**User Story Example**

**User story:**

**AS A** fitness tracker user

**I WANT** to receive personalized workout recommendations based on my fitness goals and current activity level.

**SO THAT** I can achieve my fitness objectives more effectively.

**Acceptance criteria:**

1. The user should find a new section in the app labeled "Personalized Workouts" on the home screen.
2. Upon entering the "Personalized Workouts" section, the user should see an option to set or update their fitness goals such as weight loss, muscle gain, or overall fitness improvement.
3. The system should prompt the user to provide information about their current fitness level, including preferred workout duration, intensity, and any specific exercises they enjoy or want to avoid.
4. Based on the user's inputs, the app should generate a personalized workout plan, including a mix of cardio, strength, and flexibility exercises.
5. The user should be able to view detailed instructions and video demonstrations for each recommended exercise within the app.
6. The system should offer the flexibility for users to customize or swap out individual exercises within their personalized workout plan.
7. The app should send push notifications or reminders to encourage users to follow their scheduled workouts and celebrate milestones or achievements.

This user story caters to the needs of a fitness tracker user who seeks a more personalized and goal-oriented approach to their workout routine. The acceptance criteria outline the features and behaviors necessary for the app to deliver a personalized workout experience.