**Work-Me-Out**

**Summary:**

User can create and modify a 7-28 day workout schedule. The application will begin by asking the user for a username. The username will be used by the database to store and retrieve the workouts created or used by the user. The user will be able to select from a variety of exercises or input their own exercise. With each exercise the user can put reps or time. When in workout mode the user can check the exercises that they completed. They can modify the number of reps or the amount of time they spent on the exercise. And, at the end of the application page they can select to complete the workout. Completing the workout will save the workout in the history for 30 days.

**Version:**

1.3.17

**Preconditions:**

* Script Launches with no errors.
* Internet or cellular connection is active.
* Interface displays user options.

**Triggers:**

* New user.
* Create new workout.
* Length selection (7, 12, 21, 28 days).
* Delete workout.
* History.
* Save.
* Modify/update.
* Complete workout.

**New User Success Scenario:**

* Script loaded correctly.
* User interface displays message to create new user.
* Create new user asks for username (checks to make sure there are no duplicates, and username fits parameters).
* Display create workout menu.
* Display workout successfully created.
* Display option to start workout.

**Return User Success Scenario:**

* Script loaded correctly.
* Display username and main menu (start workout, create workout, history).
* Start workout displays last workout and created workouts.
* Create workout displays create workout menu.
* History displays past 30 days.
* When in workout mode (option to modify reps and time, option to remove or add exercises).
* Button at bottom of screen to mark workout complete (saves workout in history).

**Main Success Scenario:**

* Script loaded correctly.
* Display new user only to first time log-in or reinstallation.
* Displays main menu.
* Buttons trigger appropriate menu and menu options.
* History displays past 30 days.
* Workout Mode displays table with exercise, rep or time, and a check box.
* In Workout Mode check box functions properly.
* In workout Mode user is able to modify rep or time, and delete or add exercises.
* Displays complete workout button.

**Post Conditions:**

* Screen menu changes.
* Workout created and stored in database.
* Appropriate menu options available.
* User can start, modify, complete workout.
* User can create new workout.

**Business Rules:**

* New user menu options only show for first time log-in or on reinstallation.
* User remains logged in on device.
* History clears if item logged is over 30 days old.

**Notes:**

Application is a prototype.

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