

# FITNEST

FitNest is jouw persoonlijke fitnesscoach in de vorm van een app. Met FitNest kun je eenvoudig jouw fitnessdoelen bereiken, of je nu wilt afvallen, spieren wilt opbouwen, of je huidige conditie wilt behouden. Door jouw doel in te voeren, krijg je toegang tot op maat gemaakte workouts die speciaal zijn afgestemd op jouw behoeften en fitheidsniveau. Of je nu thuis traint, in de sportschool bent of buiten wilt bewegen, FitNest biedt een brede selectie oefeningen aan die jou helpen om efficiënt en doelgericht te trainen.

## User Stories:

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### *User story 1*

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As a user

I'm able to get a list of workouts

So that I can see which workouts I can do

Wireframe:

### **Workout - API**

#### **Workouts**

NAME	Location	Time	Level
...	...		

Acceptance criteria:

- A list of workouts is displayed
- The location of the workout shows
- The level of the workout is displayed
- When there is no specific location necessary, display "no specific location needed"

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## User story 2

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As a user

I want to be able to calculate my BMI

So that I can get personalized workouts

Wireframe:

<p><b>Weight</b> <input type="text"/></p> <p><b>Length</b> <input type="text"/></p> <p><input type="button" value="Calculate"/></p>	<p><b>Suggested level :</b></p> <p>...</p> <p><b>Current BMI:</b></p> <p>...</p> <p>┌───┴───┴───┴───┐</p>
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Acceptance criteria:

- When you give in your height and weight, your BMI gets calculated and we suggest a level of workouts you can do and also your current BMI in number and on a scale (losing weight, maintaining, gaining weight)

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### User story 3

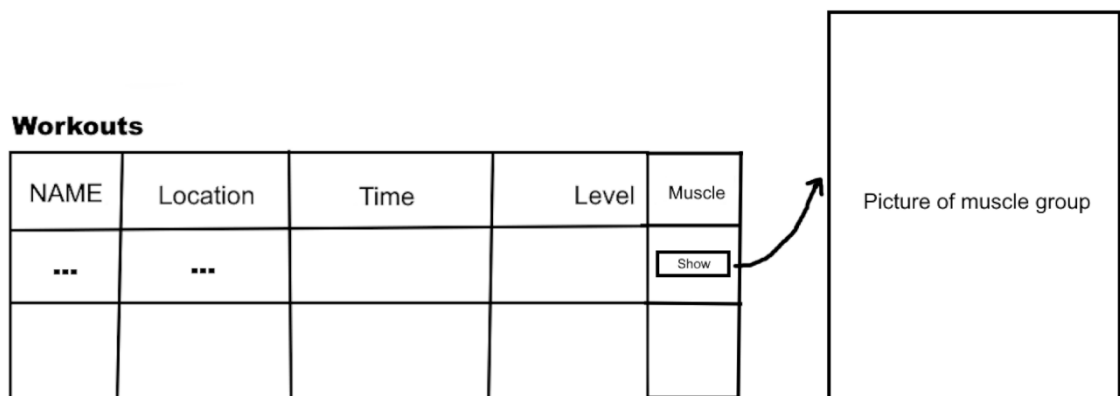
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As a user

I want to be able to get a picture of muscles the workout trains

So that I can see the muscle group I'm training

Wireframe:



Acceptance criteria:

- If you click the “muscles” button a picture of the muscle group you’re training will show

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### User Story 4

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As a user

I want to see my schedule

So I know my workouts that I have planned

Wireframe:

#### **Fleur's workout schedule**

<b>Name</b>	<b>Level</b>	<b>Date</b>
...	...	

**Total calorie burn: ...**

**Total time: ...**

Acceptance criteria:

- The page should show all workouts I have added
- It should show the total time the scheduled workouts will take
- It should show the total amount of calories that are burned

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## User story 5

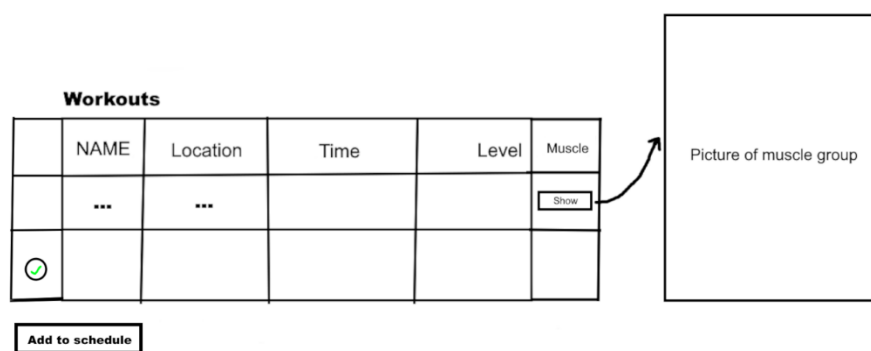
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As a user

I want to add workouts to my schedule

So that I can see which workouts I have planned

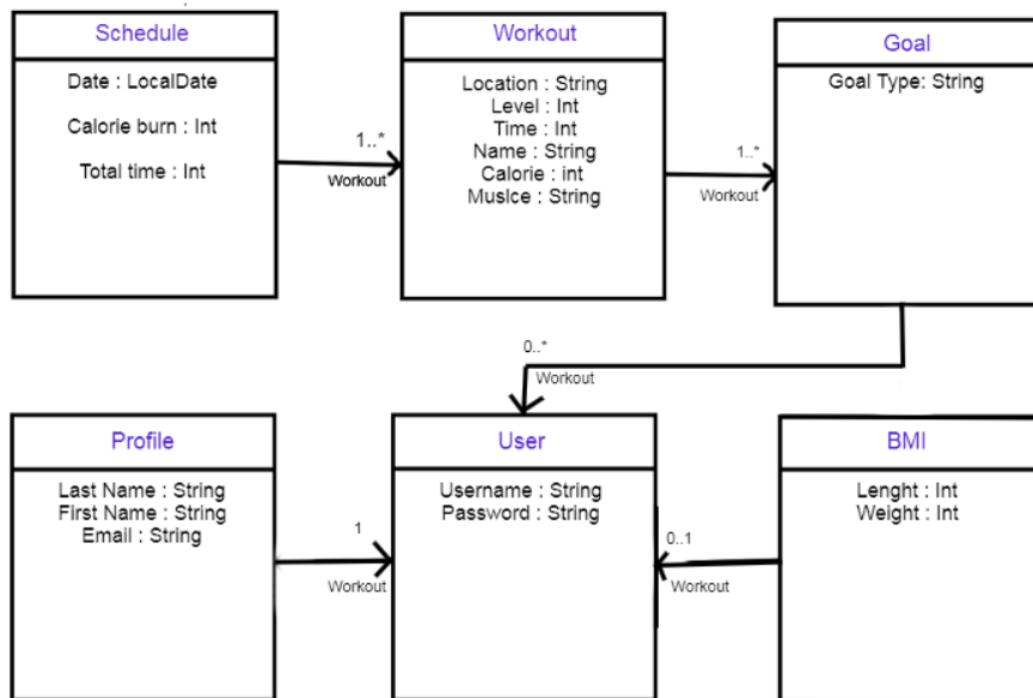
Wireframe:



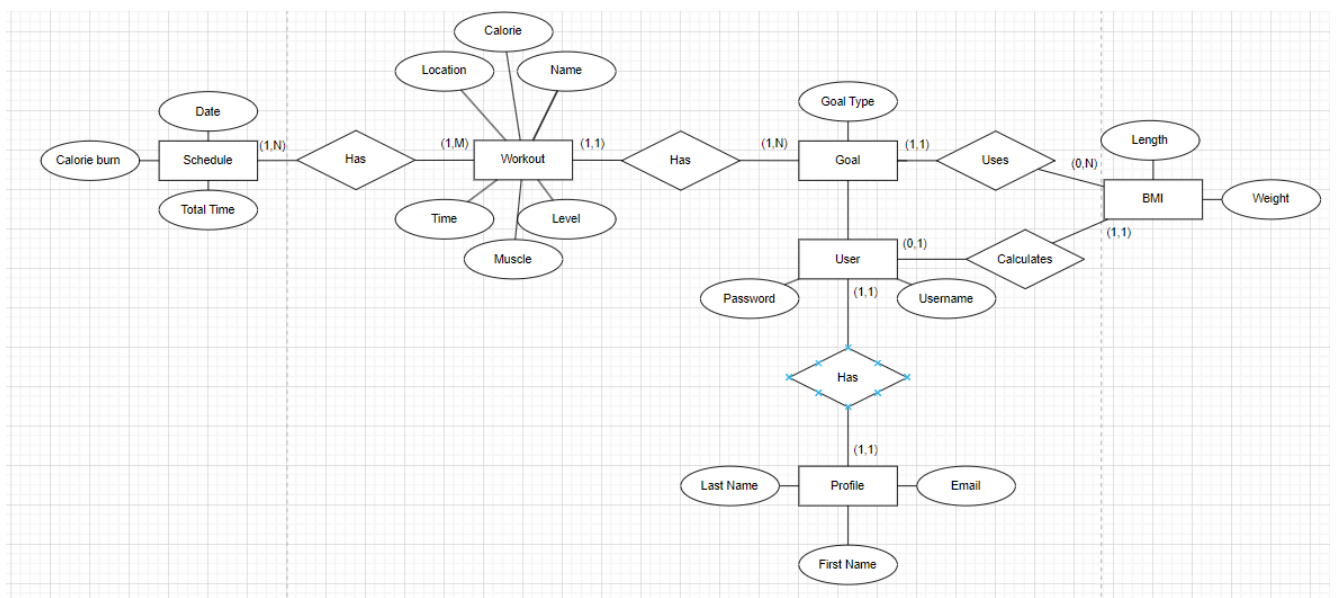
Acceptance criteria:

- a checkbox should be in front of the workouts, when you click on them you should be able to add them to the schedule through a button on the bottom
- The button is greyed out when no workout is selected
- The button gains a color when a workout gets selected

## Domain model:



## Conceptual model:



## Logical model:

