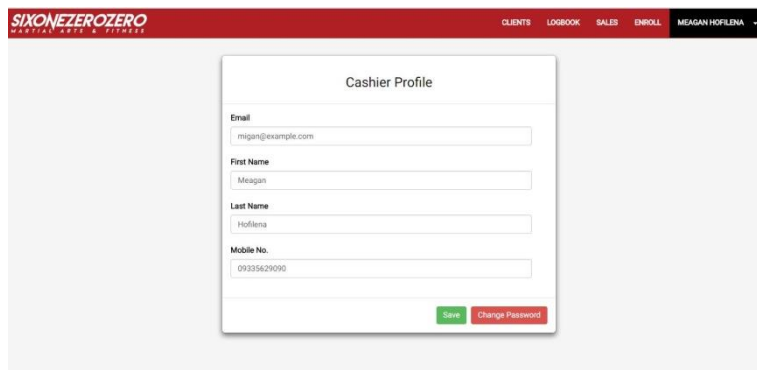


Figure 52. Profile Page
Allows the cashier to view and edit her profile.

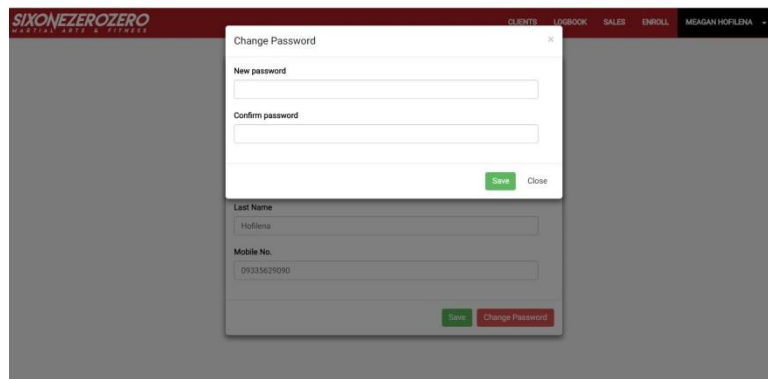


Figure 53. Profile Page – Change Password

Allows the cashier to edit her password and save the changes when she clicks the Save Button.

3.4 Coach Web Application

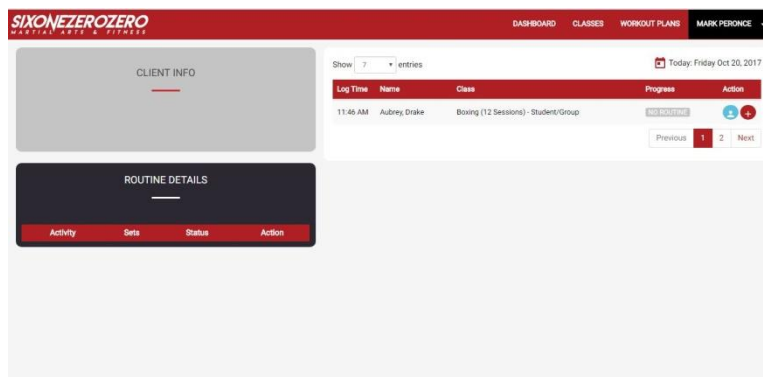


Figure 54. Dashboard Page

Allows the coach view the clients assign to him and add a routine when he clicks the Add Button.

SIXZEROZERO DASHBOARD CLASSES WORKOUT PLANS MARK PERIOD

DRAKE AUBREY

0%

Medium Level Boxing Routine

Routine for those who aren't quite advanced nor casual. Best for those who have taken up boxing for some time but not serious training.

Time Started: 12:10 pm
Time End: Unavailable. Workout in progress.

ROUTINE DETAILS

Finish Workout

Activity	Sets	Status	Action
Squats	1	✓	✕
Mountain Climbers	1	✓	✕
Punching Bag - Speed	1	✓	✕
Speedball	1	✓	✕

Show 2 entries Today Friday Oct 20, 2017

Log Time	Name	Class	Progress	Action
11:48 AM	Aubrey, Drake	Boxing (12 Sessions) - Student/Group	1/2	✕

Previous 1 2 Next

Figure 55. Dashboard Page – Client Routine

After the coach assigned a routine, he can view the activities and set the client's progress for each activity.

SIXZEROZERO DASHBOARD CLASSES WORKOUT PLANS MARK PERIOD

Classes

Classes > Boxing (12 Sessions) - Regular

Show 4 entries

Name	Membership	Valid	Sessions	Last Log
Ay Ayron, Aaron	ACTIVE	Sep 25, 2017 - Oct 25, 2017	4	Oct 20, 2017 (Friday)
Emily Marie Adams	ACTIVE	Oct 03, 2017 - Nov 02, 2017	1	Oct 20, 2017 (Friday)
Emily Marie Adams	ACTIVE	Oct 03, 2017 - Nov 02, 2017	9	Oct 20, 2017 (Friday)
AAA 888	INACTIVE	Sep 26, 2017 - Oct 26, 2017	9	Oct 20, 2017 (Friday)

Showing 1 to 4 of 4 entries

Previous 1 Next

Figure 56. Classes Page

Allows the coach view the clients enrolled under a specific class.

SIXZEROZERO DASHBOARD CLASSES WORKOUT PLANS MARK PERIOD

Workout Plans

Workout Plans > Boxing

Select a Workout

Advanced Boxing Training Routine

Push yourself to the limit and perfect your Muay Thai skills. Routine best for advanced boxers.

All About Abs Routine

This routine is focused on abs. Get ready to work for that six pack.

Beginner's Boxing Training

A routine suitable for those who just newly began boxing training.

Beginner's Muay Thai Training

A routine suitable for those who just newly began Muay Thai training.

Cardio Routine

Improve your cardio with this routine. You'll have better breathing in no time.

Casual Boxing Routine

Whether you're at the gym just to burn off cardio or take it out on the punching bag, this routine is perfect. A quick boxing session.

Advanced Boxing Training Routine

Activity	Sets	Remove
Warm Up - Stretching	2	Remove
Punching Bag - Jabs/Straight	2	Remove
Punching Bag - Speed	3	Remove
Squats	6	Remove

Add Activities

Name

Squats

Sets

Add Activity

Figure 57. Workout Page

Allows the coach to view, edit and add workout plans and routine activities.

The screenshot shows the 'Coach Profile' page. At the top, there is a navigation bar with 'SIXONEZEROZERO' on the left and 'DASHBOARD', 'CLASSES', 'WORKOUT PLANS', and 'MARK PERSONCE' on the right. The main content area contains a white form titled 'Coach Profile' with the following fields: 'Email' (with the value 'coachmark@example.com'), 'First Name' (with the value 'Mark'), 'Last Name' (with the value 'Perence'), and 'Mobile No.' (with the value '09209481921'). At the bottom of the form are two buttons: a green 'Save' button and a red 'Change Password' button.

Figure 58. Profile Page

The coach can view and edit his profile.

The screenshot shows the 'Change Password' page. It features a white modal form with two input fields: 'New password' and 'Confirm password'. Below these fields are two buttons: a green 'Save' button and a grey 'Close' button. The background of the page is dimmed, showing the same navigation bar and a partially visible profile form as in Figure 58.

Figure 59. Change Password Page

Allows the coach to change the password and save the changes when he clicks the Save Button.

3.5 Client Web Application

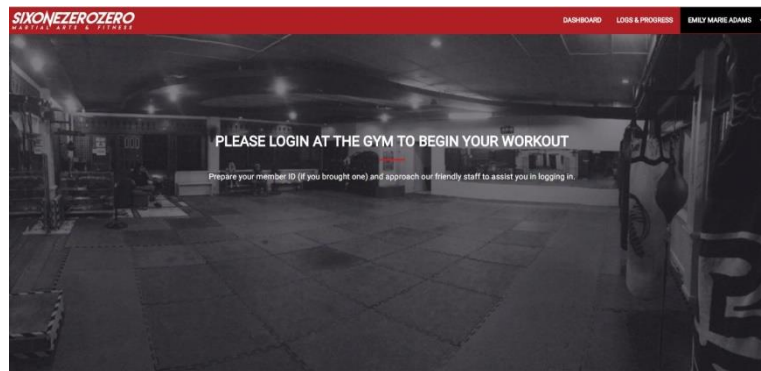


Figure 60. Dashboard - Inactive

Shows that the client is inactive or did not login to the gym.

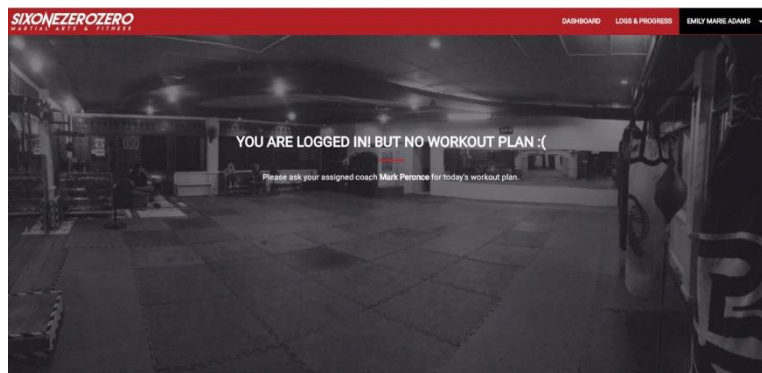


Figure 61. Dashboard – Active: No workout plan

Shows that the client is logged in but the coach did not assign a workout plan for her yet.

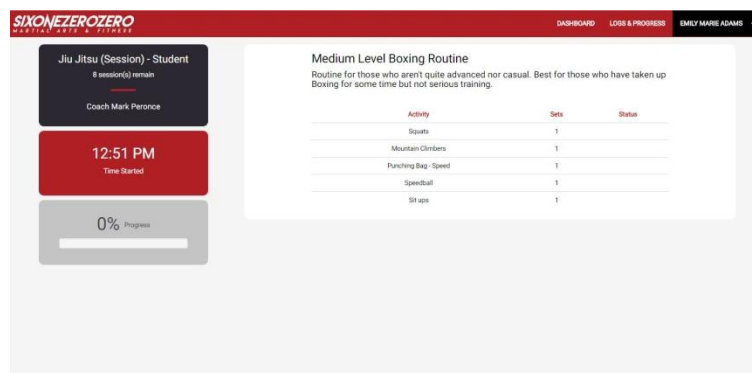


Figure 62. Dashboard – Active

Allows the client to view the workout plan assigned to her by his coach and the status of every activity.

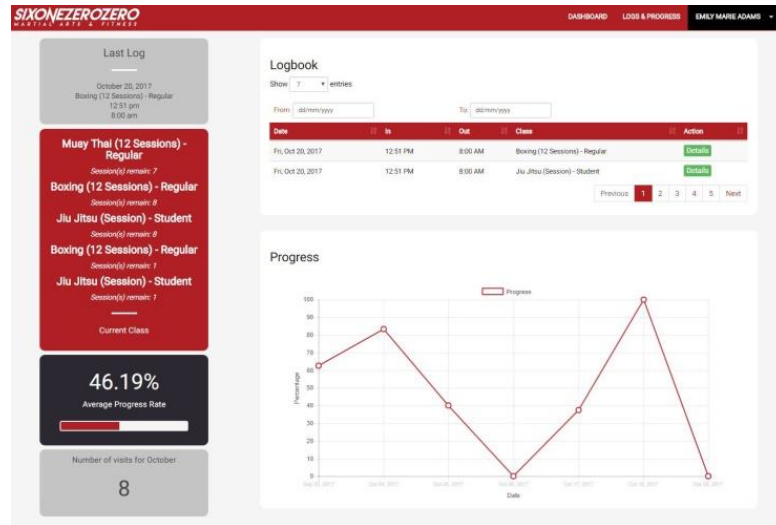


Figure 63. Logs & Progress Page

Allows the client to view her attendance in the gym, average progress rate and remaining sessions.

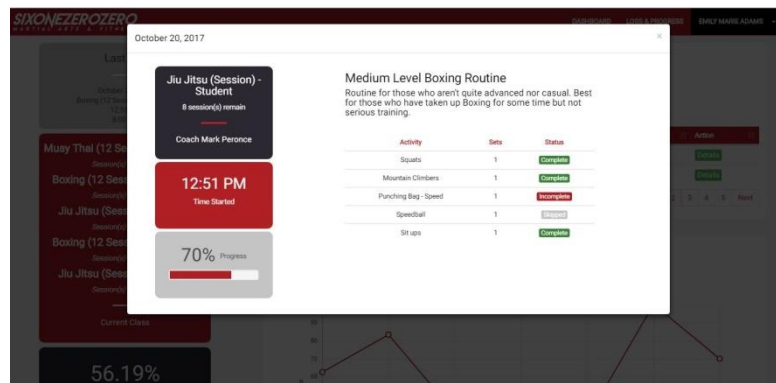


Figure 64. Logs & Progress Page - Details

Allows the client to view the details of her visit to the gym.

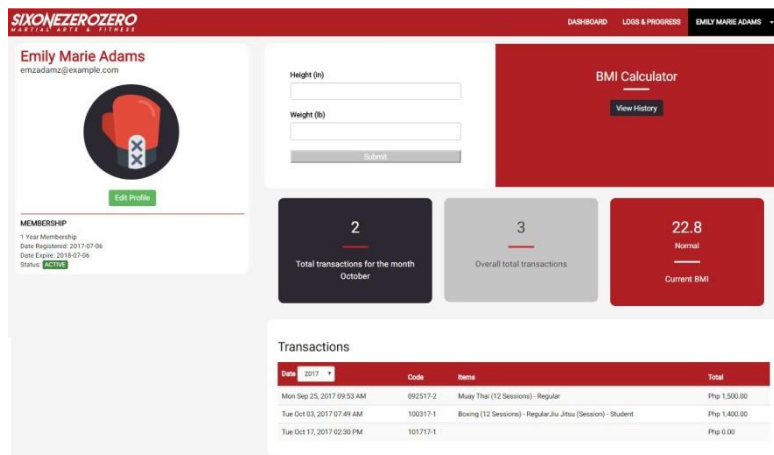


Figure 65. Profile

Shows the client profile, transactions and can calculate their BMI.

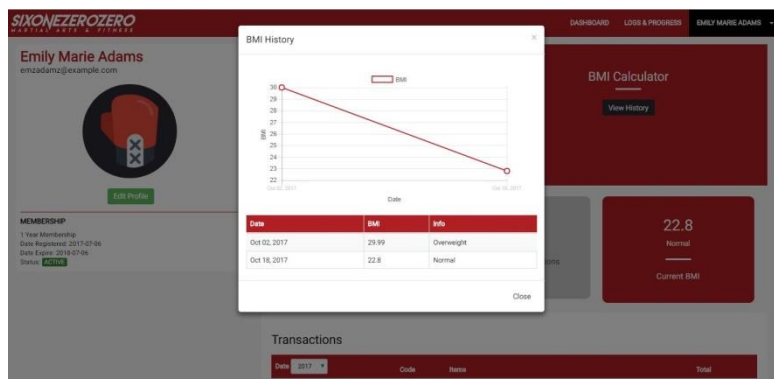


Figure 66. Profile – View BMI History

Shows the history of her BMI.

Figure 67. Settings

Allows the client to edit her profile.

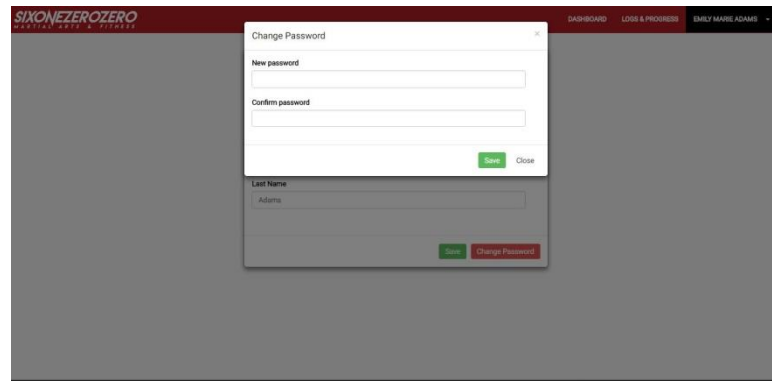


Figure 68. Settings – Change Password

Allows the client to change her password and save the changes when she clicks the Save Button

3.6 Coach Mobile Application

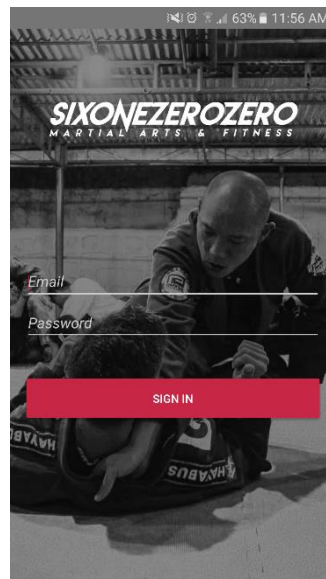


Figure 69. Login Activity

This is where the coach inputs his login details. After he fills the ID field and Password with the correct information, he may now access the mobile app.

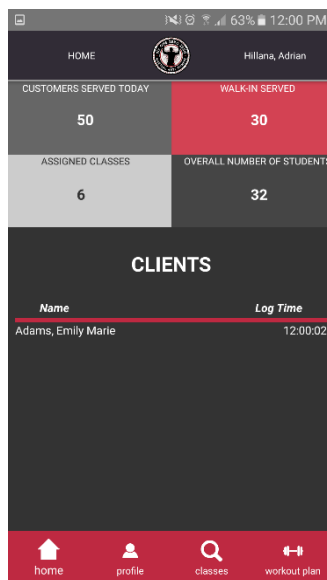


Figure 70. Home Activity

This activity also shows the stats, logbook and the coach's name for verification that it is his account being used.

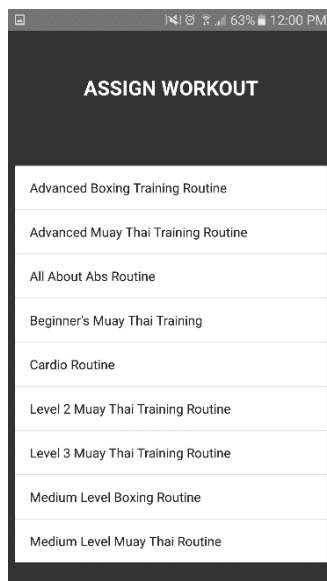


Figure 71. Assign Workout Activity

After selecting a student from the logbook, the coach is led to the assign workout activity. This activity allows the coach to assign the student's workout.

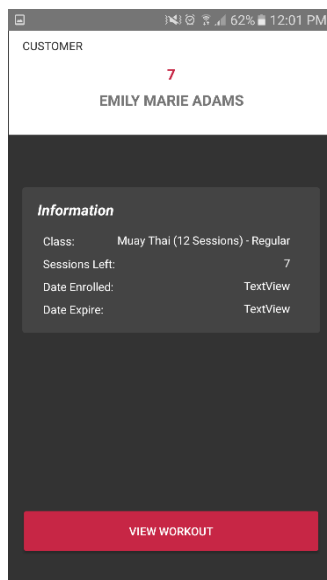


Figure 72. Client Profile Activity

Once the coach has assigned the client's workout, he is able to view the client's information such as the class the client is enrolled in, the number of sessions remaining, the date the client enrolled and the date it will expire. The coach is also able to view the workout.

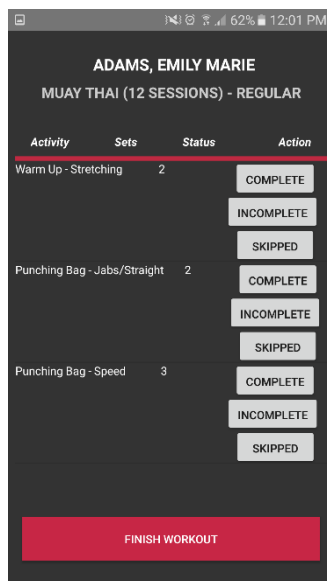


Figure 73. View Workout Activity

This activity allows the coach to view the client's workout. The coach will keep track if the client will complete, partially complete (incomplete) or

skip the activity being executed and click finish workout when the session is over.

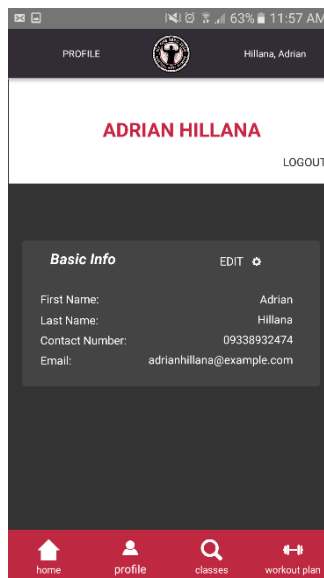


Figure 74. Profile Activity

This activity displays the coach's details such as the first and last name, contact number and email. The coach is also able to edit the details or logout.

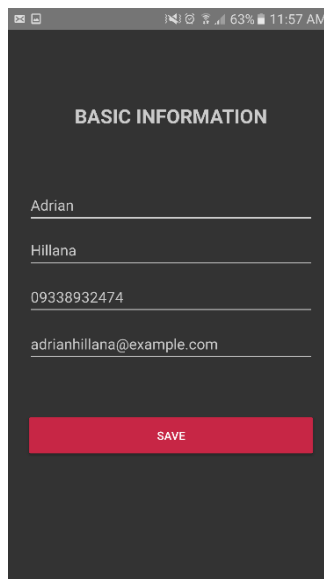


Figure 75. Edit Activity

This activity allows the coach to edit his profile information and save the changes when he clicks the Save Button.



Figure 76. Classes Activity

This activity displays a list of all the classes. When the coach clicks on one of the classes, a new activity will pop up showing a list of all the students taking the class.

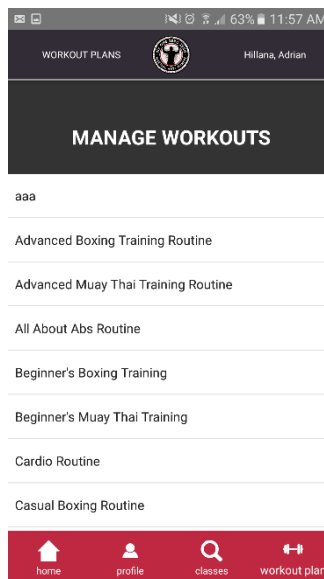


Figure 77. Workout Activity

This activity displays the list of all the workout plans. When the coach clicks on one of the workout plans, a new activity will pop up showing a list of the activities the student may execute.

3.7 Client Mobile Application

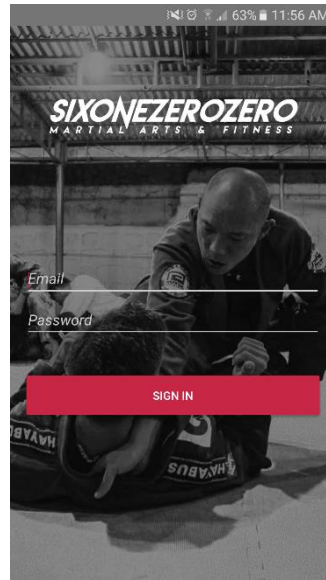


Figure 78. Login Activity

This is where the client inputs his/her login details. After he/she fills the ID field and Password with the correct information, the mobile app may be accessed.

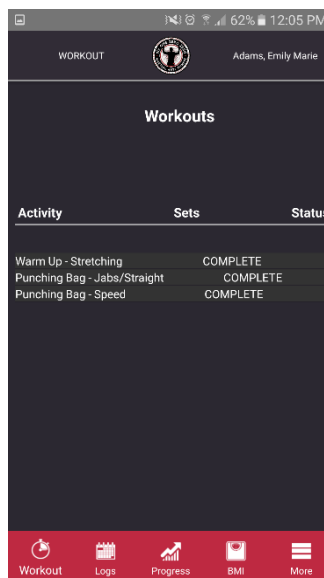


Figure 79. Workouts Activity

This activity also shows the list of activities along with the statuses and the client's name for verification that it is his/her account being used.

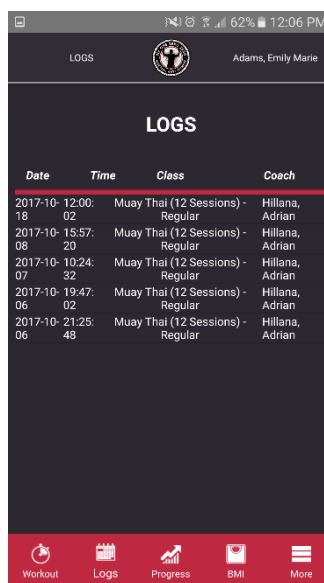


Figure 80. Logs Activity

In this activity, the client may view the date and time when he/she has visited the gym. The class taken and the name of the coach is also displayed.



Figure 81. Progress Activity

In this activity, the client is shown a list of the dates he/she has visited the gym and their progress rate. This activity also displays the client's average progress rate.

BMI Adams, Emily Marie

Weight

Height

CALCULATE BMI

Your BMI Calculation is:

Result:

Workout Logs Progress BMI More

Figure 82. BMI Activity

In this activity, the client may view their BMI by inputting his/her weight (lbs) and height (in).

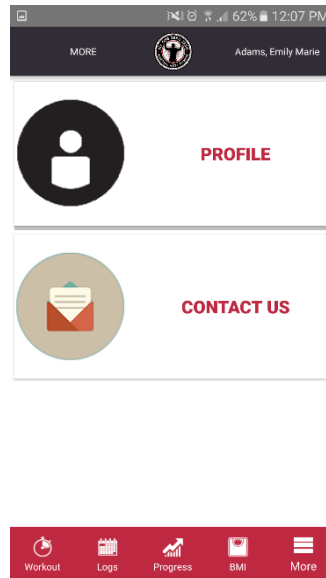


Figure 83. More Activity

In this activity, the client may choose to either view his/her profile or view the information of the gym.

4.0 System Messages

4.1 Instruction/ Information Messages

<Select this workout?>

Message Description: This message appears to ask the coach's permission to select the workout.

<Log out client?>

Message Description: This message appears to ask the cashier's permission to time out the client.

<Confirm client?>

Message Description: This message appears to ask the cashier's permission to select client for enrollment.

<Confirm Transaction?>

Message Description: This message appears to ask the cashier's permission to confirm the transaction.

4.2 Status Messages

<Begin your workout!>

Message Description: This message appears after the coach selects a workout for the client. The system prompts an alert box under the URL bar.

<Client successfully timed out.>

Message Description: This message appears after the cashier times out a client. The system prompts an alert box under the URL bar.

<Activity added.>

Message Description: This message appears after the coach adds a new activity to a routine. The system prompts an alert box under the URL bar.

<Activity removed.>

Message Description: This message appears after the coach removes an activity from a routine. The system prompts an alert box under the URL bar.

<Successfully enrolled.>

Message Description: This message appears after the cashier selects a class for the client. The system prompts an alert box under the URL bar.

<Transaction Successful. Printing Receipt...>

Message Description: This message appears after the cashier confirms the transaction. The system prompts an alert box under the URL bar.

4.3 Error Messages

<Invalid login information.>

Message Description: This message appears when the email and password are blank or incorrect.

<Error. Customer is already enrolled in this class category.>

Message Description: This message appears when the client is already enrolled in the class selected.

Appendices

A. References

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B. Resource List

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Owner – 6100 Martial Arts & Fitness

10th Lacson Street, Bacolod City

Bryan Encarguez

Old Owner – 6100 Martial Arts & Fitness

10th Lacson Street, Bacolod City

C. About

Technology is substantial for the business operations of 6100 Martial Arts & Fitness. The daily processes of the gym greatly involve the input and storage of data, which are the various records, and the output of information. It is important that the gym properly handles all the data and information.

6100 Martial Arts & Fitness is a gym specializing in Boxing and other martial arts, specifically Muay Thai and Jiu Jitsu. It is located in 10th Street Lacson, Bacolod City. The gym uses these specialties for the purpose of health and fitness, recreational sports, or training. Currently, the gym's technologies consist of pen and paper for records, a logbook for attendance, and a desktop computer with Microsoft Office.

There are eight coaches provided for customers to assist in the different routines. The receptionist manages the attendance and reports.