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MuscleMinder

CSE 115A

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MuscleMinder Release Summary

**Key User Stories and Acceptance Criteria**

**User Story 1.1:**

* Description: As a user, I want an easy way to learn and get familiar with each muscle and its location.
* Acceptance Criteria:
  + The app displays a clear and interactive diagram of the human body.
  + When a muscle is selected, its name and detailed information are displayed.
  + Users can navigate through different muscle groups easily.

**User Story 1.2:**

* Description: As a user, I want to be able to get familiar with each muscle’s name.
* Acceptance Criteria:
  + The app provides a skeleton with all muscles.
  + Each muscle is clickable to provide more information.

**User Story 2.1:**

* Description: As a user, I want to input my workout plan so that the app can validate if it hits all muscle groups.
* Acceptance Criteria:
  + Users can enter their workout plans into the app.
  + The app analyzes the plan and provides feedback on muscle group coverage.

**User Story 3.1:**

* Description: As a user, I want the app to suggest exercises when I select a muscle group so that I can effectively target that area.
* Acceptance Criteria:
  + When a muscle group is selected, the app displays a list of recommended exercises.
  + Each exercise includes a description, images, or videos for proper form.
  + Users can save recommended exercises to their workout plans.

**Known Problems**

No major bugs are known.

**Product Backlog**

**Simple Workout Reminders:** We're thinking of adding a feature to nudge users about their workouts.

**User Feedback Collection:** After using the app for a week, we want to make it easy for users to provide feedback through a straightforward feedback form.

**Advanced Personalization:** We are looking at a simple way to suggest workouts based on users' preferences and frequently performed exercises.

**Motivational Quotes or Tips:** As a user, I want to receive motivational quotes or tips after completing a workout to keep me inspired.

**Adjustable Workout Plans:** As a user, I want the ability to adjust my workout plan based on the app's recommendations for balanced muscle development.