

## Deliverable 2

### 1. Positioning

Problem Statement: The problem of trying to stay healthy affects every person, the impact of which can lead to shorter lifespans and decreased quality of life.

Product Statement: For people who want to better health, Strive is a health tracker that uses backed data and science, unlike MyFitnessPal, our product will give accurate information to reach your goals.

Value proposition: Strive eliminates confusion and frustration for individuals managing their weight and/or diet by providing clear and personalized guidance that makes health goals more attainable and realistic.

Customer Segment: Our primary customers are wrestlers and fighters for the BMI calculator component. We will also focus on creating a tracker to find the ideal calories and protein people should have in their diet, along with some links to good meals for healthy weight loss or gain.

### 2. Stakeholders

- Users: People who will use the website track their fitness goals
- HealthCare Providers: May use user data to monitor and track patient health
- Business Stakeholders: Oversee the development process and product goals
- Development Team: Implement the functions of the website

### 3. Functional Requirements

- Create user interface that is easy to use and intuitive
- Calculate desired weight to stay healthy based on persons information
- Calculate BMI and give guidance on where they should be
- Create user accounts, that can be customized and are personal to them
- Offer healthy meal ideas based on goals
- Allow users to enter information about their health data (ex: steps, sleep, blood pressure, etc)
- Have a dashboard to show daily, weekly, and monthly summaries
- Allow users to enter data about their overall health goals

### 4. Non-Functional Requirements

1. The system will respond within 3 seconds
2. The system will allow for 500 concurrent users
3. The system will calculate BMI correctly.
4. The system will output correct information to user.
5. The system will calculate information within 2 seconds.

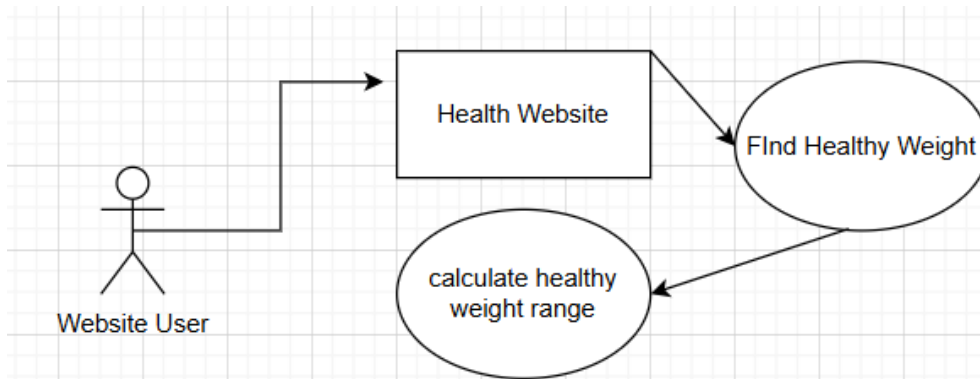
### 5. MVP

Our MVP will be a website where users can enter their health information and goals to receive daily calorie recommendations, and log their weight to track progress. We will validate it by building a working website, testing it with users, and gathering feedback from the tested users.

The feedback will be about the websites UI, interactivity, and whether the calorie recommendations and progress tracking are useful.

## 6. Use Cases

Name: Emory Williams



Use Case: Find healthy weight

Actor: Website User

Goal: Find healthy weight given the user's inputted health information

Trigger: User clicks submit for their current weight, height, and gender data

Pre-conditions:

1. User has access to health website
2. User can enter their weight, height, etc data into the form

Post-conditions:

1. The user sees their suggested healthy weight range on the screen.
2. They can optionally enter a goal weight to get protein and carb recommendations

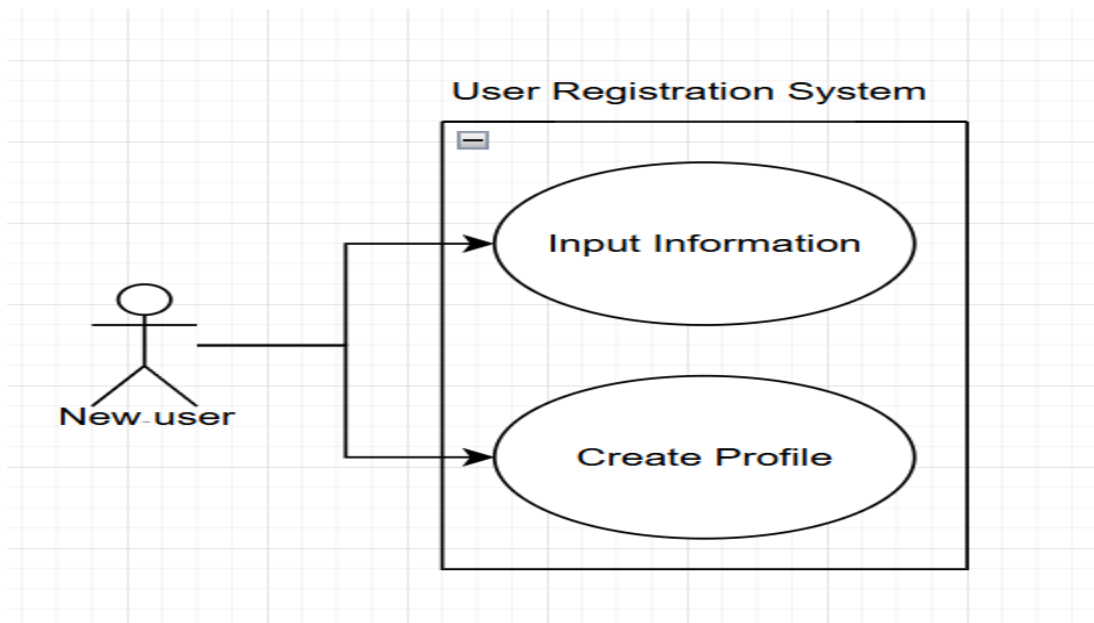
Success Scenario:

1. User visits the health website
2. User enters their current weight, height, age, and gender
3. User clicks the **Submit** button
4. The website calculates a healthy weight range based on the input
5. The website displays the healthy weight result to the user

Alternate Scenario:

1. Missing/invalid data: If required fields are missing or invalid, the site prompts the user to correct the information before continuing
2. System error: If there's a calculation error or the service is unavailable, the site displays an error message and suggests trying again later.

Name: Ethan Senger



Use Case: User creates their account

Actor: New User

Trigger: New user clicks sign up button

Pre-conditions:

1. User does not have an account already
2. User has a valid email

Post-conditions: New user is registered into the database

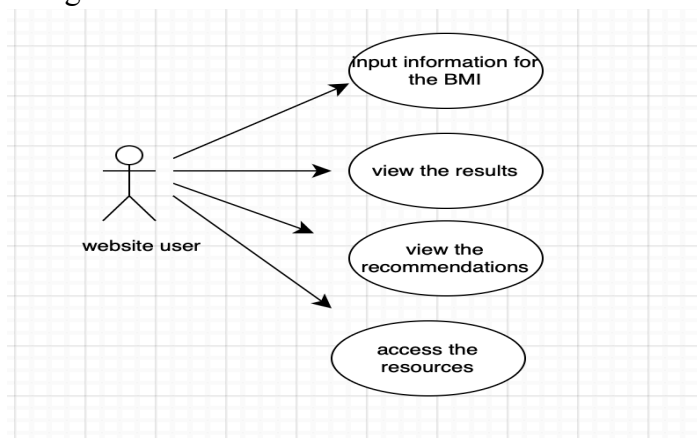
Success Scenario:

1. New user selects “Register” on the website
2. New user inputs the required information in the registration page
3. Systems validates the given information
4. System creates new user account
5. System sends a confirmation email to the user
6. User verifies their account through email

Alternate Scenario:

1. System prompts user if the username/email is already in use to use a different username/email
2. If the user types in or sends missing information the system should highlight the fields that need to be completed

Name: Josselin Retiguin



Use Case: Input information and View results

Actor: Website User

Goal: Calculate individuals body mass index and place it under a category

Trigger: The user inputs their height and weight and other required personal information

Pre-conditions:

- 1.The website is available
- 2.The information the user is inputting is valid

Post-conditions:

- 1.The user receives their results
- 2.The BMI results are placed into a category
- 3.The user can view the recommended for resources

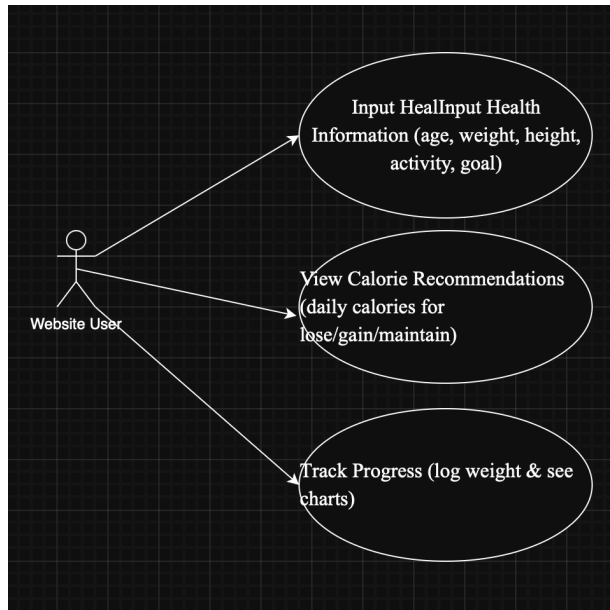
Success Scenario:

1. User enters the needed information such as the height and weight
2. The calculator successfully gives the results
- 3.The user is able to navigate through the website to find their results
4. The results can be viewed by the user with a category based on their results

Alternate scenario:

1. If the information the individual input is invalid the page will let them know
2. If the user leaves needed information blank it will alert the user
3. If the user provides information that is unrealistic it will alert the user as error

Name: Aron Gebrezghr



Use case: Track Progress

Goal: Allow the user to log their weight over a period of time and monitor progress towards their goal.

Trigger: The user inputs their current weight into the system.

Pre conditions:

1. The website is available and able to perform.
2. The user has already created a calorie plan ( the baseline starting weight and goal are stored)

Post conditions:

1. The user's new weight entry is saved.
2. The system updates the progress chart or the summary
3. The user is able to view whether they are on track toward their goal.

Success scenario:

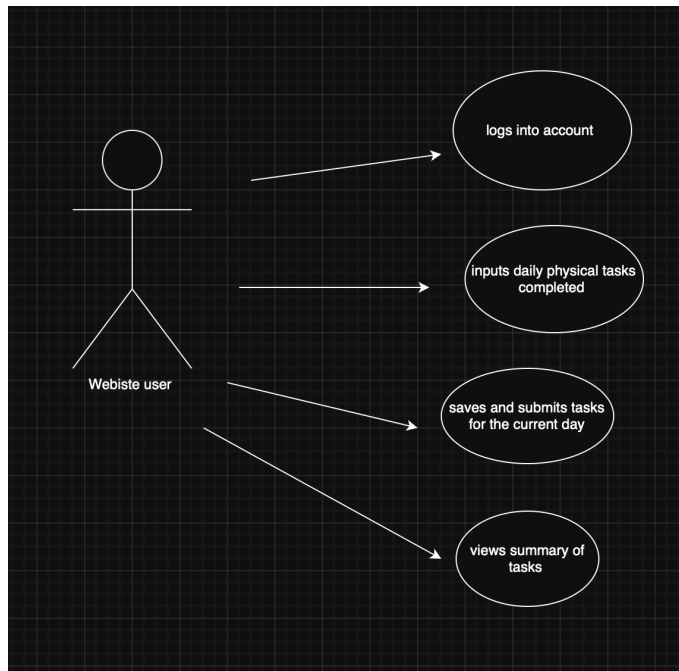
1. Users provide their updated weight.
2. The system successfully stores the entry in the user's history.
3. The system compares the new weight against the user's baseline weight and goal weight.
4. The user sees their updated progress chart and summary.

Alternative scenario:

1. The user leaves the weight field empty, the system requests input.
2. If the weight entered is Invalid (letters or negative numbers) the system notifies the user to correct it.
3. If the weight is unrealistic (10,000 pounds) the system alerts the user and rejects the entry.

Name: Abel Gebrezghr





Use case: Tracking user physical activities such as calories burned, exercises completed etc

Goal: to log and keep track of individual performances completed

Trigger: the user wants to log new data or look at existing data

Pre conditions: User is logged into the their website account

Post conditions: The website stores users physical activity accomplishments

The website also saves user information

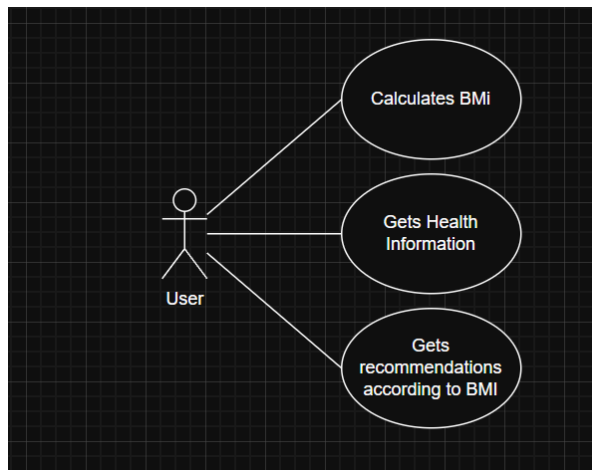
Success scenario:

- The user logs into their website account
- The user finds the daily physical activity menu
- The user specifies the details of the information being added (type of exercise)
- The user inputs information
- The user saves the information and submits it to be stored
- The system updates daily tasks and portrays them accordingly

Alternative scenario:

- The users account isn't recognized (the system prints error message and prompts for different account)
- The user is about to close the tab without saving the data(the system shows warning message before leaving the tab)

Name: Anna Cheatham



Use Case: Get health information according to given information.

Actor: Website User

Goal: Gain health insights depending on your current information

Trigger: The user calculates their BMI.

Pre-conditions:

- 1.The website is available
- 2.The information the user is inputting is valid
3. The website has updated information to give

Post-conditions:

1. The user gains valuable health information.
2. The user gains recommendations based on calculation.

Success Scenario:

1. The user calculates their BMI
2. The website gives health information based on calculated BMI
3. The website gives recommendations to stay/get more healthy
4. The website gives the BMI at the end of information

Alternate scenario:

3a. The website doesn't have any recommendations

1. The website gives them their health information.
2. The website gives their BMI number.
3. The website warns that their BMI says they're healthy but BMI isn't always accurate.

## 7. User Stories

Name: Ethan Senger

User Story #1:

As a user, I want to view my calories burned everyday, so that I can track my overall health

Priority: 8

Hours: 4

User Story #2:

As A user, I want to receive weekly summaries of health insights, so that I can make better choices for my health

Priority: 5

Hours: 6

Name: Emory Williams

User Story #3:

As a boxer, I want to have a diet set up, so that I can reach my goal weight before my weigh-in for my fight.

Priority: 7

Hours: 3

User Story #4:

As a full-time engineer with kids, I want to easily know how to lose weight, so that I can not spend too much time trying to set up a plan to lose weight.

Priority: 3

Hours: 5

Name: Josselin Retiguin

User Story #5:

As a user I want to receive guidance after receiving my BMI, so that I can take them into consideration and make changes to my lifestyle.

Priority:6

Hours:5

User Story #6:

As a user I want to access and view reliable exercises so that I can make healthier decisions.

Priority:4

Hours:3

Name: Aron Gebrezghr

User story #7: As a college wrestler I want a log of my weight as I cut weight for a matchup so I can make weight and compete.

Priority: 8

Hours: 3

User story #8: As a user I need a prediction of when I can lose the extra weight in a healthy manner so I can achieve my goal.

Priority: 4

Hours: 5

Name: Abel Gebrezghr

User story #9 :As an honors student I want to have a daily task menu so I don't have to stress about making new schedules every day

Priority: 6

Hours: 6

User story #10: As an athlete I need a reminder system So I don't forget important tasks and workouts

Priority: 7

Hours: 5

Name: Anna Cheatham

User Story #11:

As someone who tries to eat healthy, I want to be able to get more recommendations for healthy food so that I can stay on track.

Priority: 5

Hours: 2

User Story #12:

As someone who exercises regularly, I want to get exercise recommendations so that I can exercise based on my personal needs.

Priority: 5

Hours: 3

## 8. Issue Tracker

[Issues · akg357/CS-386-HealthWebsite](#)

akg357 / CS-386-HealthWebsite

Search: Type / to search

Code Issues 12 Pull requests Actions Projects Security Insights Settings

is:issue state:open

Open 12 Closed 0

Author Labels Projects Milestones Assignees Newest

- ☐ ☒ As someone who exercises regularly, I want to get exercise recommendations so that I can exercise based on my personal needs.  
#12 - superfake-anna opened now
- ☐ ☒ As someone who tries to eat healthy, I want to be able to get more recommendations for healthy food so that I can stay on track.  
#11 - superfake-anna opened 1 minute ago
- ☐ ☒ As an athlete I need a reminder system So I don't forget important tasks and workouts.  
#10 - superfake-anna opened 1 minute ago
- ☐ ☒ As an honors student I want to have a daily task menu so I don't have to stress about making new schedules every day.  
#9 - superfake-anna opened 2 minutes ago
- ☐ ☒ As a user I need a prediction of when I can lose the extra weight in a healthy manner so I can achieve my goal.  
#8 - superfake-anna opened 2 minutes ago
- ☐ ☒ As a college wrestler I want a log of my weight as I cut weight for a matchup so I can make weight and compete.  
#7 - superfake-anna opened 2 minutes ago

- ☐ ☒ As a user I want to receive guidance after receiving my BMI, so that I can take them into consideration and make changes to my lifestyle.  
#5 · superfake-anna opened 3 minutes ago
- ☐ ☒ As a full-time engineer with kids, I want to easily know how to lose weight, so that I can not spend too much time trying to set up a plan to lose weight.  
#4 · superfake-anna opened 5 minutes ago
- ☐ ☒ As a boxer, I want to have a diet set up, so that I can reach my goal weight before my weigh-in for my fight.  
#3 · superfake-anna opened 5 minutes ago
- ☐ ☒ As A user, I want to receive weekly summaries of health insights, so that I can make better choices for my health.  
#2 · superfake-anna opened 7 minutes ago
- ☐ ☒ As a user, I want to view my calories burned every day, so that I can track my overall health.  
#1 · superfake-anna opened 7 minutes ago