# **Introduction**

Describe the purpose of this requirements document and outline what it contains.

# **Description Model**

Using text, describe the requirements for your system. Expand on the function section from your project plan. Include requirements for the following categories: Output, Input, Processes, Performance and Security.

***1)*** **Initial Requirements**

Being a mobile application, Fitness Freaks works on either Android or Apple platforms and has requirements which are critical to its design. A user of Fitness Freaks should be able to use their internet connection to access our database with the foods we have recorded listing the calories and workouts. Then they will be able to upload their total calories everyday to save their progress.

**Journal Tab-** The journal tab will give the user access to a space to write and save their own journal entries. They can enter the journal tab, set the date of the entry and begin writing whatever they want. The app will then save the journal entry under the specified date for the user to come back and look whenever they want. The user can use this to help keep track of their progress both physically and mentally during their time using the app.

**Calorie Tracking-** The calorie tracking tab is the second tab available on the app itself. In this tab, Users will be able to see what they have currently eaten and the total calories so far for the day. They will also be able to insert foods they have eaten to make sure the calories are correct at the end of the day. At the bottom of this page you will also be given a summary of the week of how many calories you have been consuming daily. If you have gone over the recommended amount of calories the number will appear red for that day. This is to consciously let you know that you have been eating too much, or too much unhealthy foods and help you get back on track. A user who has been reaching their goals and is on track will see their calorie number appear blue rather than red. Food can be added to the calorie counter by clicking on the search button next to the meal they have consumed(breakfast, lunch, dinner, snack, beverage) and then finding and selecting their meal. The calories will be automatically totaled compared to how much you have eaten. For example if a User eats two servings of a snack, they will have to input they have had two servings in the app. Once the User correctly added their food item they can click the submit button and the calories will be tallied to the total at the bottom right of the screen.

**Workouts Tab-** The workouts tab is the final tab that you can access from the home screen.In the workouts tab, there is a list of various exercises that are organized by which part of the body they work on. At the top of the screen is a search bar that you can use to search for a specific exercise of your choosing. When you select a workout, the app will display instructions on how to perform it and a video to give the user a visual as well.

**Suggested Workouts Tab-** The suggested workout tab is a tab based off of the workouts tab. If you don’t know any exercises you want to do or you are in a rush and want a quick workout routine this is the tab for you. There will be multiple workouts generated onto this tab and when a User selects a certain body part they would like to workout, a list of workout routines will pop up that they can choose from based off of the body part selected. Once you select a workout you will be given a visual representation of how each workout is performed in case the user is unfamiliar with the workout movement. After achieving a workout from this tab it will be saved in your recent workouts in case the user liked the workout and wants to go back to it at a later date.

# **Class Diagram**

Create a class diagram. The Class Diagram should contain all of the system objects, their attributes, and any known methods. This diagram may be included as a separate file – it does not need to be inserted into this Word document.

# **Use Case Diagram**

Create a Use Case Diagram for all of the "uses" of your system. This diagram may be included as a separate file – it does not need to be inserted into this Word document.

# **Use Case Scenarios**

Create a full description Use Case Scenario (detailed descriptions) for each use case of the system. This intermediate scenario should include an enumerated list of steps involved in the activity as well as any exception conditions.

# **System Sequence Charts**

For each Use Case Scenario, provide a sequence diagram. Use your class diagram, use case diagram and scenarios to create the corresponding Sequence Diagram.