

Here is the proposed outline for the members section

template.php (every page will have the following elements)

- MastHead
 - EFBC Logo
 - Bootcamp Mess Hall? (Ask Eric what he would like to call it)
 - MainMenu
 - Personal Profile
 - Daily Log
 - Archived Log
 - Community
 - Member Management
 - Log-out
- pageContent
 - left side page article/subject content
 - right Column
 - sub-Links
 - additional/external links
 - Features
 - Modules (control panel control for adding and removing features to user profile)
- Footer
 - Sitemap
 - Copyright
 - Contact info
 - Admin Access (only if logged in as admin)

Log-in (index.php)

- Simple log in screen to gain access to member section

Personal Profile (personalProfile.php)

- This page will also be what other bootcamp members can see. If the user makes theirs public.
- Personal Profile overview (articleSection)
 - Image
 - name and contact info
 - Optional Info from user profile

- Fitness Goals (articleSection)
 - Overall desc
 - Nutritional Goals
 - Exercise Goals
 - Recovery Goals
- Current Fitness Tests (rightNav module bar)
 - Category
 - reps or time
 - will influence math-If time in minutes
 - so convert seconds to decimal equivalent in minutes
 - Test in & Test out
 - End of Session % increase/decrease
- Achievements (rightNav module bar)
 - Event Specific (Mud Run, Mt Wilson Trail, Orienteering)
 - Weight Goals
 - Speed Increase

Daily Log (logDaily.php)

- Today's Log (logDaily.php?dayID=20061020 (todays date/default))
- Previous Days (logDaily.php?dayID =20060601 (date))
- Exercise Log (Textual Description of what happened that day – multiple entries possible for tracking work outs)
- Checkbox – did you meet your goals today? Offered description of how person felt overall. This will show up in the progress section
- Diet Log
 - Multiple item entries display
 - Add Meal/Snack: (pop-up) single item entry: food title, Carb/Prot/Fat = creates Caloric Intake – or they simply provide caloric intake.
 - Modify Meal/Snack: (pop-up) Ability to modify an entry
 - Optional Add Calories Burned from Workout
 - Totals on bottom to monitor progress
- Past 7 day Links (rightColumn) or go to date drop down form.
- External Links (rightColumn)(controlled by Eric)
 - Food Database
 - Exercise of the Day
 - Whatever else we want

- Tools (rightColumn)
 - Weight Watchers Point Converter Calculator (module – js instant results)
 - Whatever else we want to add

Progress Charts (logProgressCharts.php)

- Last Week Graph (caloric Intake, how many days user hit desired goal)
- Last Seven day description of why he or she made or did not make goals
- (Same as Daily Log Section) Past 7 day Links (rightColumn) or go to date drop down form.
- (Same as Daily Log Section) External Links

Community

- Directory (commDirectory.php: Default)
 - User Picture (the image is also conditionally linked like the name to the fitness profile)
 - First Last Name (conditionally linked to fitness profile – if user leaves it public – they can opt out of public display – see control panel)
 - Username (email address also linked to email address)
- Event/Race Results (commEventRace.php)
 - This is really what Eric would manage. Create an event and add the results of EFBC members
- Calendar – same calendar that we use in the main site – perhaps simply a link to the main website

Member Management

- Member overview (members.php:default)
 - Current settings/profile
 - Links to change settings
- Profile Management (membProfile.php)
 - Name (Title:Optional, first, Last)
 - Email (is also username)
 - Password update/retrieval
 - Bootcamp Attendee: Morning, Evening, or Both
 - Optional Elements
 - Profession

- Contact Info
 - Address
 - Phone1, 2, 3
 - Hobbies
- Preferences (membPrefs.php)
 - Public/Private toggle (allows them to specify if they want their profile displayed in the community section.)
 - Module Control (Turn off and on optional features)
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Log-out

- Logs the user out and sends them back to either the log in screen or the primary website.

Control Panel Features

- Module Display (feature choices – like Weight Watchers Calculator)
- Public/Private display

User Access Privilege Break-Down

- superAdmin (access to everything-Mitch)
- admin (Access to behind the scenes CMS-Eric)
- Lead Instructor
- Instructor
- Graduate Member
- Prospective Member
- Visitor