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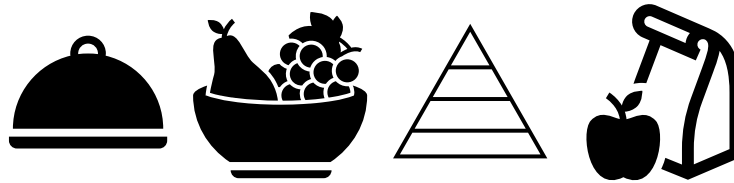
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FITNESS APP

Functional requirements

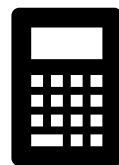
These are defined as the requirements which describe what the product or system does and mainly focus on the user requirements. For a fitness app to function well and meet people's needs, it must be developed in such a way that nothing important is left out and everyone will be happy while using the app.

Below we focus on the aspect requirement which need to be considered on what this functional app should do,



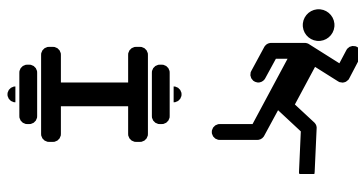
1. Healthy meal ideas

Firstly, this app must provide users with healthy meals options so that the users can maintain good bodies or get the results they are hoping for during and after the period of exercising, there should be options suitable or catering for the morning, midday and afternoon meals so that those exercising should always be eating healthy and staying healthy during this timeslot. This must also include the diary planner for when those exercising should have specified meals.



2. Calculate the user's weight and calories

This will be another form of exercisers to keep track of their form during the exercising period, showing whether they are improving or whether they should try other methods in exercising to reach their goals. The users should be offered an option to initially enters their weights and calories before they started exercising and do the same along the way of exercising to manage the progress report. This will also help them to maintain a good standard of their weight and calories. Also, this app should give them an option to upload their progress photos to how far they have come and encourage then in doing more.



3. Types of exercises

The app should give example of the exercise it has and how the user must perform them, starting for examples for one to maintain a good, fit body, lose fat or build muscles. It should also give exercising options for a particular day or the option the user is going for, in the days they have preferred to exercise. A short clip should be provided to elaborate how the exercises should be done and have the users follow on them. This means that the app should have a planner whereby exercises for a particular day are placed and the kind of supplements they should take during their exercising period.



4. Progress report

This option should allow users to enter and monitor their progress during the time of exercising as to such they should be motivated from knowing how well they are doing during this time. This should contain everything the app offers for the user to monitor and keep track of the things they did in the past and those they should do going forward including uploading photos.



5. Schedule

This option allows the user to set up reminders and keep track of their training days on the calendar. This enables users to also add more tasks they wish to complete when they want to do more fitness workouts. They will have an opportunity to add the sounds, tones of their choice.

Non-functional requirements

These are requirements which are defined as those which describe how the product should behave and work. These focus on the user's expectations and experience, also helping to verify the performance of the software.

1. Usability

This is the degree of ease with which the user will interact with the product to achieve required goals effectively and efficiently of which in the above-mentioned app, it must be able to meet the users' needs and help them in maintaining and reaching their goals in record time.

2. Reliability

For the app to meet or be reliable to users, all the bugs which may influence the code safety and issues with the system components must be eliminated and the app must be tested several times before it is given out to the users to ensure that there's no bug left behind.

3. Performance

The app's performance must be monitored and be sure that its good and not poor as this will lead to negative user experience and jeopardize system safety. This can also lead to a decline in the number of

users as they won't be satisfied nor happy with how the app is operating so we must ensure that all the necessary steps are followed to ensure that good performance is there on the app.

4. Privacy and safety

The app must be able to maintain a good level of safety and confidentiality when it comes to the users' details as there's no one who would want their information to be scarted around the web or globe and it must have safety measures put in place for those using the app to ensure the happiness and satisfaction of the users.