**Virtual Wellness Program User Story**

**Program Summary:** This program will be taking registered users and grouping them based on their health status. In the groups each registered user will be trying to reach goals to gain points to show that they are trying to lower their risk of disease and illness.

1. As an Admin, I want to have the program audit any change made to any database to a txt file.
2. As an Admin, I want to ensure the security of program’s data by encrypting the data of my registered users to abide by HIPA Laws.
3. As an Admin, I want to be able to update registered info with updated info every year via deleting all the information in the table and adding new info via CSV file. (how to demo this)
4. As an Admin, I want to be able to delete/add someone from a group.
5. As an Admin, I want to be able to delete someone from the database.
6. As an Admin, I want to be able to add more groups.
7. As an Admin, I want to be able to assign the Captain role to a Basic Registered User
8. As a Basic Registered User, when signing up I will have been given a code at the screening that I will have to input to gather all information from my health screening to create my calorie and exercise goals.
9. As a Basic Registered User, once I am registered I want to have the program calculate my weekly exercise goals and my daily calorie intake goals.
10. As a Basic Registered User, I want to be able to input my exercises for my weekly goal based exercise guidelines of Mayo Clinic(150 mins moderate cardio exercise, 75 mins vigorous cardio exercise, two times a week of weight training). (wger API)
11. As a Basic Registered User, I want to be able to gain a point for getting within a range of my weekly exercise goal.
12. As a Basic Registered User, I want to be able to input food that will get me to my daily calorie intake goal. (USDA API)
13. As a Basic Registered User, I want to gain a point for eating within a range of my calorie intake goal.
14. As a Basic Registered User, I want to be able to see my personal progress for my exercise.
15. As a Basic Registered User, I want to be able to see my personal progress for my diet.
16. As a Basic Registered User, I want to be able to see my groups progress for exercise.
17. As a Basic Registered User, I want to be able to see my groups progress for diets.
18. As a Basic Registered User, I want to be able to see a group leader board for monthly and yearly.
19. As a Captain Registered User, I want to be able to do all the things a Basic Registered User can do. Plus, more.
20. As a Captain Registered User, I want to be able to approve my groups dietary input.
21. As a Captain Registered User, I want to be able to approve my groups exercise input.
22. As a Captain Registered User, I want to be able to pick the group name and change it.