

# Requirement and Analysis Document for Training Tracker

## 1. Introduction

The purpose of this application is to motivate people to exercise more by being easy to use and by providing premade workouts complete with instructions on how to perform them. To make users keep exercising, constant achievements rewarding regularity will be added accompanied by challenges where the user can set personal records for popular and well known exercises. The application will also save statistics of the user's progress.

## 2. Requirements

### 2.1 User stories

#### **User story 1**

Story Identifier: <01>

Story Name: <Divided interface>

#### Description

As an exerciser I want the interface to be divided into different sections, to more easily be able to focus on the chosen task.

#### Confirmation

List all acceptance criteria; you should be able to test/confirm these.

Functional:

1. Clicking on a tab will switch the view to the chosen fragment
2. The tab you are currently in is highlighted
3. When pressing the back button on the phone the user will go back to the previous one.

Non-functional:

- availability...
- security...

## **User story 2**

Story Identifier: <02>

Story Name: <List of exercises>

### Description

As an exerciser I want to see a list of exercises so that I can decide what exercises to do.

### Confirmation

List all acceptance criteria; you should be able to test/confirm these.

Functional:

- 1.All exercises are shown correctly in the list
- 2.If you apply a filter, only the chosen exercises will be shown
- 3.You can click on an exercise list object

Non-functional:

- availability...
- security...

## **User story 3**

Story Identifier: <03>

Story Name: <Exercise instructions>

### Description

As an exerciser I want to see instructions for different exercises so that I know what to do.

### Confirmation

List all acceptance criteria; you should be able to test/confirm these.

Functional:

- 1.The content of the selected exercise is shown in the detail view

Non-functional:

- availability...
- security...

## **User story 4**

Story Identifier: <04>

Story Name: <Create exercises>

### Description

As an exerciser I want to be able to create my own exercises, edit them, and add them to the list of exercises so that I can customise my own workouts

### Confirmation

List all acceptance criteria; you should be able to test/confirm these.

Functional:

1. When an exercise is created it is added to the list of exercises and displayed

Non-functional:

- availability...
- security...

## **User story 5**

Story Identifier: <05>

Story Name: <List of workouts>

### Description

As an exerciser I want to see a list of premade and custom-made workouts so that I can decide what type of workout I would like to do.

### Confirmation

List all acceptance criteria; you should be able to test/confirm these.

Functional:

- 1.You can select a workout and see its detail view
- 2.All workouts are shown
- 3.When a workout is added, or removed, the list will be updated

Non-functional:

- availability...
- security...

## **User story 6**

Story Identifier: <06>

Story Name: <Create workouts>

### Description

As an exerciser I want to be able to create my own custom workouts so that the training suits me

### Confirmation

List all acceptance criteria; you should be able to test/confirm these.

Functional:

- 1.When a custom workout is created it will be added to the list

Non-functional:

- availability...
- security...

## **User story 7**

Story Identifier: <07>

Story Name: <Usage statistics>

### Description

As an exerciser I want to see daily/weekly/monthly statistics so that I can plan my training

### Confirmation

List all acceptance criteria; you should be able to test/confirm these.

Functional:

Non-functional:

- availability...
- security...

## **User story 8**

Story Identifier: <08>

Story Name: <Results history>

### Description

As an exerciser I want to compare my results for specific exercises so that I can see how it has changed

### Confirmation

List all acceptance criteria; you should be able to test/confirm these.

Functional:

Non-functional:

- availability...
- security...

## **User story 9**

Story Identifier: <09>

Story Name: <Workout History>

### Description

As an exerciser I want to be able to see a history of completed workouts to get a better overview of my previous training

### Confirmation

List all acceptance criteria; you should be able to test/confirm these.

Functional:

1.Display a list of completed workouts

Non-functional:

- availability...
- security...

## **User story 10**

Story Identifier: <10>

Story Name: <Start a workout>

### Description

As a user I want to be able to start a workout and mark it as done when completed, so that I can feel like I accomplished my goals

### Confirmation

List all acceptance criteria; you should be able to test/confirm these.

Functional:

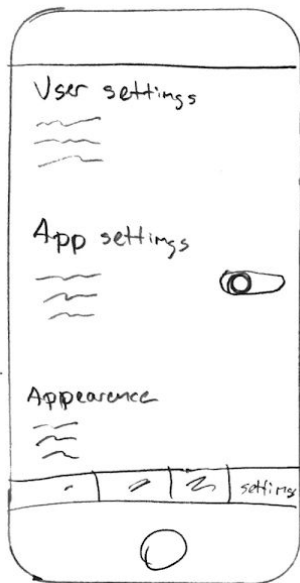
- 1.When you start a workout you will be moved to the ActiveWorkoutView
- 2.As you complete each part of the workout, a progressbar will be updated, to show your progress
- 3.When a workout is completed it will be added to the history

Non-functional:

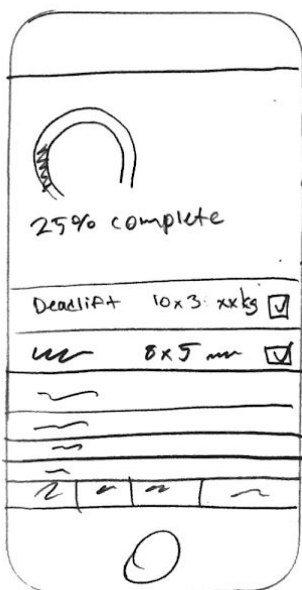
- availability...
- security...

## 2.2 User Interface

### GUI-Sketches V1:

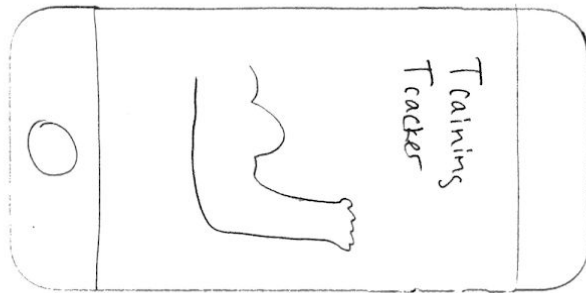


Settings view

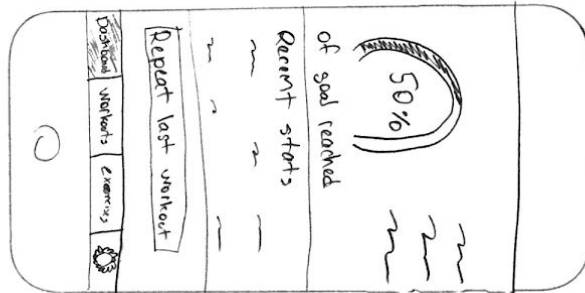


Active workout view

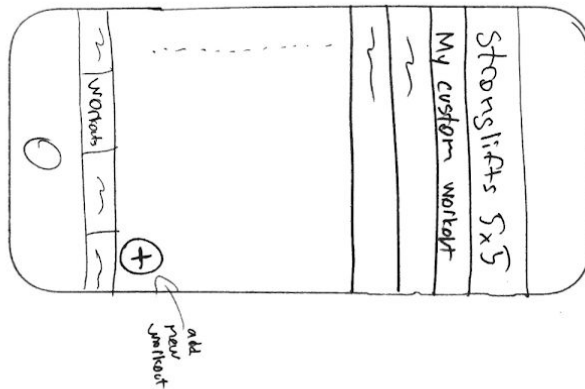
Splash screen



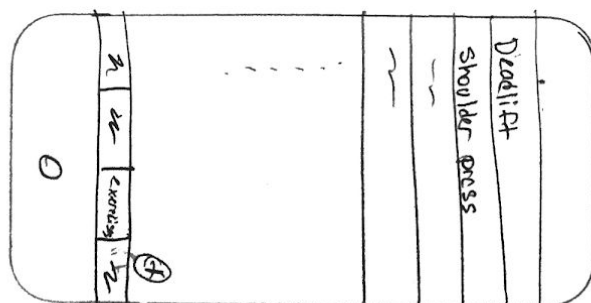
Starting view  
(Dashboard)



Workout view



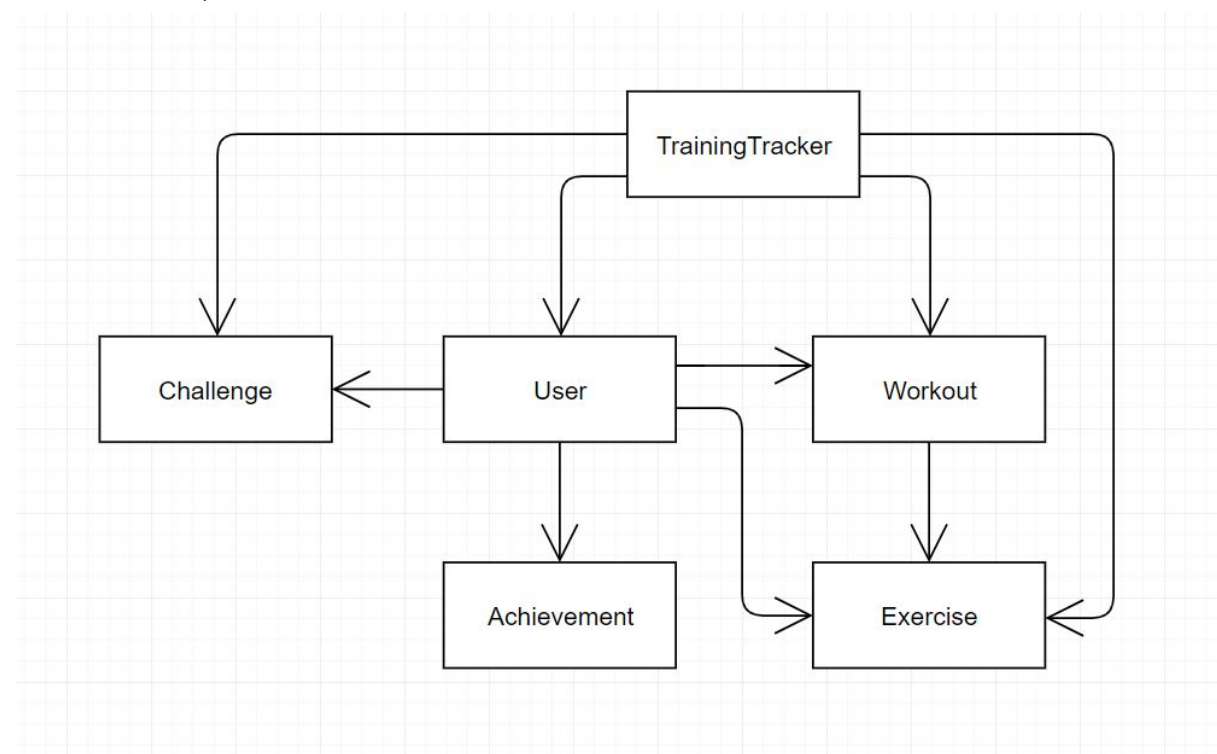
Exercise view



The above are early sketches of the user interface. The main method of navigation through the interface was decided early, and can be seen in the sketches, a module tabs type of navigation. The user can navigate the app by selecting one of the main areas of the app ( in this case “Dashboard”, ”Workouts”, “Exercises” and “Settings”. From within each tab the user can navigate further. The Dashboard shows statistics and also acts as a start page. The Workout tab displays the list of all workouts, allows the user to create new workouts via the “+ button” in the downright corner, and leads to a more detailed view of a workout when one is selected from the list. The Exercise tab displays the list of all exercises, allows the user to create new exercises via the “+ button” in the downright corner, and leads to a more detailed view of an exercise when one is selected from the list. The Settings tab will let the user change the app settings.

### 3. Domain Model

Domain Model, current version



#### 3.1 Class responsibilities

The main class of the domain model is Training Tracker. Training Tracker is responsible for holding lists of the pre-made Workouts and Exercises in the app. It also holds the user-information, and the available challenges. The User of the app is responsible for holding the custom-made Workouts and exercises which are unique to the individual user. The User also stores information about personal challenges and achievements. Exercises contain the name and description of an exercise as well as the training category it belongs to. Workouts contain a name and description and also a list of exercises to perform.



- As an exerciser I want the interface to be divided into different sections, to more easily be able to focus on the chosen task.
- As an exerciser I want to see a list of exercises so that I can decide what exercises to do.
- As an exerciser I want to see instructions for different exercises so that I know what to do.
- As an exerciser I want to be able to create my own exercises, edit them, and add them to the list of exercises so that I can customise my own workouts
- As an exerciser I want to see a list of premade and custom-made workouts so that I can decide what type of workout I would like to do.
- As an exerciser I want to be able to create my own custom workouts so that the training suits me
- As an exerciser I want to see daily/weekly/monthly statistics so that I can plan my training
- As an exerciser I want to compare my results for specific exercises so that I can see how it has changed
- As an exerciser I want to be able to see a history of completed workouts to get a better overview of my previous training
- As a user I want to be able to start a workout and mark it as done when completed, so that I can feel like I accomplished my goals