

User Stories

Authentication

- As a user, I can log in, so that I can use the app
 - I can sign up using name & email
 - I can in using email
 - I can reset my password

Eating Log

- As a user, I can log what I eat each day, in order to adhere to the Always Hungry way of eating (WOE)
 - I can choose to log food items for a meal (one of: breakfast, lunch, dinner, snack)
 - A log new meal pop-up shows up
 - Initial screen includes yesterday's log for the same meal (if it exists), and list of recently logged items
 - I can search for items using the keyboard
 - The search queries as I type
 - Results include individual food items (e.g. apple) and AHS recipes (e.g. Apple Cinnamon Muffins)
 - I can see my saved food items
 - I can filter/sort my saved food items
 - I can [build a new meal](#)
 - I can scan the barcode of a packaged item
 - I can get results from an external database
 - *Note: 12/21 meeting, HTD is investigating*
 - If I click on a food item, I can see details for that item
 - Name
 - Photo (if applicable)
 - Phase compliance
 - Calories
 - Protein (grams)
 - Carbohydrates (grams)
 - Fat (grams)
 - Serving size
 - Prep time (if recipe)
 - Number of servings (if recipe)
 - Ingredients
 - I can add a food item to my meal log
 - I can choose the amount eaten
 - I can change the quantity (a number)
 - I can change the serving size (a unit)
 - I can see what food items I've logged for each meal

- I can add additional food items to meals
- I can edit meals
- I can delete meals
- I can view meal logs from the past
 - I can select a days meal log to view
 - I can edit, delete, or add to past meal logs

Mood Tracking

- As a user, I can track my mood and habits, in order to understand how they change over time
 - I can fill out the Mood Tracker, which consists of:
 - Ratings 0-4
 - Questions True/False
 - Single choice questions
 - Open ended questions
 - Other (ability for AH team to modify in admin portal)
 - I can see my total score based on my responses
 - My total daily score is represented on my mood chart
 - I can view my mood chart by week, for any given week
 - I can see the details of each point on the chart
 - I can view my answers to the mood tracker
 - I can view my score
 - I can see what food I logged (revised for MVP so people can make their own inferences about triggers)
 - The mood chart is empty if I haven't entered any data
 - I can navigate to my mood insights from the home view
- Mood Triggers
 - As a user, I can use the app to understand how my diet and behavior affect my mood, so that I can make confident decisions
 - I can see mood trigger badges
 - Good
 - Neutral
 - Bad
 - I can see triggers for each mood, either:
 - Foods I've tracked in the eating log
 - Behaviors I've tracked in the mood log
 - *Note: 12/21 call we decided to table this until data can be collected and model developed, down the line*

Meal Builder

- As a user, I can build a new meal in order to track what I'm eating and calculate ratios
 - I can navigate to the meal builder directly from the home page
 - I can navigate to the meal builder from the eating log

- I can progress through the steps to build a meal
 - Step 1: Select phase for ratios
 - Single choice (1, 2, or 3)
 - Step 2: Select protein
 - Single choice
 - Search with keyboard
 - Browse through proteins by category
 - Step 3: Select fat
 - Single choice
 - Search with keyboard
 - Browse through fats by category
 - Step 4: Select carbohydrates
 - Single choice
 - Search with keyboard
 - Browse through carbohydrates list
 - Step 5: Select non-starchy vegetables
 - Multichoice
 - Search with keyboard
 - Browse through vegetables by category
 - I can choose to see phase 2 vegetables even if I'm in phase 1
 - Step 6: Review meal
 - I can see recommended serving sizes for each item I've added
 - I can see the choices I made at each step as an overview
 - I can go back to any step and change my choice
 - If I change my choice, I will have to progress through the remaining steps again, as choices cascade and impact available choices in latter steps
 - I can name this meal
 - Max 30 characters
 - I can save this meal to my recipes
 - Step 7: Log (optional)
 - I can record this meal in my eating log
 - If I choose to log this meal, I can input the quantities I ate
- The steps for the meal are based upon my choice for phase, according to the program laid out in Always Hungry

Food Compliance

- As a user, I can check a specific food, in order to check if it suits any of phases of the program
 - I can access food compliance directly from the home page
 - I can search for a food using the keyboard
 - I can scan a food item using the barcode scanner
 - Initial screens include a list of foods grouped by phase, which I can scroll through
 - Results are filtered while typing

- Each result includes whether the food is compliant in phase 1, 2, or 3
- If there are no results, I can request that the item be added
- If I click on a food, I can see a description of the standard used by Always Hungry (a trimmed chicken thigh, a ¼" steak, etc.)

Recipe Library

- As a user I can browse the recipe library, in order to build a meal using a recipe, or just to explore
 - I can browse the recipes
 - Grouped (e.g. recommended, saved, breakfast)
 - I can browse each group
 - I can filter by predefined tags (e.g. phase 1, vegetarian, gluten free)
 - Each recipe tile preview consists of the name, photo or icon, and program phase compliance
 - If I click a recipe, I can see certain details
 - Name
 - Photo or icon
 - Program phase compliance
 - Estimated time to prepare
 - Calories
 - Serving size
 - Custom tags (e.g. <30 mins, vegan, freezes well)
 - Nutrition data (grams for each macro)
 - Nutrition data (graph of ratios)
 - Description
 - Ingredients
 - Preparation instructions
 - Book page or website reference, if applicable
 - I can build a meal using a recipe as the starting point
 - Build a meal button is available (and is sticky when scrolling)
 - Clicking the build a meal button opens the [meal builder pop-up](#) with prefilled header of the recipe (name, and nutrition data)
 - I can select a phase that this recipe suits (I cannot select a phase that is in conflict with this recipe)
 - I can use the recipe as the base to create a new meal
 - I can see pre-made complete meals using this recipe
 - I can see complete meals that incorporate this recipe
 - I can see the nutrition summary of each meal
 - I can see what phase each meal is
 - I can save the complete meal to my recipes
 - I can view a recipe while building a meal
 - I can select it during the appropriate meal building step

Me

- As a user, I can see my settings, in order to modify them to fit my liking
 - I can turn notifications on/off to receive reminders to log each meal
 - I can change my unit system
 - I can change how I am sharing data with other sources (Apple Health, Coach Accountable etc.)
 - I can change my password or email
 - I can log out

Nutrition Tips

- As a user, I get some nutrition tips, in order to improve my knowledge about the Always Hungry way of eating

Admin Portal

- As an admin on the Always Hungry team, I can make changes on the back end, in order to provide a better experience for users
 - I can add new ingredients
 - I can input the grams of each macro
 - I can name the ingredient
 - I can provide a description or specifications
 - I can add new recipes
 - I can add new tips
 - I can see information about user activity
 - I can see what recipes are most saved
 - I can see what ingredients are requested
 - *Note: discuss with Dawn what else she might want to see*
 - I can make changes to the mood tracker questions
 - I can make changes to the categories at each step of the meal builder
 - I can rename the categories
 - I can change what items are in each category
 - I can edit existing recipes

Notes from Fri Jan 22

High level:

- The data that AH provides is the most valuable asset – users of the AH app will keep coming back for the recipes and help with AH specific guidance

Admin portal:

- The AH team needs back-end access to add/update recipes and meal plans and be the source of truth for nutrition information
- Scope may need to be expanded to include robust content management capabilities

Nutrition Database:

- The nutrition information displayed to the users needs to outline the assumptions and description about the nutrition info (a trimmed chicken thigh, a ¼" steak, etc.)
- For MVP, Dawn + team could select a few hundred most common ingredients to pick the best quality nutrition information from ESHA
 - For other ingredients, we can decide either to go with options in ESHA or to not include them for MVP and instead include a mechanism for users such as "don't see an ingredient you're looking for? Request it"

Food/Mood Triggers:

- It will require more data science to make the triggers coherent, and we don't want to give confusing insights that haven't been contextualized, so MVP of the app should include "helpful hints" (e.g. sleeping more than 8 hours a night can reduce cravings)
 - Need to think about if we want to provide ways for users to explore their own data to draw their own conclusions (e.g. "wow, on days I eat sweet potatoes I feel less satiated")
- Once there are enough users on the app, data analysis can be done down by Dawn's team down the road to create more user-specific insights

Coaching:

- Need to discuss how coaching interplays with this AH app, whether it's giving coaches access to users information or giving users a feature that allows them to share with a coach
- Need to investigate interoperability with coach accountable platform

To Do's:

- HTD – Look into cost and difficulty of barcode scanning
- BCH – flesh out admin portal user stories
- BCH & Dawn – discuss and prioritize user stories and features