**REQUIREMENTS DOCUMENT FOR KARMA CIRCLE HEALTH TRACKING WEB APP**

The web app is simply designed to track calories gained and calories spent during the day. The user will be able track and monitor his progress daily, monthly and annually. The app will provide guidance, more like a reference point, and help the user to observe his behavior in order to try to have a healthy outlook. The application also incorporates a daily emotional rating scale. The mood tracking ability tries to bring a comprehensive view to the overall health of the individual, and distinguishes the application by design from its counterparts.

1. **Functional Requirements**
2. **Account creation basic requirements**
3. **User shall be able to sign up by filling out all the available form fields defined by the web application** 
   * 1. User must be able to fill out the name field with letters, last name field with letters, e-mail field in the format of [name@domain.com](mailto:name@domain.com) and password with any character combination. There are no specific restrictions limiting the entry of the user
     2. User shall be able to login to the account using the e-mail address and password provided to the system during the sign up process as the unique ID.
     3. User shall be able to enter/edit the account details under the account created.
     4. User must be able to enter personal details in order to be able to use the system like; birth date in dd.mm.yy format, sex as female or male, height in centimeters and weight in kilograms.
4. Nutrition tracking basic requirements (calories in)
   1. User must be able to pick a date to be able to track the activities in dd.mm.yy format.
   2. User shall be able to add food to the account he logged in with. User must be able to search food by writing down the name, choose the corresponding unit offered by drop down, and to add it to the account.
   3. After adding the food to the account, user shall be able to display the generic nutrients list associated with the food added.
   4. User should be able to see the last food added to his account visible at the top of the search box where he searches for new food to add.
5. Physical activity tracking requirements (calories out)
   1. User must be able to pick a date to be able to track the activities in dd.mm.yy format.
   2. User shall provide physical activity name in plain language and choose from the list and add it to the account by providing name, duration in minutes.
   3. User should be able to see all activities listed and easily pick up from available list offered.
   4. User shall display the calories spent for that specific activity.
6. Mood tracking requirements
   1. User must be able to pick a date to be able to track the activities in dd.mm.yy format.
   2. User shall provide the mood rating by selecting one of the five available ratings offered and save it to his account.
7. Guidance providing requirements
   * 1. Basal Metabolic Rate in calories will be utilized to provide guidance to the user by providing it as a denominator to calories in and calories out in the home page which displays the summary of the day in terms of calories.
8. History of calories in and calories out
   1. User must be able to pick a date to be able to view the activities in dd.mm.yy format.
   2. User shall be able display how many calories in as one line graph and calories out as another line a single graph with dates displayed in x axis and calories displayed in y axis.
9. **Non-functional requirements**
10. The system shall be able to be expandable with new users and features if needed.
11. The system should be self-explanatory at a glance with very simple UI offering very little graphic details.
12. The system shall have responsive user interface so that cross platform and cross browser adaptability is offered to the user.
13. The system will utilize open source technologies, tools, and offer free usage.