StayFit Website:

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Purpose:

**StayFit** is a website that tracks diet and exercise to determine optimal caloric intake and nutrients for the users' goals and uses gamification elements to motivate users.

How does StayFit work?

Using StayFit is very simple. Here's how our basic process works:   
  
1. Based on your fitness profile, we'll recommend a daily Net Calorie target for you to achieve your weight loss (or gain) goals.   
  
2. As you eat throughout the day and perform different exercises, you need to log your meals and exercise in StayFit food and exercise options. StayFit will calculate the number of calories you've consumed from food and burned from exercise and let you know how many calories you have left to eat for the day. If you stick within your calorie limits, you should achieve the weight loss (or gain) you're looking for.   
  
3. The best part of our system is the ease of use for our users. StayFit remembers the foods and exercises you like most and makes it easy for you to add those items to your diary.   
  
4. Periodically (we recommend once a week), you should weigh yourself and check-in your new weight with the site or the app using our Check-In feature (or "Progress" page in the app). Checking in your weight allows us to track your progress over time and also adjust your calorie goals to reflect your new weight. You can also check your BMI to know if you are underweight, overweight or fine.  
  
That's it! Just a few minutes a day can show you so much about what you're eating and how that impacts your health.

Software Qualities:

1. **Security:**

Since it will be dealing with personal health data, requires that the information be secure. The login/logout features are therefore intended to address this concern.

1. **Availability**

StayFit needs to be available to users at all times when they have an internet connection.

1. **Usability**

StayFit needs to be simple-to-use and efficient. These concerns will be addressed by making beautifully designed and easy to understand website so that every type of user can use it to achieve their goals.

1. **Scalability**

StayFit is intended to scale into a website that can track all health data in one place (standardized and centralized). The app should be extremely scalable for this purpose.

1. **Reliability**

StayFit should be extremely reliable.

1. **Efficiency**

StayFit should be extremely efficient.

1. **Portability**

StayFit should be portable. This concern is addressed by having a website that is compatible on iOS, Android, Windows.

Non-functional Requirements:

1. The software will only use the English language.

2. In general, it is required that a user be always connected to the internet to use the application.

3. Limits to calories consumed / burned and hours slept must be daily inserted.

4. No other database can be used aside from StayFit Server.

5. Units cannot be selected for calories.

6. The mobile apps will not have a landscape orientation.

7. The only emails sent from the server are account creation confirmation and password reset.

Functional Requirements:

1. **Create Account**

Goal: Allows users to sign up for an account with StayFit. This registers users in StayFit server.

1. **Login**

Goal: If the user has logged out and needs to log back in or needs to log in from a different device, this functionality allows him/her to do so.

**c. Input Calorie Intake**

Goal: To allow users to enter meals, recipes, or ingredients to provide an estimate of total calories consumed in meal.

1. **Watch Recipes**

Goal: To help users learn new recipes that can help them achieve their goals faster.

1. **Input Calories Burned**

Goal: To allow users to enter information about the exercises they have done throughout the day in order to know the number of calories burned.

1. **Search Exercises**

Goal: To allow users to get information about different exercises that they can do on a daily basis in order to achieve their goals.

1. **View Graphs**

Goal: To allow the user to view their progress.

1. **Logout**

Goal: To allow users to logout (in the event of getting a new device, or allowing someone else to log in).

1. **Delete Account**

Goal: To allow users to delete their account.

1. **BMI Calculator**

Goal: Users can calculate their BMI by the weight and height information that they have provided in order to know whether they are underweight, overweight or normal.