

SPORTISM E-TRAINING DIARY

SPORTISM User Manual (V1.0) – Parents



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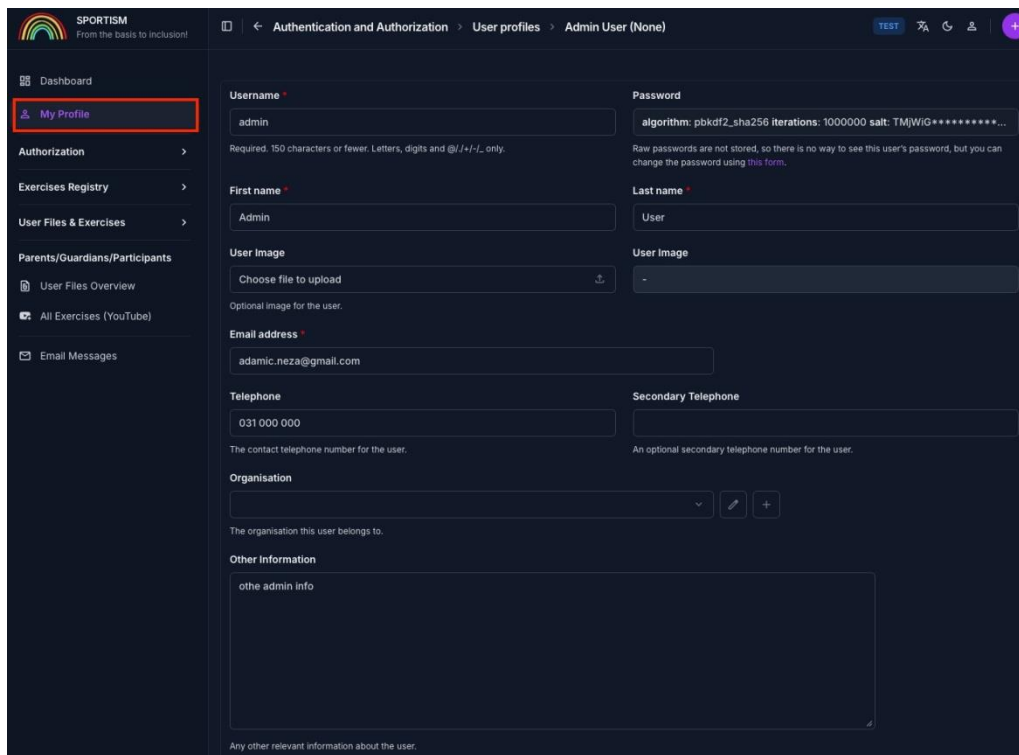
SPORTISM User Manual (V1.0)

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My Profile

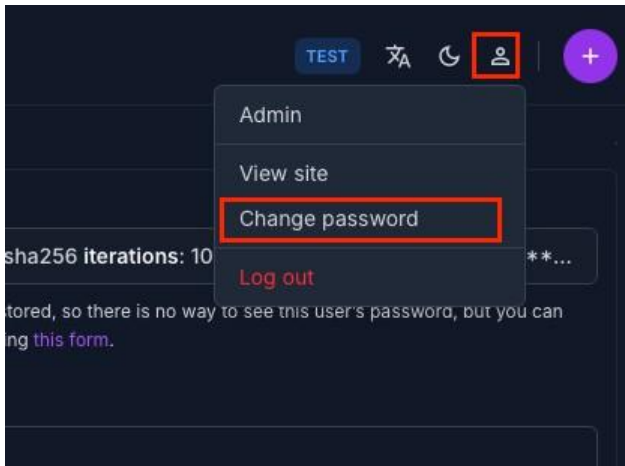
Area where user can update his profile. Username, first name, last name and email are mandatory.



The screenshot shows the 'My Profile' page in the SPORTISM application. The page is titled 'Authentication and Authorization > User profiles > Admin User (None)'. The left sidebar contains a navigation menu with 'My Profile' highlighted. The main content area is divided into several sections:

- Username:** A text input field containing 'admin'. Below it, a note states: 'Required. 150 characters or fewer. Letters, digits and @/./+/-/_ only.'
- Password:** A text input field containing a hashed password: 'algorithm: pbkdf2_sha256 iterations: 1000000 salt: TMjWIG*****...'. Below it, a note states: 'Raw passwords are not stored, so there is no way to see this user's password, but you can change the password using this form.'
- First name:** A text input field containing 'Admin'.
- Last name:** A text input field containing 'User'.
- User Image:** A section with a 'Choose file to upload' button and a note: 'Optional image for the user.'
- Email address:** A text input field containing 'adamic.neza@gmail.com'.
- Telephone:** A text input field containing '031 000 000'. Below it, a note states: 'The contact telephone number for the user.'
- Secondary Telephone:** An empty text input field. Below it, a note states: 'An optional secondary telephone number for the user.'
- Organisation:** A dropdown menu with a search icon and a plus icon. Below it, a note states: 'The organisation this user belongs to.'
- Other Information:** A large text area containing 'othe admin info'. Below it, a note states: 'Any other relevant information about the user.'

Password can be changed by clicking "this form" link or via top menu by clicking the user icon and "Change password" button.



Parents/Guardians/Participants

In this section a parent (also guardians and participants) which is added to user files, can have an overview of the user (child) exercises and also execute them at home.

Parents can also monitor users (child) exercise status log and goals.

 A screenshot of a user profile page for 'Jana Krajnc'. The profile includes a photo, name, age (15), trainers (Robert Admin, Trainer two), and parents/guardians/participants (Robert Parent). Below the profile are tabs for 'Exercises 1' through 'Exercises 5'. The 'Exercises 1' tab is active, showing an 'Exercise Status Log' table with columns: Date, Thumbnail, Name, Category, Duration, Ability, Note, and Play Video. Two rows of exercise logs are visible. Below the log is an 'Exercise Goals' table with columns: Date, Thumbnail, Name, Category, Duration, Target Date, Status, Description, and Play Video. Two rows of goals are visible, one of which is highlighted in green.

Date	Thumbnail	Name	Category	Duration	Ability	Note	Play Video
01/09/25		BAL 1.1. EASY - Wall push-ups	Balans	26s	In Progress (0)	The exercise is going as expected.	
01/09/25		BAL 1.1. EASY - Wall push-ups	Balans	26s	In Progress (0)	Bringing to the end, almost done	

Date	Thumbnail	Name	Category	Duration	Target Date	Status	Description	Play Video
01/09/25		BAL 1.1. EASY - Wall push-ups	Balans	26s	30/11/25	Achieved		
02/09/25		BAL 1.2. MEDIUM - Bear walk	Balans	12s	31/12/25	In Progress	Goal description	

All exercises (YouTube)

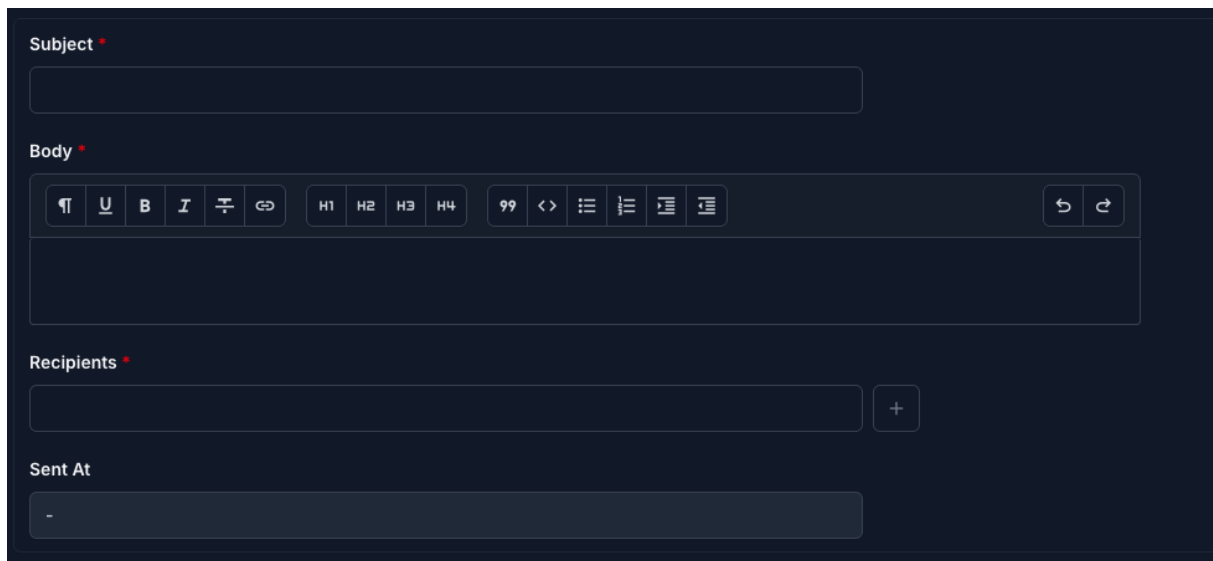
A section/link where parents can watch all exercises on YouTube.

Email Messages

An email sending tool to communicate with trainers etc.

Parents can only send emails to their trainers.

To send an email message, create new email record and add all required data



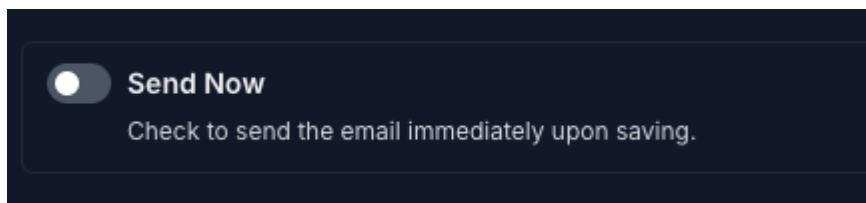
The screenshot shows an email composition interface with the following fields and controls:

- Subject ***: A text input field.
- Body ***: A rich text editor with a toolbar containing icons for bold, italic, underline, link, unlink, list, and link, along with heading options (H1-H4) and a '99' icon.
- Recipients ***: A text input field with a '+' button to add more recipients.
- Sent At**: A date and time input field.

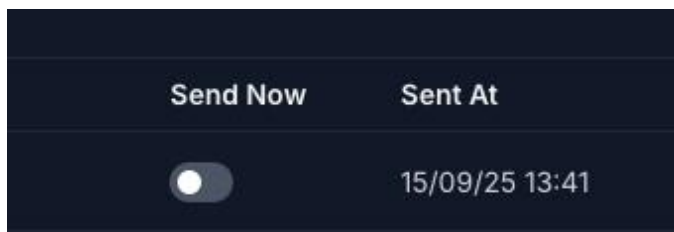
Save the data.

After saving, the "Send now" toggle button will appear. Enable it and click Save again. The message will be sent to the recipients email.

When the recipient replies, the message will be received to senders email box.



The screenshot shows a toggle switch labeled "Send Now" which is currently turned on. Below the toggle is the text: "Check to send the email immediately upon saving."



The screenshot shows the "Send Now" toggle switch (turned on) and the "Sent At" field containing the date and time "15/09/25 13:41".