

System Requirements Specification

REVITALIZE

Team 13, REVITALIZE

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Table 1: Revision History

Date	Developer(s)	Change
September 29th, 2022	Youssef Dahab	Project Drivers
October 1st, 2022	Youssef Dahab	Added Goals of the Project
October 1st, 2022	Syed Bokhari	Added Functional Requirements and Use Case Diagram
October 2nd, 2022	Bill Nguyen	Added Non-Functional Requirements and Use Case Diagram
October 3rd, 2022	Syed Bokhari	Added Work Partitioning Tables
October 4th, 2022	Youssef Dahab	Added Open issues and New Problems
October 5th, 2022	Youssef Dahab	Completed Project Issues
October 5th, 2022	Hasan Kibria	Added Constraints and Context Diagram

Contents

1	Project Drivers	4
1.1	The Purpose of the Project	4
1.2	Scope	4
1.3	Goals of the Project	4
1.4	The Stakeholders	4
1.4.1	Primary Stakeholders	4
1.4.2	Secondary Stakeholders	4
1.4.3	Facilitating Stakeholders	5
2	Project Constraints	5
2.1	Mandated Constraints	5
2.1.1	MC 1	5
2.1.2	MC 2	5
2.2	Naming Conventions and Terminology	5
2.3	Relevant Facts and Assumptions	5
2.3.1	Facts	5
2.3.2	Assumptions	6
3	Context Diagram	6
4	Functional Decomposition Diagrams	7
4.0.1	Work Partitioning	7
4.1	Use Case Diagram	9
4.2	Activity Diagram	9
5	Functional Requirements	9
6	Non-functional Requirements	11
6.1	Look and Feel Requirements	11
6.1.1	Appearance Requirements	11
6.1.2	Style Requirements	11
6.2	Usability and Humanity Requirements	11
6.2.1	Ease of Use Requirements	11
6.2.2	Personalization and Internationalization Requirements	12
6.2.3	Learning Requirements	12
6.2.4	Understandability and Politeness Requirements	12
6.2.5	Accessibility Requirements	12
6.3	Performance Requirements	12
6.3.1	Speed and Latency Requirements	12
6.3.2	Safety-Critical Requirements	12
6.3.3	Precision or Accuracy Requirements	12
6.3.4	Reliability and Availability Requirements	13
6.3.5	Robustness or Fault-Tolerance Requirements	13
6.3.6	Capacity Requirements	13

7	Project Issues	13
7.1	Open Issues	13
7.2	Off-the-Shelf Solutions	13
7.3	New Problems	13
7.4	Tasks	14
7.5	Migration to the New Product	14
7.6	Risks	14
7.7	Costs	14
7.8	User Documentation and Training	14
7.9	Waiting Room	15
7.10	Ideas for Solutions	15
8	Reflection Appendix	15
8.1	Knowledge and Skills Needed	15
8.2	How Knowledge and Skills Will Be Acquired	15
9	References	16

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.

1.2 Scope

REVITALIZE will allow users to find recipes for meals based on nutritional preferences such as calories per meal, diet selections, allergies to avoid and ingredients included. The user will be able to count their calorie and nutrient intake through the nutrition logger. The workout planner will allow users to choose from an already existing list of workouts or construct their own workout schedule along with weights, sets, and repetitions. The sleep tracker will provide users with information regarding their sleep. There will be a focus on improving user experience throughout the application along with supplying users with accurate data regarding their health.

1.3 Goals of the Project

The goal of this project is to make REVITALIZE, for it's stakeholders, the go to, easy to use, quick, and accessible all in one mobile application for effectively and efficiently managing a person's diet, exercise, and sleep to improve their overall health and well being. The goal of making REVITALIZE a mobile application is for it to be easily accessible to users from their phone at any time and place. Users do not have to memorize their health goals or write them down on a piece of paper that they carry with them all the time. The goal of documenting this project is for stakeholders to have a physical system documentation of a functional product that they can refer to when needed. Stakeholders will be able to match the application to the documentation.

1.4 The Stakeholders

1.4.1 Primary Stakeholders

Adults and teenagers who want to improve and keep track of their overall health and wellness via an easy to use, all in one application.

1.4.2 Secondary Stakeholders

Individuals who may not use the application directly for themselves or are not directly involved with the use of the application but have an indirect benefit. For instance, personal

trainers can use REVITALIZE to keep track of workouts, sleep, and the overall health of their clients.

1.4.3 Facilitating Stakeholders

Team 13 members building the REVITALIZE application along with Dr.Spencer Smith and the 4G06 TAs.

2 Project Constraints

2.1 Mandated Constraints

2.1.1 MC 1

- Description: Total project monetary constraints must not exceed \$750
- Rationale: The project must be financially feasible as a no-profit, student-created piece of work

2.1.2 MC 2

- Description:The entire project and its ordered subtasks must be completed as per the deadlines defined by one of the facilitating stakeholders (Dr. Smith)
- Rationale:This project is also graded as part of a university course and hence must adhere to strict deadlines

2.2 Naming Conventions and Terminology

Table 2: Terms and Definitions	
Term	Definition
Main Calender Menu	Main page of application after login page, here one can navigate their way to other menus.
Diet Menu	Menu page with functionality naturally inherent to diet-related data
Workout Menu	Menu page with functionality naturally inherent to exercise-related data
Rest Menu	Menu page with functionality naturally inherent to sleep-related data

2.3 Relevant Facts and Assumptions

2.3.1 Facts

- The average daily caloris intake for an adult is 2000 calories

- The average amount of daily sleep required by an adult is 6-8 hours

2.3.2 Assumptions

- User is familiar with basic additive and multiplicative mathematics
- User knows how to operate a smart mobile phone
- User can read english at a limited working proficiency

3 Context Diagram

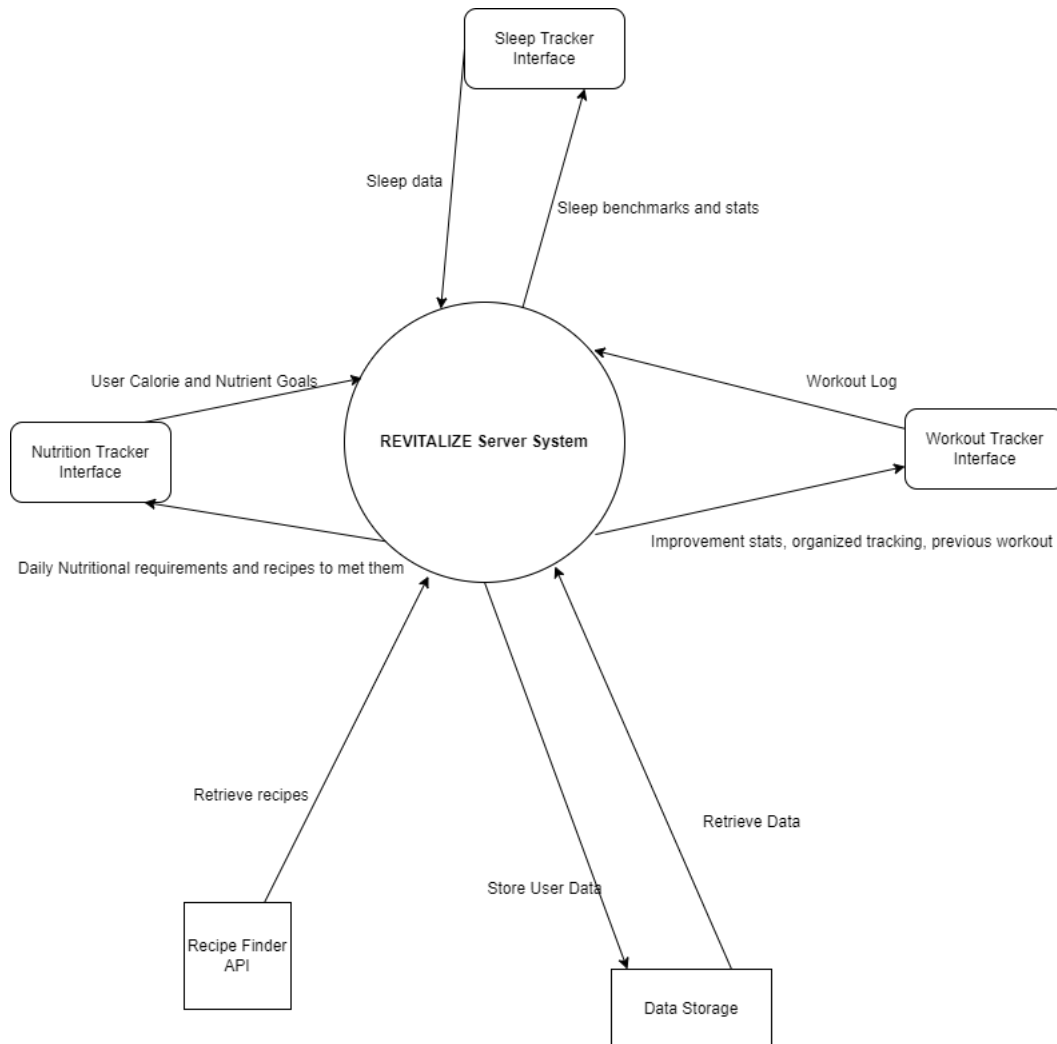


Figure 1: Context diagram for Revitalize

4 Functional Decomposition Diagrams

4.0.1 Work Partitioning

Table 3: Work Partitioning Events

Event Number	Event Name	Input	Output
1	Launch the application login page	Touch	Main Calender Menu
2	Opening the sign up page	Touch	Login Page
3	Opening the main calender menu	Touch	Diet Menu, Workout Menu, Rest Menu
4	Opening the diet menu	Touch	Food List
5	Opening the workout menu	Touch	Excercise List
6	Opening the rest menu	Touch	Sleep log

Table 4: Work Partitioning Summaries

Event Number	Summary
1	The user, through the touch input, decides to launch the applicaiton.The application launches with the login page and after successful credentials the main calender menu will be shown.
2	The user, through the touch input, decides to open the sign up page. After successful credentials the login page will be shown.
3	The user, through the touch input, decides to enter the main calender menu. The user can use touch input to select either the diet menu, workout menu or the rest menu.
4	The user, through the touch input, decides to enter the diet menu. The user can use touch input to view the list of logged food for the calender day, add custom meals, add recipes and search recipes. The user can also navigate through the calender for previous date food entries.
5	The user, through the touch input, decides to enter the workout menu. The user can use touch input to view the list of logged excercises for the calender day, add custom excercises, add preset excercises, and update set and repitition values for each excercise. The user can also navigate through the calender for previous date workout entries.
6	The user, through the touch input, decides to enter the rest menu. The user can use touch input to alter the sleep data for the current calender date if innacurate. The user can also navigate through the calender for previous date sleep logs.

4.1 Use Case Diagram

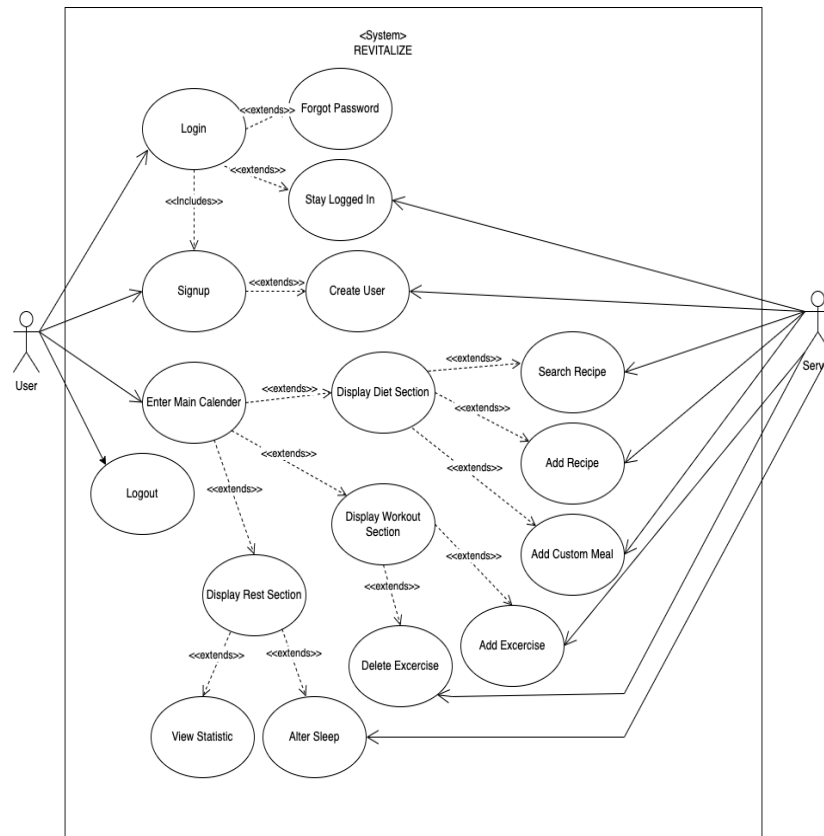


Figure 2: Use case diagram for REVITALIZE

4.2 Activity Diagram

5 Functional Requirements

BE1. The user launches the application

FR1. The system must display a login page upon the start of the application.

FR2. The login page must display fillable username and password textboxes

FR3. The login page must display a login button

FR4. The login page must display a forgot password button

FR5. The login page must display a stay logged in checkbox

FR6. The system must save prior login information if the stayed logged in checkbox is checked

FR7. The login page must display a sign up button that redirects to a signup page

FR8. The system must check the validity of the input parameters in the login page

BE2. The user selects the sign up button

FR9. The signup page must display fillable username, password, email textboxes

FR10. The signup page must display a signup button

FR11. The system must check the validity of the input parameters in the signup page

BE3. The user enters the main page after successful login

FR12. The system must display a calender with the current date on successful login

FR13. The system must have a previous day and next day button on each page after successful login

FR14. The system must display a back button on each user interface after a section is selected

FR15. The system must display the sections Diet,Excercise and Rest on the current calender day

BE4. The user enters the Diet section

FR16. The system must prompt the user to height, input dietary, weight, calorie information on initial launch of Diet section

FR17. The system must save initial user height, dietary, wieght, calorie information

FR18. The Diet section must initialize with a list of food logged on the current calender day

FR19. The Diet section must display an add food button

FR20. The Diet section must display a search food button

FR21. The search food button must launch a recipe criteria user interface

FR22. The recipe criteria user interface must display a list of modifiable criteria and a search button

FR23. The recipe search must display correct recipe values based on constraints

FR24. The recipe search must display a select recipe and add recipe button

FR25. The Diet section must have an add custom meal button

FR26. The add custom meal button must have fillable textboxes for recipe information

FR27. The previous day and next day button must launch the previous or next calender entry of the user section

BE5. The user enters the Workout section

FR28. The Workout section must initialize with a preset list of excercises on the current calender day

FR29. The Workout section must have an add excercise and delete excercise button

FR30. The excercises must display an edit excercise button that launches the changeable excercise information when clicked

FR31. The Workout section must have an add exercise and delete exercise button

FR32. The Workout section must prompt the user to add repetitions and sets of each exercise logged in the current calendar day

BE6. The user enters the Rest section

FR33. The Rest section must launch with the sleep statistics of the current calendar day

FR34. The system must allow the user alter inaccurate sleep data

6 Non-functional Requirements

Note: followed the volere requirements template

6.1 Look and Feel Requirements

6.1.1 Appearance Requirements

LF1. The application must have a neat and attractive design.

Fit Criterion: A focus group of primary stakeholders such as teenagers and young adults will look at UI/UX design of application and would require an 85% approval rating.

6.1.2 Style Requirements

LF2. The application must use colours that are appealing and contrasting to make it more accessible and non-intrusive.

Fit Criterion: A focus group of primary stakeholders such as teenagers and young adults will test application with a focus on colour and need an 85% approval rating that the associated colours do not intrude/distract users from overall application.

6.2 Usability and Humanity Requirements

6.2.1 Ease of Use Requirements

UH1. All aspects and features of mobile application can be used using only one hand/one finger.

Fit Criterion: 95% of stakeholders with varying size hands/fingers are able to use all aspects of mobile application using one hand/one finger.

UH2. The application home page must be simple so that user can access any feature of application in under 10 seconds

Fit Criterion: 90% of stakeholders can navigate to any of application features from home page in under 10 seconds.

- UH3. The application should be easy to use for targeted demographic
Fit Criterion: A focus group of primary stakeholders such as teenagers and young adults with youngest age being 14 will test application and need an 85% approval rating that application was easy to use.

6.2.2 Personalization and Internationalization Requirements

NOT AVAILABLE

6.2.3 Learning Requirements

- UH4. Users without any prior experience should be able to use and understand application within 3 iterations of each feature.
Fit Criterion: 85% of stakeholders can use and understand basic/common aspects of all features within 3 iterations.

6.2.4 Understandability and Politeness Requirements

- UH5. Associated UI aspects such as buttons, drop-downs, words etc. must be consistent
Fit Criterion: 85% of stakeholders agree that all UI aspects are simple, consistent and understandable.

6.2.5 Accessibility Requirements

- UH6. Mobile application should be compatible with android screen readers tool, for potential users with impaired vision.
Fit Criterion: Accessibility tests, will be conducted and 95% of application UI should be able to be read using an android screen reader tool.

6.3 Performance Requirements

6.3.1 Speed and Latency Requirements

- PE1. All output data of application must take 5 seconds or less to load, based on associated inputs.
Fit Criterion: Developers will run performance tests and ensure all output data loads within 5 seconds or less for 95% of all API responses and outputs.

6.3.2 Safety-Critical Requirements

NOT AVAILABLE

6.3.3 Precision or Accuracy Requirements

- PE2. All output data/numbers should be accurate for double precision floating points.
Fit Criterion: Perform associated testing (ex. unit testing) to ensure output is accurate for double precision and passes all test cases.

6.3.4 Reliability and Availability Requirements

PE3. Application must have an uptime of 99%.

Fit Criterion: Description provides all necessary information.

6.3.5 Robustness or Fault-Tolerance Requirements

NOT AVAILABLE

6.3.6 Capacity Requirements

PE4. Application can be used by a large amounts of users simultaneously.

Fit Criterion: Application can withstand the usage of at least 50+ users without performance being affected.

PE5. Application can store/save large amount of data.

Fit Criterion: Application can store/save 1 million+ of data points for all users.

7 Project Issues

7.1 Open Issues

The REVITALIZE team members have not completed their investigation of how to make mobile applications compatible with screen reader tools to make REVITALIZE accessible to users with impaired vision.

Moreover, the level of difficulty of maintaining and scaling this project is an open issue as it is highly dependent on the implementation. The team has not yet completed it's assessment of the projection of users, costs, and allocated budget to make a current decision on the maintainability and scalability of the project.

Another open issue is regarding the way capacity testing will be conducted:

- The team has yet to determine how it will find and group a large pool of people simultaneously, ideally 50 or more, to test the application's performance before launch.
- Determining how to gather large masses user data points, ideally 1 million+, to test the application's storage capacity and performance.

7.2 Off-the-Shelf Solutions

7.3 New Problems

Potential new problems that the REVITALIZE team can encounter include:

- API failures
- Server connection errors

- Copy right issues

API failures can occur as a result of connectivity issues, a connection breakdown to the URL, or if it's overloaded with requests from the REVITALIZE application. It is possible to encounter copyright issues when using images from the internet to add visuals to the application. This may or may not complicate the graphical user interface design process. A server connection error is less common but may occur due to a network connection error or if the server is offline.

7.4 Tasks

Tasks are scheduled and delegated as per the project [Gantt Chart](#). It will be updated throughout the project to include required tasks and their completion status.

7.5 Migration to the New Product

NA

7.6 Risks

- Risk 1: Project may be too complex to complete in eight months because it makes use of multiple built-in and external libraries, other frameworks and application programming interfaces
 - Probability of risk becoming a problem: Medium
 - Contingency plan: Change project scope to meet the minimum number of goals and requirements set by the team to deliver the project
- Risk 2: What if primary stakeholders are not too excited about using the REVITALIZE application after it's launched?
 - Probability of risk becoming a problem: Medium
 - Contingency plan: REVITALIZE team members shall speak to primary stakeholders and listen to their feedback to improve the application.

7.7 Costs

The estimated time cost to deliver this project is eight months. This includes gathering requirements, designing, documenting, implementing, and testing. The cost of launching REVITALIZE to the Google Play Store and App Store are 25\$ and 99\$ respectively.[1]

7.8 User Documentation and Training

No user documentation is required to use REVITALIZE. Users will be able to download REVITALIZE as a mobile application from either the Google Play Store or App Store. No training is necessary as using REVITALIZE will be intuitive.

7.9 Waiting Room

Ideas that are currently in the waiting room that shall be developed, given enough time, include:

- Personal Trainer Integration
 - A user's personal trainer can set their diet, workout, and sleep schedules. The trainer can also view user's progress and adjust their schedules.
- Sleep Data Predictor
 - A sleep data predictor that takes users sleep data to extrapolate their health conditions and give tips on optimizing their sleep.

7.10 Ideas for Solutions

Possible ideas to make REVITALIZE accessible to all people include designing clear layouts, increasing font sizes, increasing text visibility, using large buttons and controls, and describing user interface elements. Another idea to prevent API failures is to run tests to monitor and track API performance from early development through production.

8 Reflection Appendix

8.1 Knowledge and Skills Needed

Bill Nguyen: Skills that need to acquire are end to end development, CI/CD, multiple ways of testing (integration, unit, acceptance tests etc...). Will be needed since project is end to end (front-end, back-end, database etc.), will be using CI/CD to deploy code changes, and will be testing project in multiple ways.

Hasan Kibria: Skills that need to acquire are development with mobile app frameworks and deployment of a mobile application.

8.2 How Knowledge and Skills Will Be Acquired

Bill Nguyen: Project will be end to end so will implement code in front-end, back-end etc. and will be integrating all components to make it an end to end project. Will use CI/CD in project to integrate and deploy code, so will add necessary steps in yaml file to make and update CI/CD process. Will research and implement unit, integration, acceptance tests etc. to learn more about multiple types of tests.

Hasan Kibria: Developing/ deploying the codebase that uses a development mobile app framework and using Stack Overflow/ other online resources for ongoing guidance with regards to development as well as deploying

9 References

- [1] [How much does it cost to publish an app on the app store?](#)