FitHub

Product Backlog

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Problem Statement

Being fit is already hard enough, people should not have to create new routines, remember their routines, and track their progress. FitHub allows users to log their progress, gives them suggestions for new exercises, and connects them with others so they can review their routines. Many workout apps have features such as logging, routine suggestion, and social networking, but none combine all of them into one, easy to use, mobile app.

Background Information

Audience

Many people want to be in shape, but they do not have the tools to succeed. The single most important aspect of fitness is linear physical growth through a consistent workout plan. No fitness app gives users everything that they need in one easy to use package. FitHub is targeted at those who need help tracking progress, logging workouts, and getting advice in a simple mobile application.

Similar Platforms

Many workout apps already exist, but each one lacks certain features or comes with a premium subscription expense. *Strong Workout Tracker Gym Log* focuses on logging workouts and giving the user metrics on their progress. Another app, *Keep: Fitness & Workout Trainer*, gives phenomenal exercise and routine recommendations. *Nike Training Club* lets users connect with others and see what kind of workouts they are doing. *Fitwell* recommends good workouts and logs nutritional data. Finally, an app known as *Equinox*, has many of the features we are looking for.

Limitations

All of the apps listed above have one thing in common: none of them consolidate all necessary features into a single free and easy-to-use app. *Nike Training*, *Fitwell*, and *Keep: Fitness & Workout Trainer* all do not adequately track routine, weight, and repetition history. *Strong Workout Tracker Gym Log* does not provide workout recommendations or suggestions. *Fitwell* and *Equinox*, are both

feature-rich, including most of the features we intend to implement, however both require a monthly subscription fee upwards of $10/month. Our app will provide workout recommendations, log your workout history, connect users, and will require no subscription.

Functional Requirements

Registration and Profile
1. As a user, I would like to register for an account.
2. As a user, I would like to log into my account.
3. As a user, I would like to view my profile.
4. As a user, I would like to edit my profile.
5. As a user, I would like to view various stats from my workouts like personal records and total amount of weight lifted.
6. As a user, I would like to view the number of days of activity with a days-worked log in the style of GitHub's commit history.

Previous Workouts
1. As a user, I would like to view a calendar of my previous workouts.
2. As a user, I would like to be able to view my workouts from any device that has FitHub installed.
3. As a user, I would like to select a day from the calendar to view the workouts for that day.
4. As a user, I would like to select a workout from a day and see more details about it.
5. As a user, when viewing a previous workout, I would like to see all the exercises within it.
6. As a user, when viewing a previous workout, I would like to see the sets and weight for each exercise.

Tracking and Logging
1. As a user, I would like to log a workout (custom or standard) on a day.
2. As a user, I would like to schedule a workout (custom or standard) for a day in the future.
3. As a user, I would like to track sets and weight for each exercise in a workout.
4. As a user, I would like to be able to get notified when I have "missed" my workout.

Creating Workouts

1. As a user, I would like to create a custom workout by adding either standard or custom exercises.
2. As a user, I would like to create a custom exercise.
3. As a user, I would like to have workouts suggested to me based on muscle group and time.

Social Media

1. As a user, I would like to publicly post one of my workouts.
2. As a user, I would like to view the profile of someone who publicly posted a workout.
3. As a user, I would like to view publicly posted workouts as an Instagram style list.
4. As a user, I would like to filter the publicly posted workouts by muscle group and time.
5. As a user, I would like to sort the publicly posted workouts by rating and time.
6. As a user, I would like to rate a publicly posted workout.
7. As a user, I would like to comment on a publicly posted workout (if time allows).
8. As a user, I would like to save a publicly posted workout to my collection (if time allows).

Nutrition Data

1. As a user, I would like to log my calorie and nutritional intake (if time allows).
2. As a user, I would like to view my previous caloric intake as a graph/chart (if time allows).
3. As a user, I would like to see a graph of my caloric intake (if time allows).

Non-Functional Requirements

Usability

One of the biggest complaints about workout apps is a lack of user-friendliness. Since our application is very feature-dense, we need to make general navigation simple and self-explanatory. Users should be able to navigate without a tutorial or guide.

Scalability

Our app will store a lot of information in the user database. The database needs to be able to organize all of this information easily and traversed efficiently no matter how much data there is. We also need to be able to scale the database storage size up and down to handle a user base of one to a user base of one thousand.

Security

Sensitive user data, such as email and password, will be stored in a database. This database needs be protected from SQL injections and passwords need to be encrypted in case of a breach.

Performance

The front-end will have to request data from the back-end which will be communicating with the database. This amount of network communication will dramatically slow down the app which will provide a bad user experience. Since the user experience is important to us, we need to ensure that our app can display all content within one second of a user trying to access it.