User Stories

As a user I would like …

* to keep track of my weight so I can see my weight loss progress.
  + a line graph that shows my weight over the past 7, 30, 90 days so I have a visual representation of my weight change.
  + to be able to set a weight goal and have that goal visible on the graph because setting goals is important.
  + the app to create smaller goals, or milestones, based on the goal I have set so it helps keep me motivated.
  + the app to keep track and display the amount of weight I have lost/gained in the last 7, 30, and 60 days as well as all time to help visualize my progress.
* to keep track of my diet.
  + to record the amount of calories I eat in a day so I don't overeat.
  + to be able to set a calorie limit/goal to help with diet.
  + to have a progress bar to display how close I am to my calorie limit/goal .
  + to keep track of nutrition related data (sugar, carbs, fat, etc.) in order to improve my diet.
  + to keep track of my daily water intake to make sure I stay hydrated.
* to keep track of my fitness
  + the app to track the amount of distance I walk/run to better improve my activity.
  + to set walking/running distance goals to help motivate
  + To be able to record my workout routine so I can have consistent workouts.
  + to look at pre-existing workout routines for users who don’t know/don’t have their own workout routine.
  + the app to try and give an estimated calories burned based on my workouts to be able activity.
* The app …
  + to allow me to customize the main window to display information I think is most important for me when I open the app.
  + to have tabs for weight, diet, and fitness to display more details than in the main window.
  + to have a user tab so I can see/edit personal info such as age, height, etc…
  + to display a summary page after each day so I can see my progress toward my goals.
  + to have a dark theme in order to be more user friendly.
  + to be accessible on multiple platforms for my convenience.
  + to be able to set personal goals to help motivate.
  + to generate a printable report to share with doctor/dietician, or to keep for personal record.
  + to allow me to compare/compete with friends I add on the app in order to motivate me.
  + to have leaderboards for different health aspects so I can compete with my friends. (Choose what data is shared).
  + to have a login screen in order to not have people to be able to access my profile.
  + the app to be able make notifications to compliment me on completing my goals/ good activity level in order to motivate me.
  + the app to be able to make notifications to make passive aggressive comments on me failing to meet goals/ poor activity level in order to motivate me.
  + the ability to turn off notifications to the app in order not to dissuade me.
  + the ability to customize notifications to the app in order to have a personalized experience.