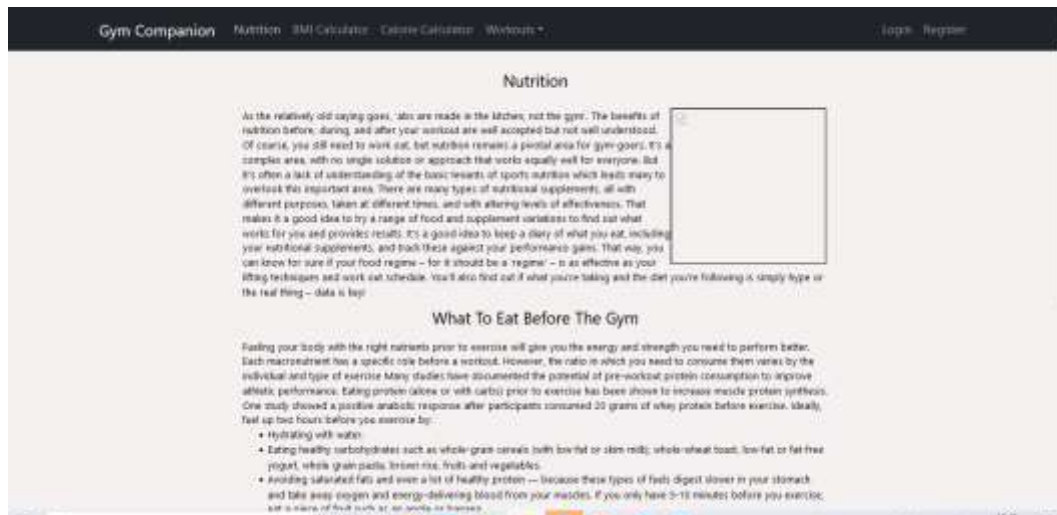


Business Requirement Document

1. The website opens up and shows the home page as shown in the picture below.



2. BMI calculator functions correctly and displays correct values based on user input.
3. Login button takes you to the login page
4. Sign up takes you the register page.
5. Calorie counter tracks how many calories you need based on the amount of activity you do
6. BMR calculator that calculates the calories needed to function properly.
7. Nutrition page
8. Register will require the user to enter new username and password.
9. Login requires you to input username and password already register on the databases. It will then take you to the user menu as shown in the picture below.

Welcome to your gym companion account



10. Allows the user to create and add a new diet to their diet plan.

11. Allows the user to search a specific exercise in the create workout menu based on.

- Body type.
- Body part.
- Gender preference.

12. The user can create and add a new exercise to their workout plan.

13. The view days allows the user to view.

- The current days from this week that shows what days they are working out.
- The previous days from last week that shows what days they worked out.

14. The view workout button will show you the current exercises that the user is currently doing.

15. The view diet plan allows the user to view their current diet plan.

16. The reset days will do the following.

- Set the current weekdays to 'none', resetting the current week.
- Copy and paste the days from current week to previous week.

17. The user is able to change the current days worked out for each individual day to either 'yes' or 'no' and save their progress.

18. deleting a diet will remove a meal from the user's diet plan.

19. deleting an exercise will remove an exercise from the user's training plan.

20. the user can log out.

21. Log in again and view all the details added from the previous tests to see if they loaded correctly.