

UC 2.2 - Workout Notebook

Name	Workout Notebook
Summary	The Workout Notebook can be used to allow users to create, and manage their workout sessions as well as track their fitness activities.
Rationale	The Workout Notebook is an essential feature needed to help users keep track of their progress, goals, and monitor their workout routines.
Actors	<ul style="list-style-type: none">- Users- Coaches (if they would like to look up their client's workout progress)
Precondition	UC 1.5 - Log In Page
Elements	<ol style="list-style-type: none">1) Workout Entries<ol style="list-style-type: none">a. all records of workout sessions and exercises2) Add New Workout<ol style="list-style-type: none">a. users can specify exercise types, duration, sets, etc.3) Edit Workout<ol style="list-style-type: none">a. users can edit any specific details about their workout plan4) Delete Workout5) Weekly Workout Plans<ol style="list-style-type: none">a. users can view their workout plans created in UC 2.3 and be led to edit them

Ideal Flow:

Step	Action
1	User logs into the app
2	User navigates to the Workout Notebook
3	User chooses to add a new entry
4	User enters workout details for adding a new entry such as: exercise type, duration, sets, etc.

5	User saves the workout entry, and it is then added to their workout notebook
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Alternative Flow 1:

Step	Action
1	User logs into the app
2	User navigates to the Workout Notebook
3	User chooses to view their weekly workout plans
4	User is taken to weekly workout plans page and can then either view or add a new entry into weekly workout plan

Alternative Flow 2:

Step	Action
1	User logs into the app
2	User navigates to the Workout Notebook
3	User chooses to add a new entry
4	User enters invalid data for workout plan
5	Message is displayed on screen telling user what data field(s) they entered in incorrectly

Alternative Flow 3:

Step	Action
1	User logs into the app
2	User navigates to the Workout Notebook
3	User chooses to edit an entry

4	User enters new data for workout plan
5	Message is displayed on screen telling user that their new data has been saved and that they can now view their changes

Alternative Flow 4:

Step	Action
1	User logs into the app
2	User navigates to the Workout Notebook
3	User chooses to edit an entry
4	User enters invalid data for workout plan
5	Message is displayed on screen telling user what data field(s) they entered in incorrectly

Alternative Flow 5:

Step	Action
1	User logs into the app
2	User navigates to the Workout Notebook
3	User chooses to delete an entry
4	User is asked to provide their password again for authentication purposes
5	Message is displayed on screen telling user that their workout plan has been deleted

UC 2.3 - Weekly Workout Plan

Name	Weekly Workout Plan
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Summary	The Weekly Workout Plan allows users to create, and manage a structured weekly workout routine. Users will be able to schedule their workouts, set any goals, and track their progress.
Rationale	The Weekly Workout Plan will be effective for users who wish to keep a consistent workout routine, and ensure that their workout routine is balanced.
Actors	<ul style="list-style-type: none"> - Users - Coaches (if they want to check their client's progress)
Precondition	UC 1.5 - Log In Page
Elements	<ol style="list-style-type: none"> 1) Scheduled weekly plan <ol style="list-style-type: none"> a. Details and breakdowns shown by day as well as notes for each day 2) Create workout plan for day 3) Edit workout plan for day 4) Delete workout plan for day

Ideal Flow:

Step	Action
1	User logs into the app
2	User navigates to the Weekly Workout Plan section
3	User selects day of the week they wish to plan the workout for
4	For each day, the user can: choose a workout type (cardio, strength-training, etc), set a duration for each workout, add any specific exercises or routines
5	For each day, the user can: set goals for the week, see total calories burned, etc.
6	User saves the workout plan

Alternative Flow 1:

Step	Action
1	User logs into the app

2	User navigates to the Weekly Workout Plan section
3	User chooses to view their weekly workout plans

Alternative Flow 2:

Step	Action
1	User logs into the app
2	User navigates to the Weekly Workout Plan section
3	User selects day of the week they wish to plan the workout for
4	For each day, the user can: choose a workout type (cardio, strength-training, etc), set a duration for each workout, add any specific exercises or routines
5	For each day, the user can: set goals for the week, see total calories burned, etc.
6	User enters invalid data
7	Message is displayed on screen telling user what data field(s) they entered in incorrectly

Alternative Flow 3:

Step	Action
1	User logs into the app
2	User navigates to the Weekly Workout Plan section
3	User chooses to edit an details for a day
4	User enters new data for workout plan
5	Message is displayed on screen telling user that their new data has been saved and that they can now view their changes

Alternative Flow 4:

Step	Action
1	User logs into the app
2	User navigates to the Weekly Workout Plan section
3	User chooses to edit details for a day
4	User enters invalid data for workout plan
5	Message is displayed on screen telling user what data field(s) they entered in incorrectly

Alternative Flow 5:

Step	Action
1	User logs into the app
2	User navigates to the Weekly Workout Plan section
3	User chooses to delete an entry
4	User is asked to provide their password again for authentication purposes
5	Message is displayed on screen telling user that their workout plan has been deleted

UC 2.4 - Pictures

Name	Pictures
Summary	The Pictures feature allows users to upload, view, and organize their images within the app. Users can upload pictures related to their fitness progress or workouts.

Rationale	Pictures can play a critical role in tracking fitness progress and providing visual motivation.
Actors	Users
Precondition	UC 1.5 - Log In Page
Elements	1) Upload Photo(s) a. Options to add captions, tags, and descriptions to pictures 2) Delete Photo(s)

Ideal Flow:

Step	Action
1	User logs into the app
2	User navigates to the Pictures section
3	User uploads picture from their device
4	User can add captions, tags, or descriptions to their pictures

Alternative Flow 1:

Step	Action
1	User logs into the app
2	User navigates to the Pictures section
3	User views their photos and organizes them

Alternative Flow 1:

Step	Action
1	User logs into the app
2	User navigates to the Pictures section

3	User navigates to a certain photo
4	User receives message asking them to confirm whether they want to delete the photo
5	User deletes photo

UC 2.6 - Preloaded Workouts

Name	Preloaded Workouts
Summary	The Preloaded Workouts section allows users to access some predefined workout routines in the app, each of which target a specific muscle group. This can act as a good starting point for users just beginning their fitness journeys.
Rationale	Preloaded Workouts are valuable for all users, especially beginners, who need more guidance along their fitness routines.
Actors	Users
Precondition	UC 1.5 - Log In Page
Elements	<ol style="list-style-type: none"> 1) List of preloaded workouts, categorized by muscle group 2) Add Preloaded Workout to Workout Notebook and/or Weekly Workout Plan

Ideal Flow:

Step	Action
1	User logs into the app
2	User navigates to the Preloaded Workouts section
3	User selects from a list of preloaded workouts, categorized by muscle groups or exercise types

4	User views details for their preloaded workout, and adds the workout to their Workout Notebook and/or their Weekly Workout Plan
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Alternative Flow 1:

Step	Action
1	User logs into the app
2	User navigates to the Preloaded Workouts section
3	User browses through preloaded workouts and can view any of the workouts they have in their Workout Notebook and/or Weekly Workout Plan