Delivery Requirements

Sub-component	MoSCow	MVP time estimate	All time estimate
Optimization	M	100	314
Chat Component	M	600	1650
Explore Page	M	60	75
Sign in / Sing up Service	M	250	505
Login Service	M	13	280
Workout Builder	M	130	326
Settings	M	20	62
Transactions	M	175	175
User Statistics	S	53	141
Calendar Component	S	15	91
Trainee Personal Data	S	22	38
Client Details for Coach	S	13	37
Social Media Integration	C	3	43
Video-call	C		
landing page for coach	C		
a way for coaches to look for trainees	C		
AI integration	W		
Hours		1454	3737
Days, with 5 people working		36,35	93,425

Tracker Component

Sub-components	MoSCoW	Time Estimate	Estimation factor
Choose to log a workout	M	10	31,4
Input Exercises	M	0	0
Input Resistance	M	0	0
Input Repetitions and Sets	M	0	0
Input Lift Category	M	0	0
Input Rest Time	M	0	0
Option to log a meal	M	5	15,7
Input Food Name	M	0	0
Input Nutritional Value	M	0	0
Input Calories	M	0	0
Switch between metric and imperial measurements	S	3	9,42
Copy workout from coach and just fill in the values	S	7	21,98
Option to log measurements	S	5	15,7
Input Arm Measurements	S	0	0
Input Calve Measurements	S	0	0
Input Neck Measurements	S	0	0
Input Thighs Measurements	S	0	0
Input Chest Measurements	S	0	0
Input Waist Measurements	S	0	0
Input Bodyweight Measurements	S	0	0
Input Body Fat Percentage	S	0	0
Search for foods with pre-inputted calories and nutrition	C	15	47,1
Save meals	C	2	6,28
Calculate BMI	C	1	3,14
Option to log sleep	C	3	9,42
Rate Sleep Quality from 1 to 10	C	0	0
Input amount of hours slept	C	0	0
Track "more" option	W		0
Measure from photo	W		0
		51	160,14

4 days for all the features

User Statistics Component

Sub-components	MoSCoW	Time estimate	Estimate Factor
Show muscle gropus hit in todays workout on a body	M	13	40,82
Show calorie progress for today	M	2	6,28
Show Nutrition intake progress for today	M	2	6,28
			0
Show a summarized version of the exercise to-do list for the day	S	10	31,4
Show Strength Peformance Graph	S	10	31,4
Show Training Consistency Graph	S	5	15,7
Show Bodyweight Graph	S	2	6,28
			0
Show muscle groups hit in the week	C	1	3,14
			0
Display current Coach	W		0
		141,3	

MVP: 53h

Calendar - Workouts Component

Sub-components	MoSCoW	Time estimate	Estimate Factor
Show calendar view	M	15	47,1
Show tasks to be done	M	3	9,42
Show upcoming workouts	M	8	25,12
Select specific workout day	M	1	3,14
Highlight current day	M	1	3,14
Switch between workouts	M	1	3,14
			0
check tasks that are done	S	4	12,56
weekly view of workouts	S	2	6,28
weekly view of tasks	S	2	6,28
send reminder for upcoming workouts	S	1	3,14
			0
integrate with phone calendar	C	4	12,56
show a weekly review tab	C	12	37,68
share workout of the day with social media	C	5	15,7
			0
book a gym slot	W		0
display personal events	W		0
AI features	W		0
			185,26

MVP: 90h

Personal Data Component

Sub-components	MoSCoW	Time Estimate	Time Estimate
change name	M	1	3,14
change age	M	1	3,14
change weight	M	1	3,14
change height	M	1	3,14
change username	M	1	3,14
credential information	M	1	3,14
change profile picture	M	1	3,14
change experience level	S	1	3,14
change app behaviour (such as theme)	S	1	3,14
change notifications behaviour	S	1	3,14
change language	C	1	3,14
change coach	C	1	3,14
		12	37,68

MVP: 22h

Explore Page Component

Sub-components	MoSCoW	Time estimate	Estimate Factor
Display Information for each individual Coach	M	6	18,84
Display a photo of each individual Coach	M	2	6,28
Scroll down to see more coaches	M	2	6,28
Search for a specific coach	M	8	25,12
Redirect to coaching landing page	M	1	3,14
			0
Filter coach search	S	1	3,14
Sort coach search	S	1	3,14
if the coach profile picture is hovered, a introductory video pops up	S	3	9,42
			0
View a shortened version of the coach's profile in the explore page	C		0
		24	75,36

MVP: 60h

Transactions Component

Sub-components	MoSCow	Time Estimate	Estimate Factor
Stripe integration	M	5	15,7

MVP: 16h

Workout Builder Component

Sub-components	MoSCoW	Time estimate	Estimate Factor
Menu for choosing different muscle groups	M	16	50,24
Database for choosing different exercises for each muscle group	M	9	28,26
Option to add reps	M	1	3,14
Option to add resitance per exercise	M	1	3,14
Option to add resting interval between sets	M	1	3,14
Ability to save workout	M	8	25,12
Ability to edit the workout	M	2	6,28
Ability to reuse the workout	M	1	3,14
Ability to schedule the workout	M	2	6,28
			0
Menu tracking the progressive overload	S	4	12,56
Menu tracking the weight lossed/gained	S	3	9,42
Menu tracking the weekly visits to the gym	S	3	9,42
Support for linking sets into a supersets	S	5	15,7
Ability to mark a set as a warm-up set	S	2	6,28
Ability to mark a set as a dropset	S	2	6,28
			0
Timer per workout	C	1	3,14
Graphic representation for total time spent at the gym	C	3	9,42
Graphic representation for strenght gained	C	3	9,42
Graphic representation for weight lossed/gained	C	3	9,42
Ability to share your workout	C	1	3,14
Advanced analytics such as muscle activation matrics	C	8	25,12
Ability to connect the workout with a fintess app for accurate calories tracking	C	24	75,36
Calculator for total weight lifted per workout	C	1	3,14
			0
include a feature for automatically correcting users' exercise form in real-time	W		0
The capability for multiple users to participate in the same workout simultaneously won't be a feature in this version	W		0
The workout builder won't include an advanced AI personal trainer	W		0
Real-time social interaction features, like live workout sessions with coach	W		0
In-depth biomechanical analysis of joint angles	W		0
		104	326,56

MVP: 130h

Settings Component

Sub-components	MoSCoW	Time estimate	Estimate Factor
Include profile information	M	2	6,28
Include password management	M	2	6,28
Include privacy setting	M	2	6,28
			0
Include notification preferences	S	1	3,14
Include language preferences	S	1	3,14
			0
Include two factor authentication settings	C	20	62,8

MVP: 20h

Sub-components	MoSCoW	Time estimate	Estimate Factor
Include profile information	M	2	6,28
Include password management	M	2	6,28
Include privacy setting	M	2	6,28
			0
Include notification preferences	S	1	3,14
Include language preferences	S	1	3,14
			0
Include two factor authentication settings	C	20	62,8

Client details Component

Sub-components	MoSCoW	Time estimate	Estimate Factor
input name	M	1	3,14
input credit card information	M	2	6,28
input contact information	M	1	3,14
			0
input date of birth	S	1	3,14
input gender	S	1	3,14
			0
input billing information	C	1	3,14
input medical history	C	4	12,56
input current medication	C	1	3,14
			0
input social securty number	W		0
input passport number	W		0
input drivers licence number	W		0
input bank account details	W		0
input income details	W		0
		12	37,68

MVP: 13h

Calendar View Component

Sub-components	MoSCoW	Time estimate	Estimate Factor
Include days of the month	M	1	3,14
Include number of the week	M	1	3,14
Include names of the days	M	1	3,14
Include workout of the day	M	1	3,14
Include numbers of the weeks	M	1	3,14
			0
Include meal plan for the day	S	6	18,84
Include time slots for each day	S	4	12,56
Include events	S	4	12,56
Include reminders	S	3	9,42
			0
Include color coding for different events or workouts	C	2	6,28
Include goals for the day - burn 400cals - eat 2800cals...	C	1	3,14
Include inspirational quotes	C	4	12,56
			0
Include contact information	W		0
Include images	W		0
Include lunar phases	W		0
Include map	W		0
		29	91,06

MVP: 15h

Sign-in/Sign-up Service Component

Sub-components	MoSCoW	Time estimate	Estimate Factor
Ability to register for a new account by providing email	M	20	62,8
Ability to register for a new account by providing username	M	10	31,4
Ability to register for a new account by providing password	M	10	31,4
Secure authentication of the users	M	30	94,2
Ability to recover forgotten email	M	5	15,7
Ability to recover forgotten password	M	3	9,42
Must agree to the app's Terms of Service	M	1	3,14
Must agree to the app's Privacy Policy	M	1	3,14
Ability to sign-up/log-in useing social media accounts	M	15	47,1
			0
Two-factor authentication	S	30	94,2
Email verificaiton	S	10	31,4
Device recognition	S	15	47,1
Ability to remember previously used devices	S	1	3,14
			0
Session timeout peridos	C	1	3,14
Account activity notification	C	1	3,14
Reauthentication for Sensitive Actions	C	5	15,7
Password Strength Meter	C	3	9,42
Altherntive authentication methods	W		0
			0
A guess access feature	W		0
Cross-App Data Sharing	W		0
		161	505,54

MVP: 250h

Login Component

Sub-components	MoSCoW	Time estimate	Estimate Factor
Input Login/Email	M	2	6,28
Input Password	M	2	6,28
			0
Forgot Password Option and	S	8	25,12
Sign in with Google, Facebook,			6,28
Microsoft	S	2	
OAuth Verification	S	30	94,2
reCAPTCHA test	S	20	62,8
			0
Fingerprint Sign-In	C	10	31,4
Face Unlock	C	10	31,4
Block IP if too many wrong sign in			15,7
tries	C	5	
			279,46

MVP: 13h

Chat Component

Sub-components	MoSCoW	Time estimate	Estimate Factor
Real-Time Messaging	M	70	219,8
User-to-user chat	M	1	3,14
Multimedia Messaging	M	12	37,68
Emoji and Sticker Support	M	1	3,14
Message Status Indicator	M	2	6,28
Typing Indicator	M	8	25,12
Message sent indicator	M	1	3,14
Message delivered indicator	M	1	3,14
Message seen indicator	M	1	3,14
			0
Audio Call Support	S	35	109,9
Video Call Support	S	35	109,9
Scheduled Messages	S	5	15,7
Integration with external devices	S	60	188,4
			0
Message Search	C	15	47,1
Message Editing	W		0
Message Deletion	W		0
Customizable Themes	C	20	62,8
			0
AI messaging assitstance	W		0
In-Chat Purchases	W		0
Pseudonymous Chat Without Registration	W		0
Surveillance Features	W		0
			838,38
			1676,76

MVP: 600

Social Media Component

Sub-components	MoSCow	Time estimate	Estimate Factor
Link social sites in profile	M	1	3
Display follower count from social sites	C	12	40
Allow communication through other channels	W	0	0

MVP: 3h

Database Component

Sub-components	MoSCoW	Time estimate	Estimate Factor
Data validation	M	40	125,6
Concurrency Control	M	2	6,28
Data Model Support Research	M	8	25,12
Administration tools	S	40	125,6
Use a querry language	S	8	25,12
Sell data for advertisement	W	0	0

MVP: 160h

Non-Functional Requirements

Web-browser based version of the Application

Phone App version of the Application

Social Media Integration

Include Database Handling

Approved by Henrik

Android Compatible

IOS Compatible

Coaches Need to be Legitimate

Data needs to be stored in a secure manner

The application needs to be optimized to run smoothly on the most widely used versions of systems