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| Requirement # | Description |
| 1 | This tracker will maintain a file for each client |
| 2 | This tracker will make food/recipe recommendation based on client allergies and deficiencies |
| 3 | This tracker will make exercise and exercise schedule recommendations based on client needs and limitations |
| 4 | This tracker will allow progress monitoring using days, weeks, months and years as the unit of measure |
| 5 | This tracker will have a user friendly GUI |