

Functional requirements

Id	Requirements
FR01	The system must allow user registration
FR02	The system will validate the user's credentials
Setting	
FR03	The user can change the language according to his preference
FR04	The user can modify the notifications that the user wants to receive
Profile	
FR05	The system will update the profile information
FR06	The system will store the profile data
FR07	The system will display profile
Reminders	
FR08	The system will display notifications about reminders
FR09	The system will display notifications about to resume routines
FR10	The system will display notifications about to continue using the app
FR11	The system will display notifications about upcoming sporting and cultural events in Yucatan
FR12	The system will display notifications about tips
FR13	The system will display notifications about motivational quotes
Information	
FR14	The system will display General Information related to upcoming sporting and cultural events in Yucatan
FR15	The system will display General Information related to good habits in the field
FR16	The system will display General Information related to nutritional and packaging

FR17	The system will display General Information related to fun facts
Routines	
FR18	The routines are arranged depending on the information in the user's profile
FR19	Routines can be scheduled
Schedule and download	
FR20	The system will allow the user to schedule and download routines
FR21	The system will allow the user to schedule and download events
Food recipes	
FR22	The system will be able to save different food recipes in favorites
FR23	The system can save different food recipes in folders/groups
FR24	The system will be able to show the added recipes
FR25	The system will keep track of the progress of the habits

Non-functional requirements

Id	Requirements
Portability	
NFR01	The system can be used on bot platforms
Roles	
Security	
NFR05	The system will guarantee users the security of the information they share
NFR06	The system will encrypt passwords
NFR07	The users will have to verify with an captcha, when they want to login in
NFR08	The system will limit the login to 5 consecutive attempts and will be blocked until the account is verified
NFR09	The system will not allow multiple requests at the same time from the same address
NFR10	The user must confirm the account created, through an email sent to the email address associated with the account.
Performance	
NFR11	The system shall load in no more than 10 seconds.
NFR12	The system shall display recipes in no more than 3 seconds.
NFR13	The system shall display routines in no more than 3 seconds.
NFR14	The system shall add to the calendar in no more than 3 seconds the activity selected by the user.
NFR15	The system will remove from the calendar the activity selected by the user in no more than 3 seconds.
Accessibility	

NFR16	The system can display the information in alternative languages.
Usability	
NFR17	The system shall provide accurate information.
NFR18	The system will keep the progress of the habits updated.
NFR19	The system will not allow scheduling two events at the same time.
Ease of use	
NFR20	The user will be able to reach the required information at maximum of 5 clicks.
NFR21	The information will be easy to read
NFR22	The information will be easy to understand
NFR23	The colors used will not hurt the user's vision with prolonged use
NFR24	The information presented is easy to remember
Usability	
24	All system functions can be accessed in less than 3 actions/clicks.

User requirements

1. The user will be able to log in to their profile.
2. The user will be able to create, visualize and update the data of his profile.
3. The user can choose the language (Spanish, English or Mayan) of the system.
4. The user will be able to select language changes and activate or deactivate notifications.
5. You may receive a notification from the system before the registered time to continue your exercise routine.
6. You will be able to observe the routines available according to your profile.
- ~~7. The user will be able to see their estimated progress up to that point according to the established routine.~~
 - a. The user will be able to see their estimated progress up to point according to the current routing daily
8. The user will receive information and recommendations on various topics related to eating habits and physical activities in Yucatan.
9. The user will be able to choose a new habit to develop from a list of predetermined habits, in addition to adding a new one as the case may be.
10. The user will be able to save the progress of his new habit day by day.
11. The user will receive notifications to remind him to fulfill his new habit.
12. You will be able to see the progress of the new habit.
13. The user will receive information and recommendations regarding her current condition and situation.
14. The user will be able to schedule and download events, routines.