**Health App**

**4.04 Access Routine**

# Revision History

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| Date | **Revision #** | **Created By** | **Revision Notes** |
| 04/05/2023 | Initial Draft | Nishith Desai |  |
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# UC 4.04 Access Routine

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| Actor(s): | Fitness Enthusiasts, Dietitian/Fitness Trainer |
| Short Description: | Fitness Enthusiasts can access routine designed for them by dietitians/fitness trainers. |
| Preconditions: | The Actor is registered and logged into the Health App.  Before accessing the routine, the Actor must select their preferred dietitian or fitness trainer. |
| Postconditions: | The Actor is able to access the routine designed specifically for them by their chosen dietitian/fitness trainer.  The routine may include exercises, workouts, meal plans, nutritional guidance, and other relevant information that is tailored to the Actor’s fitness goals and needs.  The Actor can track their progress and receive feedback from their chosen dietitian/fitness trainer to help them achieve their fitness goals more effectively.  The Actor can modify or update their routine based on their changing needs and preferences, with the guidance and support of their chosen dietitian/fitness trainer.  The Actor may also have access to other resources and features within the Health App, such as community forums, educational materials, and support groups, to enhance their fitness journey. |
| Frequency of Use: | Daily use |
| **Normal Flow of Events:** | |
| 1. Actor opens the Health App and logs in to their account. **[JP1: CN]** 2. Actor selects the option to access their routine designed by their chosen dietitian/fitness trainer. **[JP2: DF In]** 3. Health App displays the routine designed specifically for the Actor by their chosen dietitian/fitness trainer, which may include exercises, workouts, meal plans, nutritional guidance, and other relevant information. **[JP3: DF In]** 4. Actor follows the routine and tracks their progress within the Health App. 5. Actor receives feedback and support from their chosen dietitian/fitness trainer to help them achieve their fitness goals more effectively. **[JP4: DF Out]** 6. If the Actor needs or preferences change, they can modify or update their routine with the guidance of their chosen dietitian/fitness trainer. **[JP5: DF In]** 7. Actor may also have access to other resources and features within the Health App, such as community forums, educational materials, and support groups, to enhance their fitness journey. | |
| **Alternative Flows:** | |
| *If <condition>, from Step N perform A1. ”Flow Name”:*  A1: If the Actor is not satisfied with the routine or its results, from Step 4, the system performs "Routine Modification" flow.**:**   1. Actor follows the routine designed by their chosen dietitian/fitness trainer. 2. Actor is not satisfied with the routine or its results. 3. Actor contacts their chosen dietitian/fitness trainer for guidance and support. 4. Dietitian/fitness trainer modifies or updates the routine based on the Actor’s feedback and needs. | |
| **Exceptions:** | |
| If <condition>, from Step N perform A1. "Flow Name":  E1: If the Actor is unable to access their routine, from Step 2, the system performs "Routine Access Error" flow:  1. Actor selects the option to access their routine designed by their chosen dietitian/fitness trainer.  2.The Health App encounters an error that prevents the Actor from accessing their routine.  3 .The system displays an error message and prompts the Actor to try again later or contact customer support for assistance. | |
| <<Include>> Relationships: | No |
| << Extend>> Relationships: | No |
| Business Rules: | The Health App must comply with relevant data protection laws and regulations to ensure the security and privacy of Actor data.  The Actor must agree to the terms and conditions of the Health App before registering and using the service.  The dietitian/fitness trainer must be registered and approved by the Health App before being available for selection by Actors. |
| Assumptions: | The Health App has a Actor -friendly interface that allows Actor to navigate and access the routine designed by their chosen dietitian/fitness trainer easily.  The dietitian/fitness trainer is qualified and experienced in providing personalized fitness and nutrition advice to Actors.  The routine designed by the dietitian/fitness trainer is safe and appropriate for the Actor’s fitness level and health condition.  The Actor has access to the necessary equipment and facilities to perform the exercises and workouts included in their routine. |