## 4. User Stories

| ID | User Story | Acceptance Criteria |
|---|---|---|
| US1 | As a user, I want personalized workouts so that I can reach my fitness goals. | AI selects workouts based on profile and goals; visible in dashboard. |
| US2 | As a premium user, I want a customized diet plan so I can eat healthier. | Diet plan is generated, editable, and reminders trigger successfully. |
| US3 | As a user, I want to track my progress, so I stay motivated. | Activity and health metrics update accurately and display charts. |

# 6. Non-Functional Requirements

| Category | Requirement |
|---|---|
| Performance | Responses must be under 3 seconds on 4G. |
| Security | JWT authentication, encrypted data in transit + at rest. |
| Usability | Simple UI for users of varying fitness levels. |
| Availability | 99.5% uptime. |
| Scalability | Handle growth of 50k active users easily. |
| Localization | Multi-language future support. |