

## 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.
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 their current condition and situation.
14. The user will be able to schedule and download events, routines.

# Functional Requirements

1. The system must allow user registration.
2. The system will validate the user's credentials
3. Setting
  - a. You can change the language according to your preference
  - b. You can modify the notifications that the user wants to receive.
4. The system will handle the profile data
  - a. Will update profile information.
  - b. It will store the profile data.
  - c. It will display profile information.
5. The system will display notifications about
  - a. Reminders
    - i. To resume routines.
    - ii. To continue using the app.
  - b. Upcoming sporting and cultural events in Yucatan.
  - c. Tips.
  - d. Motivational quotes.
6. The system will display General Information related to:
  - a. Upcoming sporting and cultural events in Yucatan.
  - b. Good habits in the field.
    - i. Sports.
    - ii. Food.
  - c. Nutritional and packaging.
  - d. Fun facts.
7. The system manages different routines
  - a. The routines are arranged depending on the information in the user's profile.
  - b. Routines can be scheduled.
8. The system will allow the user to schedule and download:
  - a. routines
  - b. events
9. The system will be able to manage different food recipes:
  - a. Can be saved in favorites
  - b. It can be saved in folders/groups
  - c. It will show the added recipes
10. The system will keep track of the progress of the habits.

# Non-Functional Requirements

1. roles
  - a. Admins will be able to add events
  - b. Admins will be able to add recipes
  - c. Users will be able to sign up for events
  - d. Users will be able to save recipes
2. Security
  - a. The system will guarantee users security regarding the information they share.
  - b. Passwords will be encrypted.
  - c. When logging in you will have to verify the user with captcha.
  - d. Login will be limited to 5 attempts or locked until account is verified.
  - e. The system will not allow multiple requests to be made at the same time from the same address.
3. Performance
  - a. The system should load in no more than 10 seconds
  - b. The system will display the recipes in no more than 3 seconds.
  - c. The system will display the routines in no more than 3 seconds
  - d. The system will add the activity selected by the user to the calendar in no more than 3 seconds.
  - e. The system will remove the activity selected by the user from the calendar in no more than 3 seconds.
4. Accessibility
  - a. You will be able to display information in alternative languages.
5. Usability
  - a. The system will provide true information.
  - b. The system will keep updated the progress of the habits
  - c. The system will not allow scheduling two events at the same time
6. Easy to use
  - a. You can reach the required information in a maximum of 5 clicks
  - b. Information is easy to read
  - c. Information is easy to understand
  - d. The colors used do not hurt the eyes with prolonged use.