



## Project requirements

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<b>Project Name</b>	FlexAvail
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### Functional Requirements

**User Registration and Profiles:** Users must be able to register with their email address or social media accounts. User profiles should include fields for personal information, fitness goals, profile images, and user preferences.

**Workout Library:** The app should provide a diverse library of workout plans and exercises for different fitness goals. Each workout plan should include detailed instructions, video demonstrations, and customizable options.

**Nutrition Tracker:** Users should be able to log their daily food intake and track macronutrients and calories.

**Progress Tracking:** Users should be able to track their fitness progress, including workout history, performance metrics, and body measurements. Progress tracking should be visualized through charts and graphs.

**Nutritional Guidance:** The app should offer basic nutritional guidance, such as recommended daily calorie intake and macronutrient distribution. Meal plans should be generated based on users' dietary preferences and fitness goals.

### Technical/Performance Requirements

**Platform Compatibility:** The app must be compatible with all Android mobile platforms (ios will come after). It should work on a wide range of mobile devices and screen sizes.

**Scalability:** The app architecture should be scalable to accommodate a growing user base and additional features.

**Data Backup and Recovery:** Regular data backups should be implemented to ensure data recovery in case of system failures or data loss.