Summary of what we discussed previously
MAIN IDEA -> We decided to build a **workout planner application** that generates custom workout plans for users, allows users to log in their progress(weight, and other changes in their physique) and it also tracks their fitness statistics(maybe something like how much they are able to lift, how often they work out, how long they can go on the treadmill smth like this).

3 KEY POINTS FOCUSED ON

- Getting the users information (this would be their current weight, height, goals, experience workout out, time available work workout); with the information given to us we can then go into our database of plans and exercises and choose which one suits them best as an individual.

- After the user signs into the app and gives us their information we can then begin to track their progress. We would do this by making the user input their exercise time, what they did, how intense they went, how heavy they lifted, or how long they were on the treadmill. We would then create a visual (graph most likely) on how they have progressed in the different aspects of their plan. (***maybe** if there is no progress overtime we can suggest changing the plan to one that might fit them better*). Given a previous workout, the app can suggest a new rep range/weight

- We would have a section where users can input their daily food intakes and we would be able to track their calories and provide calorie suggestions that are more aligned with their goals.

- *See next page**

Big User Stories

1. **Title**: <u>Personalised</u> Workout Plan
   a. As a fitness enthusiast, I want to receive a personalised workout plan based on my fitness goals, experience, and available workout time, so I can achieve my fitness goals.
   Priority: High
   Time: 10 Story Points

2. **Title**: <u>Progress</u> Tracking
   a. As someone who is serious about reaching my fitness goals, I want to be able to track my progress and see how my workout plan and nutrition are affecting my results, so I can make necessary adjustments.
   Priority: High
   Time: 8 Story Points

3. **Title:** Exercise Tracker
   a. The old way of tracking what exercises I performed is by writing down in a book, I would write how many sets I've done, how many reps i've done and what weight i performed each exercise with. It is important for the app to have a feature which would do essentially the same thing.
   Priority: High
   Time: 5 story points

4. **Title:** <u>Calories</u>/Food intake tracker.
   a. As a user I would like to be able to track the food I take in to make sure I am reaching my daily goals and getting the proper amount of calories I need per day and spreading them out equally.
   Priority: High
   Time: 10 story points

5. **Title:** <u>Secure </u>Personal Information
   a. As a willing user of the Flexx app, personal information should be protected while using Flexx. My personal information should be prioritised so I can use Flexx without worrying about my data being compromised.
   Priority: High
   Time: 8 story points

Iteration 1 detailed user stories:

1. **Title:** Personal Information
   Ability to enter and change personal information such as name, height, weight, goals, etc.)
   Priority: High
   Time: 4 story points

2. **Title:** Fitness Personalization
   Users have the ability to select the areas they would most like to improve on, then the app suggests recommendations on fitness routines.
   Priority: Medium
   Time: N/A

3. **Title**: Workout Selection
   Users input what their workout for the day was and the information gets stored into the exercise tracker
   Priority: Medium
   Time: 5 story points

4. **Title:** Determining Calories
   Calculate/withdraw the calories of foods from an accredited online resource. ***
   Priority: Medium
   Time: 4 story points

5. **Title:** Customised diet plans
   Users are suggested various diet recommendations before and after each fitness session to help get the best results.
   Priority: Medium
   Time: N/A - approx 6 story points?

6. **Title:** Fitness summary
Users are provided with their workout summary after each session. Shows the level of improvement by comparing to the previous sessions. The improvement is displayed as percentage, taking all workout aspects into consideration i.e calories burned etc. The previous session summary can be displayed in a bar graph format and the user can see the days their progress increased/decreased.
   Priority: Medium
   Time: idk - approx: 7 story points?!

Iteration 2 detailed user stories:

1. **Workout Database Entry** -
   a. The ability to save all inputted data into the database, giving users greater control and flexibility over their workout tracking process.
   Priority: High, **Time**: 7 story points.
2. **Database and Table Creation** -
   a. Creating all necessary databases and tables to store user information securely.
   Priority: High, **Time**: 5 story points.
3. **Easier Viewing** -
   a. Enhancing the user interface with scrolling functionality and better navigation options for an improved user experience.
   Priority: Medium, **Time**: 4 story points.
4. **Security of Information** -
   a. Storing and protecting user information to ensure privacy and peace of mind while using Flexx to achieve fitness goals. Priority: High, Time: 8 story points. Manual Calorie Tracking - Allowing users to track their calorie intake manually for greater flexibility and control, promoting healthier eating habits and aiding weight management goals.
   Priority: Medium, **Time**: 4 story points.
5. **Easier Navigation & Aesthetics** -
   a. Improving the visual appeal and user-friendliness of the application to encourage regular use and maintenance of fitness routines.
   Priority: Low, **Time**: 2 story points.
6. **Database Entry for Goals** -
   a. The ability to enter an unlimited amount of goals and save them in a database for future use.
   Priority: High, **Time**: 8 story points
7. **Progress Bar Linked to Completed Tasks** -
   a. Providing users with a visual progress tracking system through a progress bar that changes when goals are marked as completed.
   Priority: Medium, **Time**: 3 story points
8. **Conditionals to Display Relevant Data** -
   a. Displaying only relevant workout types based on the selected muscle group to avoid confusion and ensure proper exercise selection.
   Priority: High, **Time**: 5 story points.
9. **Lockable Combo Box** -
   a. Disabling the workout type combo box until a muscle group is selected to ensure only relevant options are displayed.
   Priority: High, **Time**: 4 story points.
10. **Exercises Based on Muscle Group & Workout Type** - Recommending exercise amounts based on the selected muscle group and workout type to help users achieve their fitness goals.
    Priority: High, **Time**: 3 story points.

Planning Document: Rev 2

- Revised/Shortened Vision Statement:

Flexx is a personalised fitness app that offers workout plans tailored to users and their needs. Once signed up through our sign up system and logged in. The user then can enter their personal information, including their fitness goals, experience with fitness, time slots, with the ability to display personalised workout plans. Included with Flexx is a progress tracking feature, where users can then log their exercise time, intensity, weight usage, and other data. Flexx provides a simple solution for individuals to achieve their fitness goals.

- Revised Points Focused on:

Focusing on -
1. Exercise tracking:

    Exercise tracking is used as it allows users to log and monitor their progress. By doing so, users can log their time, intensity, weights, and other data so users can easily track their progress over time.
2. Progress tracking:

    Progress tracking is a key feature of the Flexx application as it allows users to see how they are progressing towards their goals.
3. Login/signup functionality:

    With most applications the signup function is needed to create user accounts to store their personal information about their fitness goals and progress tracking data. This data will be used to provide proper personalised workout plans and progress over a general time.
4. Personalised workouts:

    Personalised workouts is a central feature for the application as it allows users to receive workout plans for their individual workouts specifically targeting the muscle group wanting to work on.
5. Calorie tracking:

    Calorie tracking is a key feature as it allows users to log and monitor their daily calorie and macros intake to achieve/monitor their fitness goals more efficiently.