Scenario: Viewing Fitness Progress

Context and Preconditions:

- Context: The user is logged into the Fitness Tracking and Training System on their device.

- Preconditions: The user has been regularly logging workout sessions and fitness activities in the system. The application has been consistently capturing and storing data related to the user's fitness progress.

Sequence of Actions:

1. User Log-in: The user opens the Fitness Tracking and Training System .

2. Navigating to Progress Section: From the main menu , the user selects the "home" section.

3. Choosing Progress Metrics: The system presents various metrics or parameters to track progress, such as:

- Hydration: Tracking changes in hydration over time.

- Workout Duration: Displaying trends in workout durations.

- Distance Covered: Tracking distance covered in running activities.

4. Displaying Progress Data Based on the chosen metrics and time frame, the system generates a graphical representation of the user's progress.

5. Analyzing Trends: The user examines the displayed data to identify trends, improvements, or areas that need attention in their fitness journey.

Expected Outcomes:

- The system presents clear and visually appealing representations of the user's fitness progress based on selected metrics and time frames.

- Users can easily interpret and analyze their progress trends, allowing them to assess their performance and make informed decisions to achieve fitness goals.

End of Scenario:

After reviewing their fitness progress, the user might:

- Feel motivated by positive trends and continue their current fitness routine.

- Make adjustments to their workout plans or dietary habits based on identified areas for improvement.

- Save or export progress data for further analysis or sharing with fitness trainers or healthcare professionals.

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Scenario: Following Guided Workout Instructions

Context and Preconditions:

- Context: The user, a fitness enthusiast, is logged into the Fitness Tracking and Training System.

- Preconditions: The user's device (smart phone, tablet, etc.) has an active internet connection, and the app is updated and functioning properly.

Sequence of Actions:

1. User Login: The user opens the Fitness Tracking and Training System.

2. Navigating to Workout Section: Upon logging in, the user navigates to the 'Workout' section of the app.

3. Choosing a Workout Plan: The user selects a pre-defined workout plan from available options (e.g: day 1, day2 ...).

4. Starting the Workout: After selecting the desired workout, the user taps on the desired Workout to initiate the session.

5. Guided Workout Instructions: The app provides step-by-step instructions or guidance for each exercise within the selected workout plan.

- Exercise Demonstration: It include visual demonstrations (Gif) of each exercise.

- Text Instructions: Clear instructions via voice prompts or text guides users through the workout routine.

6. Performing the Exercises: The user follows the instructions and performs the exercises as guided by the app.

- Timers and Repetitions:The app includes timers for intervals or rest periods and indicates the number of repetitions or duration for each exercise.

- Progress Tracking: The user can track completed sets, repetitions, or time spent on each exercise within the app.

7. Completion of Workout: After finishing the last exercise in the routine, the app signals the completion of the workout session.

Expected Outcomes:

- The user completes the guided workout session, following the prescribed exercises and instructions provided by the app.

- The app records the workout session's details, including exercise completion, duration, and possibly calorie estimation.

End of Scenario:

- The user receives a completion message or notification, acknowledging the successful completion of the guided workout.

- The app may prompt the user to provide feedback on the workout experience or suggest recovery options like stretching or hydration.

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Scenario: Calculating Body Data - Blood Pressure and Body Fat Percentage

Context and Preconditions:

- Context: The user, health-conscious and fitness-focused, is logged into the Fitness Tracking and Training System.

- Preconditions: The user's device (smart phone, tablet, etc.) has an active internet connection, and the app is updated and functioning properly.

Sequence of Actions:

1. User Login: The user opens the Fitness Tracking and Training System.

2. Accessing Calculator Feature: Within the app's navigation menu or dedicated section, the user finds the 'Calculator' .

3. Selecting Blood Pressure Calculation: The user chooses the 'Blood Pressure' calculation option from the available health parameters.

4. Entering Blood Pressure Values: The app prompts the user to input their systolic and diastolic blood pressure readings.

- Dystolic Pressure: User inputs the highest pressure measured during a heartbeat cycle.

- Diastolic Pressure: User inputs the lowest pressure between heartbeats.

5. Calculating Blood Pressure: The app processes the provided values and calculates the user's blood pressure status, possibly indicating if it's within normal range or highlighting potential concerns.

6. Viewing Blood Pressure Result: The calculated blood pressure status (e.g., normal, high, low) and corresponding interpretation or guidance are displayed to the user.

7. Switching to Body Fat Percentage Calculation: The user navigates back to the calculator menu and selects the 'Body Fat Percentage' calculation option.

8. Entering Body Measurements: The app asks the user to input specific body measurements for body fat percentage calculation.

- Height: User inputs their height in feet/inches or centimeters.

- Weight: User inputs their weight in pounds or kilograms.

- Additional Metrics (Optional): Some calculators might ask for waist circumference or other measurements.

9. Calculating Body Fat Percentage: The app utilizes the provided measurements to estimate the user's body fat percentage using relevant formulas or algorithms.

10. Displaying Body Fat Percentage Result: The calculated body fat percentage and its interpretation (e.g., within healthy range, high, low) are presented to the user.

Expected Outcomes:

- The app generates calculated values for blood pressure and body fat percentage based on the user's input.

- Interpretations or guidelines are provided alongside the calculated values to offer insights into the user's health status.

End of Scenario:

- The user receives the calculated blood pressure status and body fat percentage results.

- The app might suggest lifestyle changes or provide health-related tips based on the calculated data to help users maintain or improve their health.

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Scenario: Tracking Steps and Monthly Step Count Visualization

Context and Preconditions:

- Context: The user, interested in monitoring daily physical activity.

- Preconditions: The user's device (smart phone, tablet, etc.) has an active internet connection, and the app is updated and functioning properly.

Sequence of Actions:

1. User Login: The user opens the Fitness Tracking and Training System.

2. Accessing Walk & Steps Section: Within the app's main dashboard or navigation menu, the user selects the 'Walk & Steps' section.

3. Daily Steps Tracking: The user lands on the 'Today' screen, where the app displays the current day's step count, distance covered, and active minutes.

4. Viewing Monthly Step Summary: The user navigates to the 'Monthly' tab within the 'Walk & Steps' section to view historical step data.

5. Displaying Monthly Step Diagram: In the 'Monthly' tab, the app showcases a visual diagram (bar chart or line graph) representing the user's step count for each day of the month.

6. Interacting with the Diagram: The user can interact with the diagram:

- Selecting Specific Days: Tapping on individual bars or data points allows the user to view detailed step counts for particular days.

7. Analyzing Step Trends: The user examines the diagram to observe step count trends, identifying days with higher or lower activity levels throughout the month.

8. Tracking Progress: The user continues using the app to track daily steps, aiming to achieve or surpass their set step goals.

Expected Outcomes:

- The app presents the user with a visual representation (diagram/chart) showing their daily step counts for the current month.

- Users can interact with the diagram to analyze their step trends and monitor progress towards their fitness goals.

End of Scenario:

- The user gains insights into their monthly step patterns and trends through the visual representation.

- The user might use this information to make adjustments to their physical activity routines or set new goals for the following month.

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Scenario: Setting Workout and Medication Reminders

Context and Preconditions:

- Context: The user, interested in maintaining a regular workout schedule and improving daily routines, is logged into the Fitness Tracking and Training System.

- Preconditions: The user's device (smart phone, tablet, etc.) has an active internet connection, and the app's notification settings are enabled.

Sequence of Actions:

1. User Login: The user opens the Fitness Tracking and Training System.

2. Accessing Reminder Settings: Within the app's main dashboard or settings menu, the user finds the 'Reminders' or 'Notifications' section.

3. Selecting Reminder Types: The user navigates to the 'Workout' or 'Exercise' category within the Reminder Settings.

4. Setting Workout Reminders: In the 'Workout' category, the user configures reminders for workout sessions.

- Water Schedule: User sets a reminder for a water reminder after a certain amount of time.

- Medical Reminder: Selects options for daily recurrence for both morning and evening workout reminders.

6. Adjusting Reminder Preferences: The user may customize the reminders by choosing vibration settings, or personalized messages for each reminder.

7. Confirming Reminder Settings: After configuring the reminders as per preferences, the user saves the changes.

8. Notification Preview: The app show a preview or summary of the set reminders for water sessions and medical times for user confirmation.

#### Expected Outcomes:

- The app registers and saves the configured hydration and medical time reminders based on the user's settings.

- Reminder notifications are scheduled to alert the user at the specified times.

#### End of Scenario:

- Reminders for hydration and medical reminders times are scheduled to help the user maintain their fitness routine and keep the day actively.

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Scenario: Accessing Feedback through Menu Navigation

Context and Preconditions:

- Context: The user, interested in providing feedback or suggestions, is logged into the Fitness Tracking and Training System.

- Preconditions: The user's device (smart phone, tablet, etc.) has an active internet connection, and the app's menu is accessible and functional.

Sequence of Actions:

1. User Login The user opens the Fitness Tracking and Training System.

2. Accessing Menu Navigation: Within the app's interface, the user locates and taps the icon or label representing the menu, typically found in the top-left corner of the screen.

3. Opening Menu Options: Upon tapping the menu icon, a side drawer menu appears, displaying various navigation options.

4. Locating Feedback or Help Section: The user scrolls or navigates through the menu options to find sections related to feedback, help, or support.

5. Selecting Feedback Option: Within the menu, the user finds and taps on the 'Feedback,' 'Help & Support,' or similarly named section.

6. Navigating to Feedback Form: The app directs the user to a new screen displaying out public account to provide feedback, suggestions, or report issues.

7. Submitting Feedback: After composing the feedback message, the user reviews it and confirms to submit the feedback to the app's development team or support.

Expected Outcomes:

- The app registers the feedback submitted by the user, which is directed to the appropriate channel for review and consideration.

- Confirmation or acknowledgment message indicating successful submission of feedback is displayed.

End of Scenario:

- The user receives a confirmation message acknowledging the successful submission of their feedback.

- The user can continue using the app's functionality or explore other sections within the menu for additional features or information.