**Wentworth Institute of Technology**

**MBS: Mind Body Soul**

**Software Requirements Specification**

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MBS is an app designed to assist everyday people with every aspect of their health; mind, body and soul. We aim to improve not just the physical but the mental as well. There’s a lot of stress and emphasis on physical health and how it needs to be exercised, but there’s not quite the same amount of emphasis on mental health. Physical health and mental health go hand and hand. Once the mind is strengthened there’s no telling what physical achievements can be met, the sky is truly the limit. This app offers a variety of sections within the two groups of mental health and physical health ranging from; ***fitness plans*** to help users start their workout journey, ***weight tracking*** so that users can see their progress over any period of time, ***mental health*** so you can ensure a healthy mind, a specifically designed section for ***running*** to help people with their hearts, ***strength training*** for bodybuilders and people who wish to get more mass, ***personal training*** so people can make their own schedule and workout routine, ***calorie counting*** so users can keep track of their intake, ***nutrition*** so users can know what alternatives are available, ***stress relief*** to help people in stressful times or time of frustration, ***meditation*** for balancing, ***sleep*** to help people get a better sleep schedule.

An app like MBS is needed because, as we all know there already exist apps that help with meal plans, that help with fitness plans, that help with fitness and weight tracking, apps that help with mental health, apps that help specifically for running, strength training apps, personal training apps, calorie counting apps, apps for nutrition, for stress relief, for meditation, and for sleep. But the begging question is; is there a cohesive app that offers all of that content, effectively, efficiently and most importantly, for free? With our software you won’t need to have to deal with 7 other applications, worried about being able to concisely navigate them just to see your progress. We offer gentle and appealing UI for users as well as all their health needs just in one application.

1. **Functional Requirements**
   1. **The system shall have a fitness plans section**
   2. **The system shall have pre-defined fitness routine templates to choose from**
   3. **The system shall have starter tips on getting started for people new to exercise**
   4. **The system shall have pre-defined routines focused towards strength training**
   5. **The system shall have a tool to make your own personalized exercise routines**
   6. **The system shall have a nutrition section**
   7. **The system shall have a calorie counter and logger tool**
   8. **The system shall have a weight tracking tool**
   9. **The system shall have tips for maintaining a good diet**
   10. **The system shall have tips focused on diets for weight-loss or weight-gain**
   11. **The system shall have a mental health section**
   12. **The system shall have a daily journal/log to keep track of mental health status**
   13. **The system shall have tips for maintaining a healthy mind**
   14. **The system shall have a meditation / stress relief / sleep section**
   15. **The system shall have a meditation timer tool**
   16. **The system shall have a breathing exercise tool for stress relief**
   17. **The system shall have a sleep tracking tool with sleep tips**
   18. **When the app opens, there shall be 4 menus, each with the tools mentioned above:**
       1. **Fitness**
       2. **Nutrition**
       3. **Mental Health / Meditation**
       4. **Settings**
   19. **The system shall ask you to make an account upon opening for the first time:**
   20. **The system shall have a sign up feature**
   21. **The system shall have a sign in feature**

## **Non-Functional Requirements**

* 1. **The system shall have a color scheme of olive, green and beige**
  2. **The system shall have a menu (navigate to the different sections)**
  3. **The system shall have a side menu with three lines**
  4. **The system shall have an app Icon**
  5. **The system shall have the abbreviated name, which is MBS in a fancy style in the main menu of the app**
  6. **The system shall be an android application - *if possible we’d like to make an iPhone version as well***
  7. **The system’s UI shall be made with Figma**
  8. **The system shall be highly portable**
  9. **The system will only need network connection for initial sign in and for syncing**
  10. **The system shall have a simple layout - high use-ability**