Gym Pal User Stories:

User Story #1:

As a user

I need to be able to track my past weights and reps for exercises.

So that I can look back and base future workouts off of them.

User Story #2:

As a user

I need to be able to see my past volume per week.

So that I can ensure that I have progressive overload.

User Story #3:

As a user

I want to be able to track my progress via weight.

So that I can see if I am improving.

User Story #4:

As a user

I want to be able to have a workout buddy that can view my workouts.

So that we can work together and motivate one another.