**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
2. 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

1. **Title**: Progress Tracking
2. 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

1. **Title:** Exercise Tracker
2. 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

1. **Title:** Calories/Food intake tracker.
2. 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

1. **Title:** Secure Personal Information
2. 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

1. **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

1. **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

1. **Title:** Determining Calories

Calculate/withdraw the calories of foods from an accredited online resource. \*\*\*

**Priority:** Medium

**Time:** 4 story points

1. **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?

1. **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. **Title:** workout database entry

Ability to save any and all inputted data into the database

**Priority:** High

**Time:** 7 story points

1. **Title:** database and table creation

Create all databases and tables needed to store information

**Priority:** High

**Time:** 5 story points

1. **Title:** Easier viewing

Allow the user to move around and view all aspects of the program easier adding different functionalities such as a scrolling feature

**Priority:** Medium

**Time:** 4 story points

1. **Title:** Security of Information

User information is stored and protected while using Flexx. Users can confidently use the app to achieve their fitness goals without worrying about their data being compromised.

**Priority**: High

**Time:** 8 story points

1. **Title:** Manual Calorie Finding

Give the user the option of manually

1. **Title:** Easier Navigation & Aesthetics

Will be able to easily view and navigate throughout the Flexx application. It will not only be visually appealing but also have a modern interface that motivates users to use the app regularly. The GUI will be both engaging and user friendly to encourage users to maintain their fitness routine.

**Priority:** Low

**Time:** 2 story points

1. **Title:** Database entry for goals

Ability to enter an unlimited amount of goals and have them saved into a database for future use.

**Priority:** High

**Time:** 8 story points

1. **Title:** Progress bar linked to completed tasks

Users are now able to visually track their progress by checking off any completed goal using the checkbox feature and are able to see a change in the progress bar.

Progress bar visual percentage and coloured “progress” line change when goals are checked as completed, or unchecked as uncompleted.

**Priority:** Medium

**Time:** 3 story points

1. **Title:** Conditionals to display relevant data

When a user selects a "Muscle Group," only the corresponding "Workout Types" are displayed while the others are hidden. This feature ensures that the user performs the right exercise and avoids any confusion.

**Priority:** High

**Time:** 5 story points

1. **Title:** Lockable Combo Box

Unless the user selects something from the “Muscle Group” combo box, the “Workout Type” Combo Box remains disabled. This allows relevant options to be displayed for the Workout Type after the user makes a selection for the Muscle Group.

**Priority:** High

**Time:** 4 story points

1. **Title:** Exercises based on Muscle Group & Workout Type

Users can select the desired Muscle Group and Workout Type from the drop downs and click the “Get Results” button to get recommendations for exercise amount.

**Priority:** High

**Time:** 3 story points