UC 3.1 – General User Page

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| Name | General User Page |
| Summary | Users can sign themselves up as coaches, cannot see anyone details but their clients. Coach can accept or deny client, plus has access to all basic features. |
| Rationale | This is where the coaches can see their main details that includes all the details a regular user sees. This allows our application to have a dual type of user system for users who can sign up as both. This will allow for further features to be implemented that connect the coach and the client. |
| Actors | * Registered Coaches |
| Precondition | UC 1.2 - Signup - Register an Account (Coach must be registered and logged in) |
| Elements | 1. food, calories in/out, water intake, mental and physical state, other daily activity 2. list of coaches 3. search by goals (weight gain/loss, train for a certain sport, price, location, contact, schedule, qualifications) 4. can create weekly workout plans 5. notebook-like tracker 6. preloaded exercises by muscle group 7. weekly pictures 8. graph progress 9. account delete (completely) 10. Can also see a list of clients |

**Ideal Flow 1**

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| --- | --- |
| Step | Action |
| 1 | User logs in to the fitness app |
| 2 | User views all personal details |
| 3 | User clicks client name from list of clients for their client’s profiles |

**Alternative Flow 1 (Coach getting a user application and accepting):**

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| --- | --- |
| Step | Action |
| 1 | User logs in to the fitness app |
| 2 | User is offered to accept a user into their clients |
| 3 | User accepts and the client is added to the client list |
| 4 | User can now click on the client to see their information and assign workouts |

**Alternative Flow 2 (Coach getting a user application and rejecting):**

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| --- | --- |
| Step | Action |
| 1 | User logs in to the fitness app |
| 2 | User is offered to accept a user into their clients |
| 3 | User rejects and the client is not added to the client list |
| 4 | User cannot see the rejected client in the list, their information, or workouts assigned. |

**Alternative Flow 3 (Coach sending a coach application):**

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| Step | Action |
| 1 | User logs in to the fitness app |
| 2 | User searches for a coach |
| 3 | User successfully sends the coach an application |
| 4 | User is accepted or rejected based on the other coach’s response |

**Alternative Flow 4 (Coach sending a coach application to themselves):**

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| Step | Action |
| 1 | User logs in to the fitness app |
| 2 | User searches for themselves |
| 3 | User sends the coach profile an application |
| 4 | The app displays an error message, telling user they can’t apply for their coach to be themselves. |

UC 3.2 – View Client Details

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| Name | View Client Details |
| Summary | Coaches can click on a client name from their list of clients on their homepage and this takes them to the View Client Details page, where they can see the client’s details (except the photo if it is toggled off in the client’s settings). This allows them to assign workouts appropriately. |
| Rationale | This is where the coaches can see their clients’ main details that includes all the details a regular user sees. This allows our application to connect the coach to the user to assign workouts and converse with the user. |
| Actors | * Registered Coaches |
| Precondition | UC 1.2 - Signup - Register an Account (Coach must be registered and logged in) |
| Elements | 1. Notice at the top that informs the coach who they are viewing with a message icon that can send the user a message 2. food, calories in/out, water intake, mental and physical state, other daily activity 3. list of coaches 4. search by goals (weight gain/loss, train for a certain sport, price, location, contact, schedule, qualifications) 5. can create weekly workout plans 6. notebook-like tracker 7. preloaded exercises by muscle group 8. weekly pictures (if toggled on by client) 9. graph progress |

**Ideal Flow 1**

|  |  |
| --- | --- |
| Step | Action |
| 1 | User logs in to the fitness app |
| 2 | User views all their personal details |
| 3 | User clicks client name from list of clients |
| 4 | The user can see client information and assign workouts |

**Alternative Flow 1 (Coach accepting client and viewing details):**

|  |  |
| --- | --- |
| Step | Action |
| 1 | User logs in to the fitness app |
| 2 | User is offered to accept a user into their clients |
| 3 | User accepts and the client is added to the client list |
| 4 | User can now click on the client to see their information |

**Alternative Flow 2 (Coach accepting client and messaging them):**

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| --- | --- |
| Step | Action |
| 1 | User logs in to the fitness app |
| 2 | User is offered to accept a user into their clients |
| 3 | User accepts and the client is added to the client list |
| 4 | User can now click on the client and click message to send them a message |

UC 3.3 – Assign Workouts to clients

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| --- | --- |
| Name | Progress Tracker |
| Summary | Coaches can click on a clients name from their client list to see that client’s details from where the current workout is displayed. To edit the workout, they can click on the workout which allows them to modify it as desired. Exercises can also be added and removed. |
| Rationale | Coaches need to be able to modify the client’s workout regimen to coach them properly. |
| Actors | * Registered Coaches |
| Precondition | UC 1.2 - Signup - Register an Account (Coach must be registered and logged in) |
| Elements | 1. Client’s name 2. Modifiable list of exercise names (with how many days a week and how many sets/reps) 3. Ability to add and remove exercises |

**Ideal Flow 1 (Editing Exercise)**

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| --- | --- |
| Step | Action |
| 1 | User logs in to the fitness app |
| 2 | User views all their personal details |
| 3 | User clicks client name from list of clients |
| 4 | User clicks edit workout |
| 5 | User licks add exercise and types in the text field what the name of it is, also how many days a week and how many sets/reps |
| 6 | User clicks save changes |

**Alternative Flow 1 (Removing Exercise):**

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| --- | --- |
| Step | Action |
| 1 | User logs in to the fitness app |
| 2 | User views all their personal details |
| 3 | User clicks client name from list of clients |
| 4 | User clicks edit workout |
| 5 | User clicks remove exercise |

**Alternative Flow 2 (Adding Invalid Exercise):**

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| --- | --- |
| Step | Action |
| 1 | User logs in to the fitness app |
| 2 | User views all their personal details |
| 3 | User clicks client name from list of clients |
| 4 | User clicks edit workout |
| 5 | User clicks add exercise and types in the text field what the name of it is, also how many days a week and how many sets/reps |
| 6 | User cannot save changes because the exercise name does not match an exercise from the database |