System Requirements Specification REVITALIZE

 ${\it Team~13,~REVITALIZE}$

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Table 1: Revision History

Date	Developer(s)	Change
September 29th, 2022	Youssef Dahab	The Purpose of the Project

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1 Project Drivers

1.1 The Purpose of the Project

Sustaining a healthy lifestyle requires people to keep track of their eating, exercising, and sleeping habits. This can prove to be a daunting and time consuming thing to do especially when most people are very busy with their lives. The purpose of this project to create an all in one health and wellness mobile application that allows users to manage their diet, exercise, and sleep. REVITALIZE is designed to supply users with the means to improve their health by providing them with meal recipe's based on their nutritional preferences, a personalized workouts planner and a sleep tracker.

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