GymBro High-level Functional Requirements

Scenario 1

On Initial Launch

* **START**  > **Home Page appears** > **User creates an account > Chooses to 1. Enter their fitness goals, 2. Calculate their BMI, 3. Explore food options, or 4. Find a gym near them**
  + Choice 1: The user decides to enter their Fitness Goal. This consists of whether they are trying to a) bulk up, b) slim down, or c) maintain weight.
    - IF a) is chosen, the user enters their current weight and then their goal weight. Then the user will be supplied with a workout plan and dietary plan to help them bulk up.
    - IF b) is chosen, the user enters their current weight and then their goal weight they want to slim down to. The user will then be supplied with a workout plan and dietary plan to help them slim down.
    - IF c) is chosen, the user will enter their current weight and since their goal is to maintain, there will be no prompt for current weight. The user is then supplied a workout and dietary plan, which our website will have to calculate the user’s calorie maintenance.
* Choice 2: The user wants to calculate their Body Mass Index (BMI). BMI is a person’s weight / the square of height in meters or feet. Once our application calculates the user’s BMI it will display the results and send recommendations based on that result.
  + IF BMI is in the 18.5 to 24.9 range, you are considered to be in ‘Healthy Weight range’ and GymBro will suggest to maintain.
  + IF BMI is in the 25.0 to 29.9 range, you are considered to be in ‘Overweight range’ and your body consists of a lot of fat. GymBro will suggest to slim down.
  + IF BMI is in the 30.0 or higher range, you are considered to in the ‘Obese range’ and GymBro will suggest to slim down or seek medical help.
  + IF BMI is lower than 18.5, you are considered to be in the ‘Underweight range’ and GymBro will suggest to bulk up.
* Choice 3: Our ‘Food’ or ‘Recipe’ option. The user will be shown a list of foods to eat based on their dietary plan, which will also include the required nutrition (carbohydrates, protein, etc.). The user will also be supplied recipes so they can learn how to cook their meals.
* Choice 4: The user wants to locate a gym near them. Our gym locater will list a collection of gyms in the user’s area.

After the choices are made and the information is inputted, everything will be collected in the User Profile.

Fulfilling User Profile

* **User prompted to create account**  > **Enters e-mail, username, and password** > **Enters full name, age, gender, and weight** > **Account and profile complete**