

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:

User story 1

As a user

I'm able to get a list of workouts

So that I can see which workouts I can do

Workout - API

Workouts

NAME	Location	Time	Level	Muscle
...	...			

Acceptance criteria:

- A list of workouts is displayed
- The location of the workout shows
- The level of the workout is displayed
- The muscle group is displayed

User story 2

As a user

I want to be able to calculate any BMI

So that I can have an idea of which kind of workout types I should do

Wireframe:

Weight <input type="text"/>	Suggested level : ...
Length <input type="text"/>	Current BMI: ...
<input type="button" value="Calculate"/>	

Acceptance criteria:

- When you give in a height and weight, the BMI gets calculated and we suggest a level of workouts and a suggested goal type (losing weight, maintaining, gaining weight)

User story 3

As a user

I want to be able to update my profile's BMI

So that it's registered in the system

Height

Weight

• • •

UPDATE YOUR OWN PROFILE'S BMI

Acceptance criteria:

- When you give in a bmi and press the update button, the bmi gets linked to the logged in user and update's the users bmi in de database.

User story 4

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

Workouts				
NAME	Location	Time	Level	Muscle
...	...			<input type="button" value="Show"/>

Picture of muscle group

Acceptance criteria:

- If you click the "muscles" button a picture of the muscle group you're training will show

User Story 5


As a user

I want to see workouts when clicking a schedule

So I know the workouts that are planned on that date

Schedules

Date	Calories	Time
...	...	



Workouts planned on 'date'

Name	Calorie	Location	Level	Time

Acceptance criteria:

- The page should show all workouts when clicking a schedule
- It should show the total amount of calories that are burned, location, level, time and name

User story 6

As a user

I want to add workouts to a schedule

So that I can see which workouts are planned on certain dates

Wireframe:

Workouts

	NAME	Location	Time	Level	Muscle
			Show
<input checked="" type="checkbox"/>					

Select schedule

2024-12-08 ▼

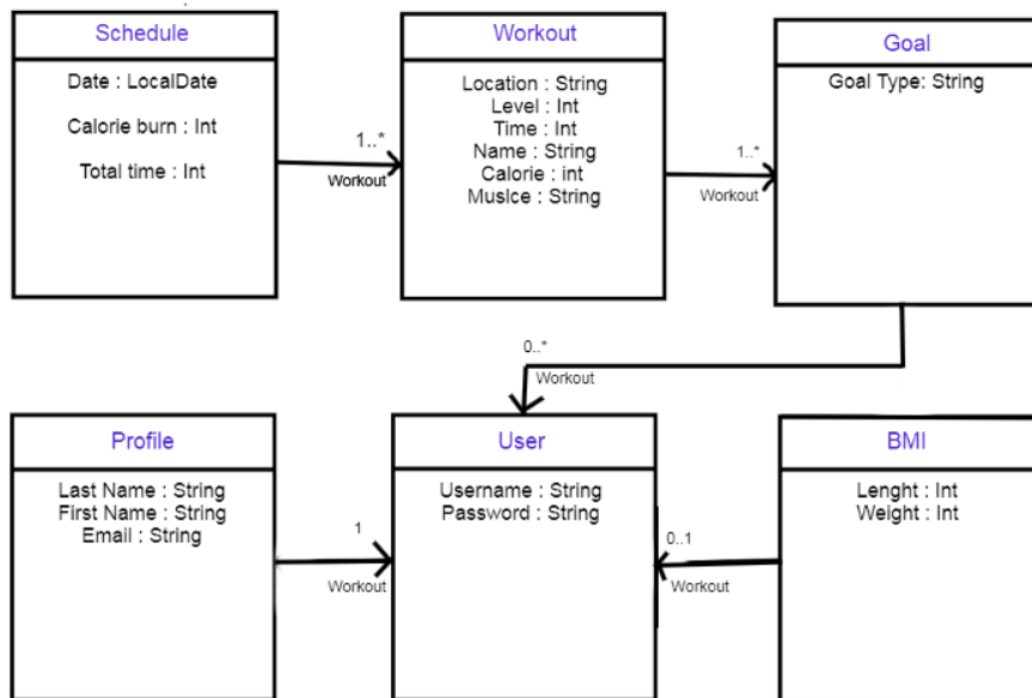
Add to schedule

Picture of muscle group

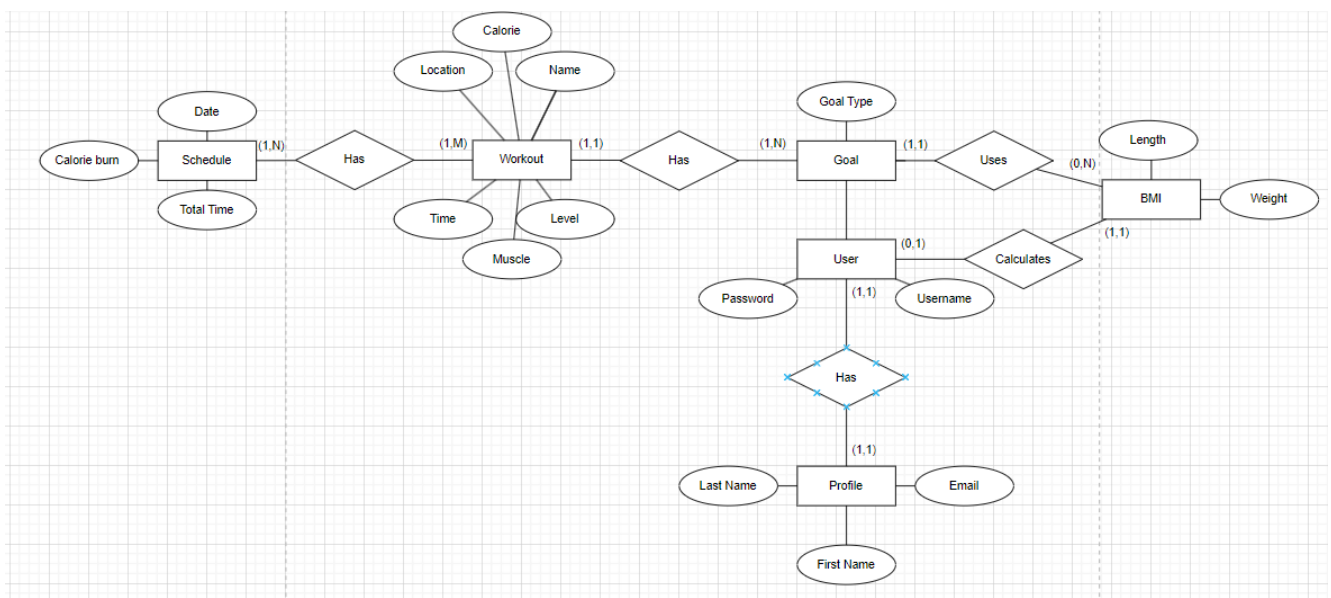
Acceptance criteria:

- a checkbox should be in front of the workouts, when you click on them you should be able to add them to a schedule through a button on the bottom
- There's a dropdown to select a schedule
- 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:

