

## **User Stories Document**

*Team name:* Das-Technik

*Team members:* S. Audet, R. Handlon, N. Knowles, J. Morin, I. Sparks-Willey, K. Walker

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**Homepage Epic** - As an application user, I want an easy to navigate home interface that allows me to quickly access what I am looking for and see high-level information when I open my app.

- As someone who loves simplicity, I want to see daily progress on my home screen without having to click into different screens so that I can check my progress on the go.
- As someone who is easily impressed by colorful graphs, I would like to be able to view my hydration as a graph on the home screen so that I feel more satisfied with using the app.
- As someone nervous about improving my fitness, I want an app that encourages me through daily quotes and words of encouragement so that I feel the desire to keep going.
- As someone that has a hard time seeing, I want my navigation tabs to be large and clear so that I can read the display without moving my device further or closer to my face.
- As someone who is colorblind, I want differently colored graphs so that I can understand them.
- As someone with poor eyesight, I want to be able to change the font size so that I can read data.
- As someone who can't read well, I want pages to be compatible with my screen reader so that it can translate the content to me.

**Hydration Epic** - As an individual that wants to improve my water intake, I want an application that allows me to track my hydration, monitor my water goals and remind me to drink more when I forget.

- As someone who has a history of being dehydrated, I want to be able to compare my water intake to the intake amount which would be considered in a healthy range so that I am not dehydrated less often.
- As someone who forgets easily, I want my phone to notify me when it's time to drink so that I don't realize it when it's too late.
- As someone who is a moody person, I would like to be able to see how each day's hydration affects my mood so that I can learn about how much my hydration is affecting me.

- As someone wanting to improve my water intake, I would like to be able to set specific goals as I work to improve my water intake so that I can feel rewarded and motivated as I work to reach my goal.
- As someone that has a hard time seeing, I want my navigation tabs to be large and clear so that I can read the display without moving my device further or closer to my face.
- As someone who is colorblind, I want differently colored graphs so that I can understand them.
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**Nutrition Epic** - As someone who wants to maintain their diet and/or gain or lose weight, I want the ability to track calories and macronutrients of the foods that I eat, and to view reports of previous days intakes.

- As an overweight individual, I want to be able to set nutrition goals each day to help keep myself from eating too much.
- As a bodybuilder, I want to enter my macronutrients for each meal so that I can track my strict diet.
- As a vegetarian, I want to more easily check that I am getting correct amounts of nutrients uncommon in a vegetarian diet so that I am generally healthier.
- As someone who has trouble eating regularly, I would like reminders to help me eat food so that I am getting the sustenance I need.
- As someone who eats a varied diet, I would like a nutrition tracker to have a large database containing many of the obscure things I like to eat so that I'm never missing any of the information I want to track.
- As someone who is a moody person, I would like to track my mood when I am eating so that I can learn about how the foods I eat correlate with my moods.
- As someone who can't read well, I want pages to be compatible with my screen reader so that it can translate the content to me.
- As someone who is colorblind, I want to be able to view everything in a colorblind-friendly mode.

- As someone with poor eyesight, I want to be able to change font size so that I can read everything.

**Workout Epic** - As a person who wants to track their workouts in order to stay fit, I want the ability to track how long I workout, the types of workouts I do and be able to view reports on my progress.

- As someone who doesn't want to memorize their workout, I want to be able to create a custom workout that tracks sets/ reps
- As someone who is new to working out, I want pre-made workout suggestions.
- As a runner, I want to be able to track my distance and run times to see my progress over a month, or year so that I can review my progress over time..
- As someone who can't keep track of time, I want a timer that tracks my total workout session length so that I can see how much time I'm putting into my workouts.
- As someone who often forgets to workout, I want reminders to workout so that I don't forget.
- As someone who wants to track how exercising affects their mood, I want to be able to track my mood before and after my workouts.
- As someone who wants to get stronger, I want to be able to track my PRs for various lifts so that I can see my progress over time.
- As someone who is colorblind, I want differently colored graphs so that I can understand them.
- As someone with poor eyesight, I want to be able to change the font size so that I can read data.
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