# Requirements

## Actors

- User

  - A base entity of trainee and coach.

- Trainee

  - A person who coach will be training.

  - Can be created for free.

- Coach

  - A person responsible for training trainees.

  - Can be created for some price (depends on a number of assigned trainees).

# User stories

## User's stories

### Login/Account

- User can modify his account

  - Set a photo, username, actual name, age, sex, height, weight, social media links, e.t.c

- User can log in the account.

### Social

- User can see his information of connected users.

## Trainee's stories

### Registration/Login/Account

- Trainee's account can be created for free.

  - Registration should be confirmed by email

## Trainee-Coach linking

- Trainee can accept a connection with a coach.

  - Invitation should be delivered in form of a link of QR code.

- Trainee can cancel a connection with a coach.

## Workouts/Diet/Results

- Trainee can see his timetable.

- Trainee can see assigned died.

  - Assigned meal can be sued as a template for a meal record.

- Trainee can see his diet accomplishments.

  - Overall nutrients for a certain day based on added meal records.

- Trainee can see assigned workout exercises.

  - List of exercises can be used as a template for a workout record.

- Trainee can see his PRs.

  - PRs are calculated based on workout records.

# Coach's stories

## Registration/Login/Account

- Coach's account can be created for some price (depends on a number of assigned trainees).

- Coach should link a credit card for withdrawing the fee.

  - First month is treated as a trial one.

## Trainee-Coach linking

- Coach can request a connection with a trainee.

- Request should be represented as a link or a QR code.
- Coach can cancel a connection with a trainee.

## Planning

- Coach can add workout to trainee's timetable.
  - Workout consists of title, description, list of exercises, time, and repeatability.
- Coach can add exercises to an workout in a timetable.
  - Each exercise consist of name, working muscle group, weight(optional), number of reps/sets and rest time between sets.
- Coach can assign a diet plan to a trainee.
  - Diet plan consists of nutrients plan and (potentially) meals.
    - Each meal consist of name, description, nutrients.

## Trainee's analysis/Journaling

- Coach can see trainee's workout records.
- Coach can add trainee's workout record.
- Coach can see trainee's meal records.
- Coach can see trainee's PRs.