

# Requirements Elicitation and Analysis

Topic: Fitness - Gym and Nutrition

Website: <http://gymandnutrition.com>

## CA 2: Usability Design Project Deliverable 1

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### Table of Contents

<b><u>1</u></b>	<b><u>EXECUTIVE SUMMARY</u></b>	<b><u>1</u></b>
<b><u>2</u></b>	<b><u>IDENTIFICATION OF STAKEHOLDERS</u></b>	<b><u>2</u></b>
	USERS/CLIENTS/FITNESS ENTHUSIASTS	2
	ADMIN/OWNER	2
	DEVELOPERS/SUPPORT TEAM	2
	FITNESS ATHLETES/MODELS	2
	ADVERTISERS AND AFFILIATES	2
	GYM OWNERS/MANAGERS	2
	SPORTS COMPLEX OWNERS/MANAGERS	2
	NUTRITIONISTS	2
	BODY BUILDERS	2
	DOCTORS	2
	MARKETING TEAM	2
	SPONSORS	3
	PRODUCT RESELLERS/RETAILERS	3
	CONTENT WRITERS AND MODERATORS	3

## **1 Executive Summary**

We all know the importance of being physically fit. A fit person is capable of living life to its fullest extent and enjoy the internal happiness. Eating a balanced diet full of nutrients and

including physical activity like sports or gym or both helps us release stress, anxiety and sweat out the harmful substance out of our bodies, which helps us prevent diseases, improves mood and helps sleep better. Physical fitness is directly linked to our mental, cardiovascular health etc.

But the sad thing these days is most of human population (mainly in cities) is consuming processed and fast foods which leads to excessive weight gain and various health problems.

So, we have decided to re-develop an existing website based platform which one of us (Navjot Singh) owns and to make it better, where people will be able to read information on nutrition, gym workouts, meal plans etc. Which will help millions of people around the world to accomplish their fitness goals and live more fulfilling life.

***The aim of this report is to gather requirements of this system from users and other stakeholders like owner, fitness athletes etc.***

Lets, start with identifying stakeholders –

## **2 Identification of Stakeholders**

Users/Clients/Fitness Enthusiasts

Admin/Owner

Developers/Support Team

Fitness Athletes/Models

Advertisers and Affiliates

Gym Owners/Managers

Sports Complex Owners/Managers

Nutritionists

Body Builders

Doctors

Marketing Team

Sponsors

Product Resellers/Retailers

Content Writers and Moderators