

FlexFit

Feature: Record Daily Activities

As a user, I want to record meals and workouts to track my daily nutrients and activities.

Scenario: User records a meal

Given the user is on the main menu

When the user chooses to record a meal

And enters "Chicken" for the meal name

And enters "200" for the calories

Then the system records the meal

And displays "Logger: Daily Nutrients updated."

Scenario: User records a workout

Given the user is on the main menu

When the user chooses to record a workout

And enters "Jumping jacks" for the workout name

And enters "400" for the calories burned

Then the system records the workout

And displays "Logger: Daily Nutrients updated."

Scenario: User views daily summary

Given the user has recorded a meal and a workout

When the user chooses to view the daily summary

Then the system displays the summary including meals and workouts

Feature: Suggest Daily Meals and Workouts

As a user, I want to receive meal and workout suggestions tailored to my goals so that I can effectively manage my nutrition and exercise regimen.

Scenario: User gets a suggested meal

Given the user is on the main menu

When the user chooses to get a suggested meal

Then the system provides a meal suggestion

And displays the meal details including name, calories, carbs, fats, and proteins

Scenario: User gets a suggested workout

Given the user is on the main menu

When the user chooses to get a suggested workout

Then the system provides a workout suggestion

And displays the workout details including name, duration, type, intensity level, and calories burned