

FastTime User Stories:

As someone who works out I want a simple timer that will allow me to complete interval workouts.

As someone who works out I want a gym timer that makes noise to alert me to know when my round is starting or ending soon.

As someone who diets with Intermittent Fasting I want a mobile application that I can keep track of how long I fasted each day.

As someone who diets with Intermittent Fasting I want a mobile application that I can look at my past fasts for each day since I started recording them in the application.

As someone who diets with Intermittent Fasting I want to keep an organized way to make sure I enter the correct fast time for stopping and starting.

As someone without a lot of time: I want a simple app to help me workout and diet.

As someone without a lot of money: I want a free app that I can set up circuit or interval style workouts.