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| PBI 01 | Priority: High | EFFORT: 8 |
| User Story:  As a user,  I want to be able to create an account,  so that the app can record me and my data. | | |
| Acceptance Criteria:  A.C 1.1  **Given** the user is on “Login” page,  **When** the user clicks “Register”,  **Then** they will be directed to the “Register” page  A.C 1.2  **Given** the user is on the “Register” page AND fills the password/email-address form correctly,  **When** the user clicks the “Register” button  **Then** a success message will appear AND they will be directed back to the “Login” page  A.C 1.3  **Given** the user is on the “Register” page AND fills the password/email-address form incorrectly,  **When** the user clicks the “Register” button  **Then** a “Fail” message will appear AND the user will be prompted to try again | | |

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| PBI 02 | Priority: High | EFFORT:3 |
| User Story:  As a registered user,  I want to securely log into my account,  So that my information can only be accessed by me | | |
| Acceptance Criteria:  A.C 2.1  **Given** the user is on the “Login” page AND correctly fills out their credentials,  **When** the user clicks the “Login” button,  **Then** they will be directed to their Dashboard  A.C 2.2  **Given** the user is on the “Login” page AND incorrectly fills out their credentials,  **When** the user clicks the “Login” button,  **Then** a “Invalid Credentials” error message will be displayed AND the user will be prompted to try again | | |

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| PBI 03 | Priority: High | EFFORT: 8 |
| User Story:  As a user,  I want to find options for the Mind, Body, and Focus training programs on the home page,  so that I can choose the program that interests me. | | |
| Acceptance Criteria:  A.C 3.1  GIVEN that I am on the home page  WHEN I choose a training program (Mind, Body, or Focus)  THEN I should be able to access the selected program and its related content. | | |

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| PBI 04 | Priority: High | EFFORT: 8 |
| User Story:  As a user,  I want to see various yoga poses within a selected training program,  so that I can choose the poses that suit me for practice. | | |
| Acceptance Criteria:  AC 4.1  GIVEN that I have selected a training program  WHEN I view the available yoga poses within that program  THEN I should be able to see the list of poses and select the ones I want to practice. | | |

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| PBI 05 | Priority: High | EFFORT: 8 |
| User Story:  As a user,  I want to be able to read the course description and objectives of a specific yoga pose,  So that I can understand the benefits for my body and mind. | | |
| Acceptance Criteria:  A.C 5.1  GIVEN that I have selected a specific yoga pose  WHEN I access the course page for that pose  THEN I should be able to read the description and objectives of the course, gaining an understanding of its benefits. | | |

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| PBI 06 | Priority: Medium | EFFORT: 13 |
| User Story:  As a user,  I want to be able to view the calories burned during each of my yoga sessions on the home page,  so that I can track my fitness progress. | | |
| Acceptance Criteria:  A.C 6.1  GIVEN that I am logged into the app  WHEN I navigate to the home page  THEN I should be able to view the calories burned during my yoga sessions, providing me with fitness progress tracking. | | |

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| PBI 07 | Priority: Medium | EFFORT: 8 |
| User Story:  As a user,  I want to find a start button on the course page,  so that I can begin timing and record the amount of time I spend on that particular pose. | | |
| Acceptance Criteria:  A.C 7.1  GIVEN that I am on the course page for a pose  WHEN I click the start button  THEN the app should begin timing, allowing me to track the duration of my practice for that pose. | | |

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| PBI 08 | Priority: Low | EFFORT: 3 |
| User Story:  As a user,  I want to receive reminders or prompts through the app while practicing yoga,  So that I can maintain focus and ensure proper execution of the poses. | | |
| Acceptance Criteria:  A.C 8.1  GIVEN that I am practicing yoga using the app  WHEN the app detects a specific time or condition  THEN I should receive reminders or prompts to stay focused and execute the poses correctly. | | |

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| PBI 09 | Priority: Low | EFFORT: 8 |
| User Story:  As a user,  I want to save my practice time and other statistical data to my personal account after completing a session,  so that I can review and track my practice history. | | |
| Acceptance Criteria:  **A.C 9.1**  GIVEN that I have completed a yoga session  WHEN I finish the practice and exit the session  THEN the app should save my practice time and other relevant statistics to my personal account for later review. | | |

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| PBI 10 | Priority: Low | EFFORT: 13 |
| User Story:  As a user,  I want to set personal goals such as completing a specific number of yoga sessions per week,  so that I can receive reminders and motivation from the app to achieve my fitness goals. | | |
| Acceptance Criteria:  **A.C 11.1**  GIVEN that I am using the app with a personal account  WHEN I set goals such as a weekly target for yoga sessions  THEN the app should provide reminders and motivation to help me achieve my set goals. | | |