

SkyCatsFit User Manual

Complete step-by-step guide for the English interface

For fitness trainers, first testers, and early users

Manual version 2.0 | App baseline: 25.06.26-2 / 26062502

Document note: This is a user manual, not a test checklist. It explains what to do in the English UI and what result to expect after each action.

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1. How to use this manual

This manual explains SkyCatsFit with the English user interface. Every procedure is written as a practical sequence: open a screen, tap a button, enter data, save, and confirm the result.

Manual element	How to read it
Action in English UI	The exact screen, button, or field name you should use in the app.
Expected result	What should happen after the action is completed.
Premium status	A Club status that enables advanced features. This manual does not describe any payment flow.
Local-first data model	Clients, workouts, schedule, exercises, finance records, notes, and tasks are stored on the phone. The server stores only Club/Premium/service data.

Important: Use demo data during training or filming. Avoid entering real phone numbers, addresses, medical limitations, or private notes in screenshots and videos.

2. Installation and first launch

2.1 Install the APK from the website

Step	Action in English UI	Expected result
1	Open Chrome or another Android browser and go to skycatsfit.com .	The SkyCatsFit website opens.
2	Open the APK download page.	The page shows the current version, changelog, installation instructions, and SHA-256 checksum.
3	Tap Download APK.	The APK file starts downloading.
4	Open the downloaded APK from Downloads or from the browser notification.	Android opens the installation flow.
5	If Android asks to allow installation from this source, open Settings and allow it for the browser or file manager.	The APK can be installed.
6	If Google Play Protect warns that the app is unknown, choose Install anyway / More details -> Install anyway, depending on the device.	Installation continues.
7	Tap Open after installation.	SkyCatsFit starts and opens Home.

2.2 Verify version and app identity

Step	Action in English UI	Expected result
1	Open Home -> Settings.	Settings opens.
2	Open the About SkyCatsFit card.	Version, Build code, App ID, and Website are shown.
3	Check App ID.	It is <code>com.skycatslab.skycatsfit</code> .
4	Check Version and Build code.	They match the website download page.

Important: If Android refuses to install over a previous debug build, create a backup first, uninstall the old build, and then install the signed APK from the website.

3. Basic navigation and Home screen

3.1 Use Home cards

Step	Action in English UI	Expected result
1	Open SkyCatsFit.	Home screen is visible.
2	Tap Schedule.	The Schedule screen opens.
3	Use the bottom Home button.	Home opens.
4	Tap Clients.	The people list opens.

5	Return to Home and tap Exercises.	The exercise catalog opens.
6	Return to Home and tap Workout templates.	The workout template catalog opens.
7	Return to Home and tap Locations.	The locations screen opens.
8	Return to Home and tap SkyCatsFit Club.	The Club screen opens.

3.2 Understand the bottom navigation

Step	Action in English UI	Expected result
1	Look at the bottom area on Home.	You see a large Schedule button and an AI Helper button.
2	Open any non-Home screen.	The left/bottom navigation button changes to Home.
3	Tap Home.	The Home screen opens.
4	Tap AI Helper.	Depending on Premium status and permissions, the app opens AI Helper or shows what is required.

4. Settings and initial setup

4.1 Set interface language to English

Step	Action in English UI	Expected result
1	Open Home -> Settings.	Settings opens.
2	Find Language.	Language options are visible.
3	Select English.	The UI switches to English.
4	Open Home, Schedule, and SkyCatsFit Club.	Main screen labels are in English.

4.2 Theme, text size, and one-hand mode

Step	Action in English UI	Expected result
1	Open Settings.	Settings opens.
2	Toggle Dark theme.	The app switches between light and dark mode.
3	Set Text size to Compact.	Text becomes smaller but remains readable.
4	Set Text size to Normal.	Text returns to normal.
5	Set Text size to Large.	Text becomes larger without blocking important buttons.
6	Set One-hand mode to Left-handed.	The bottom navigation layout changes for left-hand use.
7	Set One-hand mode back to Right-handed.	The default layout returns.

4.3 App lock

Step	Action in English UI	Expected result
1	Open Settings -> Security / App lock.	The lock option is visible.
2	Enable app lock.	Android asks for biometric or device credential confirmation.
3	Confirm with fingerprint, face, PIN, or device credential.	App lock becomes enabled.
4	Close and reopen the app.	SkyCatsFit asks to unlock before showing data.
5	Disable app lock if you do not want this protection.	The app opens normally on next launch.

4.4 Default training settings

Step	Action in English UI	Expected result
1	Open Settings -> New training defaults.	Default trainer, location, first training time, and default duration are visible.
2	Set Default trainer to the trainer you use most often.	New trainings use that trainer by default.

3	Set Default location to your main studio.	New trainings use that location by default.
4	Set Default first training time.	The selected start time is used when creating new events.
5	Set Default duration.	New trainings use this duration unless changed manually.

4.5 Finance settings

Step	Action in English UI	Expected result
1	Open Settings -> Cost settings.	Currency and default price/income fields are visible.
2	Set Local currency name.	The app uses this label in finance screens.
3	Set USD rate if you need USD conversion.	Statistics can show local and USD values.
4	Set Default training price and Default training income.	New trainings use these values by default.
5	Set Default duty cost/income.	New duties use this value by default.

5. SkyCatsFit Club and Premium status

Important: Club is used for service features: device link, SkyCatsFit ID, Premium status, support, web cabinet, account deletion path, and server messages. It does not store the trainer work database.

5.1 Connect Club on this phone

Step	Action in English UI	Expected result
1	Open Home -> SkyCatsFit Club.	The Club screen opens.
2	Tap Connect Club or Open Club page if the app is not connected.	The browser opens the Club/cabinet flow.
3	Follow the website instructions to connect the device.	The site confirms device connection.
4	Return to the app and tap Check status.	The app shows Club connected and displays SkyCatsFit ID.

5.2 Open web cabinet

Step	Action in English UI	Expected result
1	Open SkyCatsFit Club.	Club screen opens.
2	Tap Open web cabinet / Open personal cabinet on this phone.	The browser opens the cabinet login/session flow.
3	Complete the web login if required.	The personal cabinet opens.
4	Return to the app and tap Check status.	The app refreshes Club/Premium status.

5.3 Check Premium status

Step	Action in English UI	Expected result
1	Open SkyCatsFit Club.	Club screen opens.
2	Tap Check status.	The app contacts skycatsfit.com and updates Club/Premium status.
3	Read the status card.	It shows whether Club is connected and whether Premium status is active.

5.4 QR login for another device

Step	Action in English UI	Expected result
1	Open the web cabinet or Club page on another device.	A QR login/connect flow is available on the website.
2	In Android, open SkyCatsFit Club and choose the QR option if available.	The camera scanner opens after permission is granted.
3	Scan the QR code from the other device.	The app confirms the QR session and the web session continues.

5.5 Support and server messages

Step	Action in English UI	Expected result
1	Open SkyCatsFit Club.	Support and messages blocks are visible when Club is connected and the server enables them.
2	Open Support.	The support ticket list opens.
3	Create a new ticket with a short subject and message.	The ticket is created and appears in the list.
4	Open the ticket and send a reply.	The reply appears in the thread.
5	Open admin/server messages if visible.	Messages from SkyCatsFit can be read and marked as read.

6. People: clients, trainers, and groups

6.1 Add a client

Step	Action in English UI	Expected result
1	Open Home -> Clients.	The people list opens.
2	Tap Add / +.	A new person form opens.
3	Enter Last name: Carter, First name: Olivia.	The name fields are filled.
4	Enter Nickname: Olivia/Oli.	The app can use Olivia as message name and Oli as short schedule nickname.
5	Enter Phone: +1 202 555 0148.	Phone is saved for messaging tests.
6	Enter Goal: Improve strength and posture.	Goal is saved.
7	Enter Limitations: Mild knee discomfort.	Limitations are saved.
8	Enter Notes: Prefers morning sessions.	Notes are saved.
9	Tap Save.	The client appears in the Clients section.

6.2 Edit and delete/hide a client

Step	Action in English UI	Expected result
1	Open Clients and tap Olivia Carter.	The client card opens.
2	Change Goal to Strength, posture, and conditioning.	The edited text is visible.
3	Tap Save.	The app returns to the list or confirms saving.
4	Open the client again.	The new goal is still present.
5	Use the delete/hidden option if you need to remove this demo client.	The client is hidden or marked deleted according to the app flow.
6	Enable Show deleted if available.	Deleted/hidden people can be viewed for verification.

6.3 Add a trainer

Step	Action in English UI	Expected result
1	Open Clients / people list.	The list opens.
2	Tap Add / +.	A new person form opens.
3	Enter First name: Alex, Last name: Morgan.	Name fields are filled.
4	Enable the Trainer option.	The person is marked as a trainer.
5	Tap Save.	Alex Morgan appears in the Trainers section.

6.4 Add a group

Step	Action in English UI	Expected result
1	Open Clients / people list.	The list opens.
2	Tap Add / +.	A new person form opens.
3	Enter Name: Morning Strength Group.	The name is filled.
4	Enable the Group option.	The record is marked as a group.
5	Tap Save.	The group appears in the Groups section.

6.5 Search and select people

Step	Action in English UI	Expected result
1	Open Clients.	The people list opens.
2	Use the search field and type Olivia.	Only matching people are shown.
3	Clear the search.	The full list returns.
4	Long-press a person if multi-select is supported.	Selection mode opens.
5	Cancel selection or delete selected demo entries only if needed.	The list returns to normal mode.

7. Locations

7.1 Add a location

Step	Action in English UI	Expected result
1	Open Home -> Locations.	The Locations screen opens.
2	Tap Add / +.	A new location form opens.
3	Enter Name: Midtown Fitness Studio.	Name is filled.
4	Enter Address: 245 W 38th St, New York, NY.	Address is filled.
5	Enter Notes: Main training room.	Notes are filled.
6	Tap Save.	The location appears in the list.

7.2 Edit, search, and hide a location

Step	Action in English UI	Expected result
1	Open Locations and tap Midtown Fitness Studio.	The location form opens.
2	Change Notes to Main training room, entrance from 38th Street.	The note is updated.
3	Tap Save.	The edited location is saved.
4	Use Search and type Midtown.	The location is found.
5	Use the hide/delete option only for demo cleanup.	The location is hidden/deleted according to the app flow.

8. Exercise catalog

8.1 Import basic exercise catalog

Step	Action in English UI	Expected result
1	Open Home -> Exercises.	The exercise catalog opens.
2	Tap Edit catalog or Import basic catalog if available.	The import screen opens.
3	Review groups and exercises.	The app shows a list of importable exercises.
4	Select several exercises such as Goblet Squat, Bench Press, Plank.	Selected items are marked.
5	Tap Import.	Selected exercises are added to the local catalog.

8.2 Create an exercise manually

Step	Action in English UI	Expected result
1	Open Exercises -> Edit catalog.	Catalog editing tools are visible.
2	Create or select a group, for example Strength.	The group is selected.
3	Tap Add exercise.	The exercise form opens.
4	Enter Name: Dumbbell Row.	Name is filled.
5	Set Unit: kg or lb depending on your workflow.	Unit is saved.
6	Set Default sets: 3, reps: 12, weight: 12.	Defaults are saved.
7	Enter Note: Keep back neutral.	Note is saved.

8	Tap Save.	The exercise appears in the catalog.
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8.3 Edit and organize exercises

Step	Action in English UI	Expected result
1	Open an exercise from the catalog.	Exercise card opens.
2	Change default reps or note.	The field changes.
3	Tap Save.	Changes are saved.
4	Return to the catalog and expand/collapse exercise groups.	Groups open and close.
5	Use Search to find Dumbbell Row.	The exercise is found.
6	Use move/delete tools only on demo exercises.	Catalog remains consistent.

9. Workout templates

9.1 Create a template category

Step	Action in English UI	Expected result
1	Open Home -> Workout templates.	Template catalog opens.
2	Open category edit tools.	Category controls are visible.
3	Create a category named Strength Basics.	The category appears in the catalog.

9.2 Create a workout template

Step	Action in English UI	Expected result
1	Open Workout templates.	Template catalog opens.
2	Tap Add template.	Template card opens.
3	Enter Title: Full Body Strength A.	Title is filled.
4	Choose Category: Strength Basics.	Category is selected.
5	Enter Notes: Beginner-friendly full body workout.	Notes are saved.
6	Tap Add exercise.	Exercise picker opens.
7	Select Goblet Squat, Bench Press, Dumbbell Row, Plank.	Exercises are added to the template.
8	For each exercise, edit plan values such as sets, reps, weight, unit, and note.	Plan values are saved in the template.
9	Tap Save.	The template appears in the selected category.

9.3 Edit template exercises

Step	Action in English UI	Expected result
1	Open Full Body Strength A.	Template card opens.
2	Duplicate an exercise if the duplicate button is available.	A new copy appears with editable plan values.
3	Move an exercise up or down.	Exercise order changes.
4	Delete one demo exercise from the template.	The exercise is removed.
5	Tap Save.	The template remains consistent after editing.

10. Schedule overview

10.1 Open and navigate the schedule

Step	Action in English UI	Expected result
1	From Home, tap Schedule.	The Schedule screen opens.
2	Use previous/next month controls.	The month changes.
3	Return to the current month.	Today is visible again.
4	Select today + 3 days in the day strip/calendar.	The selected date is highlighted and day events are shown.

5	If there are no events, read the empty state.	The app clearly shows that no trainings or duties are scheduled.
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10.2 Understand location blocks and conflicts

Step	Action in English UI	Expected result
1	Create or open a day with events.	Events are grouped by location.
2	Check event cards.	Training and duty cards show time, title, participants/trainer, and location.
3	Create overlapping demo events if you want to test conflicts.	The conflicts panel or warning appears when events overlap.

11. Create and edit trainings

11.1 Create a personal training on today + 3 days

Step	Action in English UI	Expected result
1	Open Home -> Schedule.	Schedule opens.
2	Select a date three days after today.	The selected date opens.
3	Tap Create training.	Training form opens.
4	Add participant Olivia Carter.	Olivia is shown in participants.
5	Set Trainer to Alex Morgan.	Trainer is selected.
6	Set Location to Midtown Fitness Studio.	Location is selected.
7	Set Start time to 10:00 and duration to 60 minutes.	End time becomes 11:00 or duration is shown as 60 minutes.
8	Set Training type to Personal.	Type is Personal.
9	Set Status to Confirmed or Planned.	Status is visible.
10	Enter Short note: First strength session.	Short note is filled.
11	Set price and trainer income if the fields are visible.	Finance fields are filled.
12	Tap Save.	The event appears on the selected day with correct time and location.

11.2 Edit training information

Step	Action in English UI	Expected result
1	Open the created training from Schedule.	Training card opens.
2	Tap Edit if the card has a separate edit mode.	Training form opens.
3	Change start time from 10:00 to 10:30.	Time changes.
4	Change status to Completed or Confirmed.	Status changes.
5	Change location if needed.	New location is selected.
6	Tap Save.	The Schedule card shows the updated time/status/location.

11.3 Payment and status quick actions

Step	Action in English UI	Expected result
1	Open the training card.	Training details are visible.
2	Tap the status row.	Status cycles or opens a status selector, depending on current UI.
3	Set status to Completed.	Training shows Completed.
4	Tap the payment row.	Payment status changes between paid and unpaid.
5	Open finance edit if available.	Price and income can be updated.
6	Save or return to Schedule.	Schedule keeps the updated status and payment state.

11.4 Delete a demo training

Step	Action in English UI	Expected result
1	Open a demo training that can be safely removed.	Training card opens.

2	Tap Delete training.	A confirmation dialog appears.
3	Read the confirmation text.	It is clear what will be deleted.
4	Tap Cancel first.	Nothing is deleted.
5	Repeat and confirm deletion only for a demo event.	The event disappears from Schedule.

12. Training card: plan, fact, messages, and history

12.1 Add exercises to a training

Step	Action in English UI	Expected result
1	Open the created training card.	Training details are visible.
2	Open exercise edit/add mode.	Exercise controls are visible.
3	Tap Add exercise.	Exercise catalog picker opens.
4	Select Goblet Squat.	The exercise is added to the training.
5	Set plan: 3 sets, 10 reps, 16 kg, note: controlled tempo.	Plan values are visible.
6	Add Plank.	Plank is added.
7	Set plan: 3 sets, 45 sec, note: stable breathing.	Plan values are visible.
8	Save changes.	Training card shows the exercises.

12.2 Add exercises from a template

Step	Action in English UI	Expected result
1	Open a training card.	Training details are visible.
2	Tap Add from template.	Template picker opens.
3	Select Full Body Strength A.	Template exercises are copied into the training.
4	Review copied plan values.	Exercises show plan values from the template.
5	Save changes.	The training stores its own exercise list.

12.3 Record actual results

Step	Action in English UI	Expected result
1	Open a training card with exercises.	Exercise list is visible.
2	Open actual/fact editor for Goblet Squat.	Actual fields open.
3	Enter actual sets: 3, reps: 10, weight: 16, note: good control.	Actual values are entered.
4	Mark the exercise completed if the option is available.	Completion state is visible.
5	Save actual values.	Plan and fact are both visible on the card.

12.4 Duplicate, reorder, and delete training exercises

Step	Action in English UI	Expected result
1	Open exercise edit mode inside a training.	Exercise controls are visible.
2	Duplicate Goblet Squat.	The app asks for plan values or creates a copy, depending on current UI.
3	Edit the duplicate plan values.	Duplicate has its own plan.
4	Move the duplicate up or down.	Exercise order changes.
5	Delete the duplicate.	Only the duplicate is removed.
6	Save changes.	Training card shows the final exercise order.

12.5 Save current training as a template

Step	Action in English UI	Expected result
1	Open a training with a good exercise plan.	Training card opens.
2	Tap Save as template.	Template save screen opens.
3	Enter template name: Strength Session from Olivia.	Name is filled.

4	Choose or create category: Strength Basics.	Category is selected.
5	Tap Save.	A new template appears in Workout templates.

12.6 Previous trainings and repeat

Step	Action in English UI	Expected result
1	Create or open a second training for Olivia on a later date.	Training card opens.
2	Scroll to Previous trainings.	Previous sessions for Olivia are listed.
3	Open or tap Repeat on a previous training.	Previous exercise plan can be copied into the current training.
4	Save the current training.	Copied exercises remain in the new training.

13. Client training history

13.1 Open history from a client card

Step	Action in English UI	Expected result
1	Open Home -> Clients.	People list opens.
2	Open Olivia Carter.	Client card opens.
3	Tap Training history.	Client history opens.
4	Review the list.	Trainings for Olivia are shown in reverse chronological order.
5	Tap a training card.	The full training card opens.
6	Tap Back.	The app returns to Olivia history and keeps the selected area visible.

14. Duties

14.1 Create a duty

Step	Action in English UI	Expected result
1	Open Home -> Schedule.	Schedule opens.
2	Select today + 4 days.	The date is selected.
3	Tap Create duty.	Duty form opens.
4	Set Trainer to Alex Morgan.	Trainer is selected.
5	Set Location to Midtown Fitness Studio.	Location is selected.
6	Set start time to 09:00 and end time to 13:00.	The duty interval is visible.
7	Enter Notes: Front desk and floor support.	Notes are filled.
8	Set income if visible.	Income is saved.
9	Tap Save.	Duty appears on the selected day.

14.2 Edit and delete a duty

Step	Action in English UI	Expected result
1	Open the duty card from Schedule.	Duty details open.
2	Edit start or end time.	Time fields change.
3	Change trainer or location if needed.	New values are selected.
4	Tap Save.	Schedule shows updated duty.
5	Open a demo duty and tap Delete if deletion is available.	A confirmation appears.
6	Cancel first, then confirm only for a demo duty.	The duty is removed from Schedule.

15. Tasks

15.1 Create a task

Step	Action in English UI	Expected result
1	Open Home -> Tasks if available from Home or navigation.	Tasks screen opens.
2	Tap Add task.	Task form opens.
3	Enter Title: Call Olivia about Friday session.	Title is filled.
4	Enter Notes: Confirm start time and knee status.	Notes are filled.
5	Set due date to tomorrow.	Due date is visible.
6	Select related client Olivia Carter if available.	Client relation is saved.
7	Set priority to important if available.	Priority is visible.
8	Tap Save.	Task appears in Today / upcoming / no date section depending on due date.

15.2 Complete, edit, and delete tasks

Step	Action in English UI	Expected result
1	Open the task.	Task form opens.
2	Edit Notes.	Notes change.
3	Save and return to the list.	Updated note remains.
4	Mark the task completed.	Task moves to Completed or shows completed state.
5	Enable Show completed if needed.	Completed tasks are visible.
6	Delete only demo tasks.	Demo task is removed.

16. Statistics

16.1 Review statistics

Step	Action in English UI	Expected result
1	Open Home -> Statistics.	Statistics screen opens.
2	Review Today block.	Today shows scheduled trainings and location summary.
3	Switch finance period to Today.	Today totals are shown.
4	Switch to Week.	Weekly totals are shown.
5	Switch to Month.	Monthly totals are shown.
6	Toggle local currency / USD if available.	Values are shown in selected currency.
7	Compare with created trainings and duties.	Counts and totals are plausible.

17. Backup, restore, and export

Important: SkyCatsFit keeps automatic backups for the last 10 active days. With active Premium status, you can also create manual backups and restore from automatic, manual, or external backup files.

17.1 Create a manual backup

Step	Action in English UI	Expected result
1	Open Home -> SkyCatsFit Club.	Club screen opens.
2	Scroll to Backup.	Backup controls are visible if Premium status is active.
3	Tap Save backup.	The app creates a manual backup.
4	Open Restore from backup.	The new backup appears in the backup list.
5	Cancel restore unless you intentionally want to restore.	No data changes are made.

17.2 Share a backup file

Step	Action in English UI	Expected result
1	Open SkyCatsFit Club -> Backup.	Backup controls are visible.
2	Tap Share backup file.	Android share sheet opens.
3	Choose a safe destination such as Drive, Files, Telegram to yourself, or e-mail.	The backup JSON file is sent or saved.
4	Return to SkyCatsFit.	The app remains usable.

17.3 Restore from a local backup

Step	Action in English UI	Expected result
1	Open SkyCatsFit Club -> Backup.	Backup controls are visible.
2	Tap Restore from backup.	A list of automatic and manual backups opens.
3	Select a backup.	A confirmation dialog appears.
4	Read the confirmation carefully.	It explains that current data will be replaced by the selected backup.
5	Cancel if this is a demonstration.	No data is restored.
6	Confirm only when you intentionally want to restore.	The selected backup is restored.

17.4 Restore from an external file

Step	Action in English UI	Expected result
1	Open SkyCatsFit Club -> Backup.	Backup controls are visible.
2	Tap Restore from backup file.	Android file picker opens.
3	Choose a SkyCatsFit backup JSON from Downloads, Drive, or Files.	The app reads the file and asks for confirmation.
4	Confirm only if the file is correct.	The backup is restored.

18. Client messages: WhatsApp and Telegram

18.1 Create a client message template

Step	Action in English UI	Expected result
1	Open SkyCatsFit Club.	Club screen opens.
2	Open Client message templates.	Template list opens.
3	Tap Add template.	Template editor opens.
4	Enter Title: Training reminder.	Title is filled.
5	Enter Body: Hi {client_name}, your training is on {date} at {time} at {location}.	Template body contains placeholders.
6	Save the template.	Template appears in the list.

18.2 Send or prepare WhatsApp message from training

Step	Action in English UI	Expected result
1	Open a training for Olivia.	Training card opens.
2	Open the WhatsApp message action.	Message composer opens.
3	Choose Training reminder template.	The message preview is filled with training data.
4	Edit the message if needed.	Preview changes.
5	Tap Open WhatsApp.	WhatsApp opens with the prepared text or contact selection, depending on device/app behavior.
6	Return to SkyCatsFit.	Training card remains available.

18.3 Send or prepare Telegram message

Step	Action in English UI	Expected result
1	Open a training card.	Training details are visible.
2	Open Telegram message action.	Message composer opens.
3	Select a template and review text.	Message contains training details.

4	Tap Open Telegram or Share.	Telegram/share flow opens.
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19. AI Helper setup

Important: AI Helper is optional and requires active Premium status plus a user-provided OpenAI API key. SkyCatsFit does not include an OpenAI key in the APK.

19.1 Enable AI Helper key

Step	Action in English UI	Expected result
1	Open SkyCatsFit Club.	Club screen opens.
2	Scroll to AI Helper.	AI Helper key controls are visible if Premium status is active.
3	Paste your OpenAI API key into the key field.	The key is hidden/masked in the field.
4	Tap Save.	The app validates the key with OpenAI and stores it locally on the device.
5	If validation fails, check the key and internet connection.	The app shows a clear error message.

19.2 Use voice flow

Step	Action in English UI	Expected result
1	Open Home.	Home screen is visible.
2	Tap AI Helper.	The app asks for microphone permission if it is not granted.
3	Grant microphone permission.	Voice recording can start.
4	Say a clear command, then stop recording.	The app transcribes speech and prepares a command.
5	Review the command preview.	You can see what the app plans to do.
6	Tap Run only if the command is correct.	The app executes the command and shows the result.
7	If the command is wrong, cancel or edit/retry.	No unwanted change is made.

20. AI Helper voice commands

The following examples describe the current practical command types. Use simple, explicit language and include date, time, client, trainer, and location when needed.

Function	Example voice command	Expected result
Create training	Create a personal training for Olivia Carter tomorrow at 10 AM at Midtown Fitness Studio with Alex Morgan.	The app prepares a new training command and creates it after confirmation.
Move training	Move Olivia Carter training tomorrow from 10 AM to 11 AM.	The selected training changes start time after confirmation.
Delete training	Delete Olivia Carter training tomorrow at 11 AM.	The app finds the target training and deletes it after confirmation.
Set paid	Mark Olivia Carter training tomorrow as paid.	Training payment status becomes paid.
Set unpaid	Mark Olivia Carter training tomorrow as unpaid.	Training payment status becomes unpaid.
Set status	Set Olivia Carter training tomorrow to completed.	Training status changes to completed.
Change location	Move Olivia Carter training tomorrow to Downtown Gym.	Training location changes if the location exists.
Add exercise	Add Goblet Squat to Olivia Carter training tomorrow with 3 sets of 10 reps at 16 kilograms.	The exercise is added with plan values.
Delete exercise	Remove Plank from Olivia Carter training tomorrow.	The exercise is removed from that training.
Move exercise	Move Goblet Squat before Bench Press in Olivia Carter training tomorrow.	Exercise order changes.
Create duty	Create a duty for Alex Morgan next Monday from 9 AM to 1 PM at Midtown Fitness Studio.	A duty is created after confirmation.

Delete duty	Delete Alex Morgan duty next Monday at Midtown Fitness Studio.	The duty is deleted after confirmation.
Change duty trainer	Change next Monday morning duty to Alex Morgan.	Duty trainer changes.
Change duty location	Move next Monday duty to Midtown Fitness Studio.	Duty location changes.
Change duty start	Start next Monday duty at 10 AM.	Duty start time changes.
Change duty end	End next Monday duty at 2 PM.	Duty end time changes.
Add task	Add a task to call Olivia tomorrow about her knee limitation.	The app opens or prepares a task draft.

20.1 Best practices for AI commands

Step	Action in English UI	Expected result
1	Say one command at a time.	The AI Helper has a clear target.
2	Use client names exactly as stored in the app.	The app can match the correct person.
3	Include date and time for schedule commands.	The app can find or create the correct event.
4	Review the preview before tapping Run.	You avoid accidental changes.
5	If multiple events match, cancel and say a more specific command.	No wrong event is changed.

21. Website, cabinet, support, and account deletion

21.1 Use the website and cabinet

Step	Action in English UI	Expected result
1	Open skycatsfit.com in a browser.	The website opens.
2	Open Club or cabinet page.	Club/cabinet flow opens.
3	Use the app connection or web login flow.	The cabinet becomes available.
4	Review Club/Premium status in the cabinet.	Status information is visible.
5	Return to Android and tap Check status.	The Android app updates the same status.

21.2 Delete SkyCatsFit Club account path

Step	Action in English UI	Expected result
1	Open Android -> SkyCatsFit Club.	Club screen opens.
2	Scroll below Backup to Delete SkyCatsFit Club account.	The account deletion information card is visible.
3	Read what will be deleted.	The text explains that server-side Club data will be deleted.
4	Read what will not be deleted.	The text explains that local app data on the phone is not deleted automatically.
5	If connected, tap Open web cabinet.	Browser opens the cabinet, where account deletion can be performed.
6	Tap Account deletion request page.	Browser opens /en/account-deletion or /ru/account-deletion based on app language.
7	Copy SkyCatsFit ID if available.	The ID is copied and can be used in the web request.

21.3 Support request

Step	Action in English UI	Expected result
1	Open SkyCatsFit Club -> Support.	Support area opens.
2	Create a ticket with subject and message.	The ticket is sent to support.
3	Open the ticket thread.	Messages are shown.
4	Send a reply.	The reply appears in the thread.

22. Troubleshooting

Problem	What to do
Android blocks APK installation	Allow installation from the browser/file manager. If Play Protect warns about an unknown app, choose Install anyway if you trust the source.
App does not update over an old build	The old build may have a different signature. Back up data, uninstall the old build, and install the signed website APK.
Club status does not update	Check internet connection, open SkyCatsFit Club, tap Check status, and try again later if the server is unavailable.
Premium features are locked	Open the web cabinet and check Premium status, then return to the app and tap Check status.
Backup sharing does not open	Check that a compatible external app is installed. Try Files, Drive, Telegram, or e-mail.
Restore file is not accepted	Use a valid SkyCatsFit backup JSON file. Do not edit the JSON manually.
AI Helper does not work	Check Premium status, microphone permission, internet connection, and OpenAI API key.
AI command finds the wrong event	Cancel, then repeat with client name, date, time, trainer, and location.
WhatsApp does not open contact directly	Use the WhatsApp recipient picker. Some Android/WhatsApp versions handle intents differently.
Biometric lock is unavailable	Set up fingerprint/face/PIN in Android system settings first.

Appendix A. Suggested demo data

Type	Example data to use
Client 1	Name: Olivia Carter Nickname: Olivia/Oli Phone: +1 202 555 0148 Goal: Improve strength and posture Limitations: Mild knee discomfort Notes: Prefers morning sessions
Client 2	Name: Daniel Brooks Nickname: Daniel/Dan Phone: +1 202 555 0186 Goal: Fat loss and conditioning Limitations: None Notes: Likes short rest periods
Trainer	Name: Alex Morgan Mark as trainer: On Phone: +1 202 555 0112
Group	Name: Morning Strength Group Mark as group: On
Location	Name: Midtown Fitness Studio Address: 245 W 38th St, New York, NY Notes: Main training room
Exercises	Goblet Squat, Bench Press, Lat Pulldown, Plank, Dumbbell Row, Treadmill Walk

Training demo	Values
Personal training	Client: Olivia Carter Trainer: Alex Morgan Location: Midtown Fitness Studio Date: today + 3 days Time: 10:30-11:30 Type: Personal Status: Confirmed Price: 80 Income: 50
Duty	Trainer: Alex Morgan Location: Midtown Fitness Studio Date: today + 4 days Time: 09:00-13:00 Notes: Front desk and floor support
Task	Title: Call Olivia about Friday session

	Due: tomorrow Related client: Olivia Carter Priority: important
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Appendix B. Quick reference: AI command examples

1. Create a personal training for Olivia Carter tomorrow at 10 AM at Midtown Fitness Studio with Alex Morgan.
2. Move Olivia Carter training tomorrow from 10 AM to 11 AM.
3. Delete Olivia Carter training tomorrow at 11 AM.
4. Mark Olivia Carter training tomorrow as paid.
5. Mark Olivia Carter training tomorrow as unpaid.
6. Set Olivia Carter training tomorrow to completed.
7. Move Olivia Carter training tomorrow to Midtown Fitness Studio.
8. Add Goblet Squat to Olivia Carter training tomorrow with 3 sets of 10 reps at 16 kilograms.
9. Remove Plank from Olivia Carter training tomorrow.
10. Move Goblet Squat before Bench Press in Olivia Carter training tomorrow.
11. Create a duty for Alex Morgan next Monday from 9 AM to 1 PM at Midtown Fitness Studio.
12. Delete Alex Morgan duty next Monday at Midtown Fitness Studio.
13. Change next Monday morning duty to Alex Morgan.
14. Move next Monday duty to Midtown Fitness Studio.
15. Start next Monday duty at 10 AM.
16. End next Monday duty at 2 PM.
17. Add a task to call Olivia tomorrow about her knee limitation.