Andrifitness Requirements

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Andrifitness App Requirements:

- 1. As a user, I should be able to design my workout regime or pick a pre-designed one.
- 2. As a user, I should be able to track my workout progress.
- 3. As a user, I should be able to add/update my height and weight.
- 4. As a user, I should be able to add what I have eaten and update how much water I had for the day.
- 5. As a user, I should be able to delete the workout regimes that I created.
- 6. As a user, I should be able to receive reminders to stay on track with my workout plan throughout the day.
- 7. As a user, I should be able to see videos explaining the exercise to me.
- 8. As a user, I should be able to view my logs: weight, progress tracker, and daily check-ins.
- 9. As a user, I should be offered a fitness challenge once a week.
- 10. As a user, I should be able to time how long it takes me to complete a set.