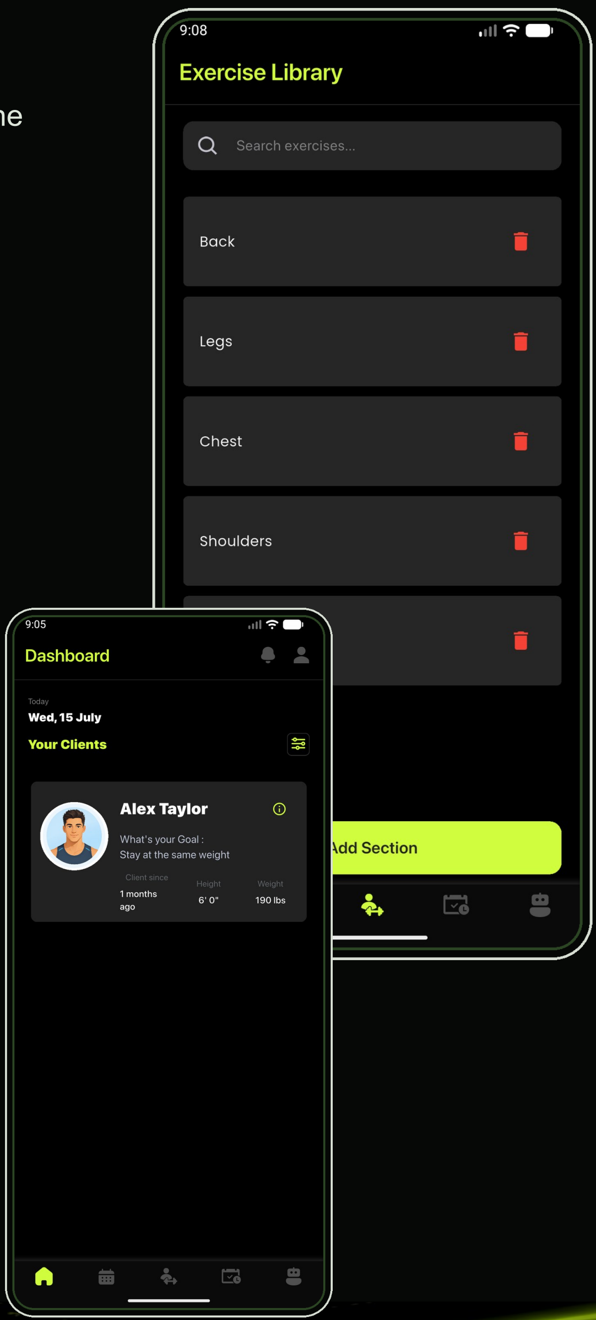
FITFREAK

English version

Coach guide

This guide covers the English coach interface only. The client guide should remain separate.



Quick route

1. Create the coach account.
2. Complete the professional profile.
3. Add exercise sections and exercises.
4. Invite the first client.
5. Open the client record and assign a program.

Created from FitFreak Pro materials and coach interface screenshots.

Coach workflow

The guide follows the coach workflow: account setup, exercise library, clients, workout programs, nutrition targets, calendar, and settings.

01 **Create and set up your coach account**
9 steps

02 **Use the dashboard and client record**
2 steps

03 **Build your exercise library**
5 steps

04 **Invite a client**
2 steps

05 **Create and assign a workout program**
11 steps

06 **Review parameters and manage nutrition targets**
4 steps

07 **Organize availability in the calendar**
2 steps

08 **Manage your public profile and account settings**
4 steps

01

SECTION

Create and set up your coach account

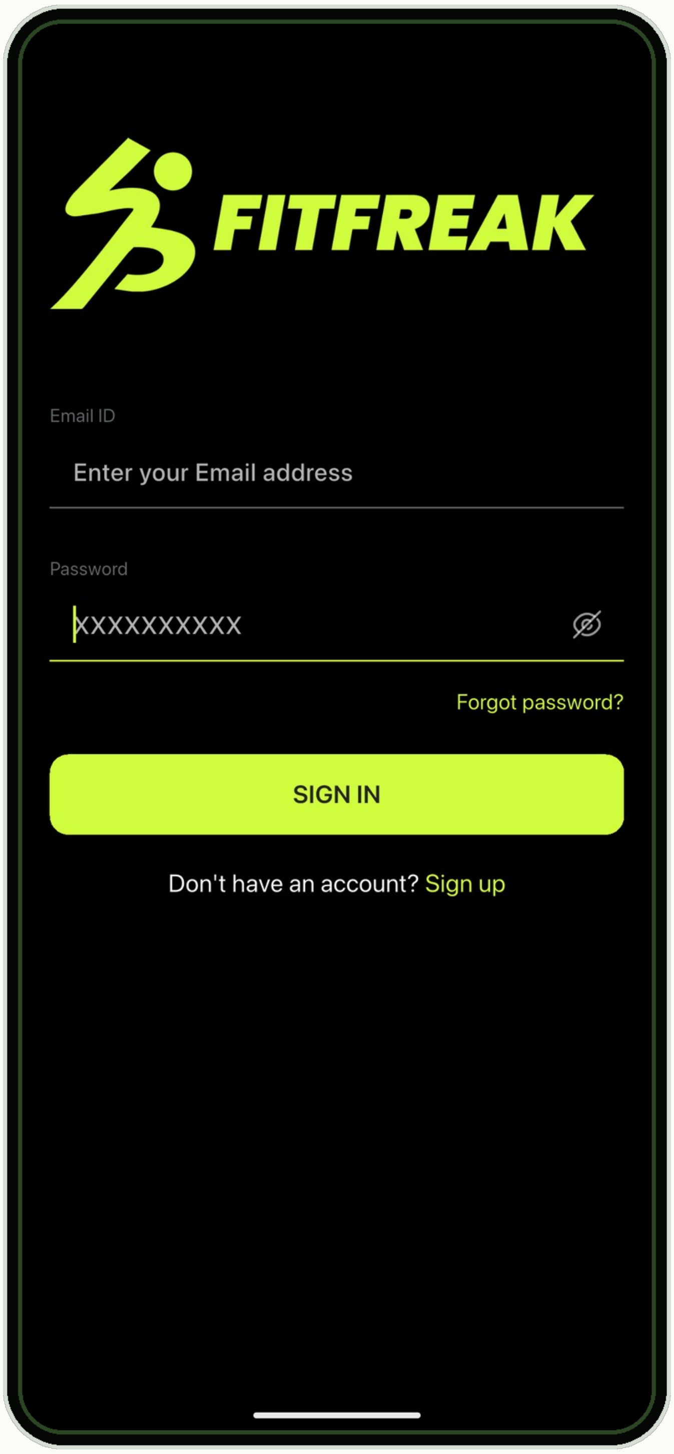
Use these steps the first time you register as a coach. The information entered during onboarding becomes part of your FitFreak Pro coach profile.

In this section

01 Open the sign-in screen

What to do

- Existing coaches can enter their email address and password, then tap SIGN IN.
- To create a new coach account, tap Sign up below the sign-in button.
- Use Forgot password? only when you need to reset access to an existing account.

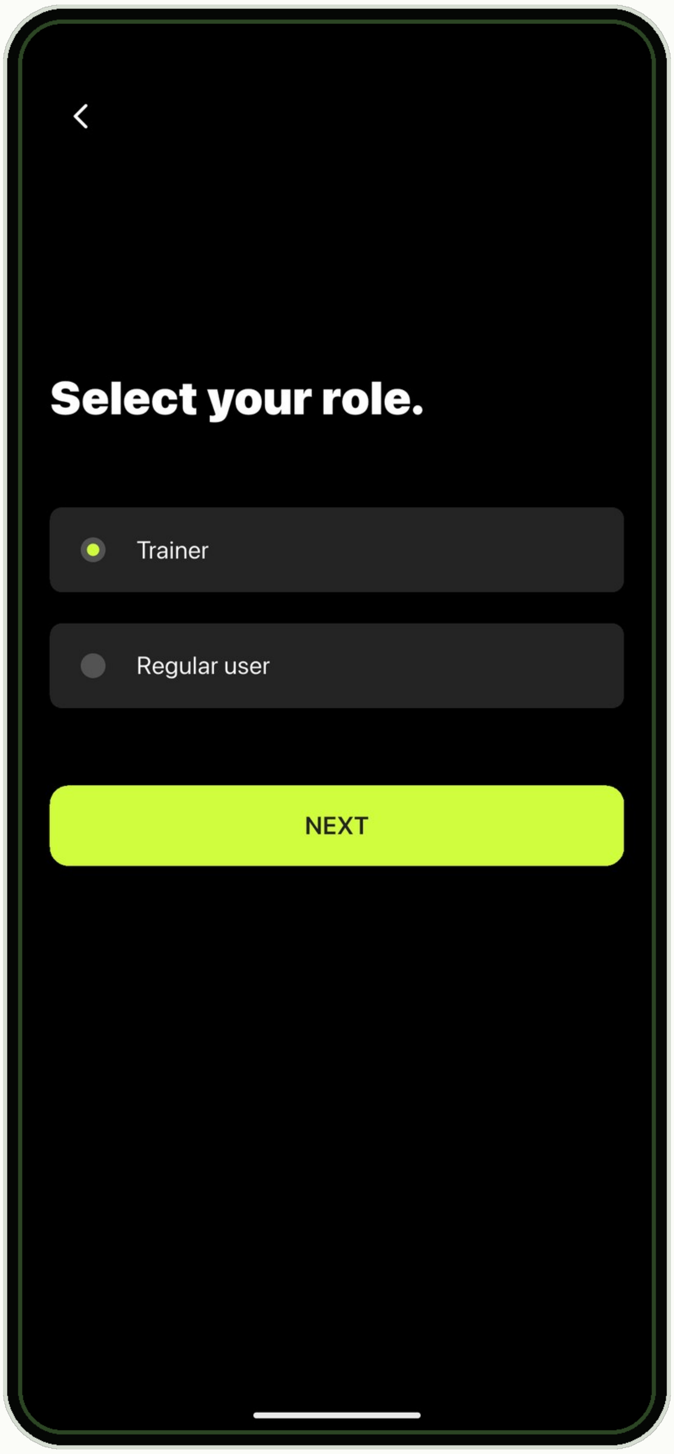


Open the sign-in screen

02 Select the Trainer role

What to do

- On Select your role, choose Trainer.
- Do not choose Regular user; that role opens the client experience.
- Tap NEXT to continue.

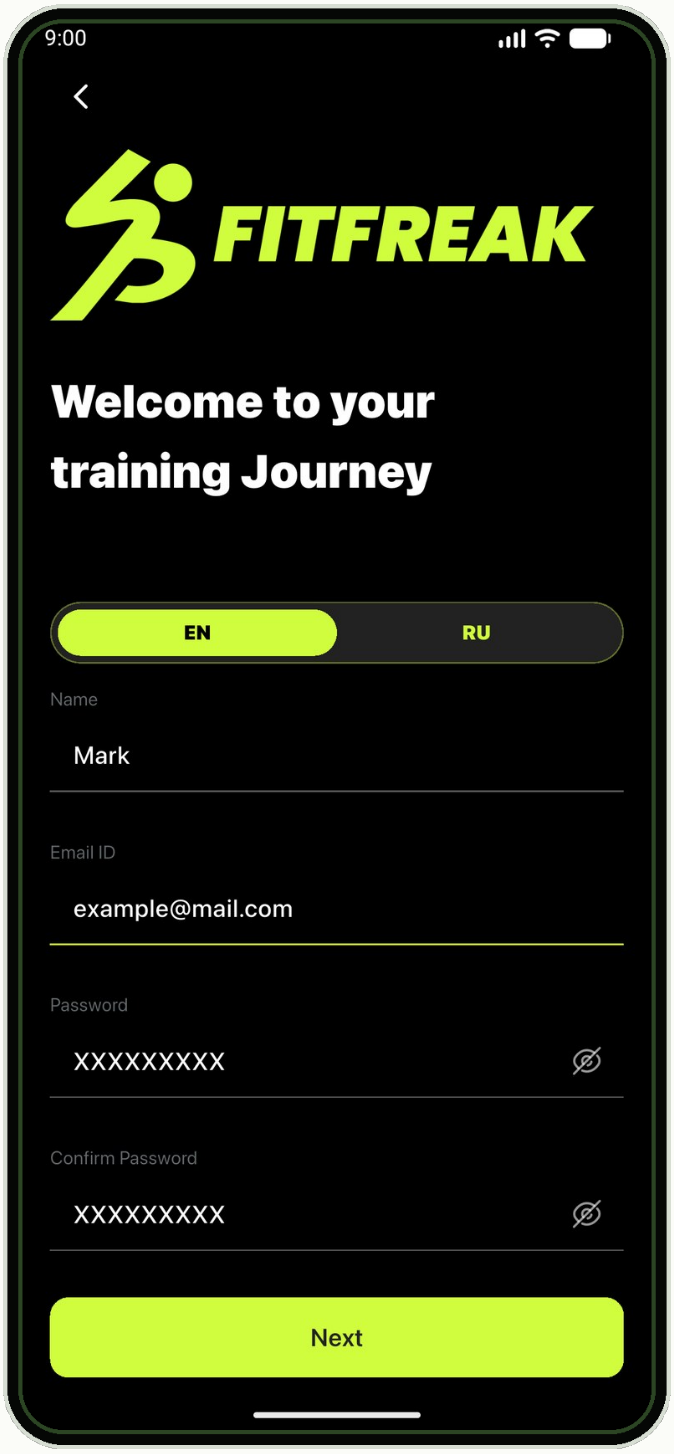


Select the Trainer role

03 Choose English and enter account details

What to do

- Keep the language selector on EN for the English version.
- Enter your name, a valid email address, password, and password confirmation.
- Use an email address you can access immediately because FitFreak Pro sends a verification code to it.
- Tap Next.

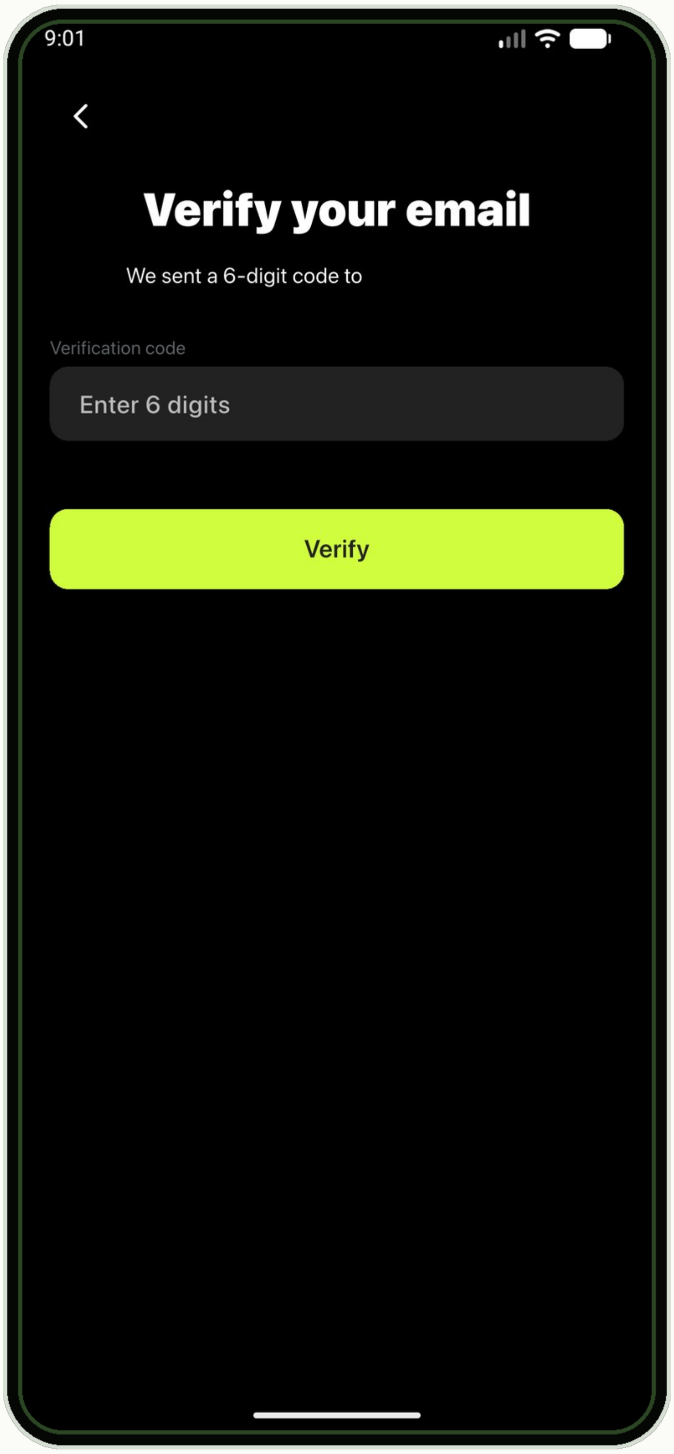


Choose English and enter account details

04 Verify your email address

What to do

- Open the email from FitFreak Pro and find the six-digit verification code.
- Enter the code in the Verification code field.
- Tap Verify. If the message is missing, check spam, junk, and promotional folders before trying again.

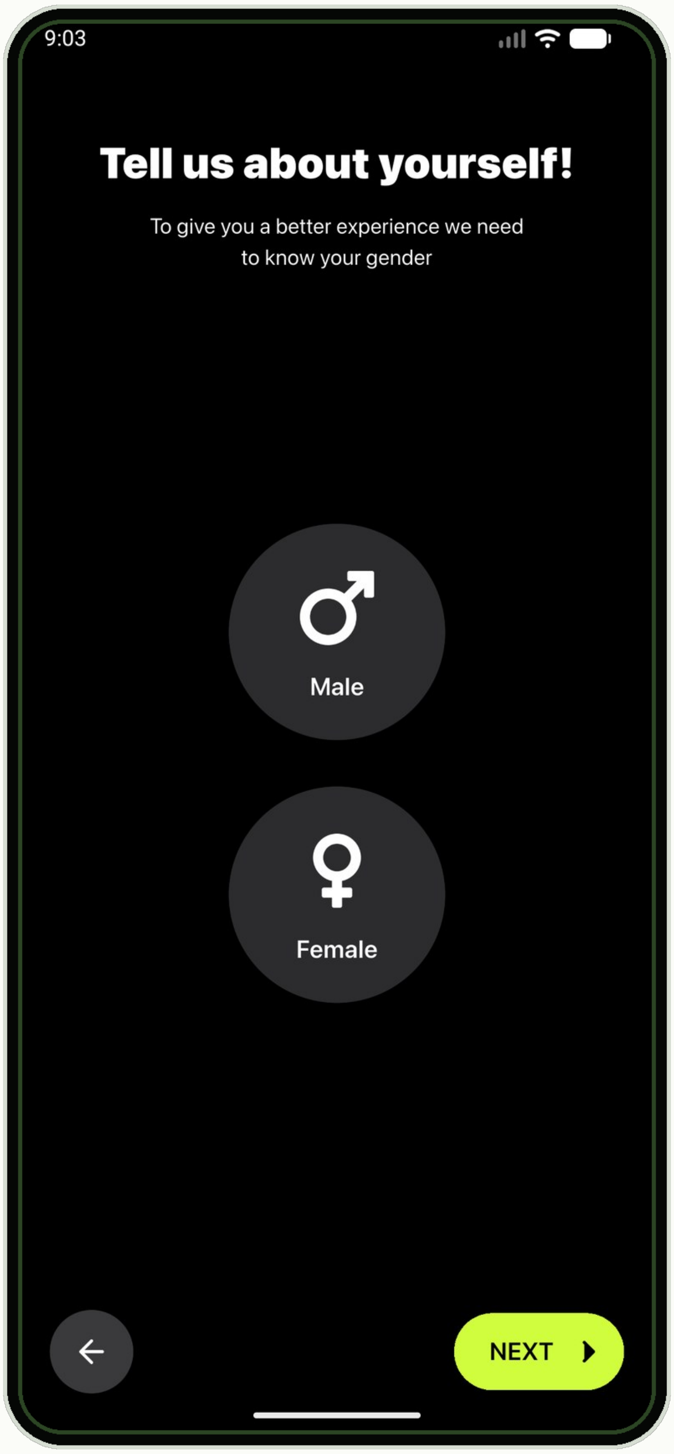


Verify your email address

05 Select your gender

What to do

- Choose Male or Female.
- Review your selection and tap NEXT.

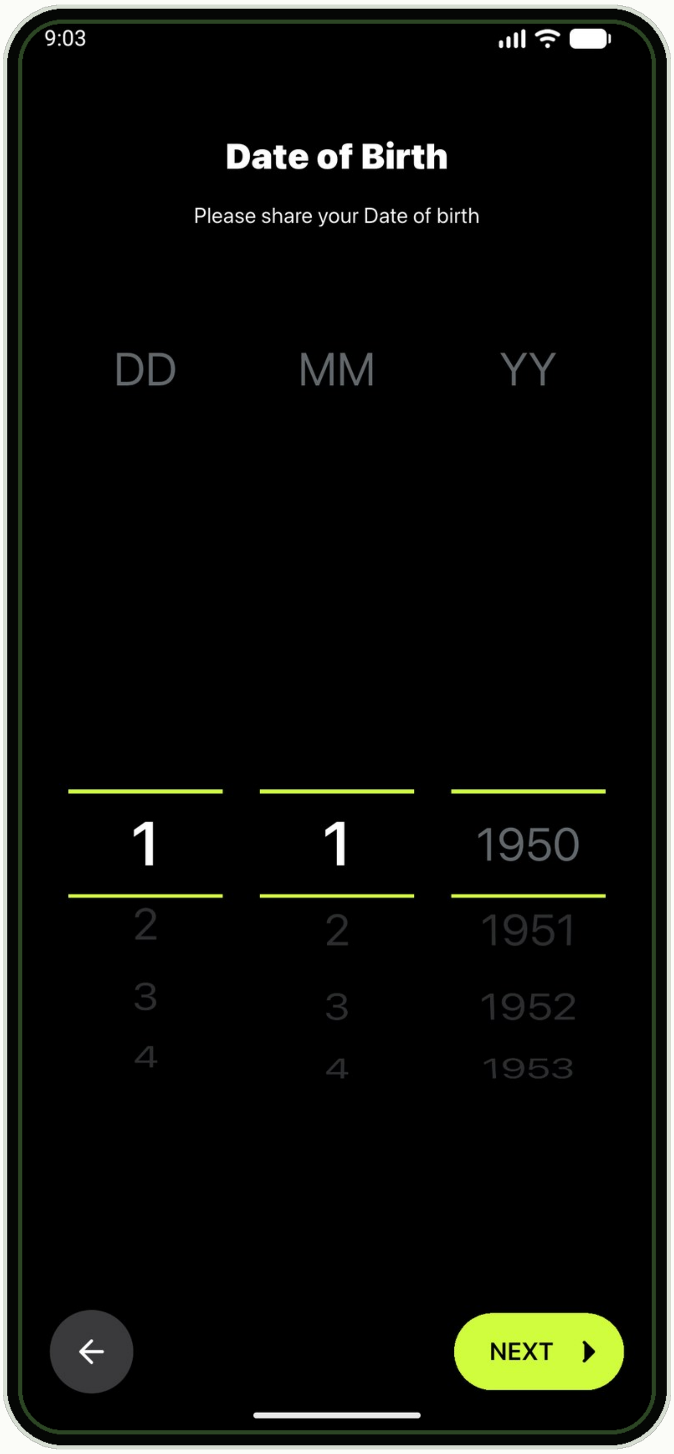


Select your gender

06 Enter your date of birth

What to do

- Use the three scrolling columns to choose the correct day, month, and year.
- Confirm the date before tapping NEXT.

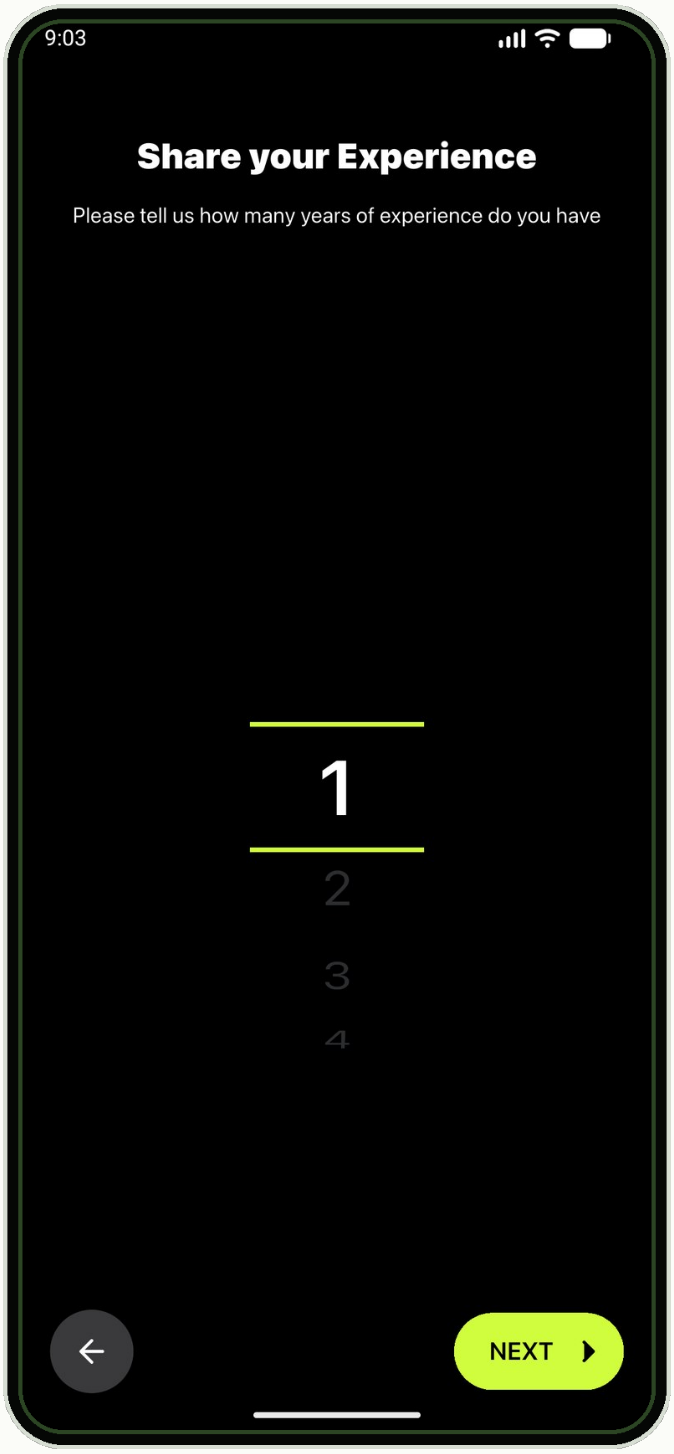


Enter your date of birth

07 Add your coaching experience

What to do

- Scroll to the number of years that best represents your professional coaching experience.
- Use an accurate value because it is shown as part of your coach profile.
- Tap NEXT.

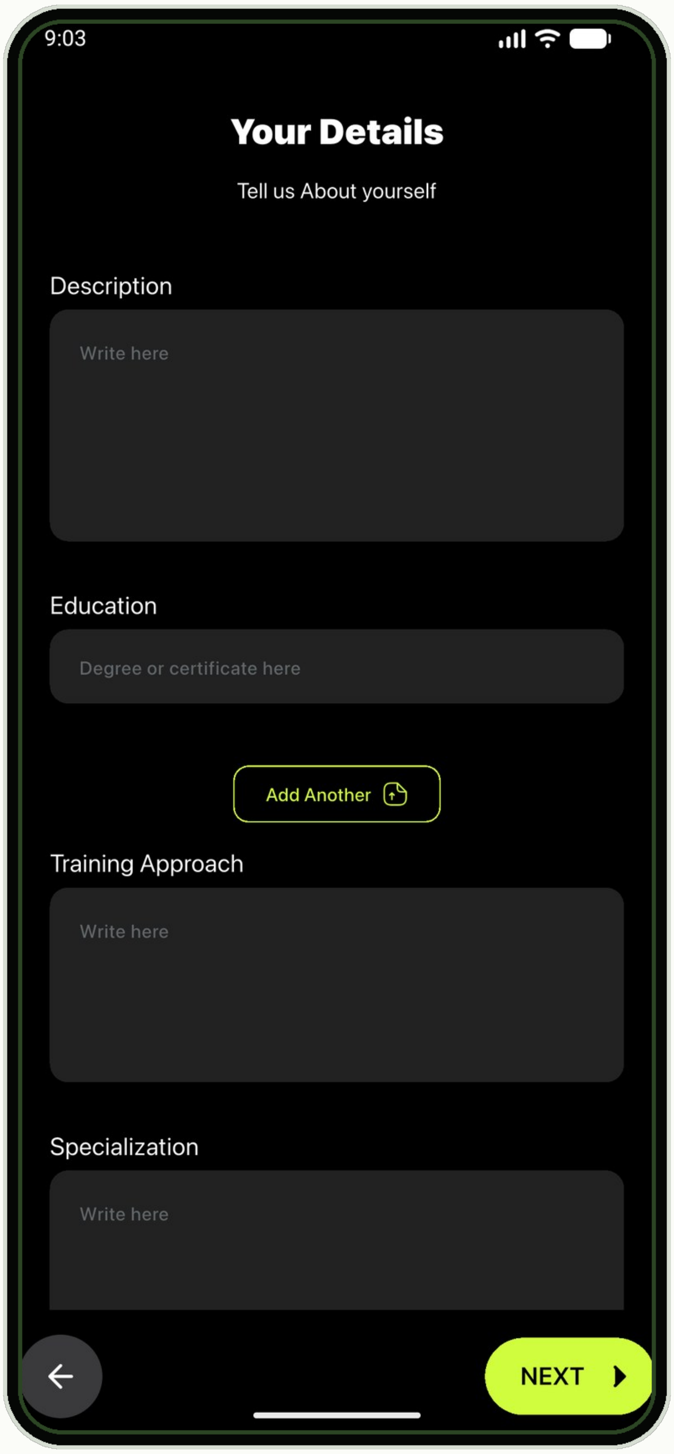


Add your coaching experience

08 Complete your professional details

What to do

- In Description, summarize who you help and the outcomes you focus on.
- In Education, add relevant degrees, certifications, or qualifications. Use Add Another for multiple entries.
- In Training Approach, explain how you build and adapt programs.
- In Specialization, list your primary areas, such as strength training, weight management, mobility, or beginner fitness.
- Review the information and tap NEXT.

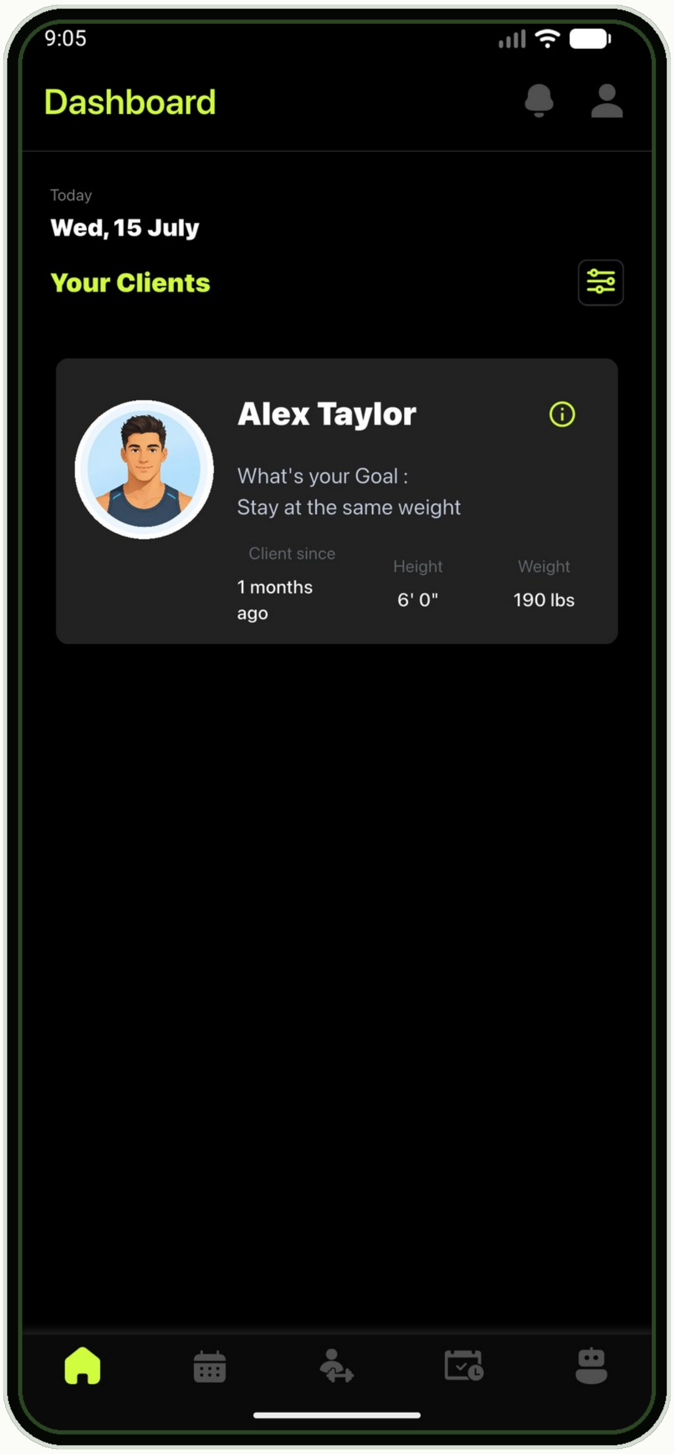


Complete your professional details

09 Confirm that the dashboard opens

What to do

- After onboarding, FitFreak Pro opens the Dashboard.
- The Your Clients area displays clients who have completed the invitation process and activated access.
- Before inviting clients, it is helpful to prepare your exercise library so you can build programs without interruption.



Confirm that the dashboard opens

02

SECTION

Use the dashboard and client record

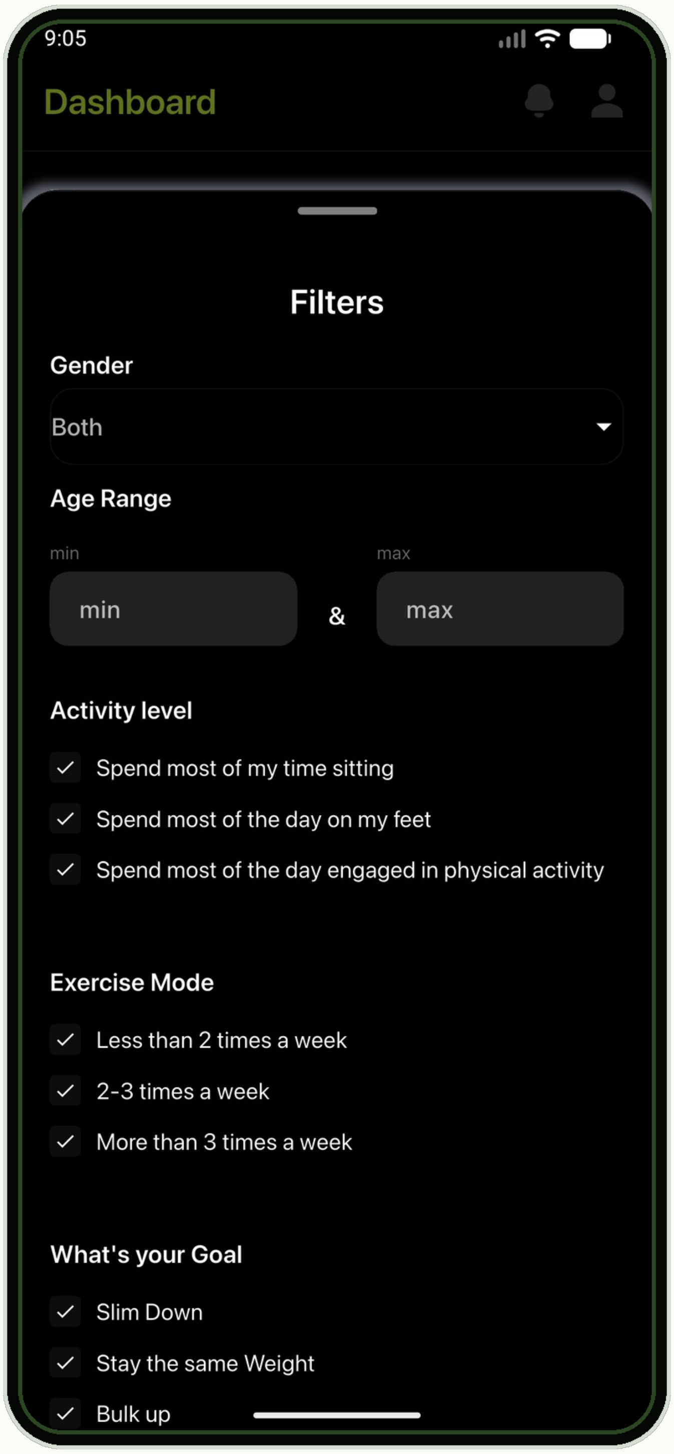
The dashboard is the coach home screen. Open a client to manage workouts, measurements, and nutrition from one record.

In this section

10 Filter the client list

What to do

- Tap the filter icon beside Your Clients.
- Filter by gender, age range, activity level, exercise frequency, and goal.
- Use filters to narrow a larger client list; close the filter panel to return to the matching results.

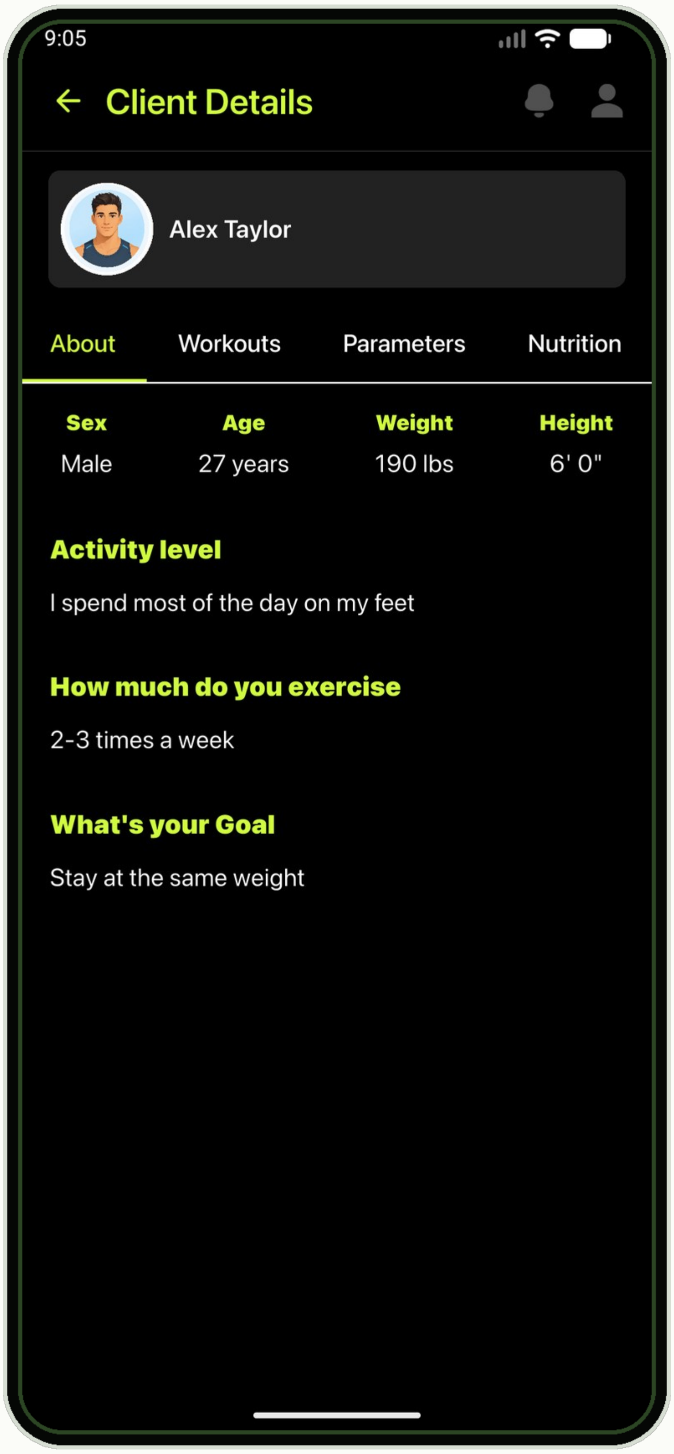


Filter the client list

11 Review the client overview

What to do

- Open a client card from the dashboard.
- The About tab shows key information such as sex, age, weight, height, activity level, exercise frequency, and goal.
- Use the tabs across the top to move between About, Workouts, Parameters, and Nutrition without leaving the client record.



Review the client overview

03

SECTION

Build your exercise library

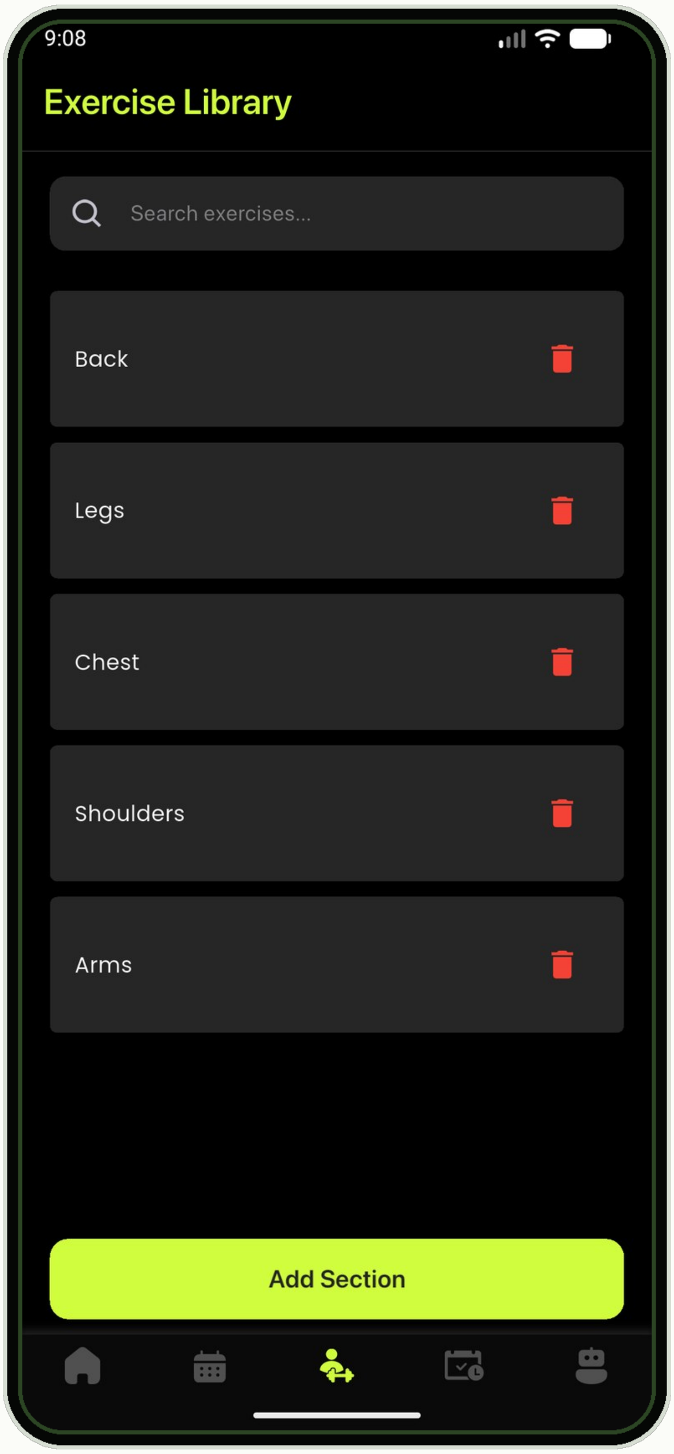
Create reusable exercise sections and add your own instructions and media before building client programs.

In this section

12 Open the Exercise Library

What to do

- Tap the exercise-library icon in the bottom navigation.
- The main screen shows your sections, search field, and Add Section button.
- The red trash icon removes a section. Delete only sections you no longer need.

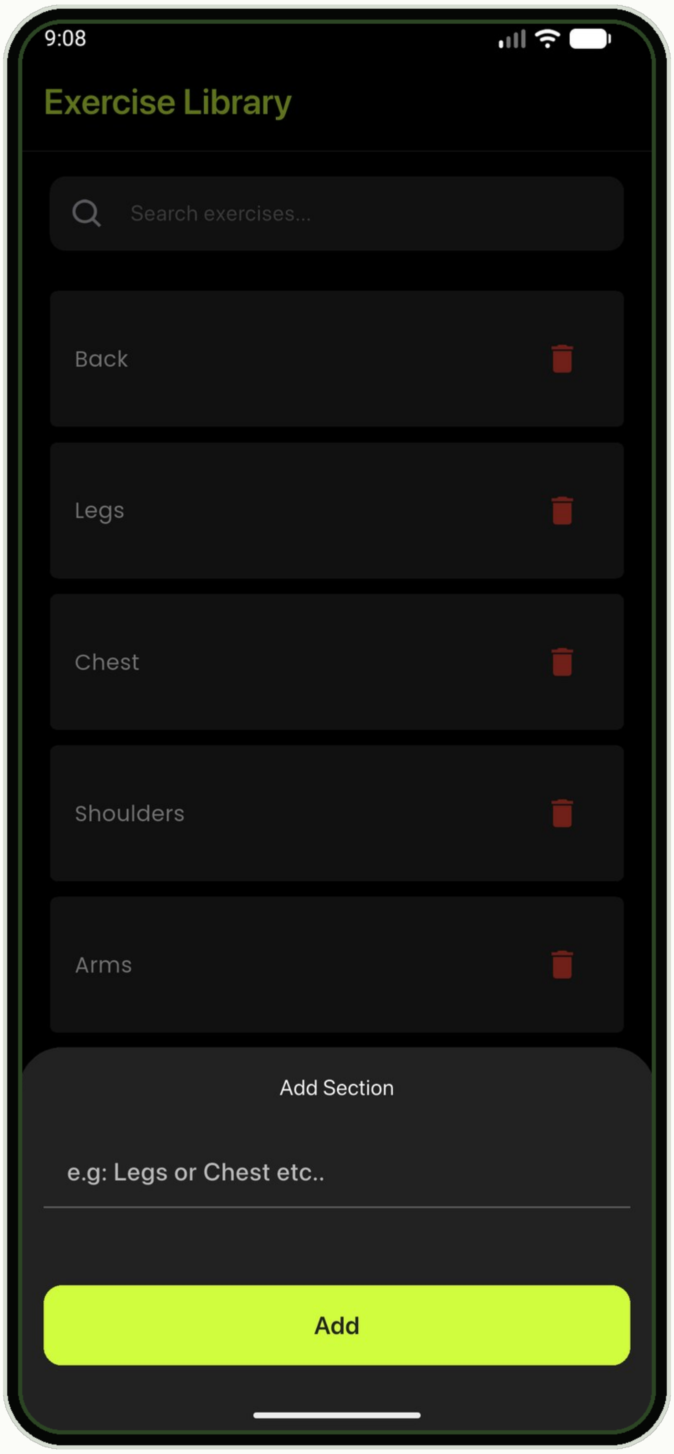


Open the Exercise Library

13 Create a new exercise section

What to do

- Tap Add Section.
- Enter a clear category name, such as Back, Legs, Chest, Shoulders, Arms, or Cardio.
- Tap Add. Use consistent naming so sections are easy to find while building programs.

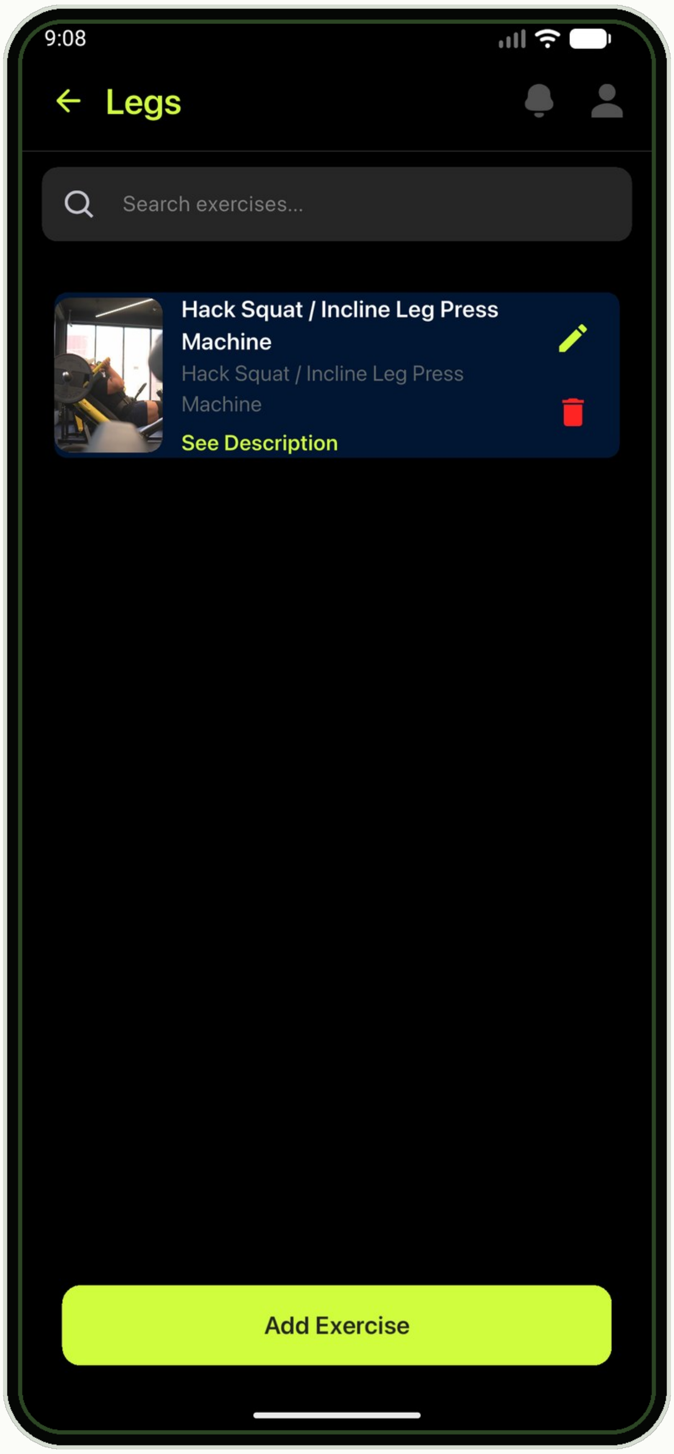


Create a new exercise section

14 Open a section and manage its exercises

What to do

- Tap a section to view the exercises stored inside it.
- Use the pencil icon to edit an exercise and the trash icon to remove it.
- Tap Add Exercise to create a new entry.

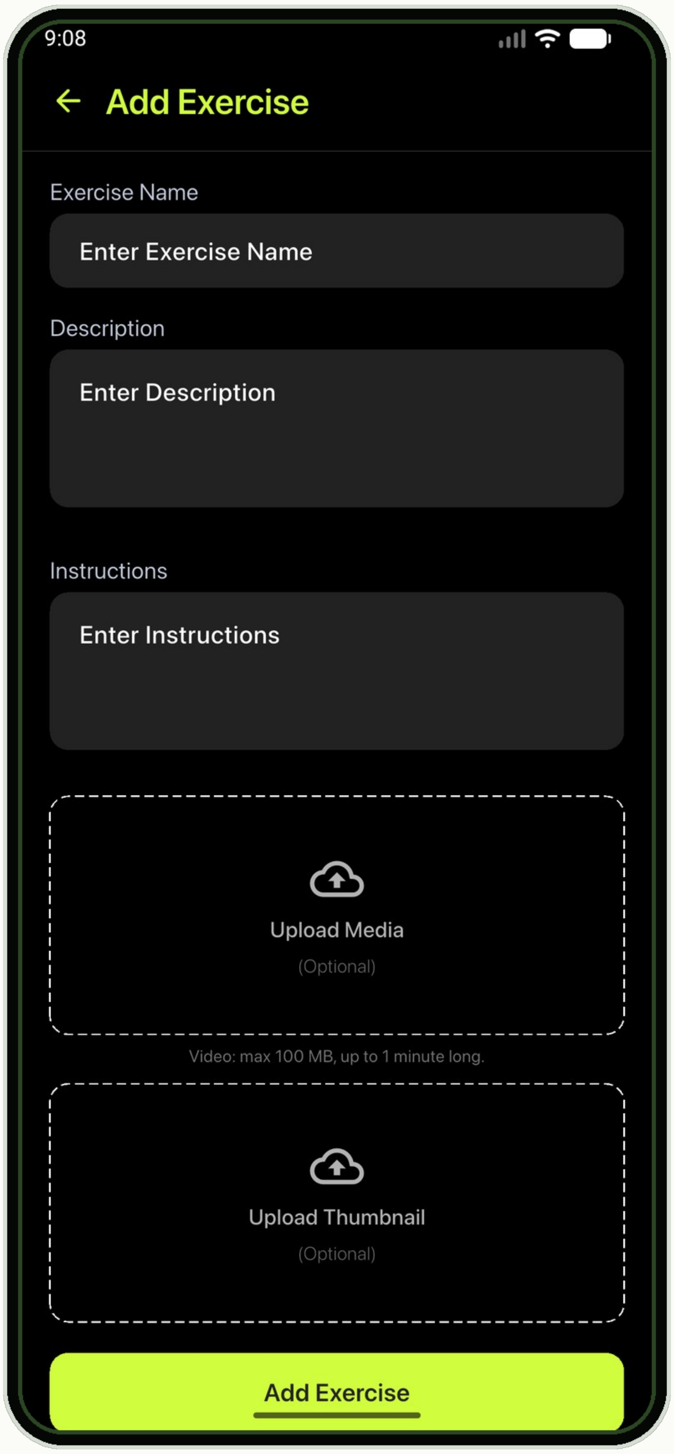


Open a section and manage its exercises

15 Enter the exercise information

What to do

- Enter the Exercise Name.
- Use Description for a short explanation of the movement and its purpose.
- Use Instructions for setup, technique, breathing, range of motion, and common errors.
- Add enough detail that the client can perform the exercise without relying on a separate message.

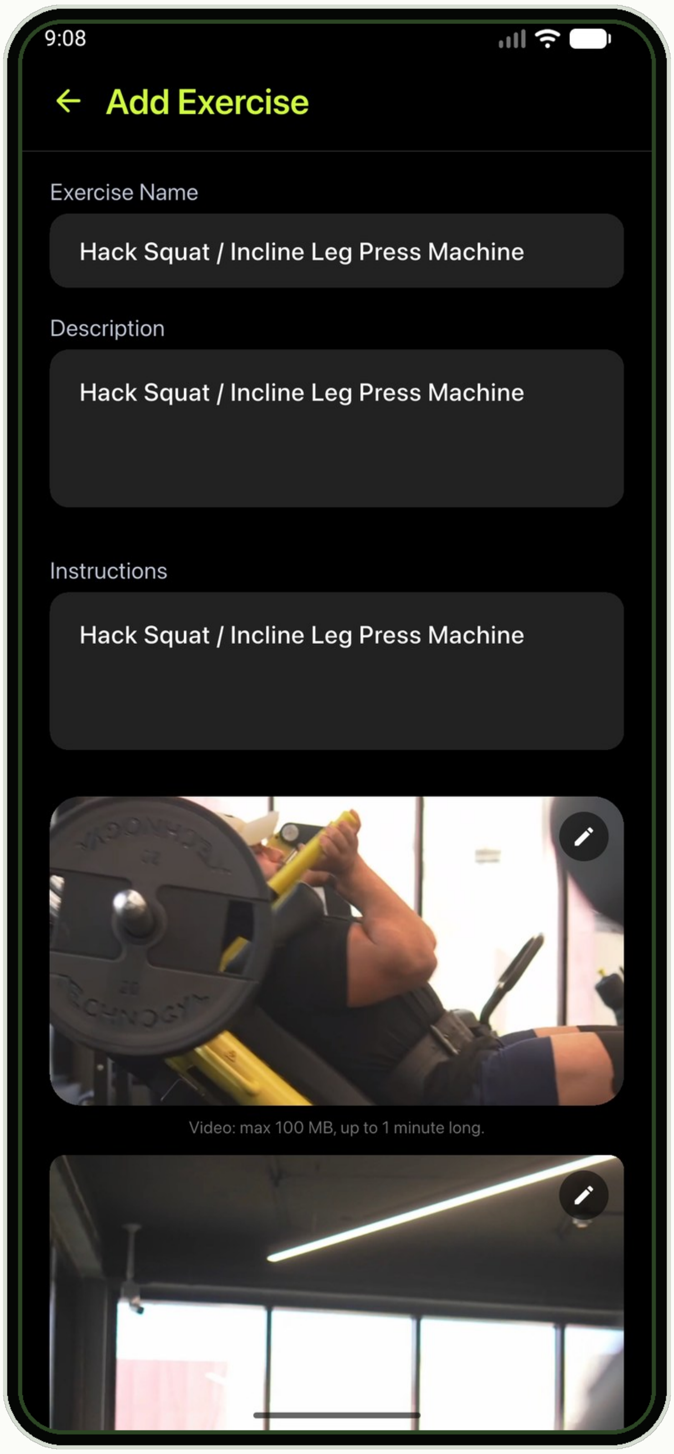


Enter the exercise information

16 Upload media and save the exercise

What to do

- Upload the exercise video in Upload Media and add a thumbnail in Upload Thumbnail when available.
- Follow the media limits displayed in the app. The current screen states that video may be up to 100 MB and up to one minute long.
- Review the text, preview the media, and tap Add Exercise.
- The saved exercise becomes available when you create workout programs.



Upload media and save the exercise

04

SECTION

Invite a client

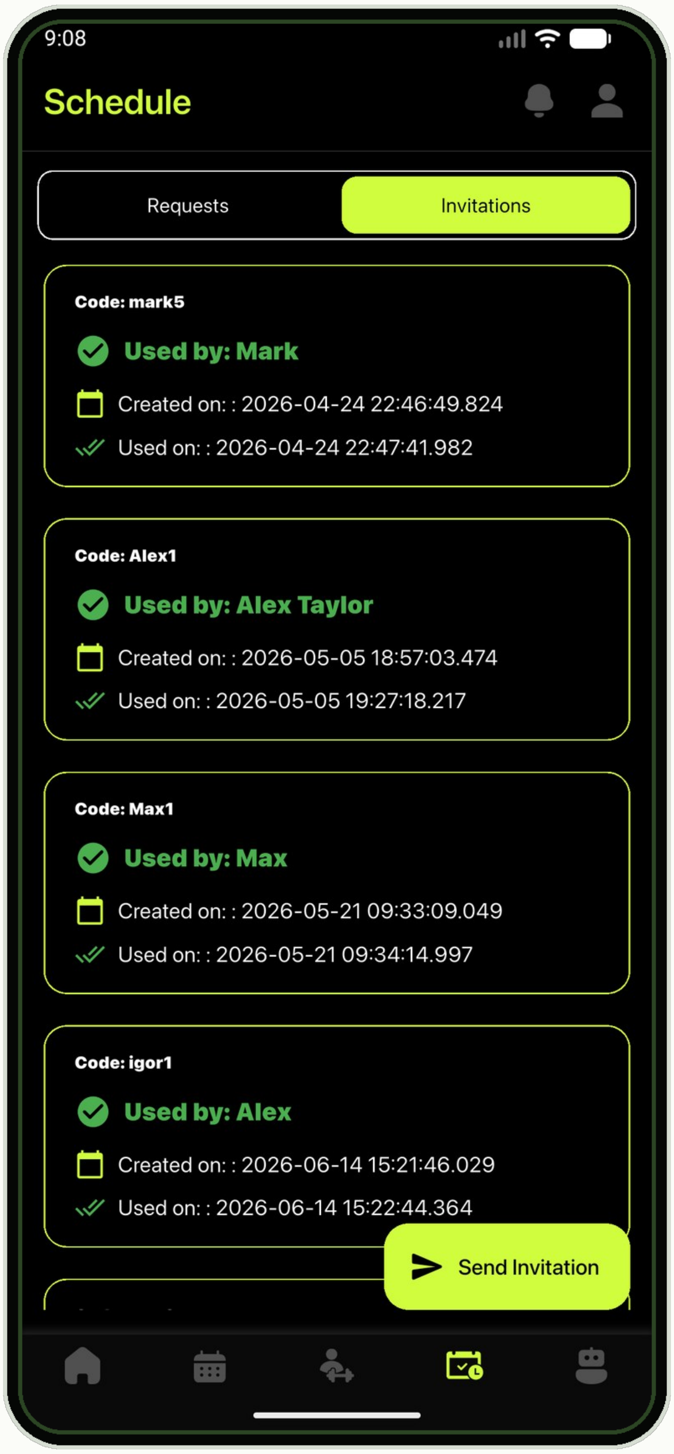
The coach creates and sends the invitation. In the English payment flow, the client completes subscription payment through Stripe before becoming an active client.

In this section

17 Open invitation history

What to do

- Open Schedule from the bottom navigation and select the Invitations tab.
- Review previously generated codes, creation dates, usage dates, and the client or coach associated with each code.
- Tap Send Invitation to create a new invitation.

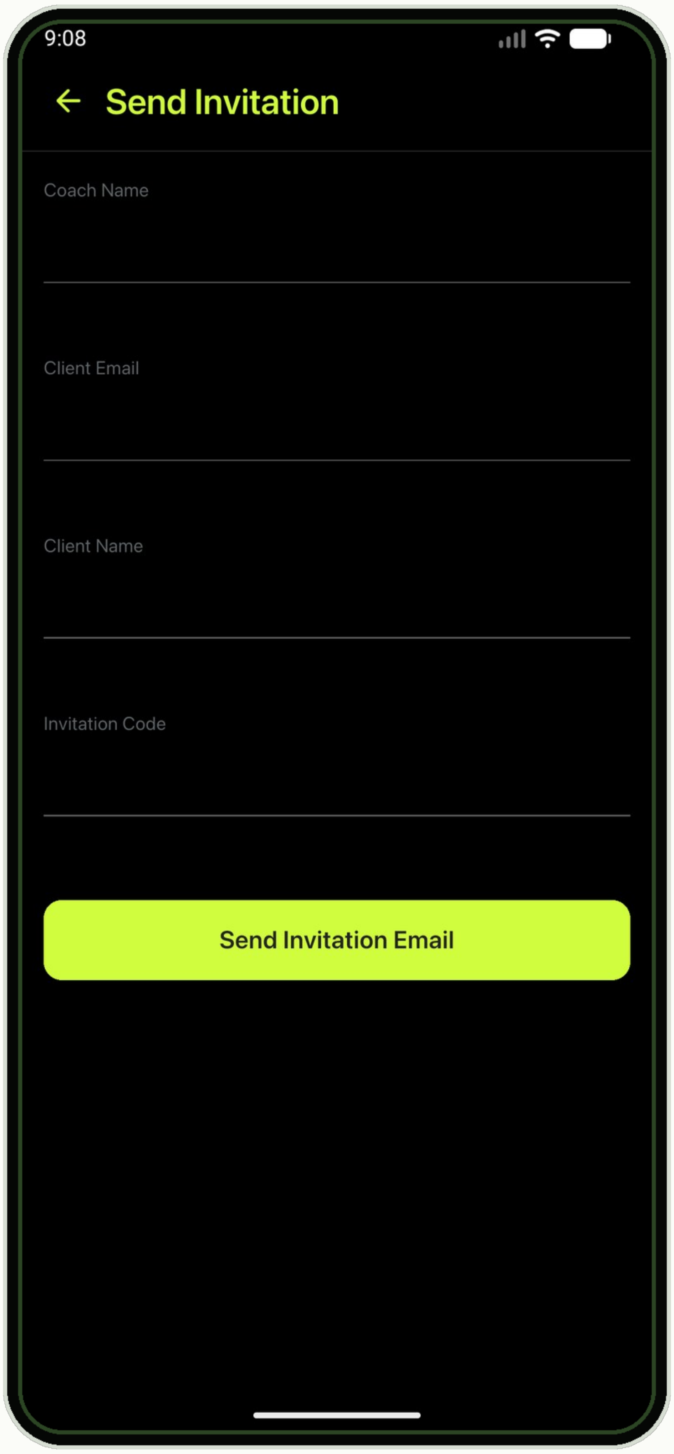


Open invitation history

18 Send the invitation email

What to do

- Enter the coach name, client email, client name, and invitation code.
- Check the client email carefully; the invitation is sent to that address.
- Tap Send Invitation Email.
- For the English version, client subscription payment is handled through Stripe.
- After the client accepts the invitation and activates access, the client can appear on the coach dashboard.



Send the invitation email

05

SECTION

Create and assign a workout program

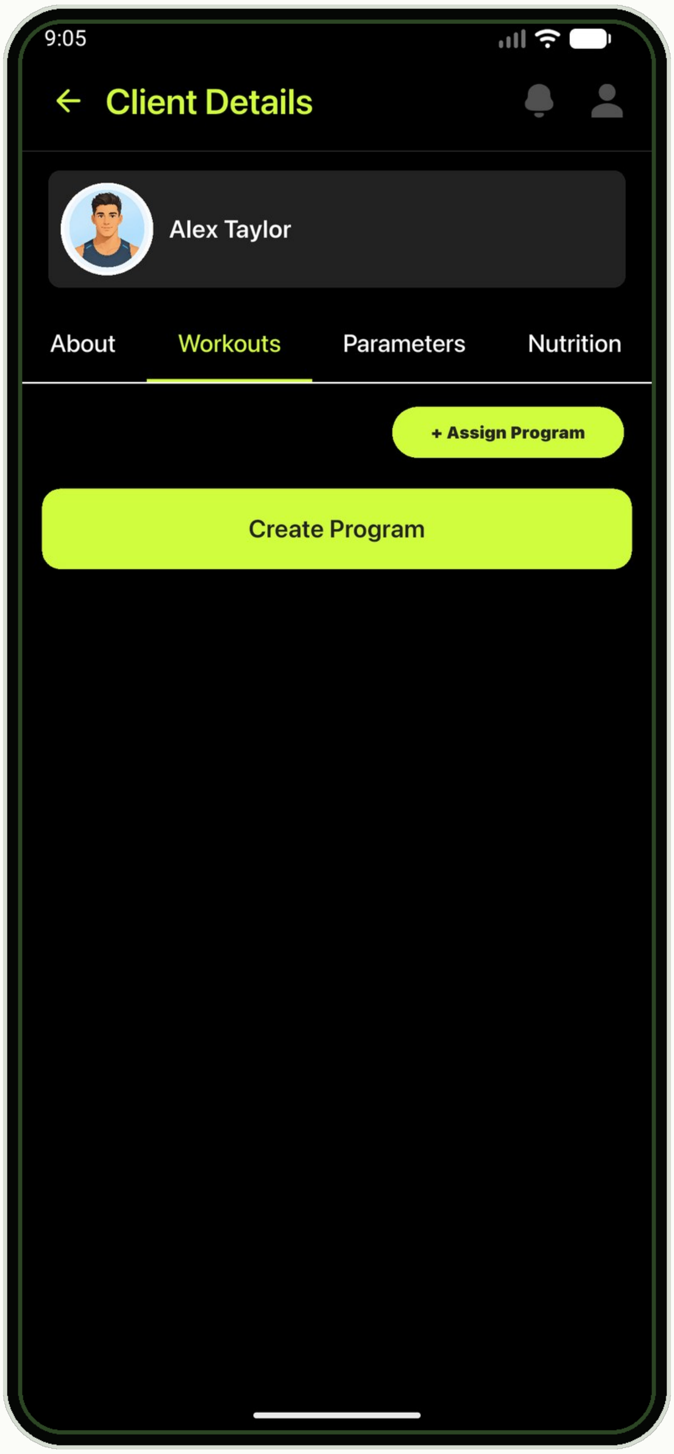
Programs are built from the exercises in your library. You can save programs for reuse and assign the appropriate plan to a client.

In this section

19 Open the client Workouts tab

What to do

- Open a client and select Workouts.
- Tap Create Program to build a new program from scratch.
- Tap + Assign Program when you want to choose from plans that have already been saved.

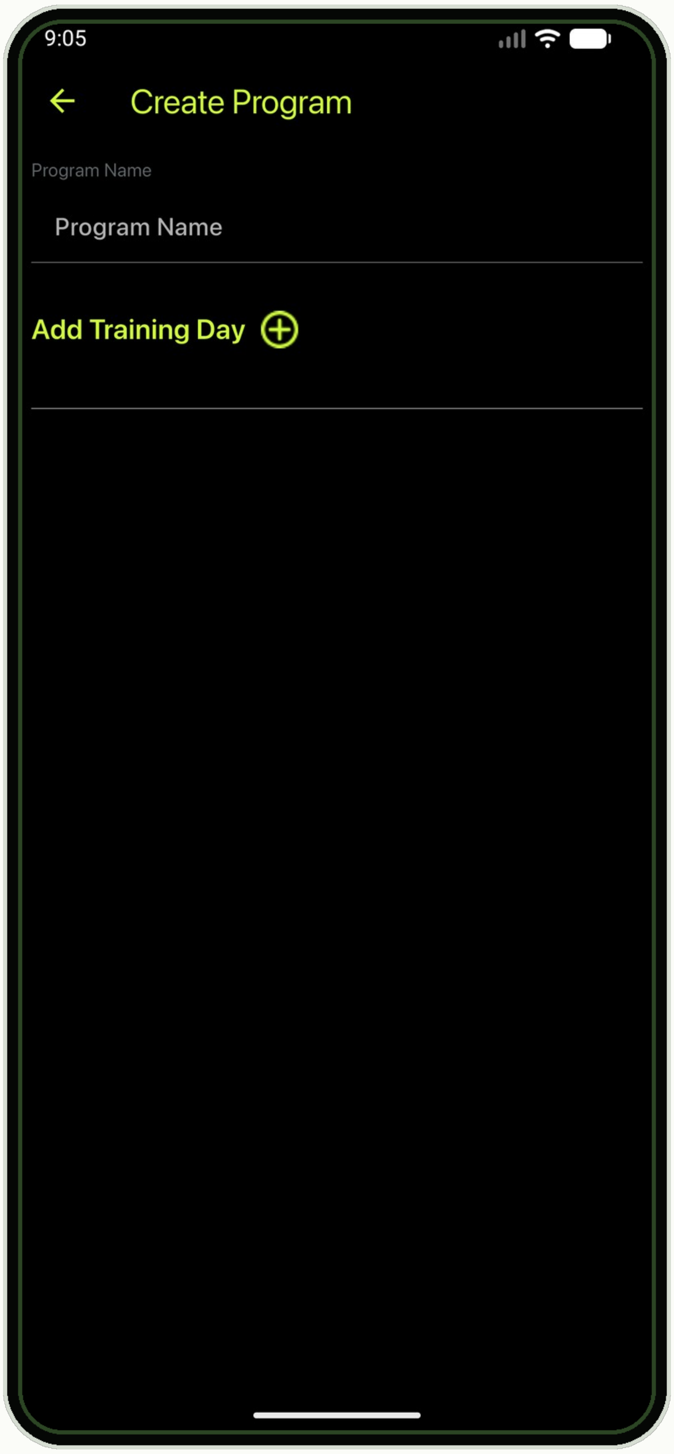


Open the client Workouts tab

20 Name the program

What to do

- Enter a specific Program Name, such as “3 Day Strength Plan” or “Beginner Mobility Plan.”
- Choose a name that will still be clear when the plan appears later in your program library.
- Tap Add Training Day.

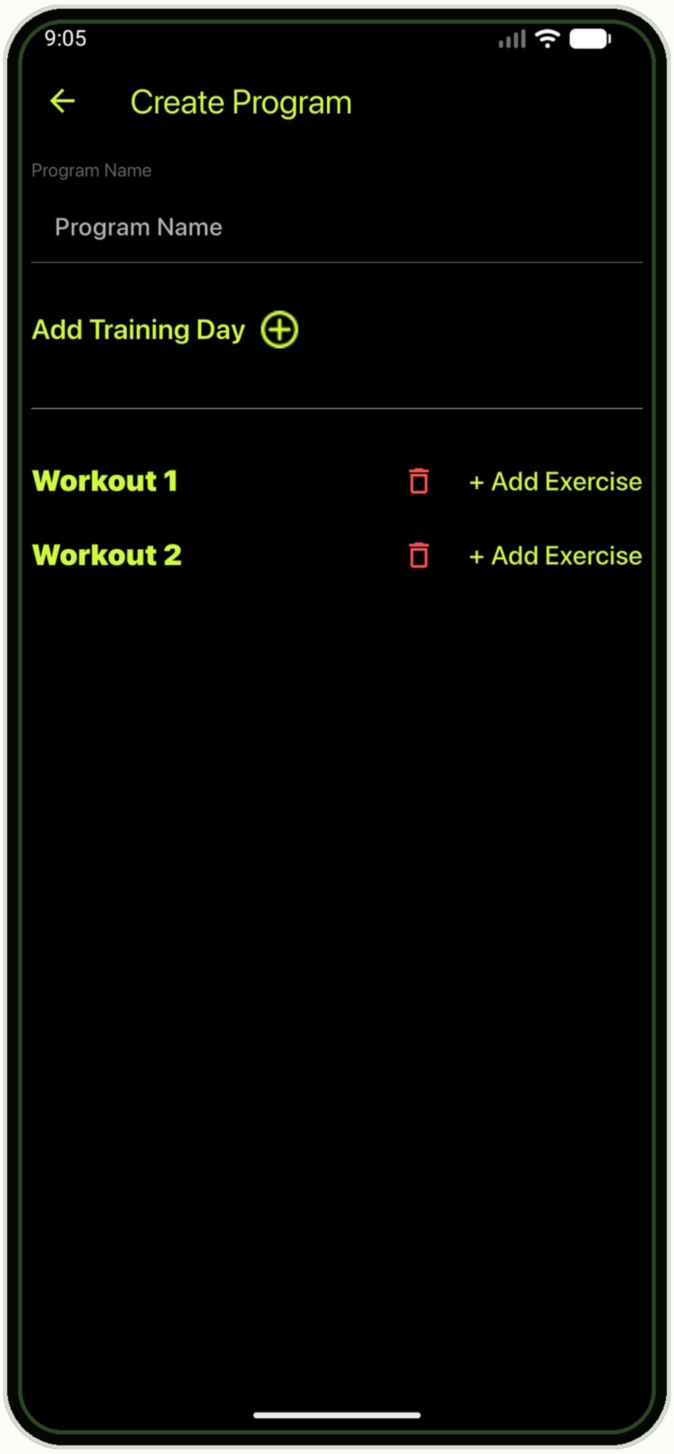


Name the program

21 Add the required training days

What to do

- Create one training day for each workout in the plan.
- Use + Add Exercise beside the correct workout to start adding exercises.
- Use the red trash icon only when you intend to remove an entire training day.

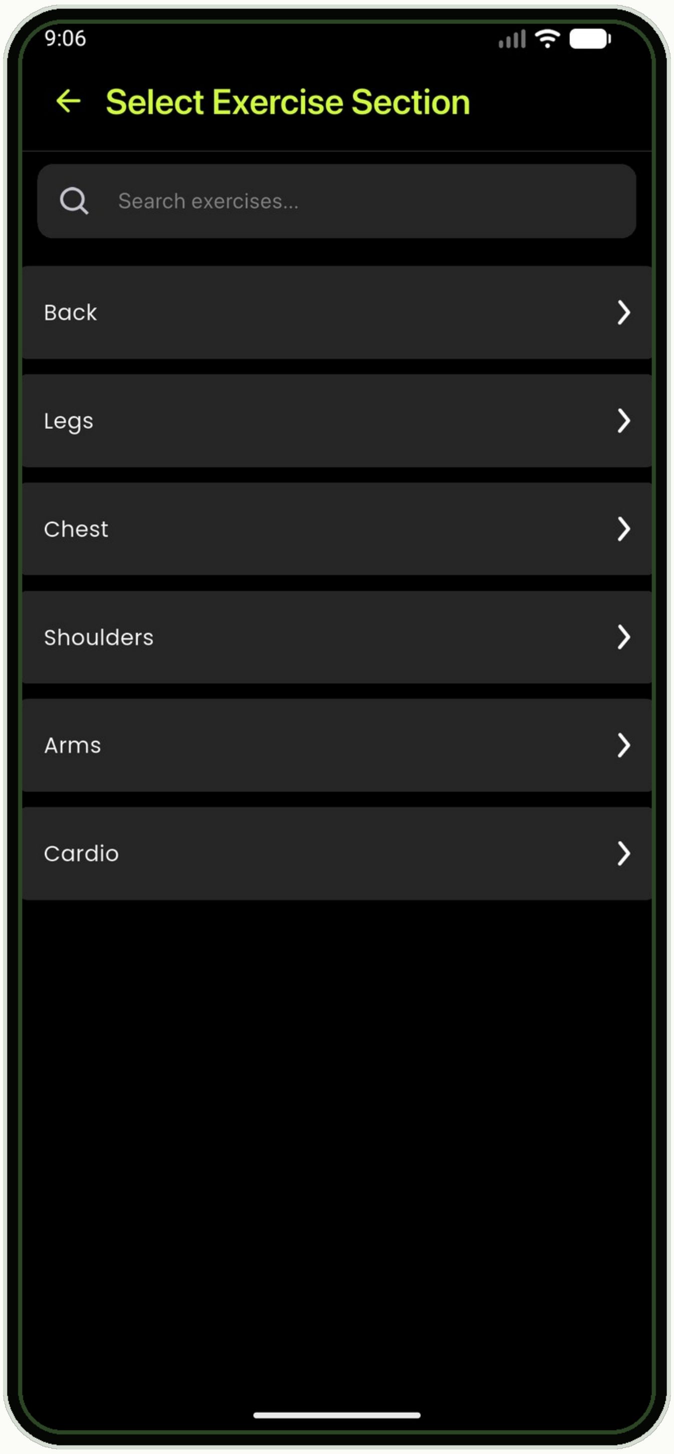


Add the required training days

22 Choose an exercise section

What to do

- Select the section containing the exercise you need, such as Back, Legs, Chest, Shoulders, Arms, or Cardio.
- Use the search field when the library contains many sections or exercises.
- Sections appear using the names you created in the Exercise Library.

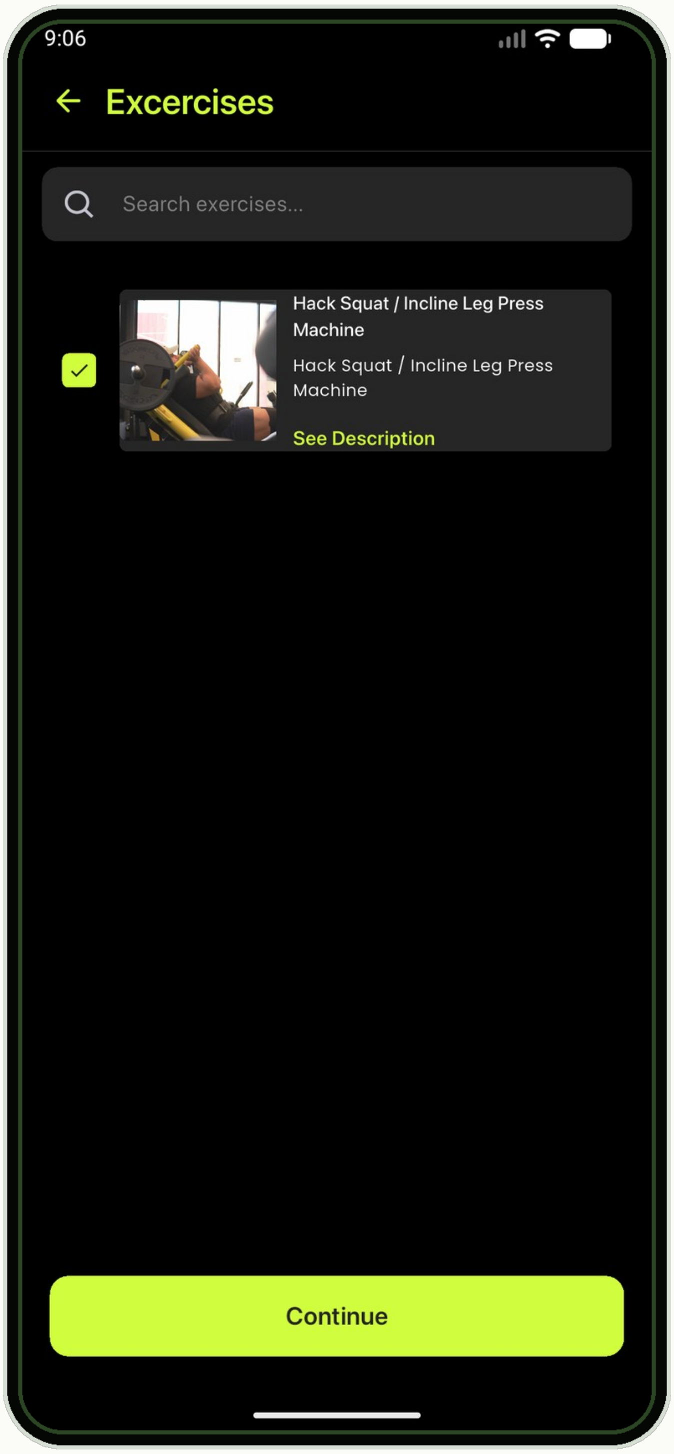


Choose an exercise section

23 Select one or more exercises

What to do

- Mark the checkbox beside each exercise you want to add.
- Open See Description when you need to confirm the movement before selecting it.
- Tap Continue after making the selection.



Select one or more exercises

24 Configure sets, load, time, and repetitions

What to do

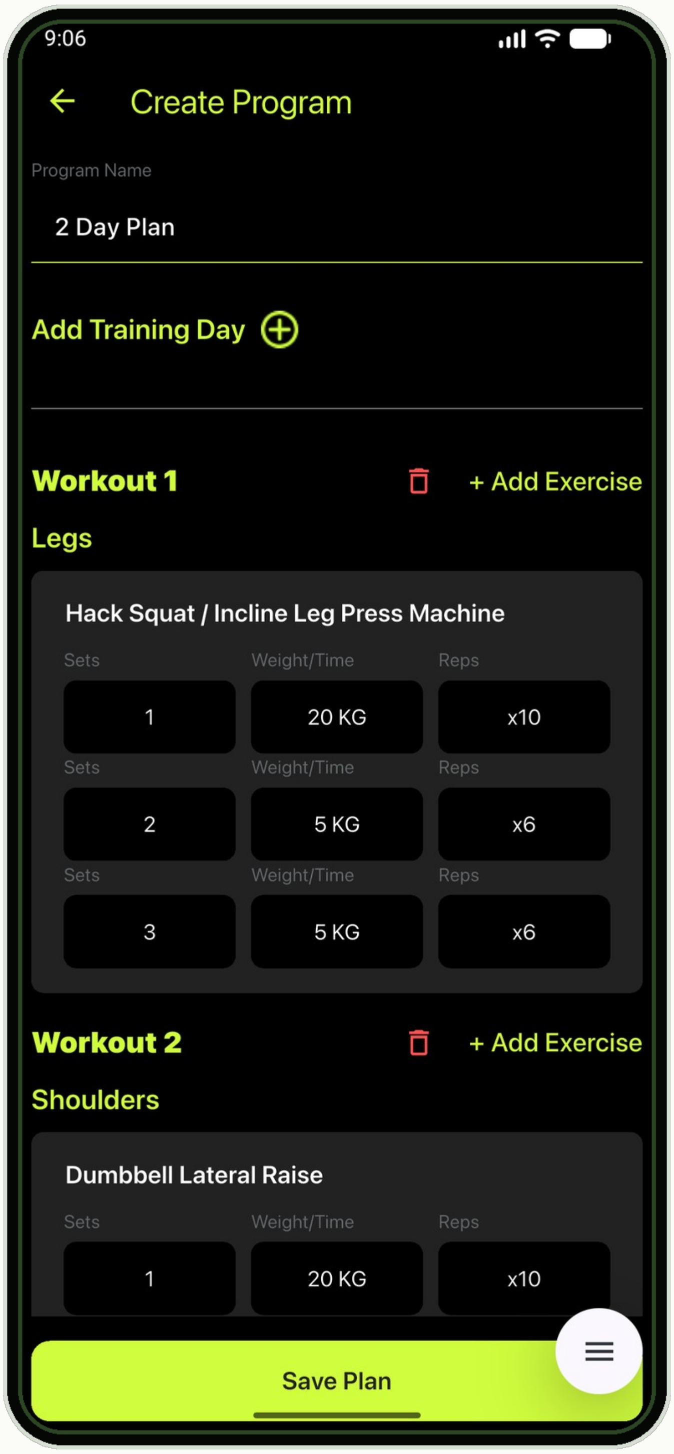
- For each set, enter the weight or time and the number of repetitions.
- Use the unit selector beside the load or duration field so the assigned value is clear.
- Tap + Add Set to create another set for the same exercise.
- Tap Add Exercise to return and add more exercises to the training day.

Configure sets, load, time, and repetitions

25 Review and save the complete plan

What to do

- Review every workout day and confirm that the exercises are under the correct day and section.
- Check set counts, weight or time values, and repetitions.
- Add or remove exercises as needed, then tap Save Plan.

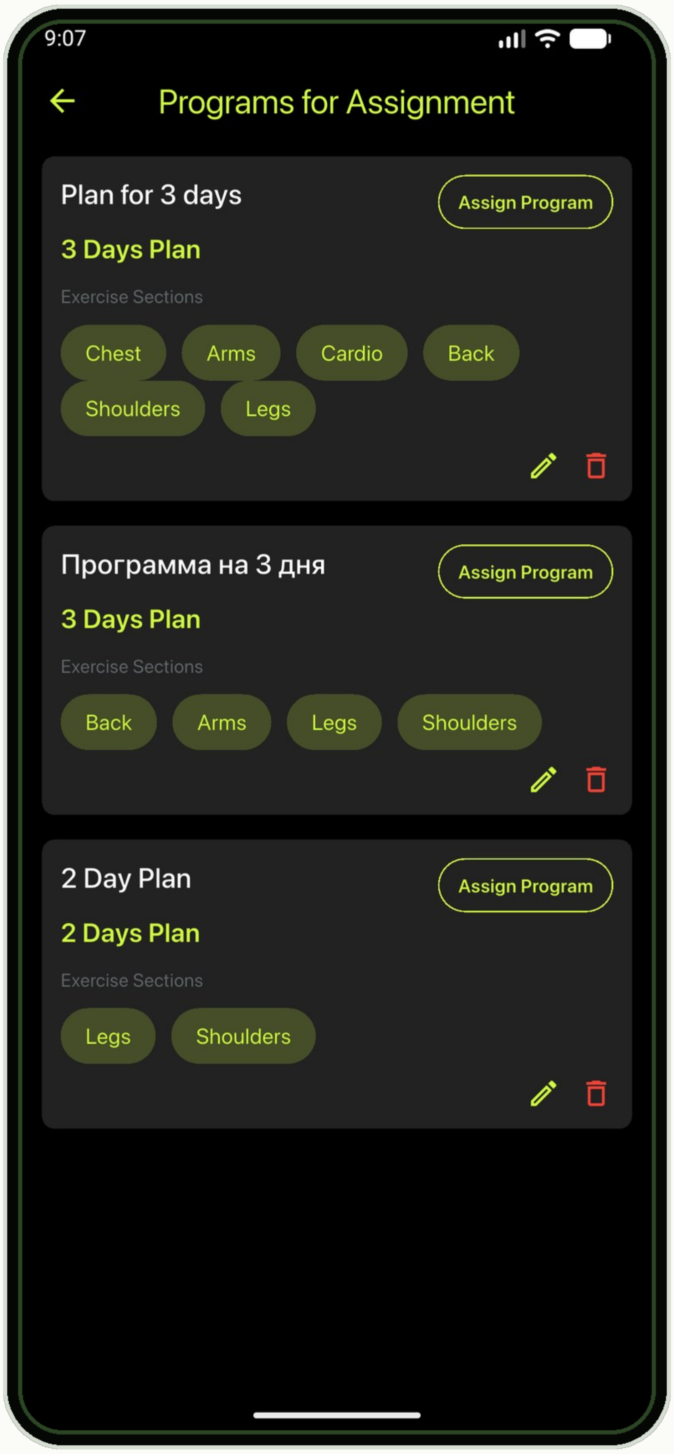


Review and save the complete plan

26 Choose a saved plan for assignment

What to do

- Open Programs for Assignment.
- Review the plan name, number of days, and exercise sections before assigning it.
- Tap Assign Program on the correct plan.
- Use the pencil icon to edit a plan and the trash icon to delete one.

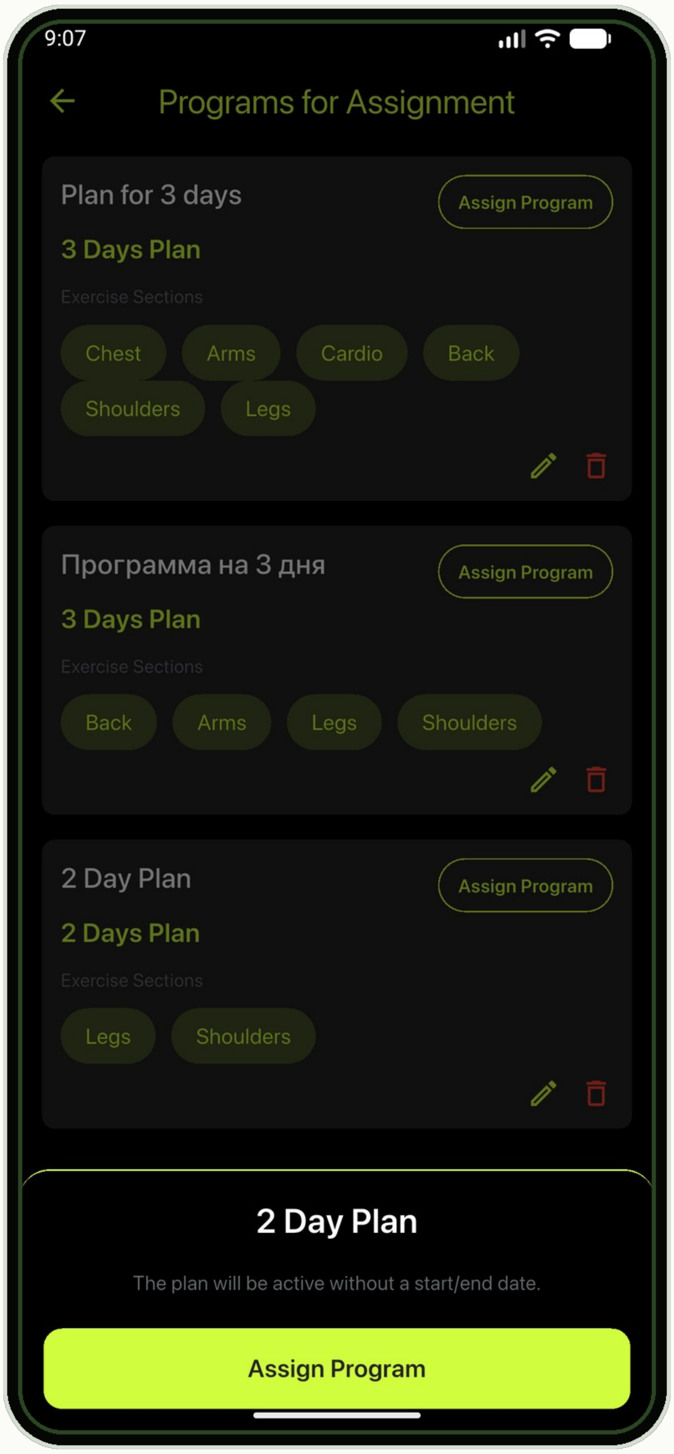


Choose a saved plan for assignment

27 Confirm the assignment

What to do

- Check the program name in the confirmation panel.
- The panel shown in the current flow states that the plan will be active without an assigned date.
- Tap Assign Program to confirm.

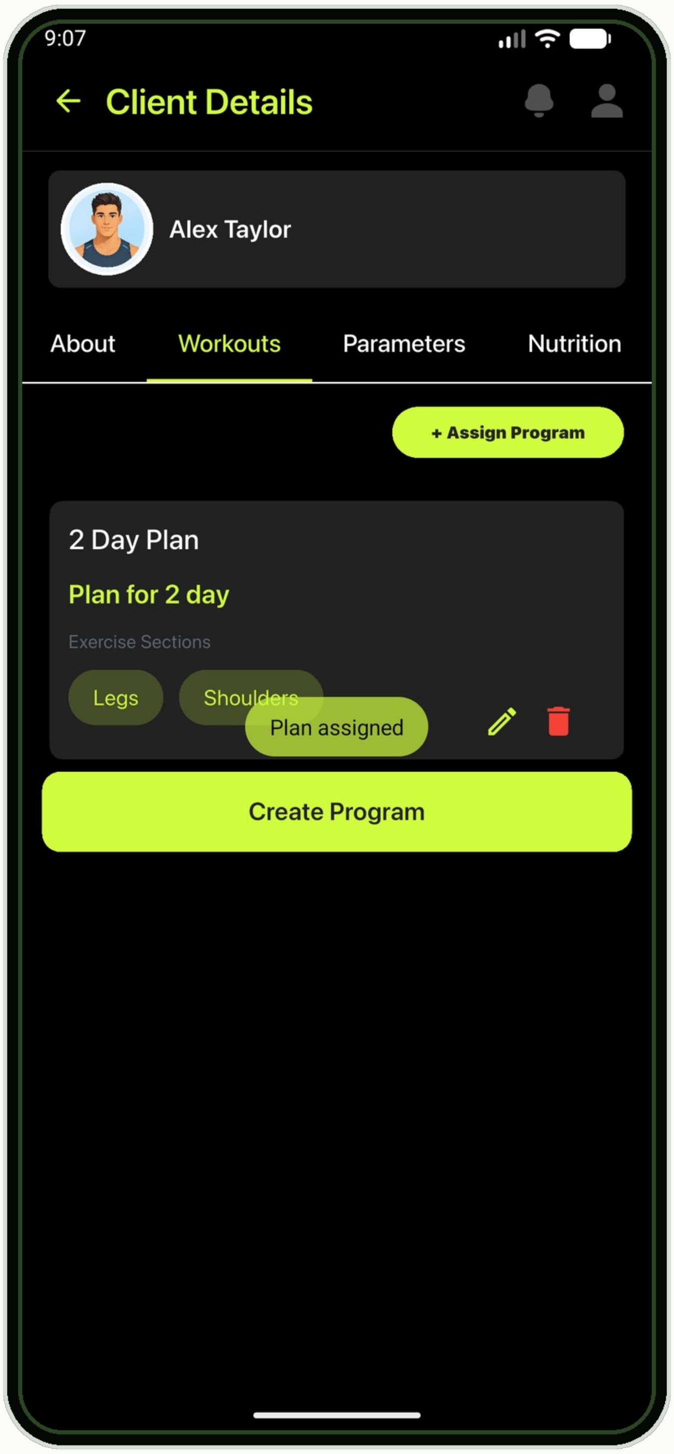


Confirm the assignment

28 Verify that the plan appears on the client

What to do

- Return to the client Workouts tab.
- Confirm that the assigned plan is visible on the client record.
- Use the pencil icon to edit or the trash icon to remove the assigned plan when necessary.

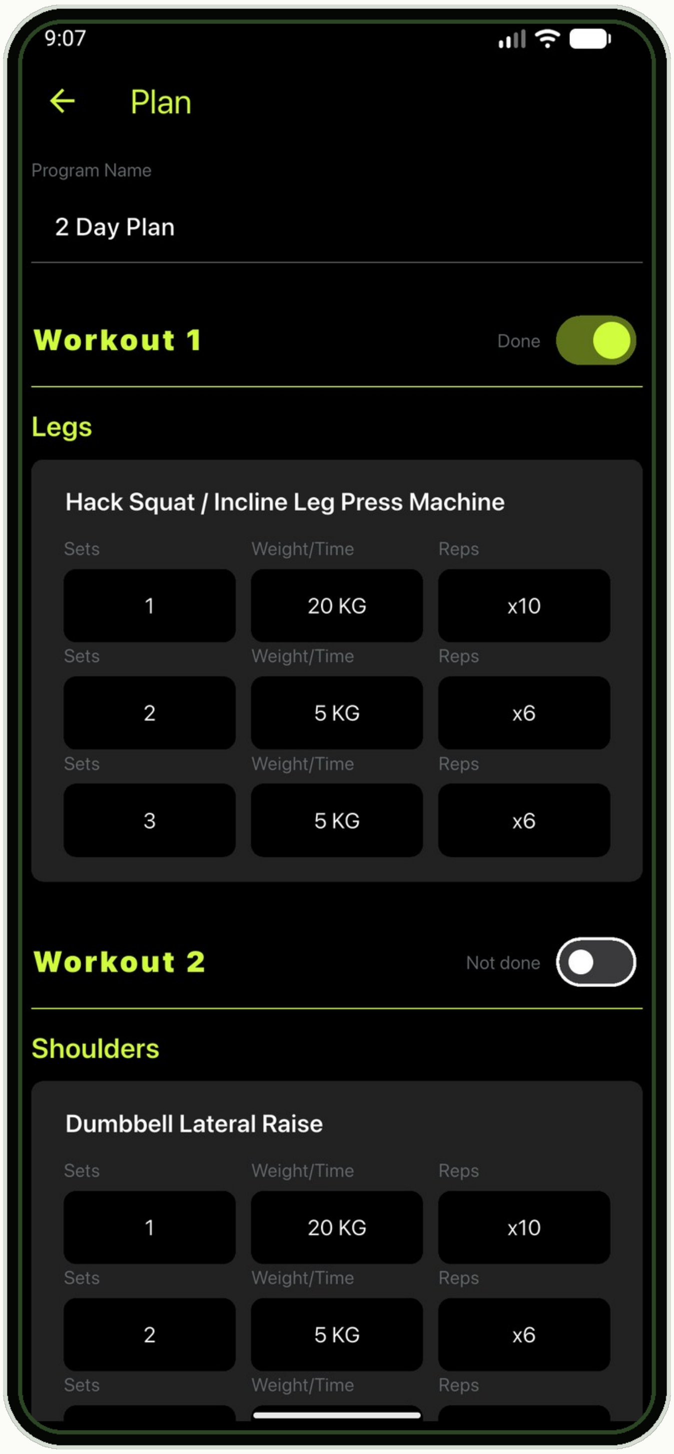


Verify that the plan appears on the client

29 Open the active plan and review its status

What to do

- Tap the assigned program to open the full plan.
- Review exercises, set values, and the status shown for each workout.
- The screen displays completion switches such as Done and Not done. Treat them as workout-status controls and avoid changing a client status accidentally.



Open the active plan and review its status

06

SECTION

Review parameters and manage nutrition targets

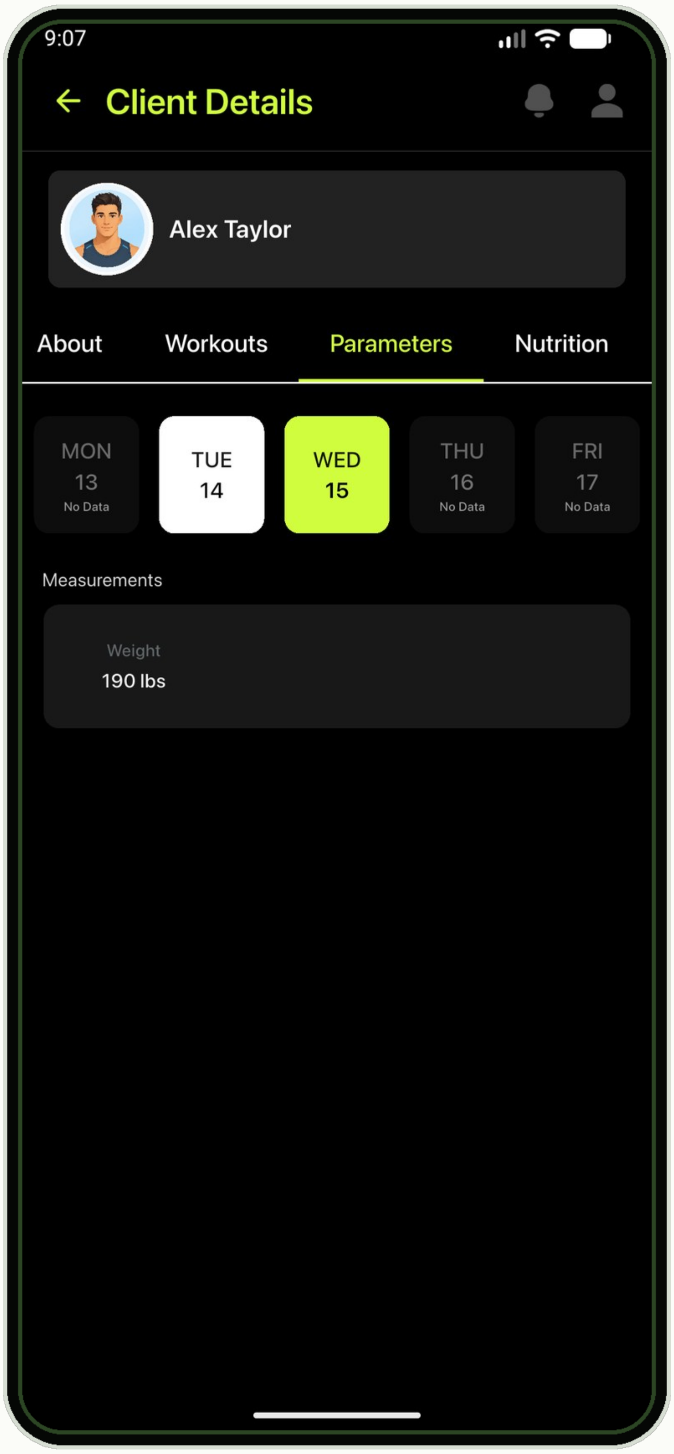
Use the client tabs to review submitted measurements and set daily nutrition targets.

In this section

30 Review client parameters by date

What to do

- Open the Parameters tab.
- Choose a date in the horizontal calendar.
- Review the measurements submitted for that date, such as weight.
- A date marked No Data does not have a recorded measurement.



Review client parameters by date

31 Review the nutrition overview

What to do

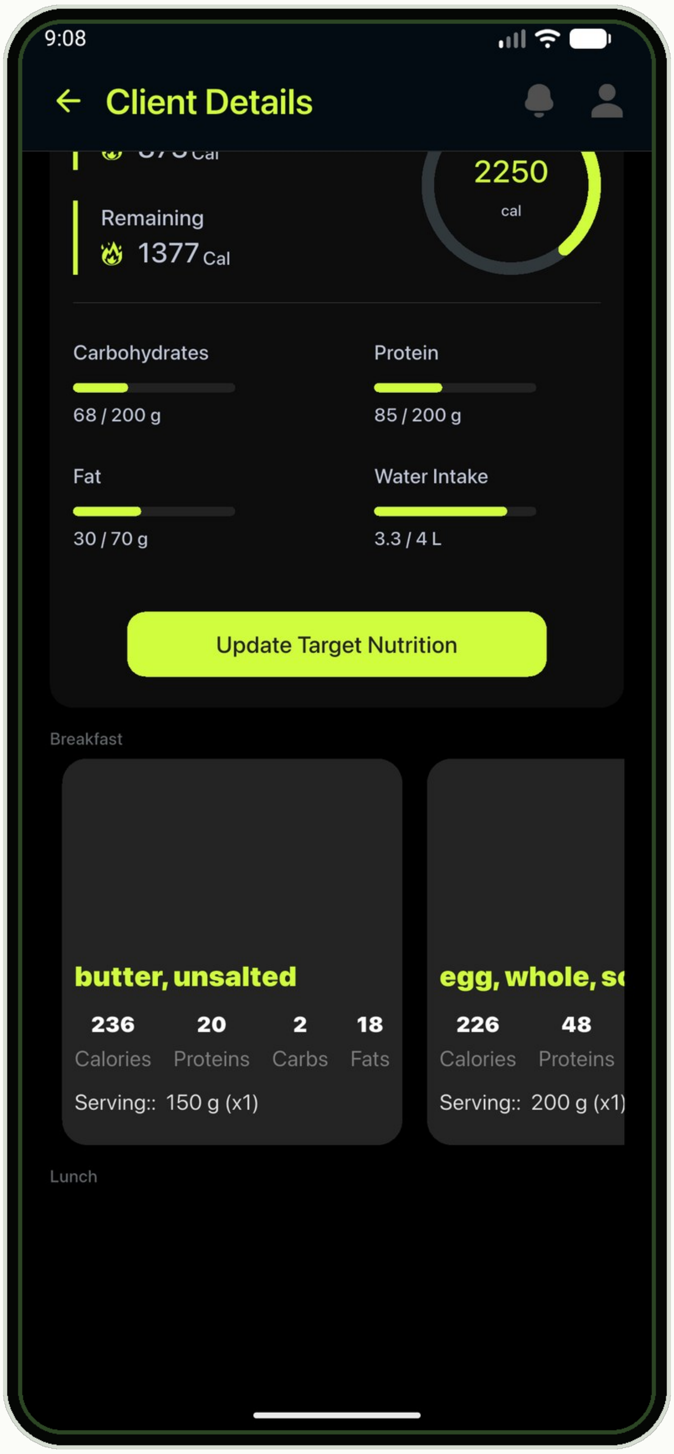
- Open the Nutrition tab and choose the date you want to review.
- The summary shows calories eaten and remaining, plus progress for carbohydrates, protein, fat, and water.
- Tap Update Target Nutrition when the client targets need to be changed.

Review the nutrition overview

32 Scroll through meals and daily nutrition details

What to do

- Scroll below the nutrition summary to review logged foods by meal.
- Use this information together with the calorie and macro totals rather than reviewing individual items in isolation.
- Confirm that you are viewing the intended date before making coaching decisions.

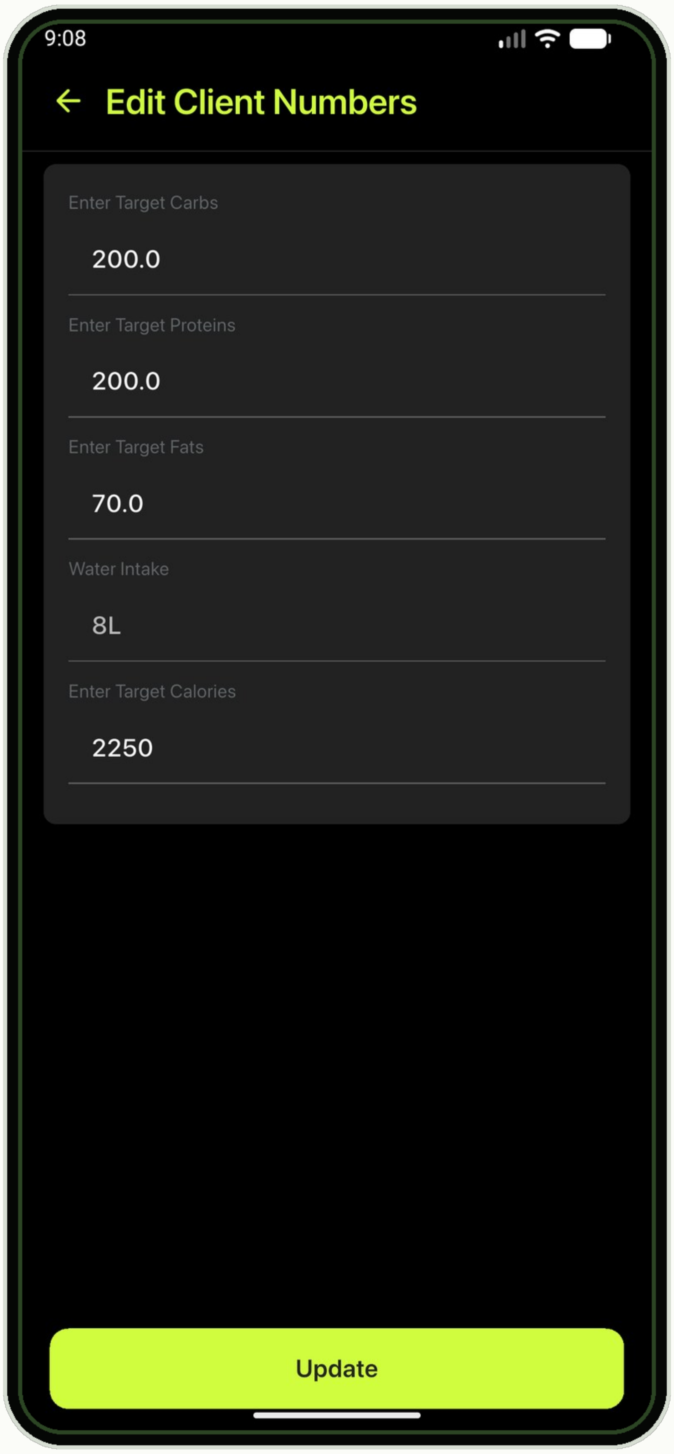


Scroll through meals and daily nutrition details

33 Update the client nutrition targets

What to do

- Enter target carbohydrates, protein, fat, water intake, and calories.
- Check that the units and values are appropriate for the specific client and coaching plan.
- Tap Update to save the new targets.



Update the client nutrition targets

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07

SECTION

Organize availability in the calendar

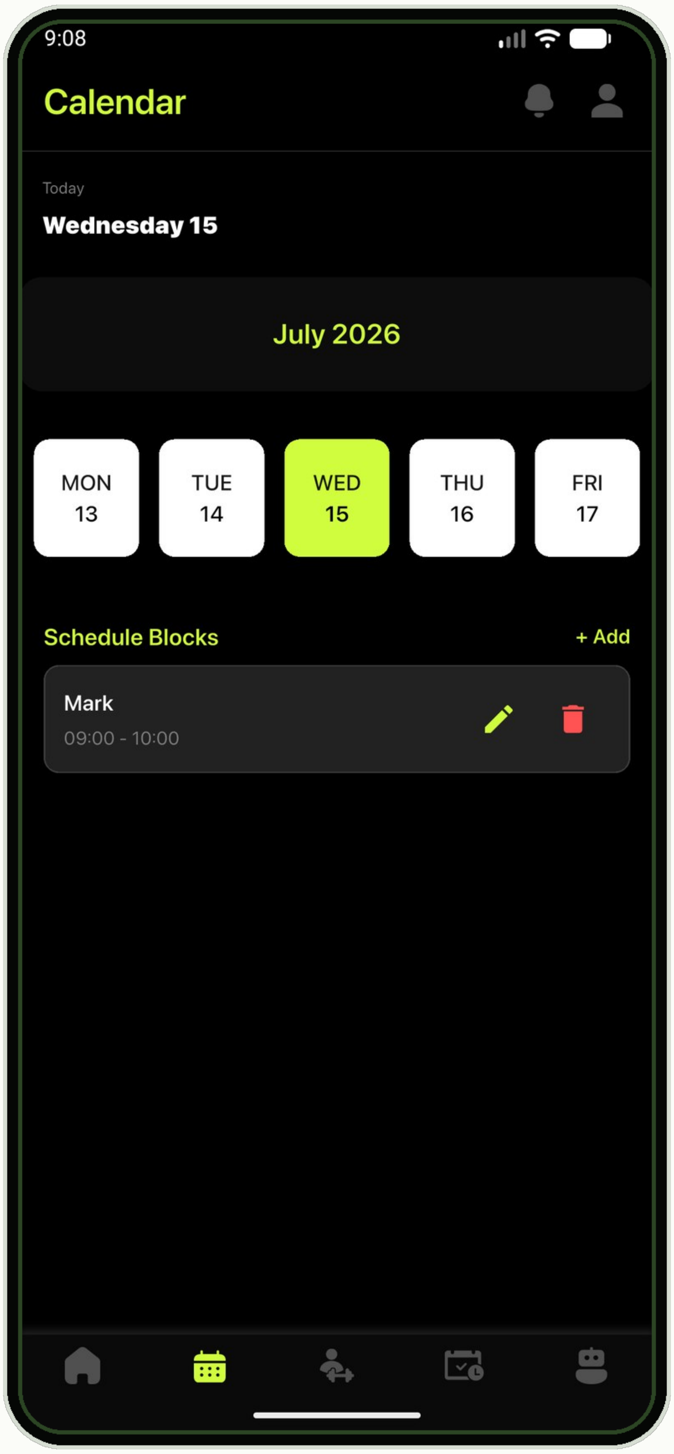
Create schedule blocks to organize coaching time and recurring work periods.

In this section

34 Open the Calendar and choose a date

What to do

- Tap the calendar icon in the bottom navigation.
- Choose a date from the horizontal date selector.
- Existing schedule blocks appear below the selected date.
- Use the pencil icon to edit a block and the trash icon to remove it.

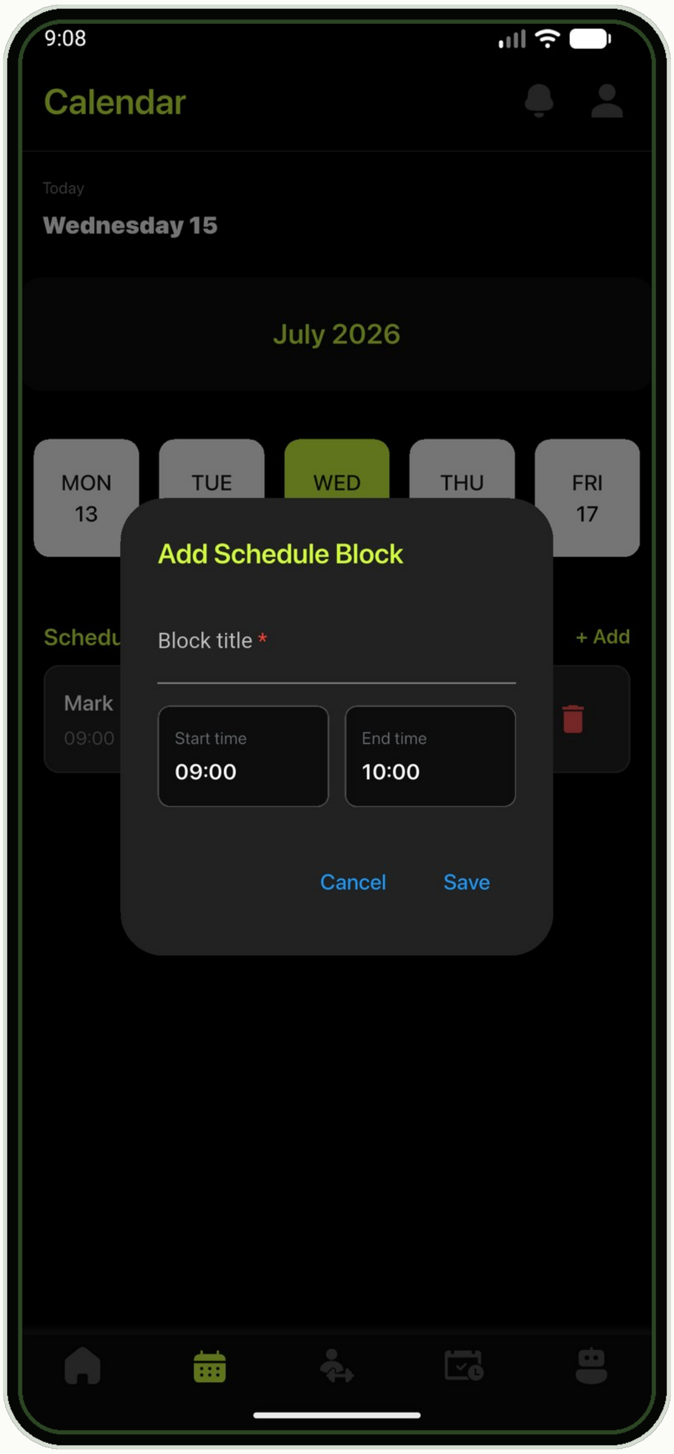


Open the Calendar and choose a date

35 Add a schedule block

What to do

- Tap + Add beside Schedule Blocks.
- Enter a clear block title, start time, and end time.
- Tap Save. The block will appear under the selected date.



Add a schedule block

FITFREAK

08

SECTION

Manage your public profile and account settings

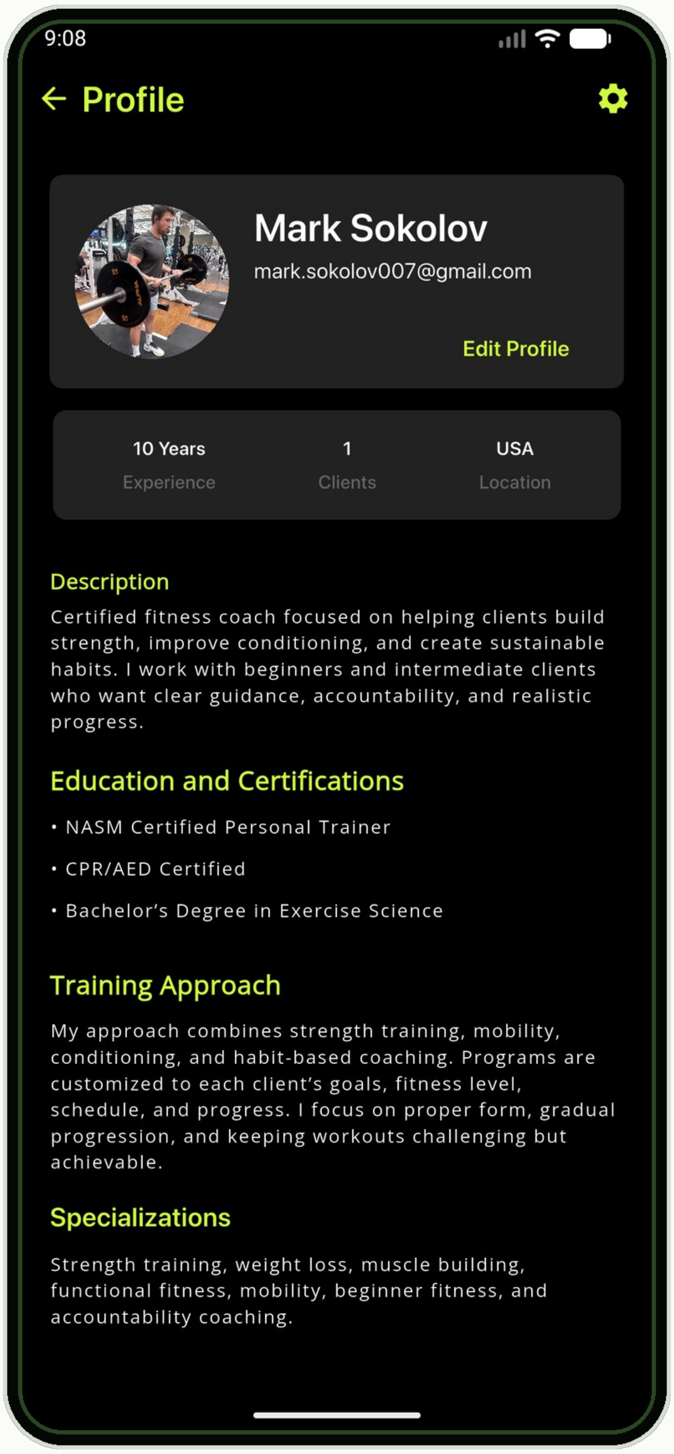
Keep your coach profile accurate and use Settings for account, language, password, plan, privacy, and session controls.

In this section

36 Review your coach profile

What to do

- Open your profile and confirm that the photo, name, email, experience, client count, and location are correct.
- Review the Description, Education and Certifications, Training Approach, and Specializations sections.
- Tap Edit Profile when any information needs to be updated.

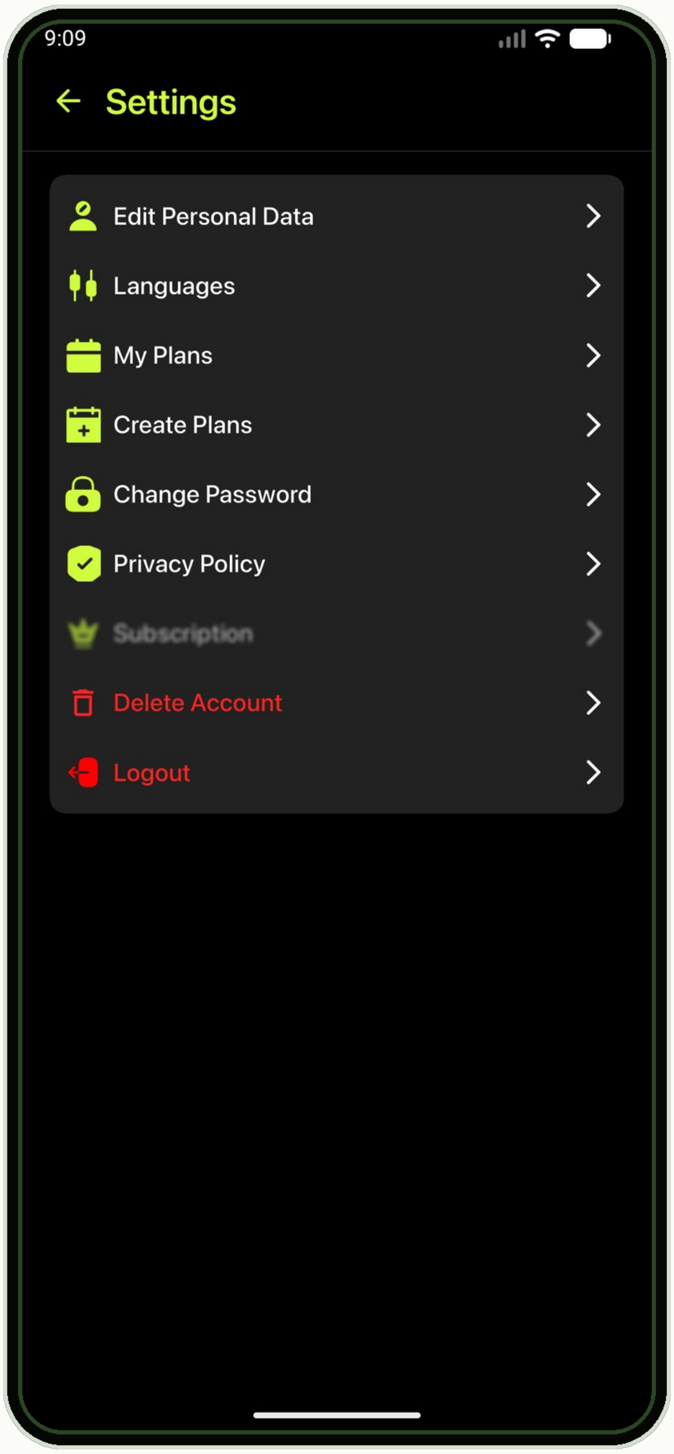


Review your coach profile

37 Open Settings

What to do

- Tap the settings icon from the profile screen.
- Available options include Edit Personal Data, Languages, My Plans, Create Plans, Change Password, and Privacy Policy.
- Logout ends the current session.
- Delete Account is permanent account removal; use it only after confirming the consequences.

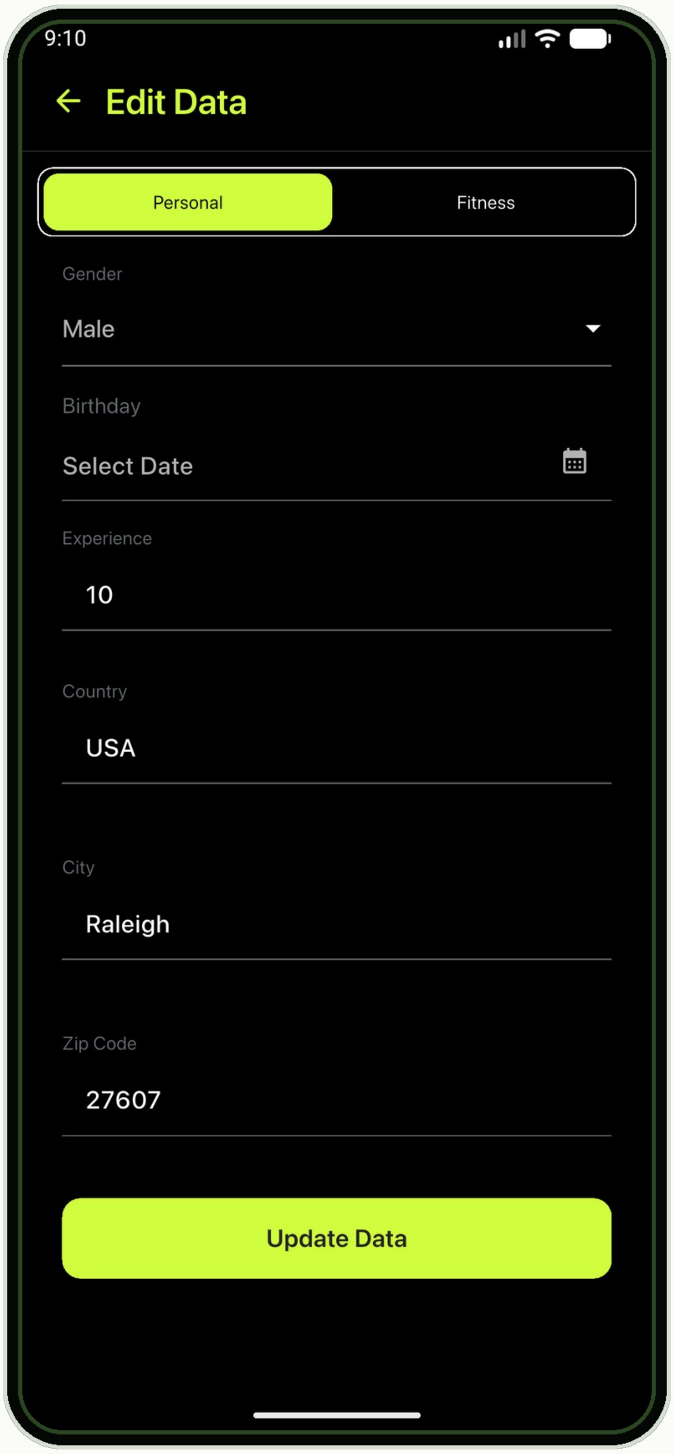


Open Settings

38 Edit personal data

What to do

- Open Edit Personal Data and select the Personal tab.
- Update gender, birthday, experience, country, city, and ZIP code as needed.
- Tap Update Data to save the changes.

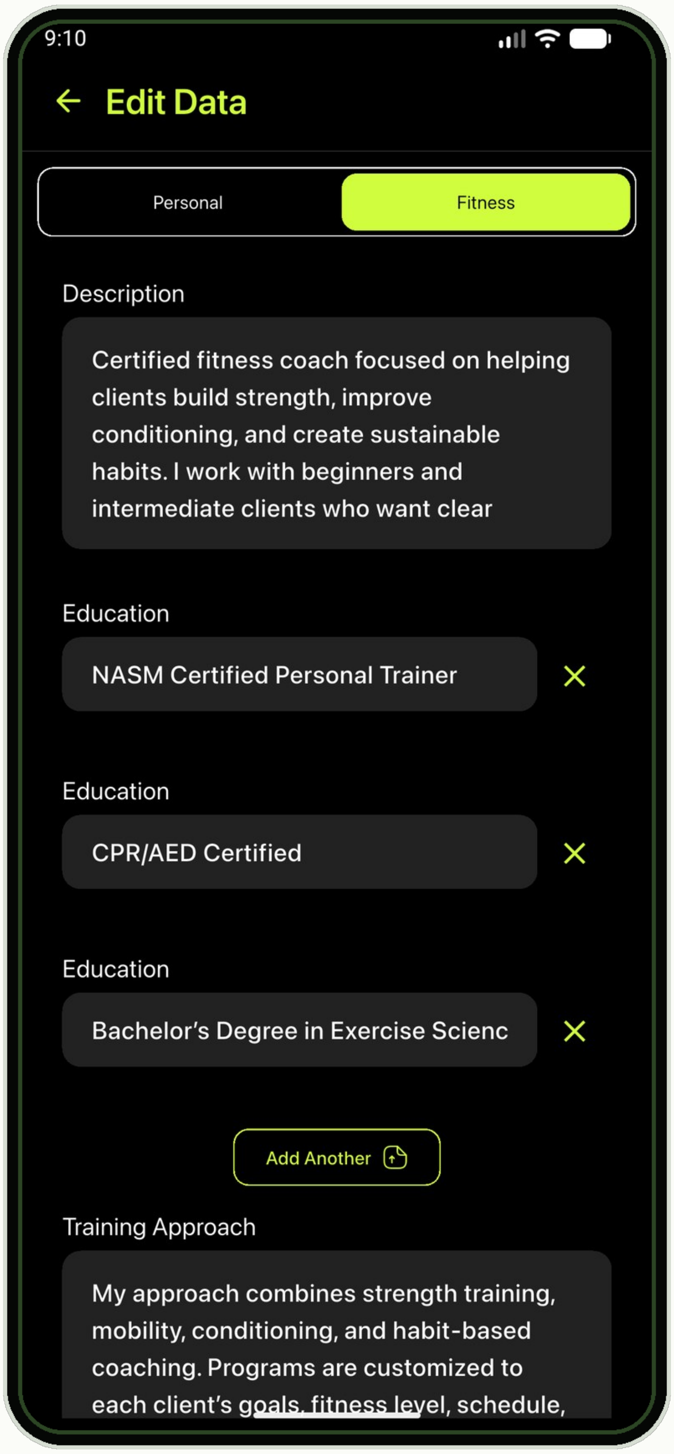


Edit personal data

39 Edit fitness and professional data

What to do

- Switch to the Fitness tab.
- Update the Description, Education, certifications, Training Approach, and other professional details.
- Use Add Another to include additional qualifications.
- Save the changes and return to the profile to confirm that the updated information is displayed correctly.



Edit fitness and professional data

Final check

- The coach profile is complete and reflects the real specialization.
- Exercise-library sections are ready before the first client invitation.
- Exercises include clear instructions, video, and thumbnails where needed.
- Programs are named clearly so they are easy to identify during assignment.
- Nutrition targets are checked for the specific client before they are saved.
- The invitation is sent to the correct email, and the code remains in history.
- Account settings, language, and personal data are up to date.