Fit To Code System Requirements

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Create a web app that will generate a workout plan (gwp) for users

1. Input Requirements
   1. Create Account
      1. First name
      2. Last name
      3. Username
      4. Password
      5. Password verification
      6. Contact info (for when someone locates person)
      7. Height
      8. Age
      9. Medical problems (if you have at least one of the following problems, then please consult with a physician)
         1. Heart conditions
         2. Blood pressure
         3. Cholesterol issues
         4. Clogged arteries

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| * + 1. Question | | | | |
| 1. What is your gym experience (gwp)   Points | Beginner | Intermediate | Advanced | |
| 1. What is your fitness goal   Points | Lose  2 | Bulk  2 | Maintain  2 | |
| 1. How often do you go to the gym? (days per week)   Points | 0-2  3 | 3-5  3 | 6-7  3 | |
| 1. How much time do you spend in the gym? (minutes)   Workouts  Points | Less > 30  3  2 | 30- 60  3-6  4 | 60-90  6-9  6 | 90 < more  9++  8 |

1. Process Requirements
   1. Authenticate password
   2. Take in points from questions under input requirements
2. Output Requirements
   1. Generated workout plan
3. Performance Requirements
   1. The system must support an unlimited number of users simultaneously
   2. Operate 24/7
   3. Create account response time should take less than 1 minute
   4. Login response time should take less than 1 minute
   5. Any clicked button should respond within 1 minute

Find people nearby (fpn) with similar health goals

1. Input Requirements
   1. Create Account
      1. First name
      2. Last name
      3. Username
      4. Password
      5. Password verification
      6. Contact info (for when someone locates person)
      7. Height
      8. Age
      9. Gender (male, female, prefer not to state)
      10. Fitness level (beginner, intermediate, and advanced)
      11. Medical problems (if you have at least one of the following problems, then please consult with a physician)
   2. Location (fpn)
      1. Can we use your location?
      2. Google api (maybe)
2. Process Requirements
   1. Locate accountability partners
   2. Match accountability partners
   3. Authenticate password
   4. Filter by
      1. Ap’s fitness level (beginner, intermediate, and advanced)
      2. Age
      3. Gender (male, female, prefer not to state)
      4. Distance from user
      5. Times per week
      6. 1-on-1
      7. group (how big)
3. Output Requirements
   1. Nearby possible accountability partners
   2. Accountability partner(s) match
4. Performance Requirements
   1. The system must support an unlimited number of users simultaneously
   2. Operate 24/7
   3. Create account response time should take less than 1 minute
   4. Login response time should take less than 1 minute
   5. Any clicked button should respond within 1 minute