FUNCTIONAL REQUIREMENTS

1. Speed
2. Navigation
3. Authentication
4. Ease of use
5. Security
6. Easy access

USER-DEFINED REQUIREMENTS

1. The web app should allow new users to sign in anytime.
2. The web app should be able to tell when the user opens the app.
3. The web app should allow users verify their passwords.
4. The web app should be able to time users when they are working out or sleeping.
5. The web app should be able to allow users set a sleep timer.
6. The web app should be able to allow old users login anytime.
7. The web app should allow users search for any workout or meal plan of their choice.
8. The web app should be able to keep users information private and safe.
9. The web app should be able to allow users plan a workout routine.
10. The web app should be easy to navigate through.
11. The web app should be able to give tips for workout.
12. The web app should be able to give tips for a meal plan.
13. The web app should be able to teach new users how to use the app.
14. The web app should be fast when in use.