

## User Guide:

### App Features:

**User Account Creation** - allow the user to create and sign into an account using Google FireBase authentication to ensure secure credentials and saved activities, plans, and social feed.

**Activity Tracker** Used to record completed types of activity by allowing the user to select a predefined category and input data related to the category such as Type of exercise, amount of weight, amount of reps/sets, Distance, Time, etc.

**Goal Setting and Tracking** - Allow the user to set goals to achieve for and create custom goals with progress tracking on your goals.

**Weekly and Monthly Planner** for planning future Workouts, Activity, And Meals with reminders and options to repeat plans weekly, monthly, and daily with categories and descriptions for more customizable plans. Allow the user to set times for plans as well with dynamic reminders to update the user on upcoming plans.

**Social Feed** which allows users to add friends based on the persons email address allowing the user to see all friends activity posted. Allows users to create their own posts with preset categories and optional descriptions for more varied posts as well as time stamped posts. Allow the user to see all of the users previously posted activity as well.

### App Navigation -

**The Home Screen** - The User will be brought to the home screen and shown 4 main items, the Current Goal, The closest reminder, most recent friend activity, and most recent user activity. At the top left will be a hamburger style side bar allowing the user to navigate to different parts of the app which will be present in most views

**The Side Bar** - The Side bar provides navigation to all views in the app listed as follows, Home, My Activities, My Goals, My Planner, and Social. The User can select any option and be brought to that selected view. The User is also provided with a Logout button at the bottom of this Side Bar

**My Activities** - The Activities page will show all saved Activities. At the top right the + icon can be selected to input a new activity, The User can select a workout or activity category each with a different list of options for recording the activity, Notice some will require the user to input information such as the Workout Name or be required to input information before being able to submit the activity, The User can delete the item simply by swiping right on the item and selecting delete.

**My Goals** - The User will be able to add a new goal by selecting the "+ Create New Goal" where the user will be asked some information about the goal. The Goal will appear and will now show an option to update the goal allowing the user to input information progressing the goal progress. The progress report will allow the user to see how much of the goal has been progressed.

**My Planner** - Shows three main items, the closest reminder, the weekly planner and the monthly planner, Each item in the weekly and monthly planner can be selected allowing the user to see the current plans for the selected day. Note the weekly planner is linked to the monthly planner so any changes made to the weekly planner will be reflected on the monthly planner and vice versa. When selecting a day the user will be able to add a plan by selecting the + in the top right of the view. This will bring up a new view requesting some information about the new plan, like category, an optional description, a selected time, and an option to repeat the plan daily, weekly or monthly. These plans will then be saved and displayed on the planner noted by the underline under the day in the monthly and weekly planner. The reminders will be able to calculate the closest day or time and display the information about the time and type of category. The user can delete items on the planner by simply swiping right on a plan and selecting delete. Note any plans that were created with repetitions enabled will delete all repeated items.

**Social** - The Social view has 4 main components, a button to add friends, a picture of a person, an activity feed, and a button to create a new post. The first button "Add Friends" will allow the user to add and manage friends. The user can add a friend by inputting the friends registered email address in the text field. When clicking submit with a valid entry the friend should display below the text field. The User can remove friends from this page by selecting the red trash can. When returning to the Social page your friends most recent activity will be displayed with information such as the email of the friend, the category of the post, the details of the post, and the timestamp. The second element the picture of a person, allows the user to see the current users previously posted activity. Lastly, the add post button will allow the user to post an activity that will be visible to people that friend the current user. The user will select a category of post, and provide a description of the type of activity.

