

Release Summary

Product/Team name: Gym Essentials

Date: 7/21/2023

Key User Stories and Acceptance Criteria:

- **User Story 1:** As a Gym-Bro, I want a way to set up my account so that the app remembers my data and the state of my app.
 - **Acceptance Criteria:**
 - Login fails with a non-existent account
 - A user cannot create an account with an insufficient password
 - A user cannot create an account with mismatched passwords
 - After creating an account, a user cannot login with correct email and incorrect password
 - After creating an account, a user cannot login with incorrect email and correct password
 - After creating an account, a user's information is displayed properly on the account information page
- **User Story 2:** As a Gym-Bro, I want a way to navigate to the different pages of the app so that I can use all the features it has to offer.
 - **Acceptance Criteria:**
 - A user can navigate to all pages within the app via the taskbar
 - If a user tries to navigate to the page they are already on, no unexpected behavior occurs
- **User Story 3:** As an athlete, I want to quickly access all my workout plans, while also being able to track my rest times so that my session is more organized and planned.
 - **Acceptance Criteria:**
 - A user can create a workout with multiple exercises and all changes are saved after a logout
 - A user can enter in a desired time to the rest timer popup and start the timer, reset the timer, and close the timer without issue. All exercise timers function independently of each other.
 - A user can edit/delete exercises and workouts without issue and all changes remain after a logout.
- **User Story 4:** As a bodybuilder, I want to calculate my daily caloric and protein intake needs so that my meals lead to completing my goals.
 - **Acceptance Criteria:**

- The daily protein and caloric intake values are correct based on a user's height, age, weight, activity level, and fitness goals.
 - Protein and caloric intake values update with a change in user's goals and/or activity level
- **User Story 5:** As a Gym-Bro, I want a place to keep my personal records so that I can look back to it when I forget
 - **Acceptance Criteria:**
 - A user can create a personal record and the information is saved after a logout
 - A user can update an existing personal record and changes are saved after a logout
- **User Story 6:** As a user, I want a workout app that sends me a notification that reminds and motivates me to work out.
 - **Acceptance Criteria:**
 - If push notifications are allowed, motivational notifications are sent randomly throughout the day, everyday
- **User Story 7:** As a beginner in the gym, I want an app that provides predefined workout plans (for all muscle groups) so I don't have to make my own.
 - **Acceptance Criteria:**
 - After creating an account, the predefined workout templates are in the workouts page and have the same acceptance criteria as user story 3

Known Problems:

- If a user creates an account but closes the app on the about you screen, the account will be created without any user data.
- When choosing from one of the preset workouts there is a slight delay. If the user clicks on multiple preset workouts they will all be added.
- There is no way for the user to reset their password if they forget.
- When editing age, height, and weight, we intended for the original value to in the text box when editing however the first time you edit of these items the value will not appear. Once it has been edited once it will work normally. This does not affect any functionality

Product Backlog:

- As a social gym-goer, I want to connect with friends on the app to share our personal records and instigate friendly competition.
- As a social gym-bro, I want to be able to share and see progress photos from friends for motivation.

- As a goal-oriented person, I want a place to list and track my daily, weekly, and yearly goals.
- As a runner, I want an app to track the time and distance I've run in a day/week/month/year.