Fitness Tracker App Requirements Document

1. App Description

The Fitness Tracker app helps users monitor their physical activities and health metrics. It enables users to log workouts, track progress over time, and set fitness goals to stay motivated and healthy.

2. Stakeholders

Stakeholder	Interests/Goals
End Users	Want to easily track workouts, monitor progress, and stay motivated.
Fitness Coaches	Want to monitor clients' activity data to provide better guidance.
Product Owner	Wants the app to have high user engagement and accurate tracking.
Developers	Need clear, actionable requirements to build the app features.
Support Team	Provide timely help and resolve user issues related to data tracking or app usage.

3. Functional Requirements

1. The user shall be able to log different types of workouts (e.g., running, cycling, strength training).
2. The user shall be able to set fitness goals (e.g., steps per day, calories burned).
3. The app shall track daily activity metrics like steps, distance, and calories burned.
4. The user shall be able to view historical workout data in charts or summaries.
5. The app shall send motivational notifications or reminders to encourage activity.

4. Non-Functional Requirements

1. The app shall synchronize data quickly and reliably between the user's device and cloud storage.
2. The app shall ensure secure handling of personal and health data to protect user privacy.
3. The app's interface shall be responsive and work smoothly on both smartphones and tablets.

5. User Stories

- As a user, I want to log my workouts easily so that I can keep an accurate record of my fitness activities.
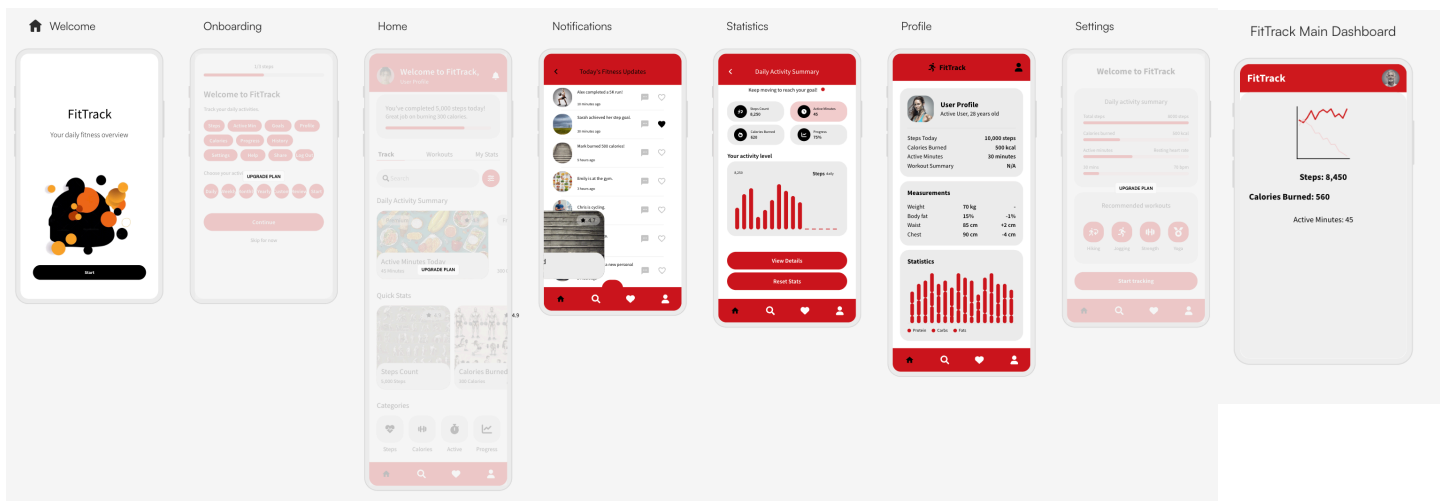- As a user, I want to receive reminders to exercise so that I stay consistent with my fitness goals.

Figure 1: Interactive Prototype