

### 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:** Personalised 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:** Progress 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:** Calories/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

## 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?!