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| ID | Requirement | Functional/  Non-functional | MoSCoW Priority |
| 1 | The user must have an account and log in to use the app | Functional | Must |
| 2 | The user must have the ability to create an account | Functional | Must |
| 3 | The system must display user details | Functional | Must |
| 4 | The system must update user details | Functional | Must |
| 5 | The user must be able to edit user details | Functional | Must |
| 6 | The user must be able to view wellbeing, exercise, and meal-related content | Functional | Must |
| 7 | The user must have the option to see recommended articles for wellbeing, exercise, and food. | Functional | Must |
| 8 | The user must be able to record new meals/exercises | Functional | Must |
| 9 | The user must be able to complete wellbeing quizzes | Functional | Must |
| 10 | The system should display personal goals | Functional | Should |
| 11 | The user should be able to set personal goals | Functional | Should |
| 12 | The system should generate new quizzes | Functional | Should |
| 13 | The user could earn in-app rewards for completing personal goals | Functional | Could |
| 14 | The system could generate recommendations that are specific to the user | Functional | Could |
| 15 | The user could connect a smart watch and add new exercise activities automatically | Functional | Could |
| 16 | The system could generate a referral code for the user to share with another user (for them to use when creating an account) completion | Functional | Could |
| 17 | The system must not disclose any personal information to the user other than their username | Non-Functional | Must |
| 18 | Any use of information must comply with GDPR | Non-Functional | Must |
| 19 | The system should only be accessed on mobile devices | Non-Functional | Should |
| 20 | An individual should only have 1 account | Non-Functional | Should |
| 21 | Only 1 user should be referred by an existing member every month | Non-Functional | Should |
| 22 | The system will be monitored at all times | Non-Functional | Should |
| 23 | The user should be able to use the app at any time | Non-Functional | Should |