Software Requirements Specification
Version 1.0

Fit4Life

Domain: Fitness & Lifestyle

Category: Website Design and Development

Contents

1.0 Need for the Website

Modern fast-paced lifestyles have led to deteriorating health conditions. People are now contracting ailments far earlier and spending more on hospitals and institutionalized healthcare. Heart diseases, back aches, inflamed joints, diabetes, and so on are becoming too common and are being seen even in younger people.

To counter this, one should adopt a fitter and healthier lifestyle, that will have a good balance of nutrition, exercise, activity, and rest.

1.1 Proposed Solution

The proposed Website will be titled Fit4Life and should help individuals with fitness programs and diet plans.

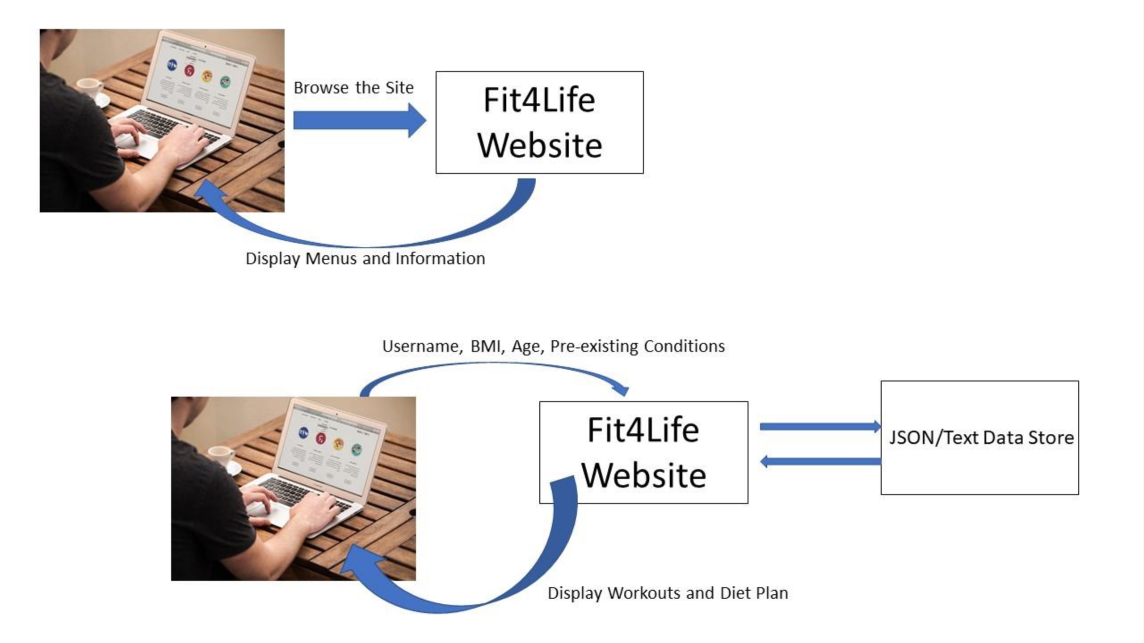
You have been given a contract to design and build this Website.

1.2 Purpose of this Document

The purpose of this document is to present a detailed description of the Fitness and Lifestyle Website, titled Fit4Life.

Fit4Life guides individuals on various fitness programs and helps them choose most suitable diet that will align with their fitness goals.

This document explains the purpose and features of the Website, the interfaces of the Website, what the Website will do, and the constraints under which it must operate. This document is intended for both stakeholders and developers of the Website and will be proposed to the client for approval.


Browse the Site
Fit4Life Website
Display Menus and Information
Username, BMI, Age, Pre-existing Conditions
Fit4Life Website
JSON/Text Data Store
Display Workouts and Diet Plan

Broad View of the Portal

1.3 Scope of Project

This Web portal will be a responsive and visually appealing Website to be used by individuals. This portal will be designed to provide health and fitness-based information such as diet plans and workout programs.

1.4 Constraints

The Web portal will not have any facility to store information on the server. Information can be fetched from pre-populated JSON or TXT files and displayed, however, information cannot be written to the files from within the portal.

1.5 Functional Requirements

The portal will be designed as a Single-Page-Application and responsive Website with a set of pages and menus that represent choice of activities to be performed. The pages, menus, and other visual elements must be designed in a visually appealing manner with attractive fonts, colors, and animations. All of these should also be laid out in a responsive manner.

Following are the functional requirements of the portal:

i. **Welcome Message**: The home page should accept first name from the user and display a personalized welcome message. At the top corner, the user's first name should be displayed for the entire duration that the portal is loaded.

ii. **Find a Diet Plan**: Based on given Body Mass Index (BMI), age, and pre-existing conditions, a suitable diet plan should be suggested to the user.

iii. **Find Workouts**: Based on given Body Mass Index (BMI), age, and pre-existing conditions, suitable workouts in the form of images and videos should be suggested to the user.

iv. **View Resources**: This menu option upon clicking should display book suggestions, other Website links, and video channels that the user can reference in order to improve their fitness. Information will be retrieved from a pre-populated JSON file and displayed. (Hint: Use AngularJS directives, filters, services, controllers, and other features to implement this).

v. **About Us and Contact Us**: This menu option should display Email id, address, and contact number of the organization who is developing the system.

Over and above this, the portal should implement the following functionalities:

- Display a continuous scrolling ticker at the bottom of the page with current date, time, and location (hint: Use geolocation features of HTML5).

- Display a visitor count at the top right corner of the page beside a logo image.

- The menu options should change color on hover and also after clicking.

- Fade in and fade out options can be used for the menus.

1.6 Non-Functional Requirements

There are several non-functional requirements that should be fulfilled by the system.

The system should be:

Safe to use: The system should not result in any malicious downloads or unnecessary file downloads.

Accessible: The system should have clear and legible fonts, user-interface elements, and navigation elements.

User-friendly: The system should be easy to navigate with clear menus and other elements and easy to understand.

Operability: The system should operate in a reliably efficient manner.

Performance: The system should demonstrate high value of performance through speed and throughput. In simple terms, the system should be fast to load and page redirection should be smooth.

Capacity: The system should support large number of users.

Availability: The system should be available 24/7 with minimum down time.

Compatibility: The system should be compatible with latest browsers.

1.7 Interface Requirements

1.7.1 Hardware

Intel Core i3/i5 Processor or higher

8 GB RAM or above

Color SVGA

500 GB Hard Disk space

Mouse

Keyboard

1.7.2 Software

Technologies to be used:

1. Frontend: HTML5, CSS3, Bootstrap , JavaScript, jQuery, AngularJS, Angular9 (optional), XML
2. Data Store: JSON files or TXT files

1.8 Project Deliverables

You need to design and build the project and submit it along with a complete project report that includes:

- Problem Definition
- Design specifications
- Diagrams such as flowcharts for various activities, Data Flow Diagrams, and so on
- Source Code
- Test Data Used in the Project
- Project Installation Instructions (if any)

The consolidated project will be submitted as a zip file with a ReadMe.doc file listing assumptions (if any) made at your end and JSON/TXT files containing test data.

Over and above the given specifications, you can apply your creativity and logic to improve the portal.

*~~~ End of Document ~~~*