



Apex Development Elaboration Document

Rise and Grind

Team Members:



A handwritten signature in blue ink, appearing to read "Net".

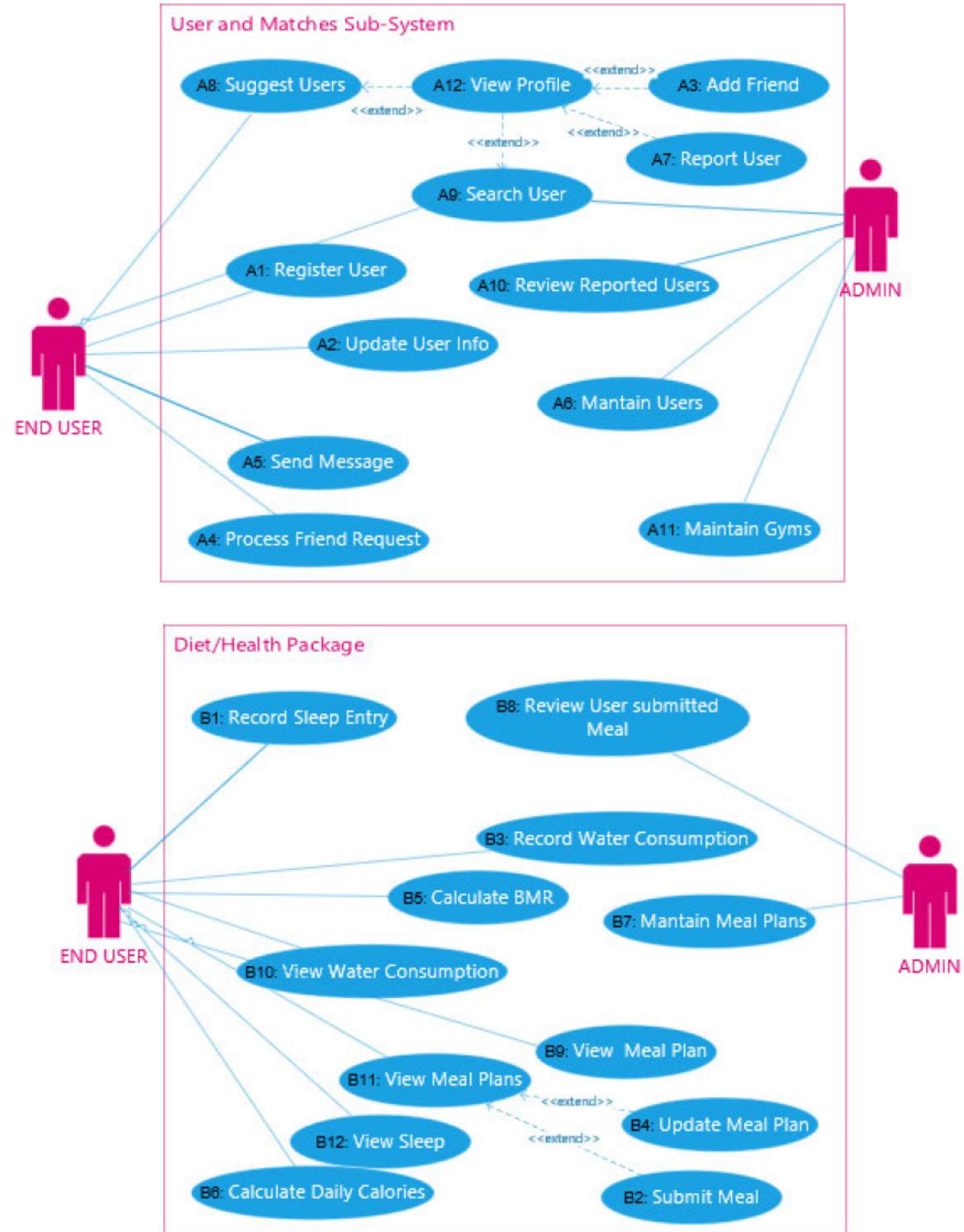
Document Date: 27 May 2022

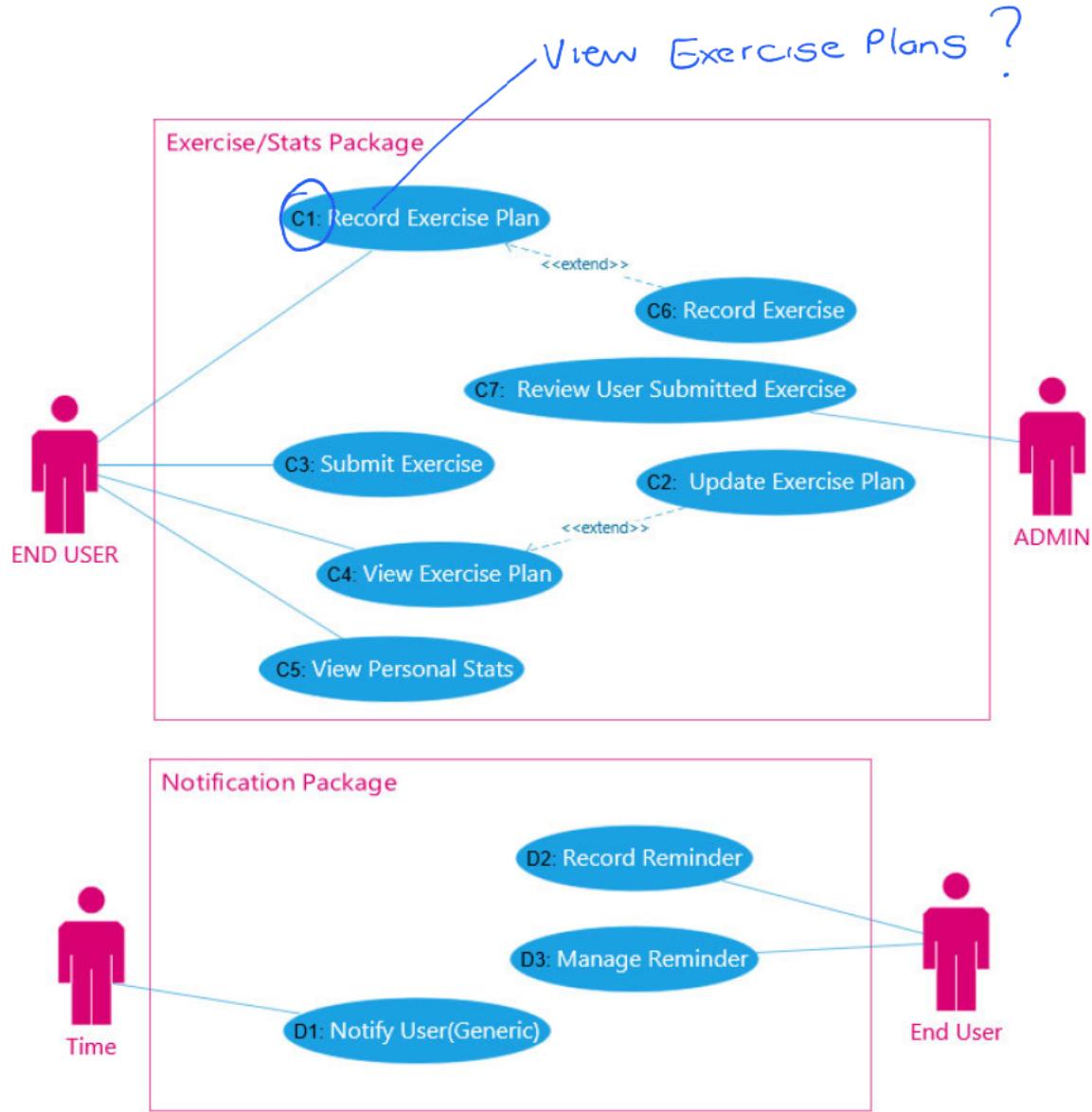
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1 FUNCTIONAL REQUIREMENTS

1.1 Analysis Use Case Model





1.2 Use Case Glossary and Responsibilities

Team Member Responsible: [REDACTED]	
Use Case Id	Use Case Name
C6	Add Exercise Record
D1	Notify User (Generic)
A10	View Reported Users
B1	Record Sleep Entry
A6	Maintain Users
Queries/Reports	
B12	View sleep
C4	View exercise plan
B11	View meal plans
B9	View meal plan

Team Member Responsible: [REDACTED]	
Use Case Id	Use Case Name
D2	Record Reminder
D3	Manage Reminder
A7	Report User
B7	Maintain Meal Plans
B3	Record water consumption
Queries/Reports	
C5	View personal stats graph
A9	Search user
A8	Suggest user

Team Member Responsible: [REDACTED]	
Use Case Id	Use Case Name
B8	Review User submitted meal
C7	Review User submitted exercise
A3	Add friend
A4	Process friend request
A5	Send message
A10	Review reported user
Queries/Reports	
C1	View Exercise Plans
B10	View water consumption
B5	Calculate BMR

Team Member Responsible: [REDACTED]	
Use Case Id	Use Case Name
C2	Update Exercise plan
C3	Submit Exercise
B2	Submit meal
B4	Update meal plan
A2	Update User Info
A11	Maintain gyms
A1	Register User
Queries/Reports	
A12	View profile
B6	Calculate daily calories

2 UI Prototypes

2.1 Team UI Guidelines

We used mockflow to design our UIs. ✓ Confirmation buttons such as “Add”, “Save”, and “OK” are always placed on the left and buttons such as “Cancel” and “Delete” are always placed to the right of these. This is to maintain consistency and helps reduce user input errors. Buttons try to follow an aspect ratio of 47:20 for width to height, and have rounded corners.

✓ Most UI elements are stored within panels. We will try to make these panels have light blue highlights. SourceSansPro font will be used for normal text, headings and buttons use Bebas Neue. We will try to reduce user input errors by using UI elements appropriate for the data being captured, such as drop down list, number spinners, and checkboxes.

✓ The navigation bar is consistent, there are 5 tabs that are always shown at the bottom of the screen which can be used to switch between the main different UIs. The current menu option is highlighted to show the user where they currently are.

All other elements found in the UI designs are contained in the Material Designs and Android 12 packs found on Mockflow.

✓ COLOUR PALETTE



#03a9f4



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✓ BUTTONS

CONFIRMATION

REJECTION

✓ FONTS

***RISE 'N
GRIND***

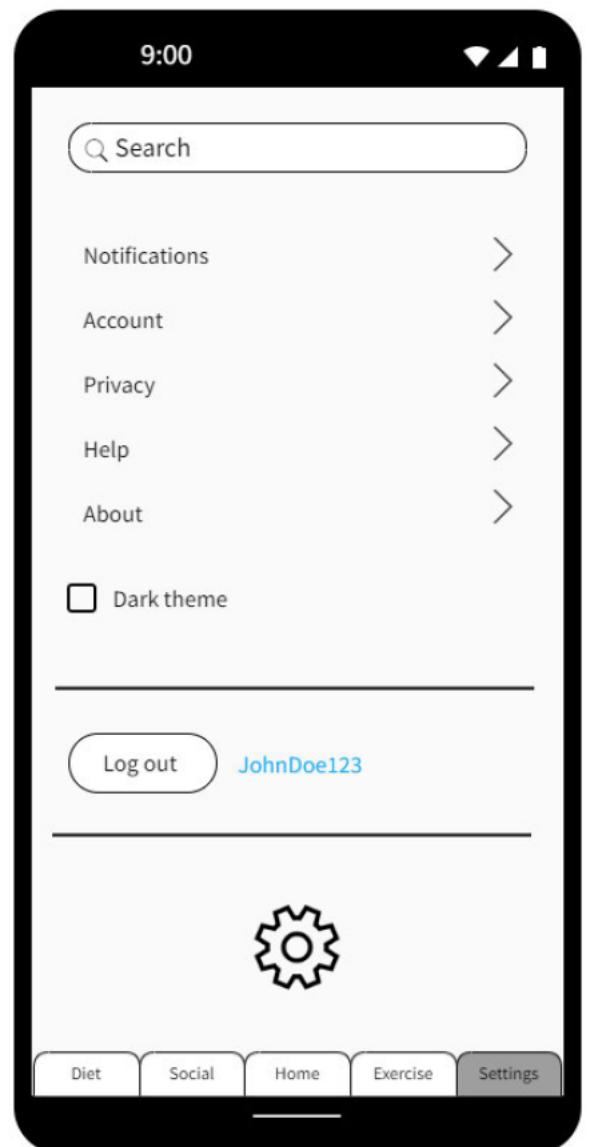
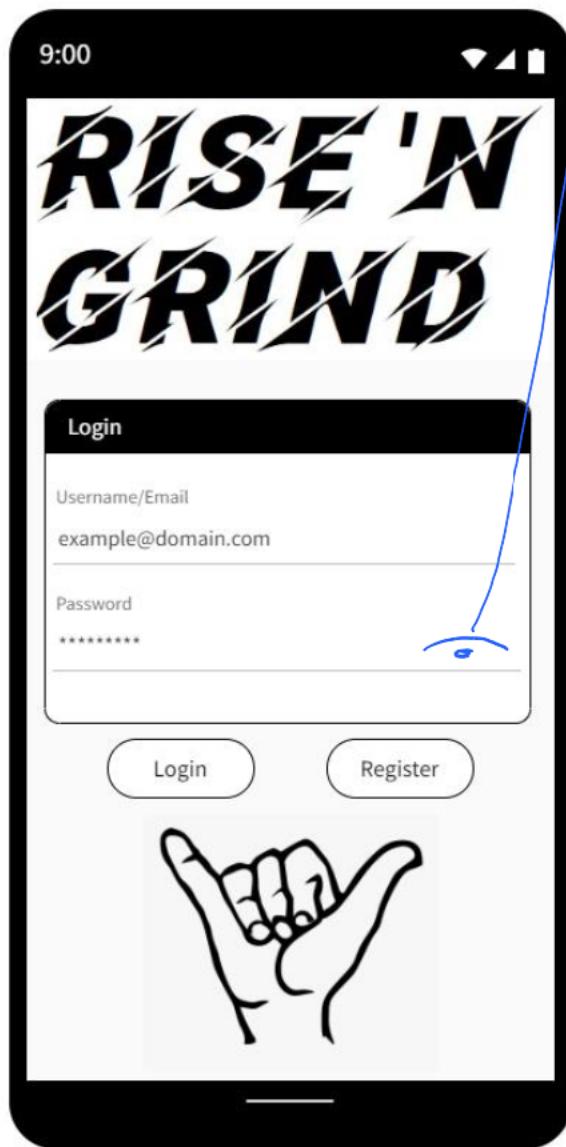
HEADING 1

BUTTON FONT

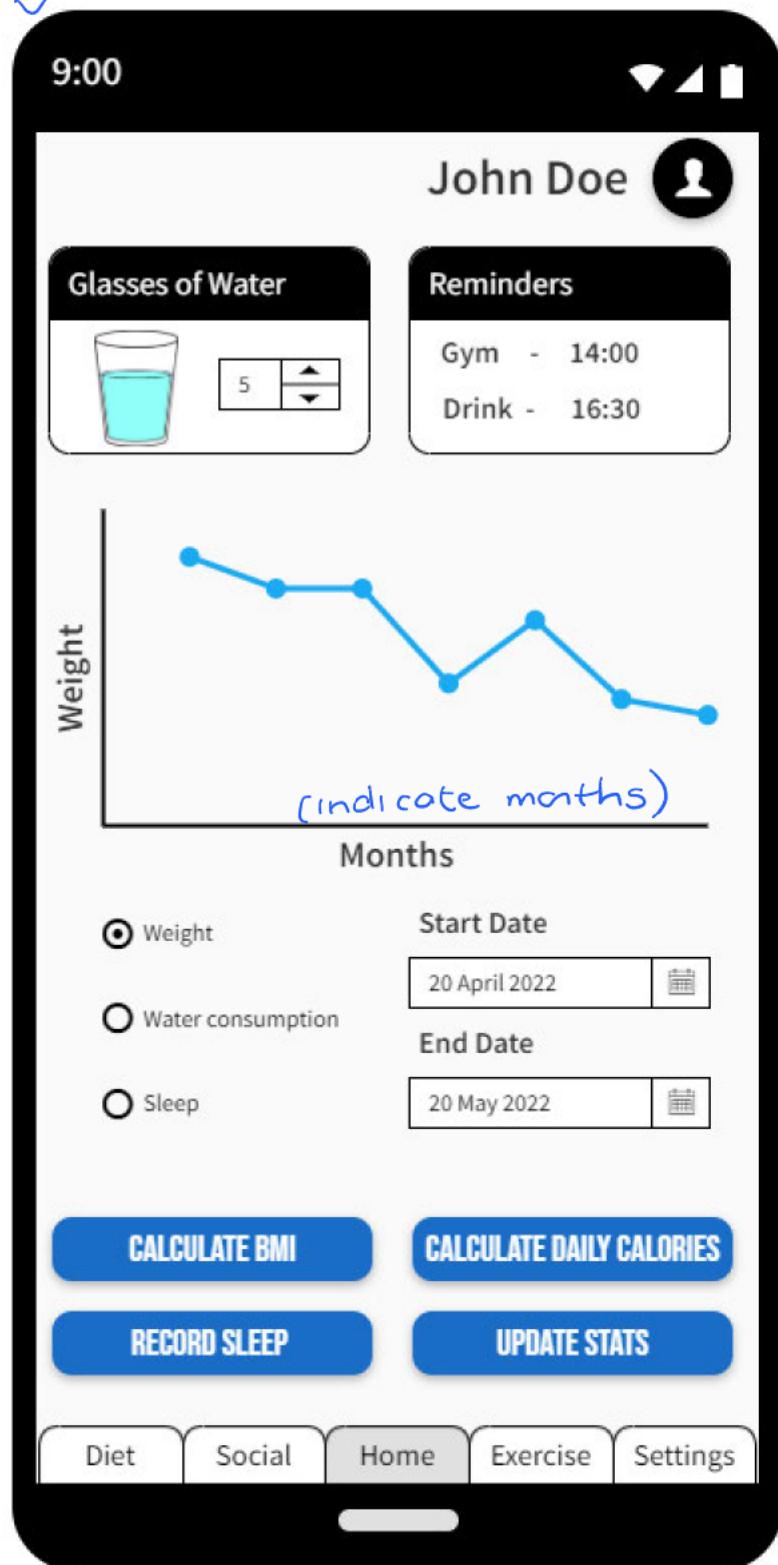
Normal Text

2.2 Team Design for

2.2.1 Login / Logout



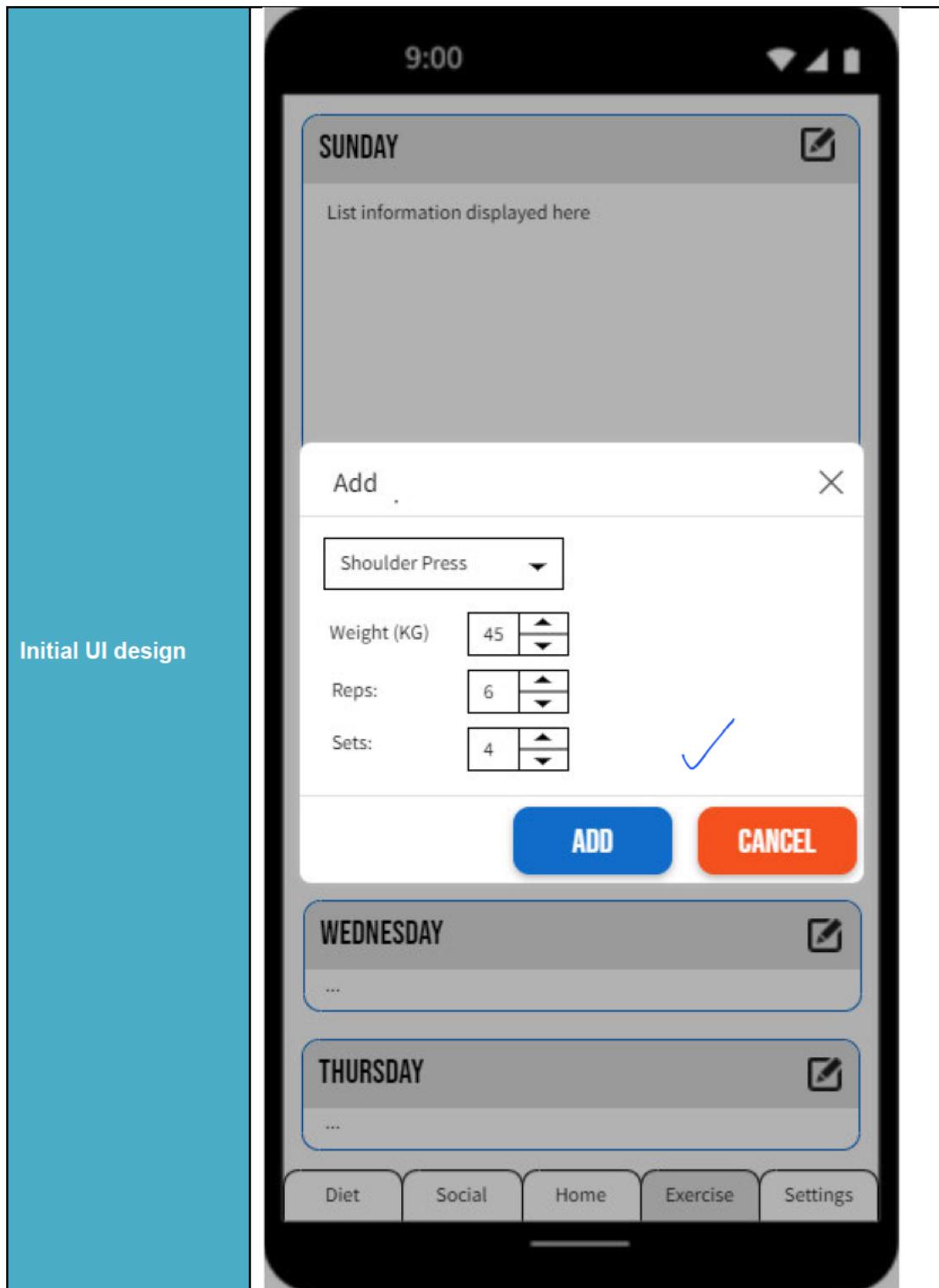
2.2.2 Dashboard / Landing Page / Main Page



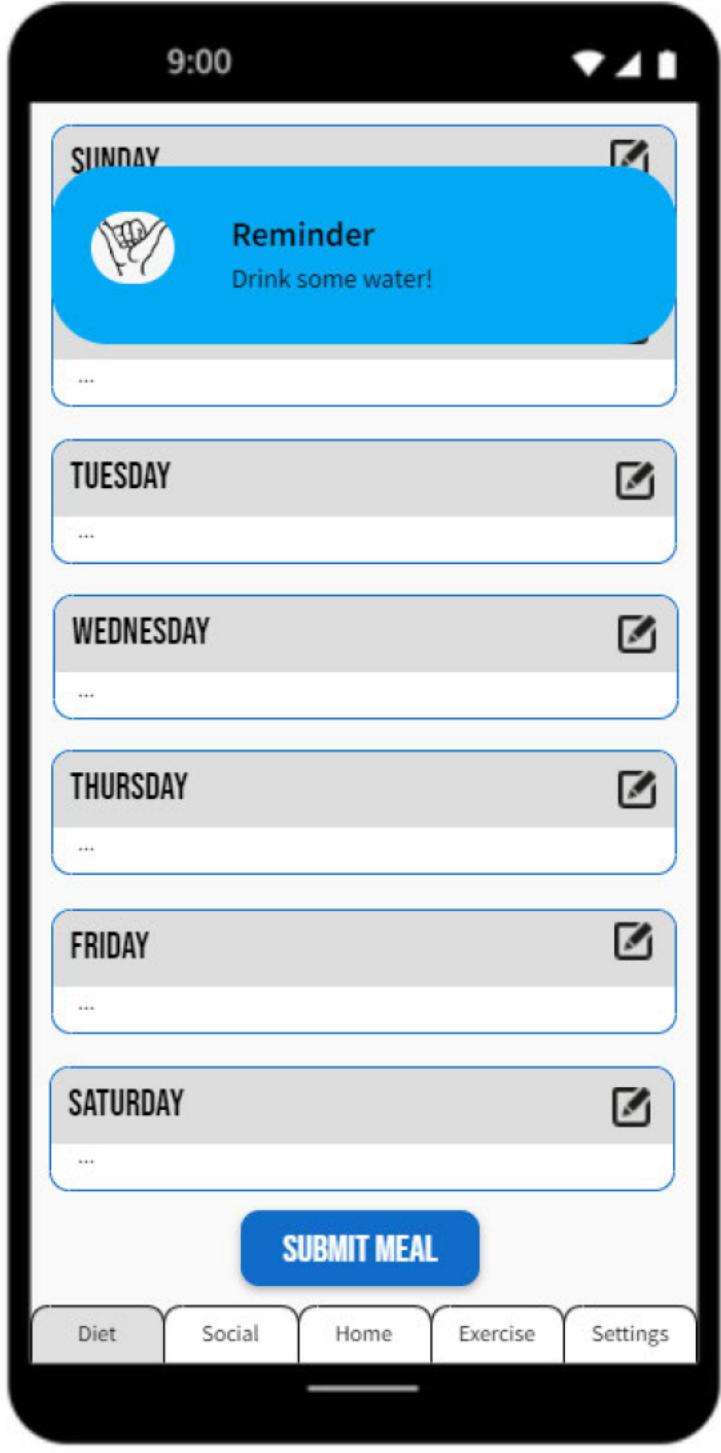
2.3 UI Designs & Updated Analysis Use Case Narratives

2.3.1 Designed by [REDACTED]

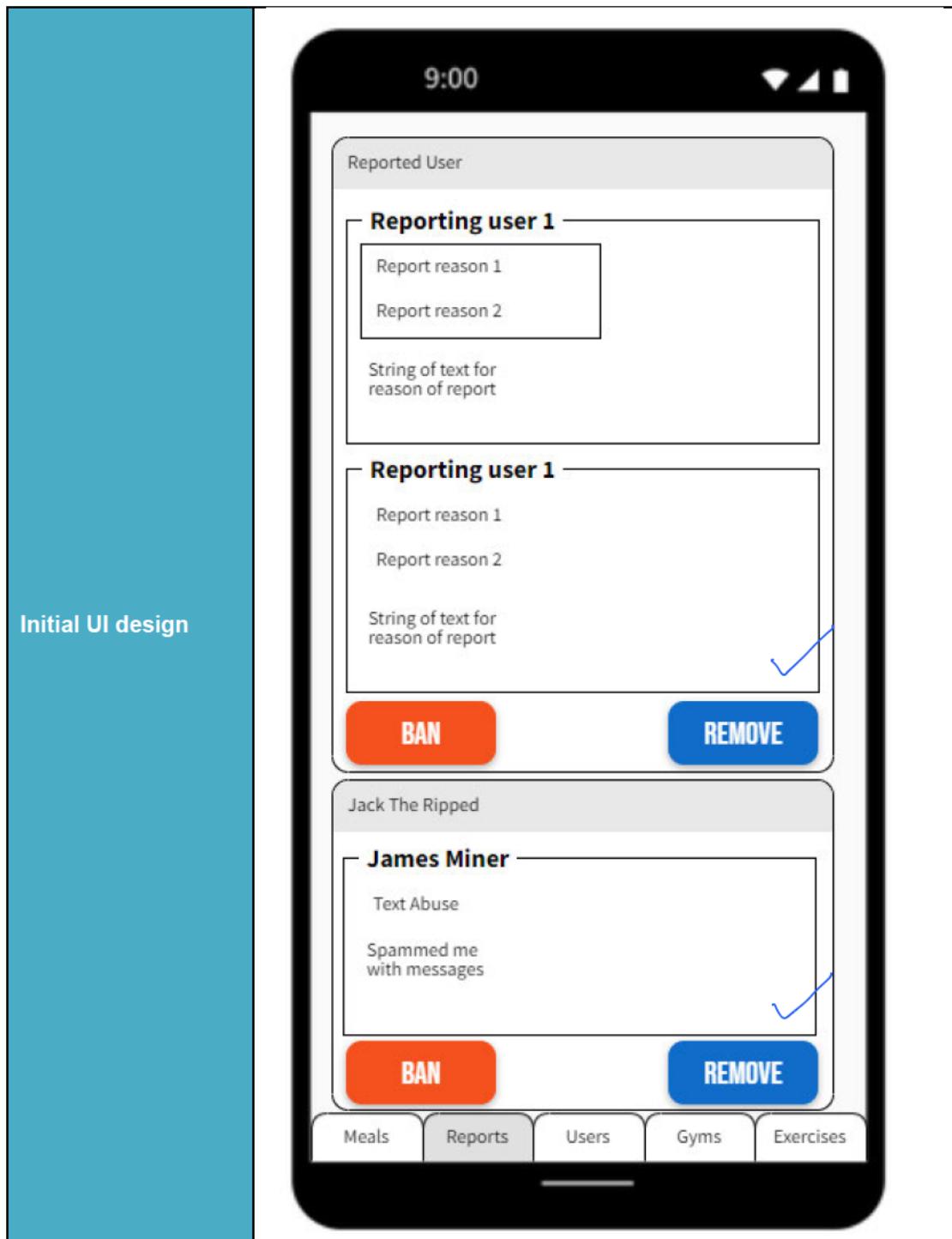
Use Case ID	Use Case Name	
C6	Record exercise	
Primary Business Actors		Other participating Actors
User		
Description	The user adds a specific exercise to the current exercise plan	
Pre-Conditions	The user is making a new exercise plan (C1) The user is updating an exercise plan (C2)	
Triggers	User clicks add Exercise button. <i>in C1</i>	
Post-Conditions	User is creating a new exercise plan or editing an existing exercise plan	
Basic Flow of Events	1. System displays a list of available exercises 2. The user selects which exercise they want to add 3. The user is prompted to enter any required information for the exercise (weight, distance, time, etc.) 4. The selected exercise gets added to the current exercise plan , <i>S. Return to step 4 in C1</i>	
Alternate Flow of events	1. The user does not select an exercise and nothing gets added to the current exercise plan (cancel)	



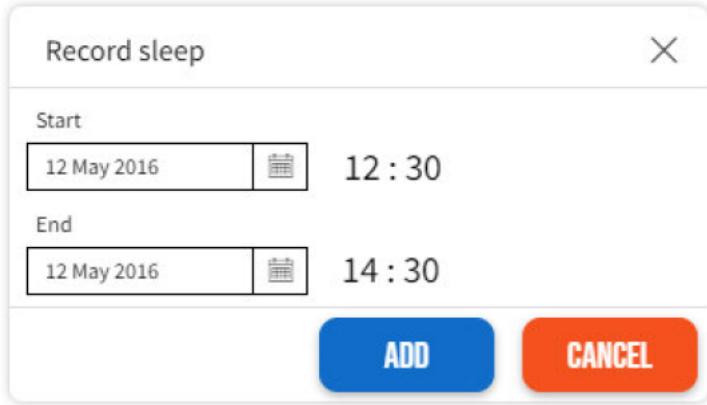
Use Case ID	Use Case Name
D1	Notify User
Primary Business Actors	Other participating Actors
Time	User
Description	The user is sent a notification reminder in the form of a string of text that has been specified in D2 (Record notification)

Pre-Conditions	User has already created at least 1 notification
Triggers	A specified time
Post-Conditions	Notification in database is updated (deleted/postponed)
Basic Flow of Events	<ol style="list-style-type: none"> 1. System fetches the string of text associated with the reminder 2. System displays a message to the user with the string 3. User dismisses notification
Alternate Flow of events	<ol style="list-style-type: none"> 1. User clicks postpone where can user specify? 2. Notification gets postponed to a later time.
Initial UI design	 <p>The image shows a mobile application interface. At the top, the time is displayed as 9:00. Below this is a list of days from Sunday to Saturday, each with a blue header and a grey body. Each day entry contains a circular edit icon (pencil) in the top right corner. The Sunday entry contains a circular icon of a hand holding a water bottle and the text "Reminder Drink some water!". The days from Monday to Saturday have ellipsis (...) below them. At the bottom of the screen is a blue button labeled "SUBMIT MEAL". Below this button is a black navigation bar with five tabs: Diet, Social, Home (which is highlighted with a white underline), Exercise, and Settings.</p>

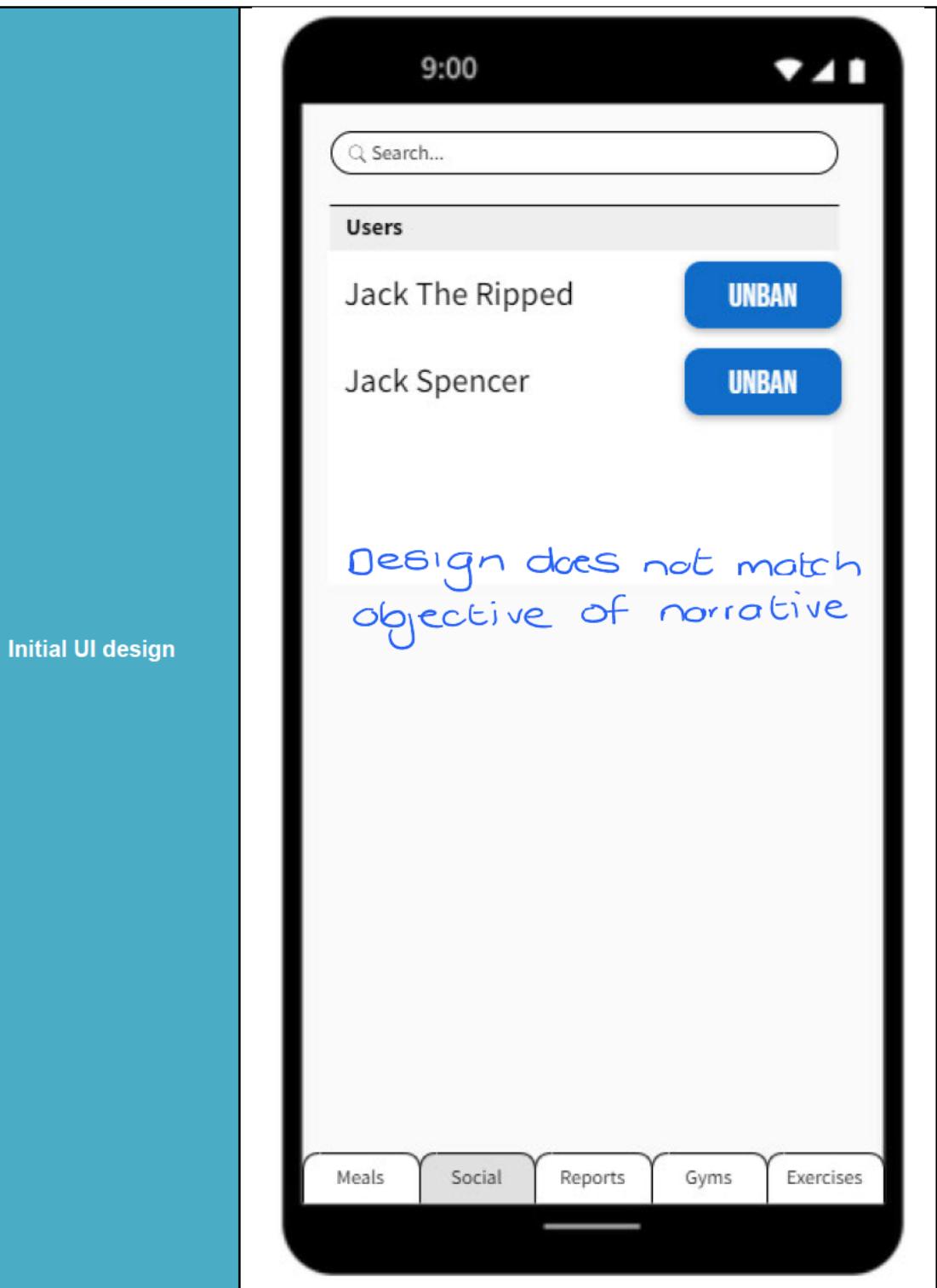
Use Case ID	Use Case Name
A10	Review Reported User
Primary Business Actors	Other participating Actors
Admin	
Description	The admin processes a report for a user and can either ban, or delete the report
Pre-Conditions	User has reported another user. (A7)
Triggers	Admin clicks on view Report button
Post-Conditions	User is either deleted or the submission is denied.
Basic Flow of Events	<ol style="list-style-type: none"> 1. System displays the users information and the reason the user was reported 2. System also displays a list of all other reports for the user of the selected report, if applicable. 3. Admin flags user as banned and the users account gets locked 4. All other reports for the banned user are removed. 5. Admin is returned to the list of reports view. 6. (EXTRA) users that reported the user that got banned is notified <i>does this call D1? or how is user notified</i>
Alternate Flow of events	<ol style="list-style-type: none"> 1. Admin does not flag user as banned. 2. Report gets deleted. 3. admin is returned to list of reports view.



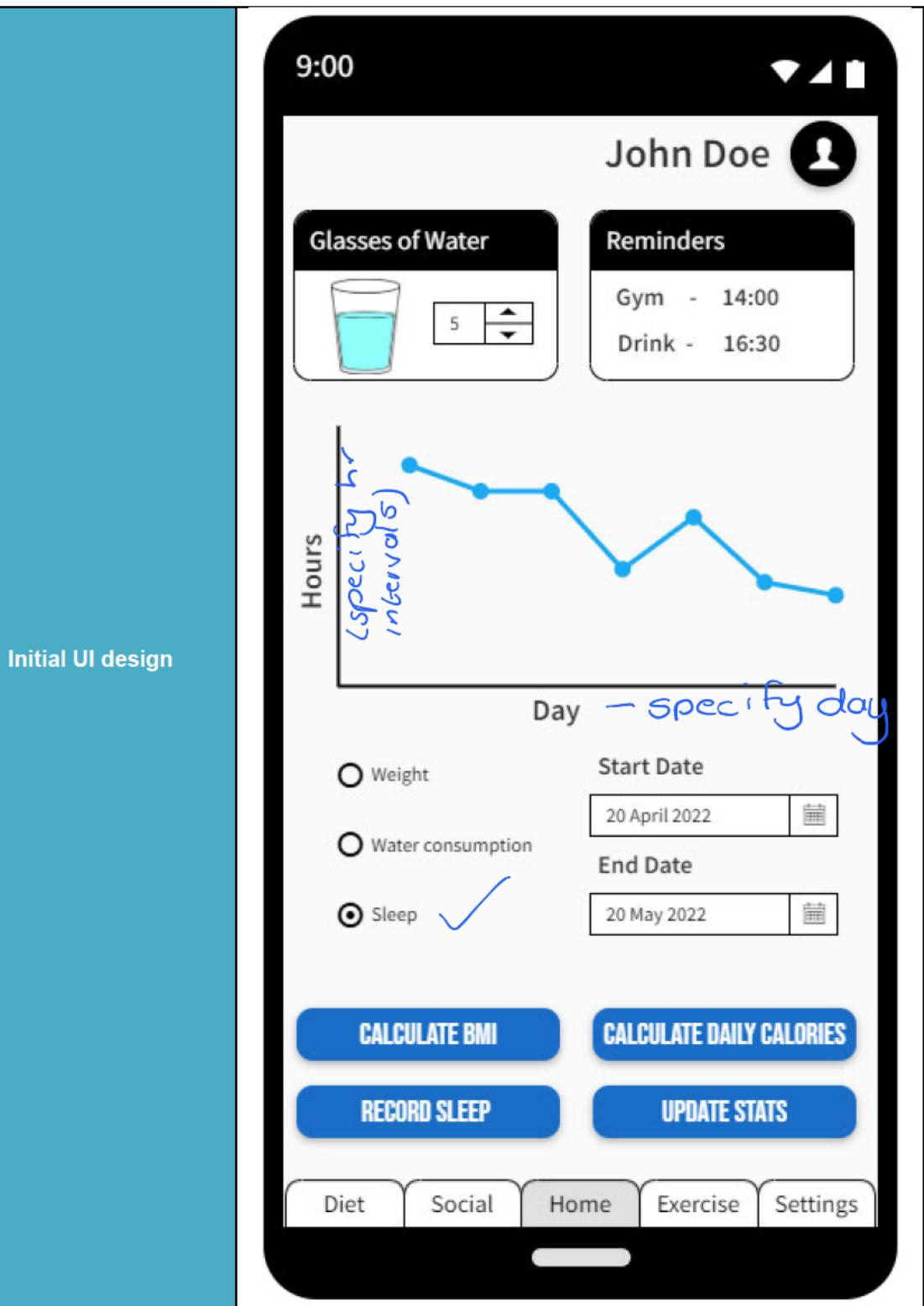
Use Case ID	Use Case Name	
B1	Record Sleep Entry	
Primary Business Actors		Other participating Actors
End user		
Description	User records a nights sleep, which will track the date, the sleeps start and end time and a rating of their nights sleep.	
Pre-Conditions	Logged on , on Dashboard.	
Triggers	User Clicks Record Sleep button	

Post-Conditions	Users night's sleep gets recorded.
Basic Flow of Events	<ol style="list-style-type: none"> 1. System displays the Record Sleep window 2. User enters all data needed to record their Sleep entry 3. User clicks 'Save' Add 4. Sleep entry is recorded. 5. Record sleep window closes
Alternate Flow of events	<ol style="list-style-type: none"> 1. User closes Record sleep window and no data is saved
Initial UI design	

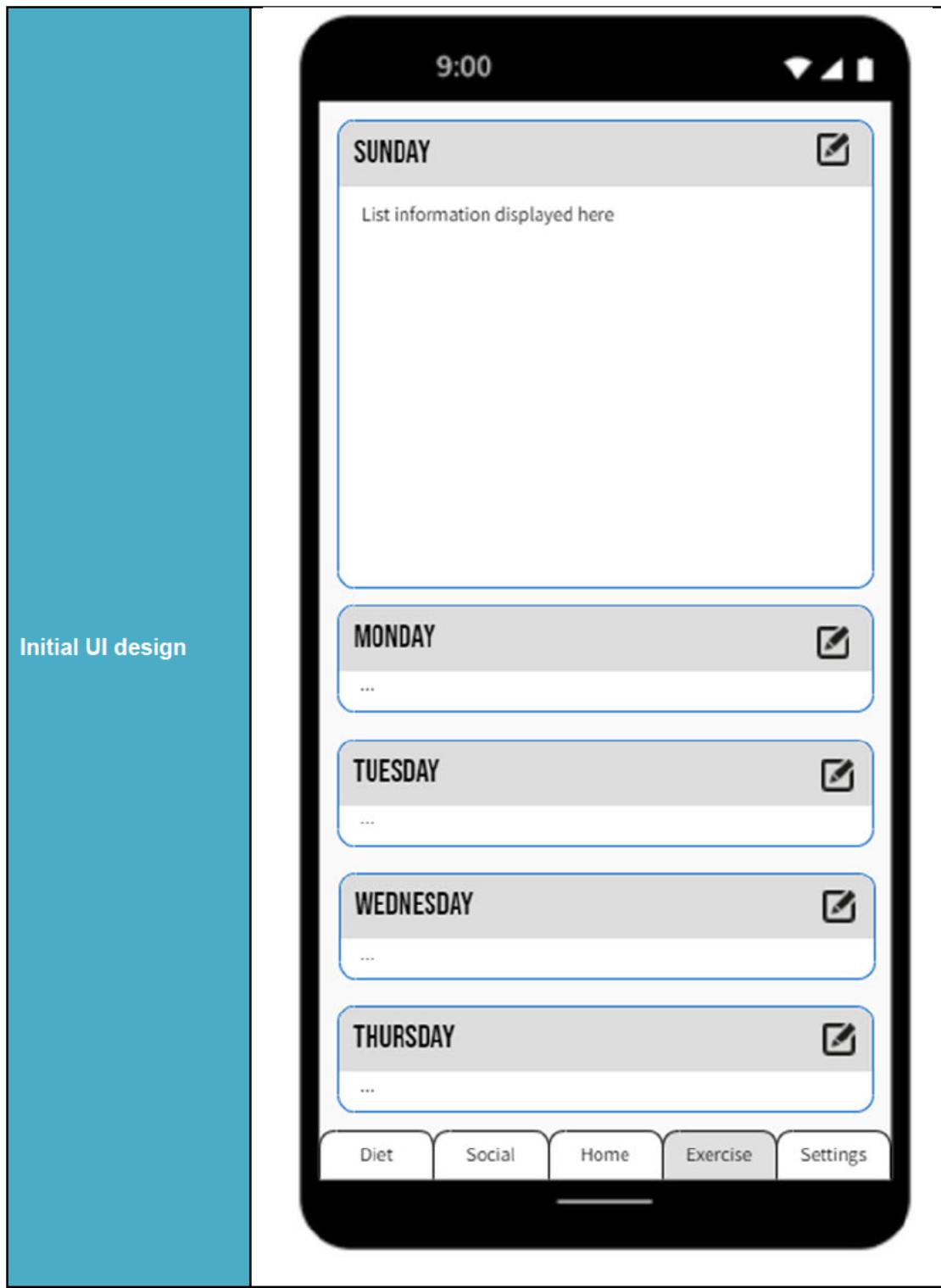
Use Case ID	Use Case Name
A6	Maintain Users
Primary Business Actors	Other participating Actors
Admin	
Description	Admin user can manage user profiles. A user's profile can be deleted by an admin, and the user's profile can be edited by the admin user. <i>is this not just to unban user?</i>
Pre-Conditions	A valid user account must exist.
Triggers	While logged on, the admin clicks on manage user button.
Post-Conditions	Admin user updates user ban information
Basic Flow of Events	<ol style="list-style-type: none"> 1. System displays Manage User window 2. Admin makes changes to a users information by means a checkbox <i>not in UI</i> 3. Admin saves changes and user information is updated in database
Alternate Flow of events	<ol style="list-style-type: none"> 1. Admin cancels any updates and no information is updated 2. Manage User window closes



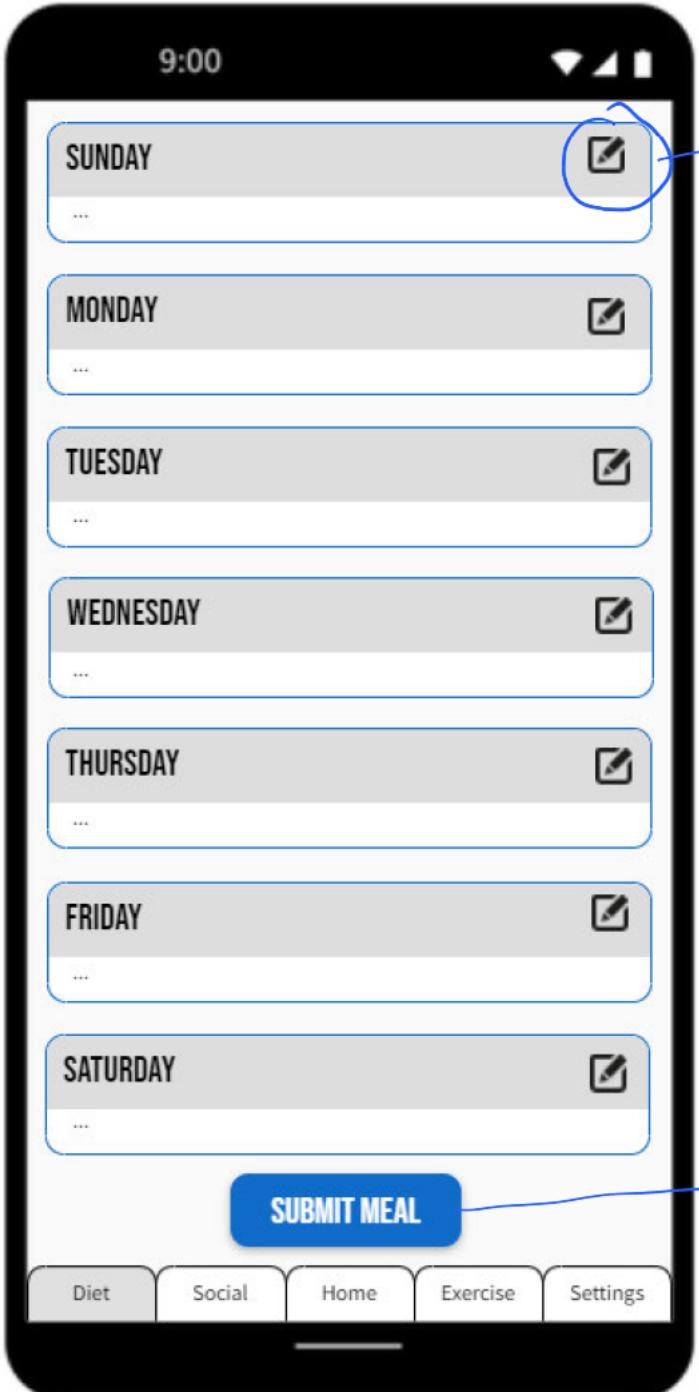
Use Case ID	Use Case Name	
B12	View sleep	
Primary Business Actors		Other participating Actors
User		
Description	Displays a report of the users sleeping pattern for a specified period of time	
Pre-Conditions	User has recorded their sleeping hours sometime in the past.	
Triggers	User requests to view their sleep history.	
Post-Conditions	User can view their sleeping pattern for the selected period by some means of visual representation.	
Basic Flow of Events	<ol style="list-style-type: none"> 1. System displays Sleep window 2. User inputs a time frame. 3. System finds the sleep records of the user and filters them by the given time frame. 4. The system then displays these records by means of a graphical representation. 	
Alternate Flow of events		



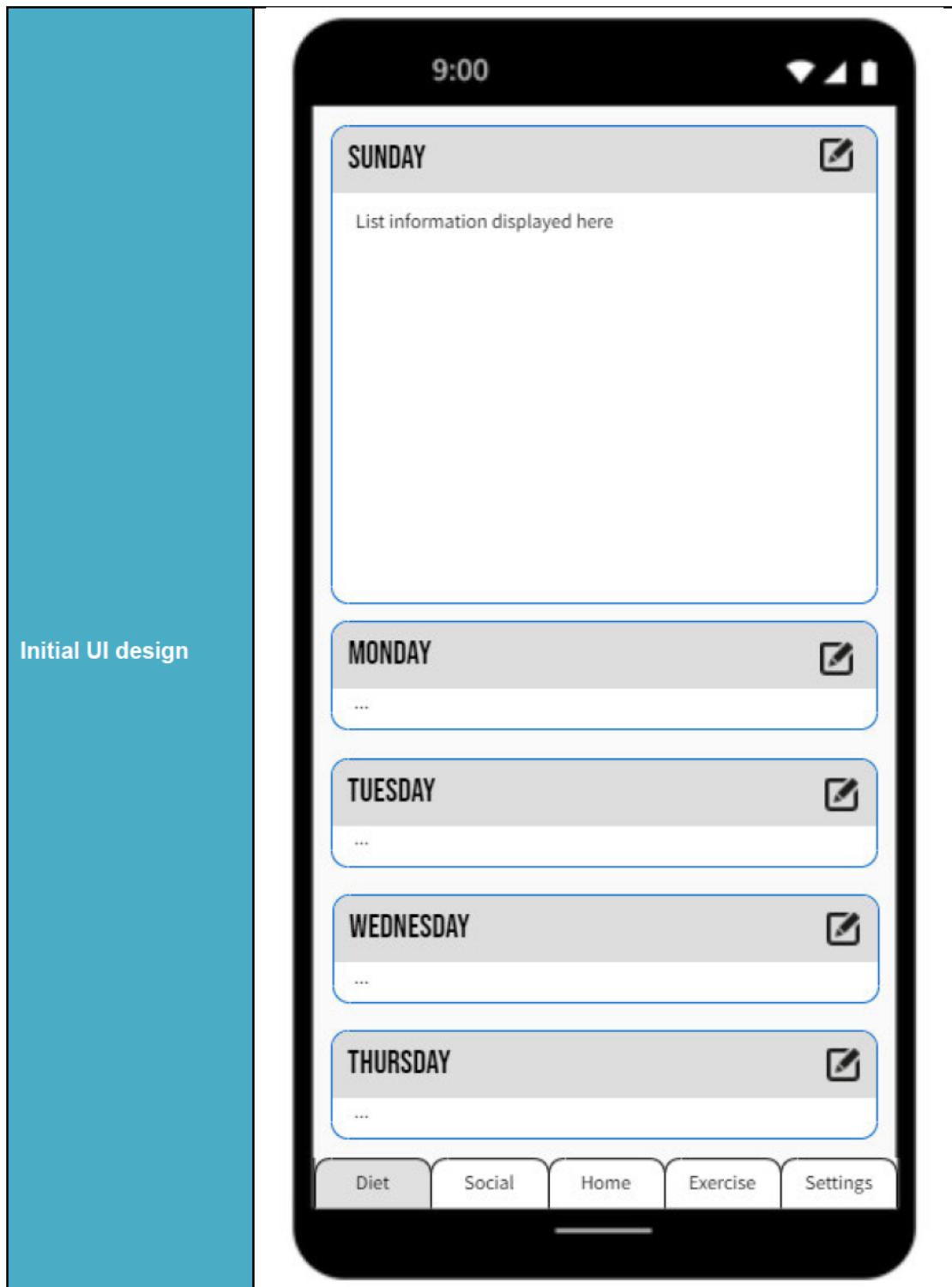
Use Case ID	Use Case Name
C4	View exercise plan
Primary Business Actors	Other participating Actors
User	
Description	User can view their current exercise plan and the details of what it entails.
Pre-Conditions	User must have an existing exercise plan selected
Triggers	User clicks on what day they want to view
Post-Conditions	User can see their Exercise plan
Basic Flow of Events	<ol style="list-style-type: none"> 1. System fetches the list of exercises from the current exercise plan 2. System displays the list of exercises in a relevant format (including information about each exercise)
Alternate Flow of events	<p>Alt 2 user select plan to Edit, call C2</p>



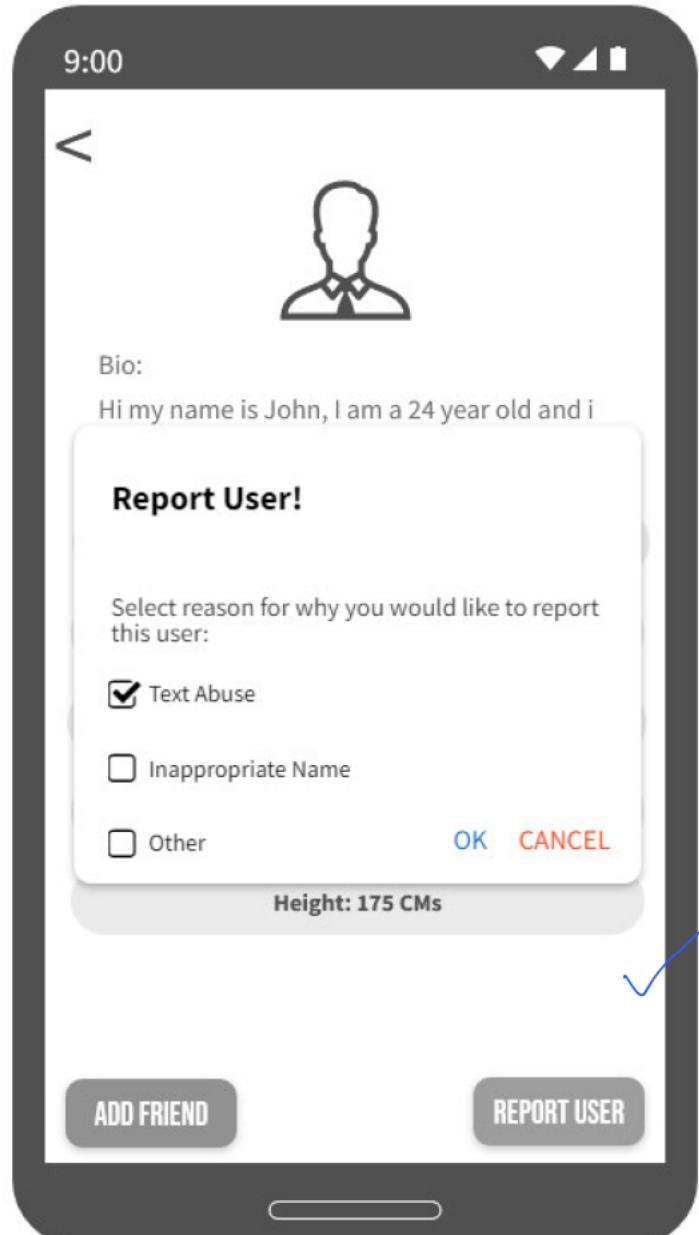
Use Case ID	Use Case Name
B11	View meal plans
Primary Business Actors	Other participating Actors
End user / Admin	
Description	The system provides the user with a list of the users meal plans, giving a brief description of each and the.

Pre-Conditions	User is logged in.
Triggers	User requests to view meal plans.
Post-Conditions	User is presented with a list of meal plans
Basic Flow of Events	<ol style="list-style-type: none"> 1. System fetches all meal plans associated with the user 2. System compiles the information into a relevant view format 3. System displays the list of meal plans to the user
Alternate Flow of events	<ol style="list-style-type: none"> 1. User does not have any meal plans and nothing is displayed
Initial UI design	 <p>The image shows a mobile application interface for managing meal plans. The screen is titled '9:00'. It features a vertical list of days from Sunday to Saturday, each with a blue header and a white edit icon. Below each day is a grey input field with three dots. At the bottom is a blue 'SUBMIT MEAL' button and a navigation bar with tabs: Diet, Social, Home (selected), Exercise, and Settings. Handwritten annotations include 'Alt call B4' with a blue circle around the edit icons and 'Alt call B2' with a blue line pointing to the 'SUBMIT MEAL' button.</p>

Use Case ID	Use Case Name	
B9	View meal plan	
Primary Business Actors		Other participating Actors
User		
Description	User can view their current meal plan and the details of what it entails.	
Pre-Conditions	User must have an existing meal plan selected	
Triggers	User clicks on what day they want to view	
Post-Conditions	User can see their Meal plan	
Basic Flow of Events	3. System fetches the list of exercises from the current exercise plan 4. System displays the list of exercises in a relevant format (including information about each exercise)	
Alternate Flow of events		

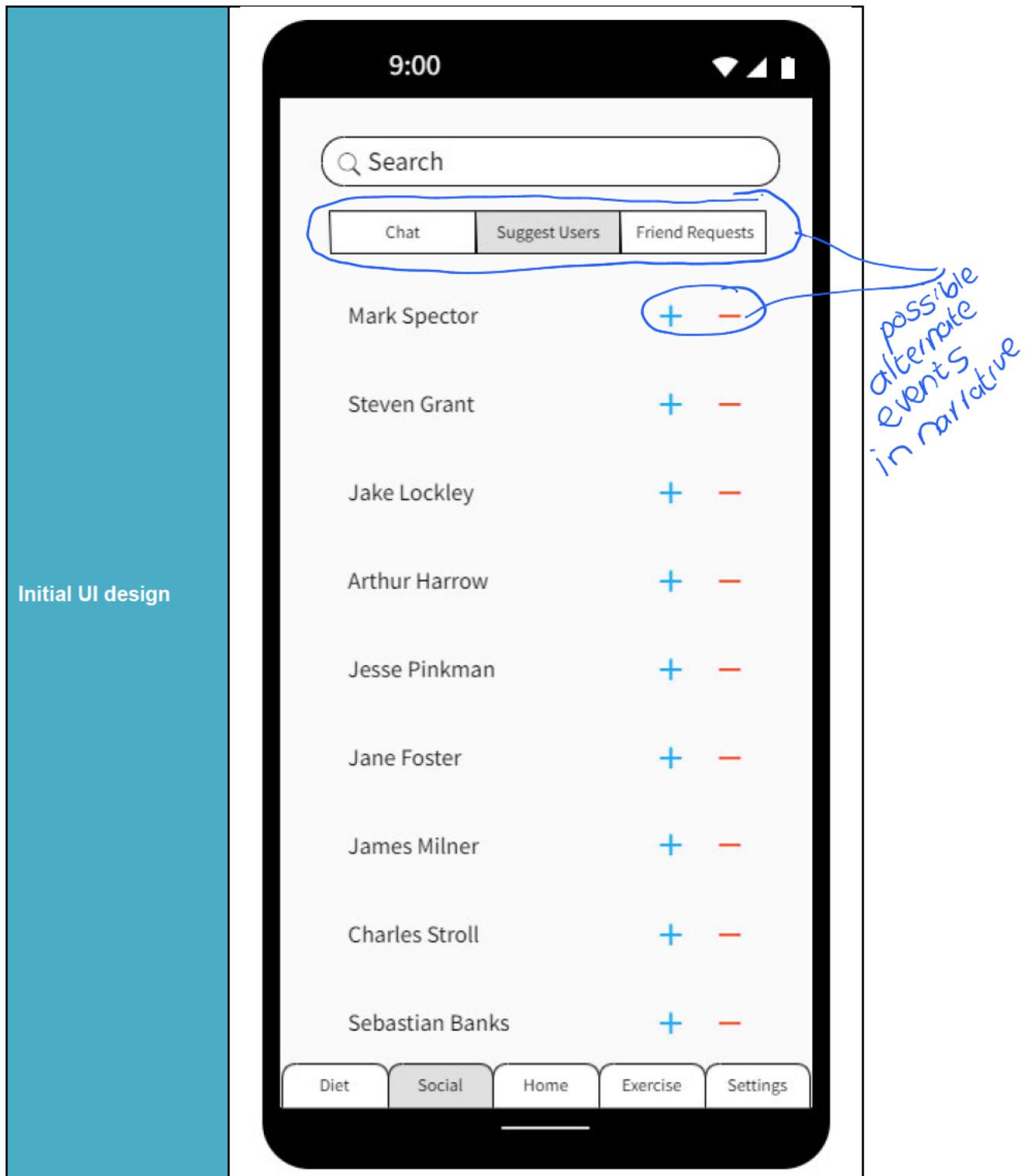


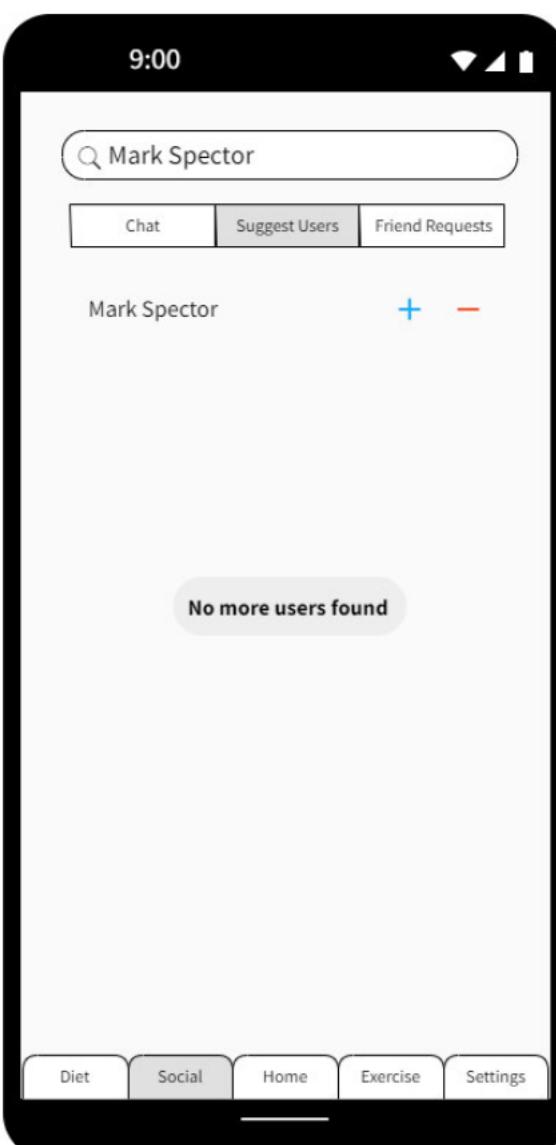
2.3.2 Designed by [REDACTED]

Use Case ID	Use Case Name
A7	Report User
Primary Business Actors	Other participating Actors
End User	
Description	This allows for the User to report another user for a valid reason
Pre-Conditions	The User must have been suggested by another user or the user could have this user on their friends list
Triggers	User clicks on report user button <i>in A12</i>
Post-Conditions	System submits report for admin to review
Basic Flow of Events	A checkbox opens, User checks reason for report. User submits the report. System captures report information
Alternate Flow of events	User clicks the cancel button if they no longer wish to report the user or if they accidentally clicked on the report user button
Initial UI design	 <p>num bered StepS</p>

Use Case ID	Use Case Name	
A8	Suggest User	
Primary Business Actors		Other participating Actors
End User		
Description	Suggests a list of people to the user based on which gym they go to and their fitness goals	
Pre-Conditions	User must be logged in	
Triggers	User clicks on 'Suggest Users' tab Social	
Post-Conditions	User can now manually search through a list of users they can connect with	
Basic Flow of Events	System gathers the users information. System runs a query based on the user's information. System produces a list of users that match the search criteria. The User can choose to send Friend Requests from the list provided.	
Alternate Flow of events	N/A	

where are
your steps?

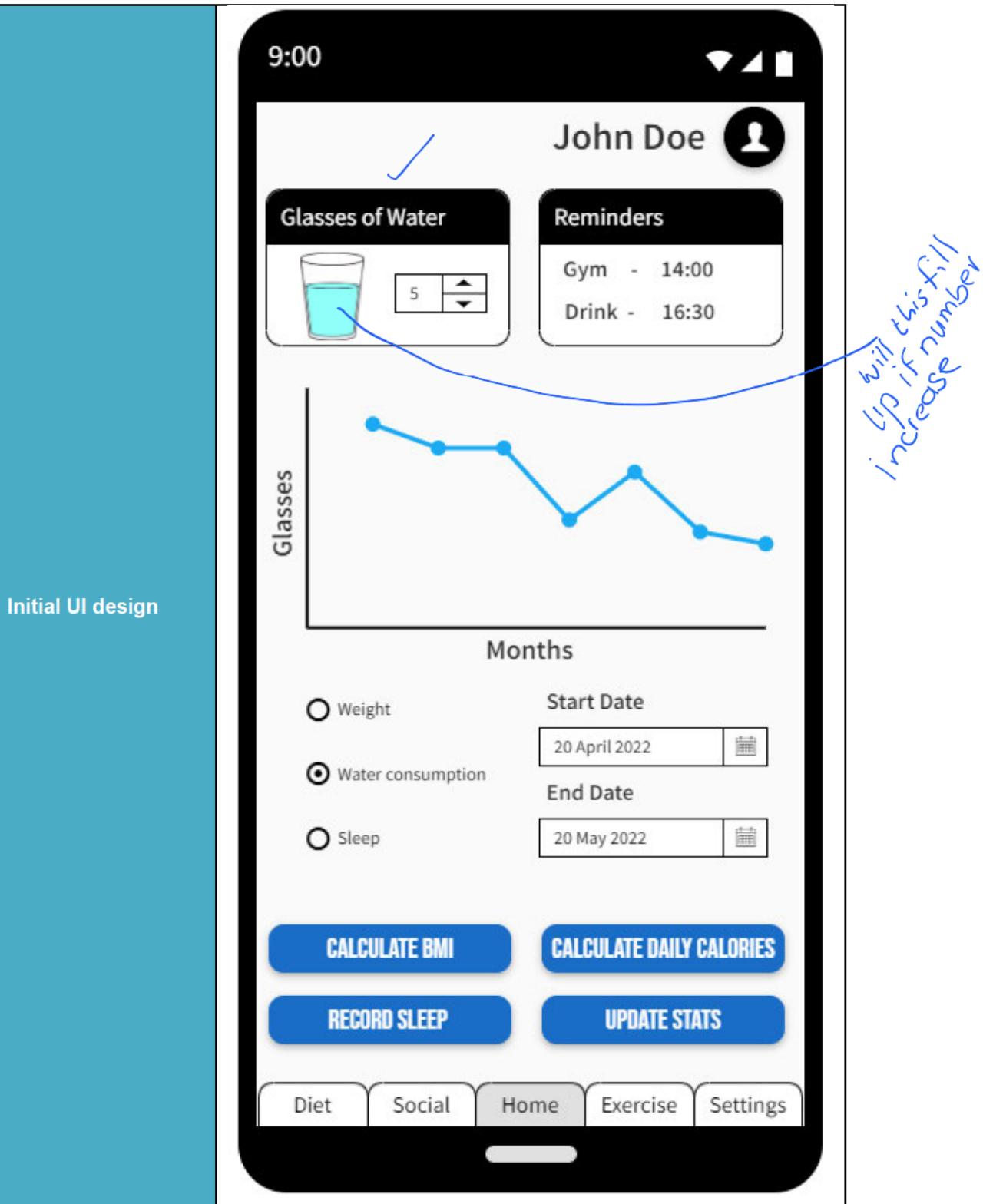


Use Case ID	Use Case Name	
A9	Search User	
Primary Business Actors		Other participating Actors
User/Admin		
Description	An actor can search for a specific user using their details as well as their unique ID	
Pre-Conditions	Actor wishes to find a specific profile	
Triggers	Actor enters information into the search bar and submits a request.	
Post-Conditions	Displays a list of possible users relating to the search criteria .Can be an empty list	
Basic Flow of Events	Actor enters details into the search bar and submits the request. The system then returns a list of matching profiles and displays it to the user.	
Alternate Flow of events	The system doesn't return any information if there is no matching results	
Initial UI design		

numbered
steps

Use Case ID	Use Case Name	
B3	Record Water Consumption	
Primary Business Actors		Other participating Actors
End User		
Description	The User can record their water consumption to keep track of how much they have had throughout the day. The total amount is saved at the end of the day	
Pre-Conditions	User is logged in	
Triggers	User makes use of the input spinner to increase number of glasses of water they've had	
Post-Conditions	Water consumption amount is updated and recorded	
Basic Flow of Events	User specifies how much water they have drunk since their last entry. The system then updates the total amount of water consumed for the day	
Alternate Flow of events	User can decrease amount of water consumed if they entered incorrect number before	

user must be on Dashboard
numbered steps

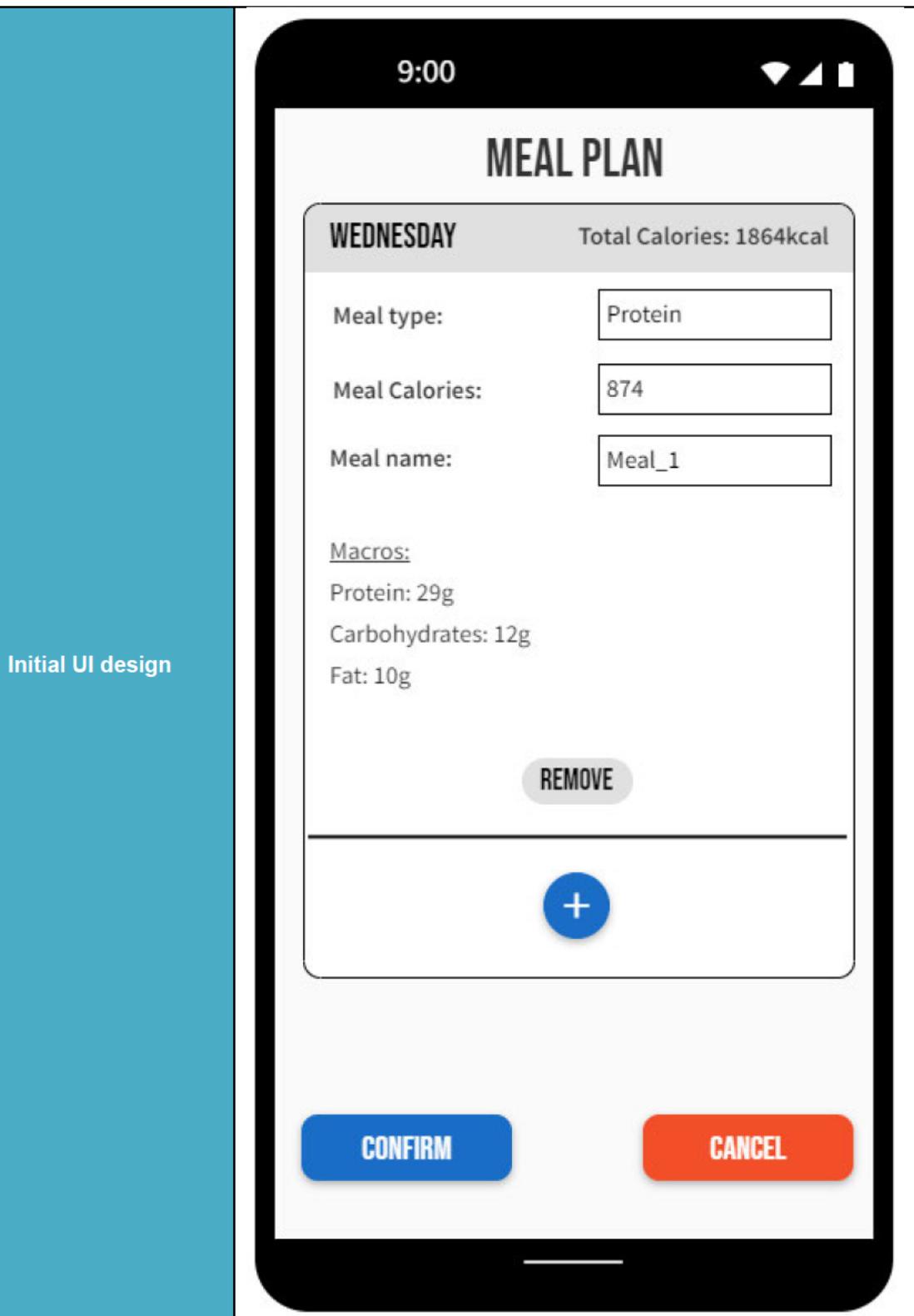


Initial UI design

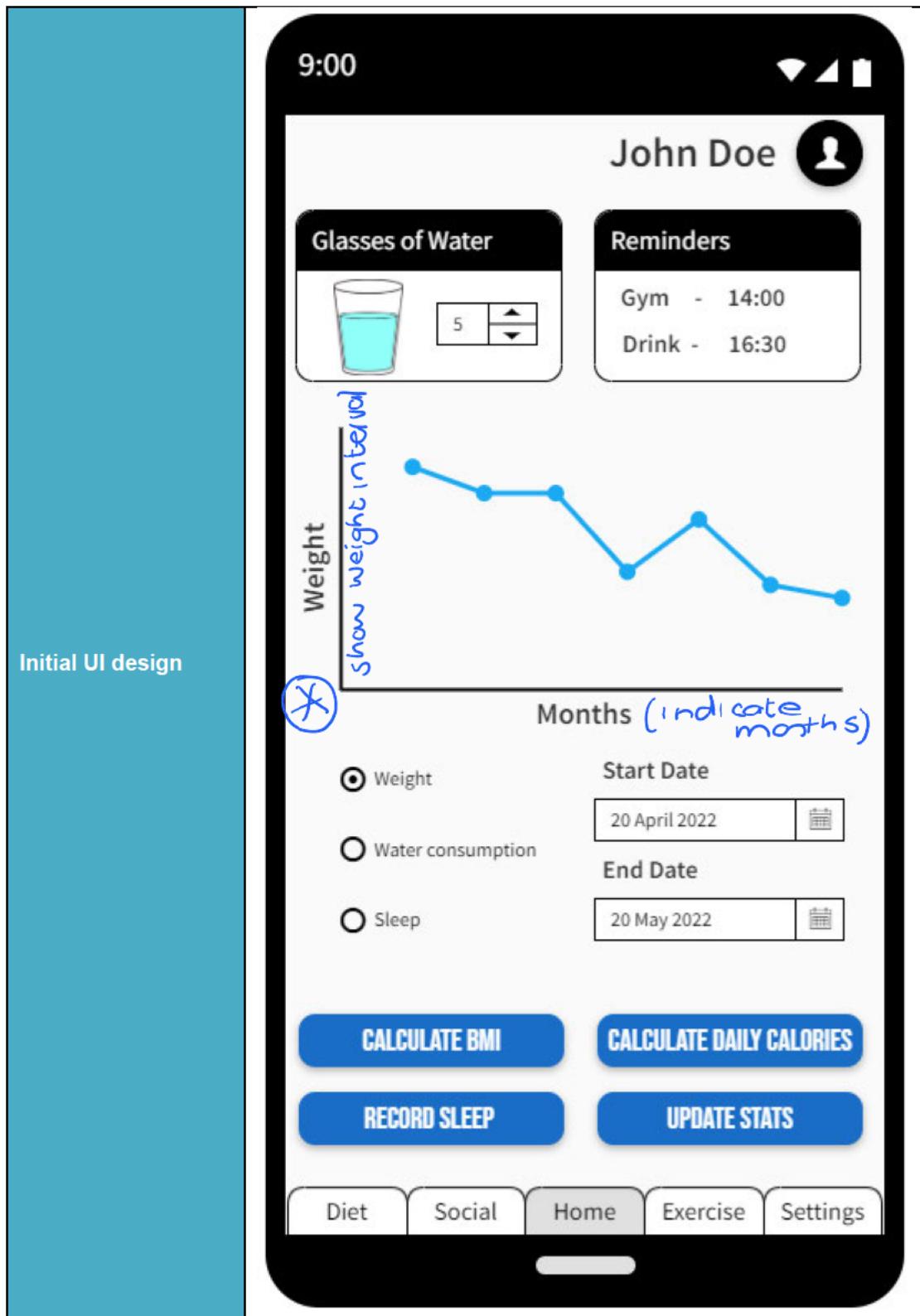
Use Case ID	Use Case Name
B7	Maintain Meal Plans
Primary Business Actors	Other participating Actors
User Admin ?	
Description	User can add/update/delete their meal plans
Pre-Conditions	User must have at least one meal plan
Triggers	User chooses meal plan to maintain
Post-Conditions	Meal plan list is updated
Basic Flow of Events	System displays dialogue with two options, Remove and Confirm. The user chooses the Remove option. System displays that this option was chosen and removes the meal plan from the list.
Alternate Flow of events	User chooses the Confirm option. (B4)

numbered
steps

so why call this
one, not linked
on UCD



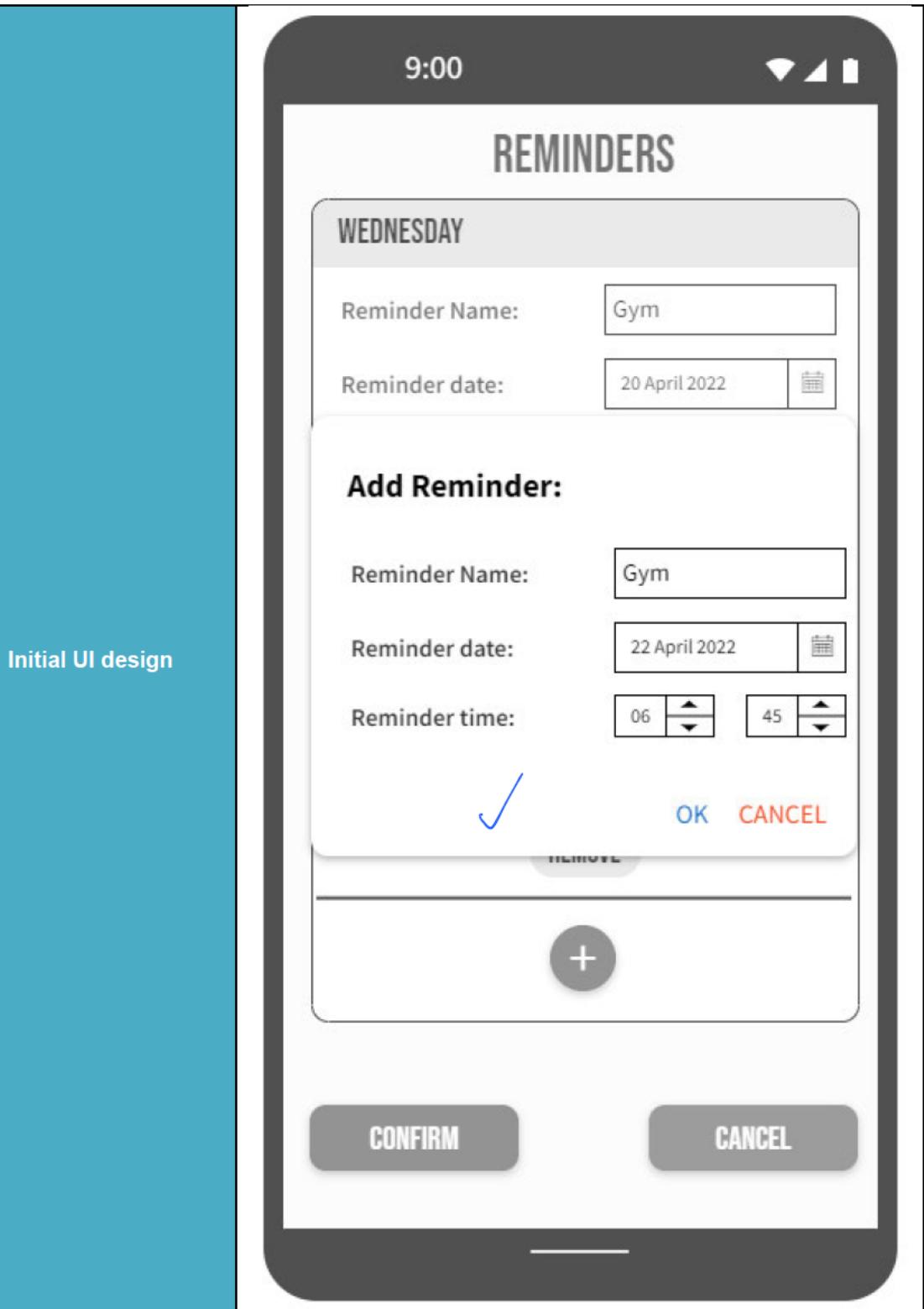
Use Case ID	Use Case Name	
C5	View Personal Statistics	
Primary Business Actors		Other participating Actors
End User		
Description	The User can enter their personal stats for certain types into the system. The system stores all entries of the users personal statistics and is able to plot a line graph for the user to see if they made progress since the time they started entering data.	
Pre-Conditions	User must have made more than one update to this specific personal statistic	
Triggers	User selects appropriate radio button <i>on dashboard</i>	
Post-Conditions	A graph is displayed by the system to the user	
Basic Flow of Events	Graph is shown to the user by the system. <i>1. User selects criteria</i>	
Alternate Flow of events	<i>2. system fetch data</i>	
	<i>3. system display graph</i>	



(*) need to make [] labels descriptive

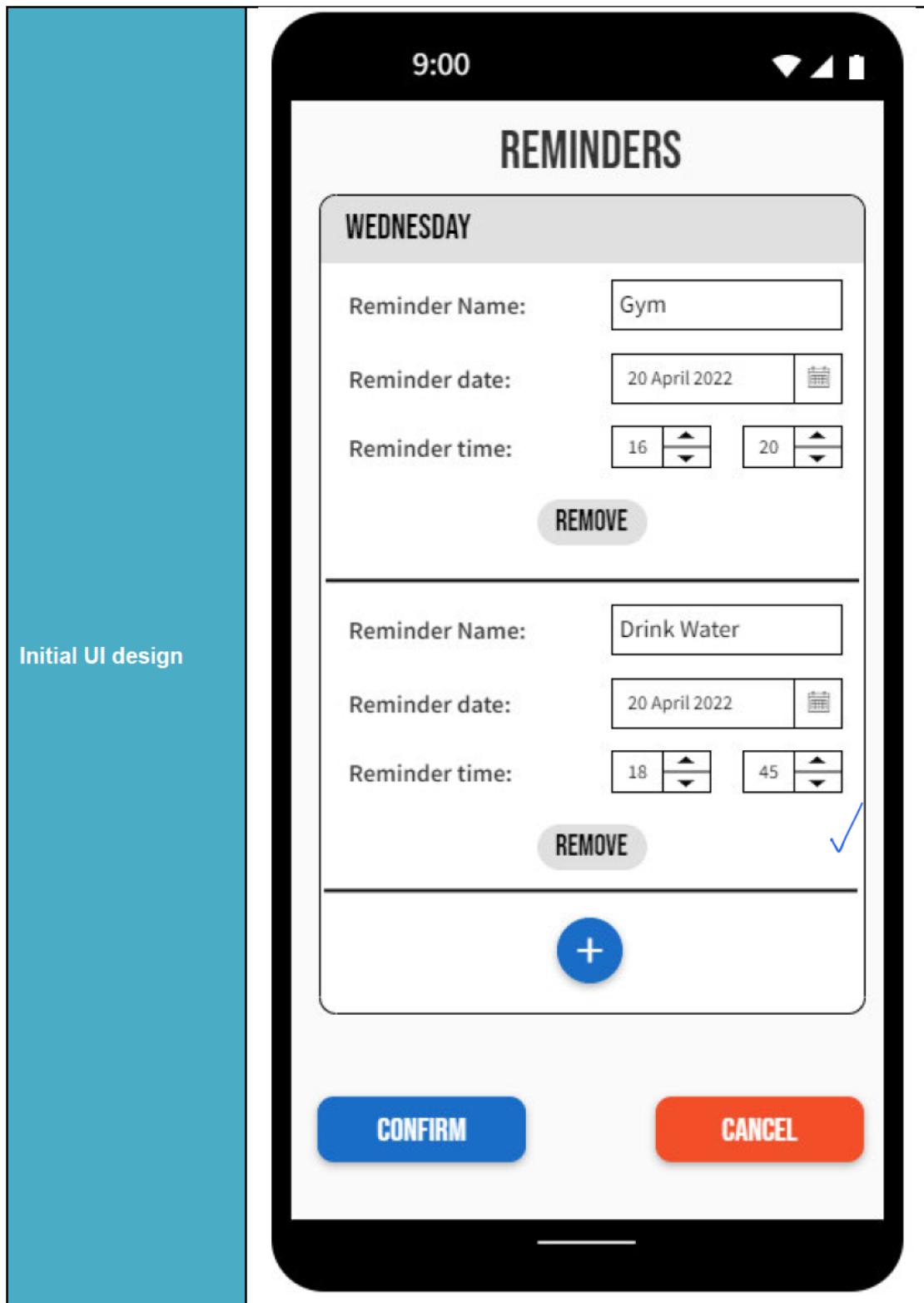
D2	Record Reminder
Primary Business Actors	Other participating Actors
User	
Description	The user adds a reminder
Pre-Conditions	User decides to set a reminder <i>on dashboard</i>
Triggers	User clicks on Add Reminder button <i>from Settings tab</i>
Post-Conditions	Reminder is added to the system
Basic Flow of Events	User enters the time and date of reminder and enters the information regarding the reminder. The system then saves the reminder for the user
Alternate Flow of events	N/A

} numbered step

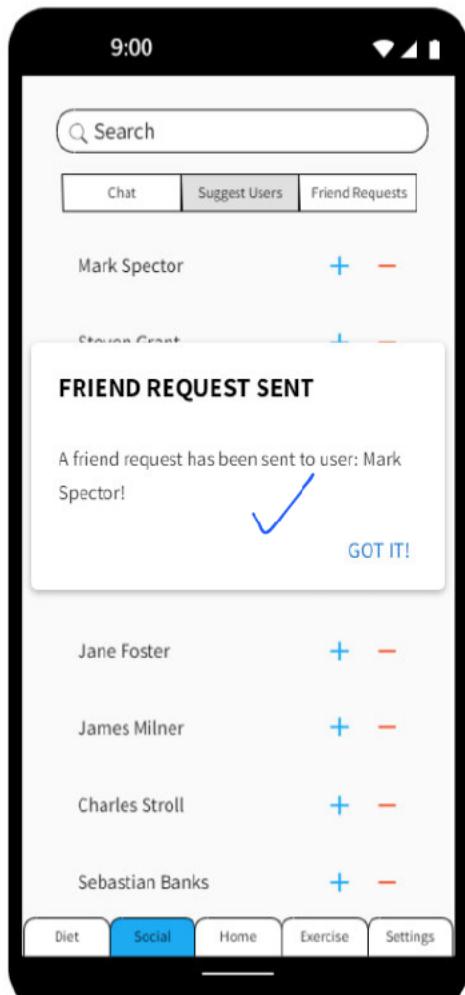


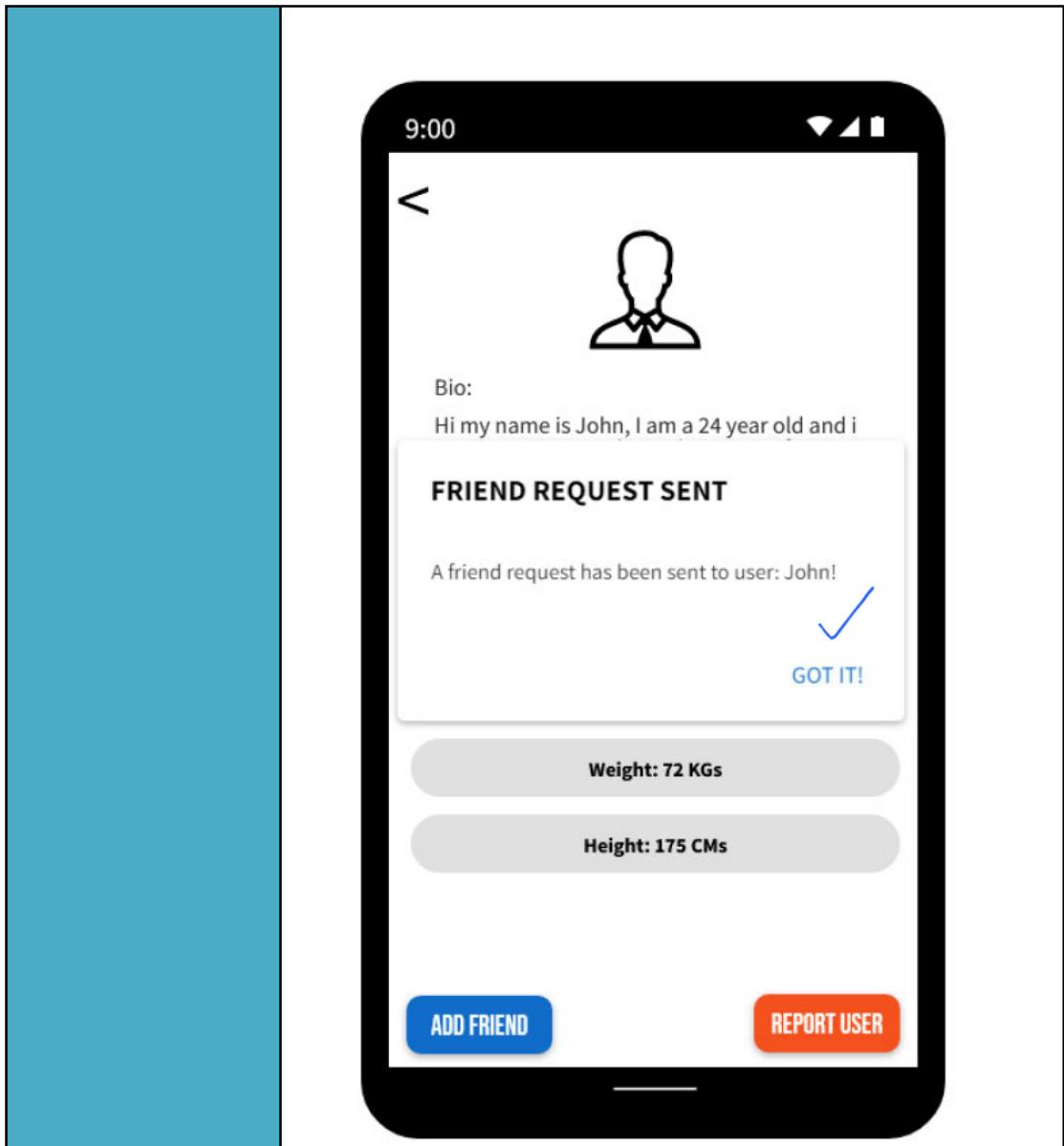
Use Case ID	Use Case Name
D3	Manage Reminder
Primary Business Actors	Other participating Actors
User	
Description	The user can choose to delete or update their current reminders they've set
Pre-Conditions	User must have set a reminder before
Triggers	User clicks on Manage Reminders button <i>from where?</i>
Post-Conditions	Users reminders are updated/deleted
Basic Flow of Events	User selects the reminder they wish to update and updates the information they wish to change. The system then saves the reminder for the user
Alternate Flow of events	The user can click on delete the reminder in which it is removed entirely from the system

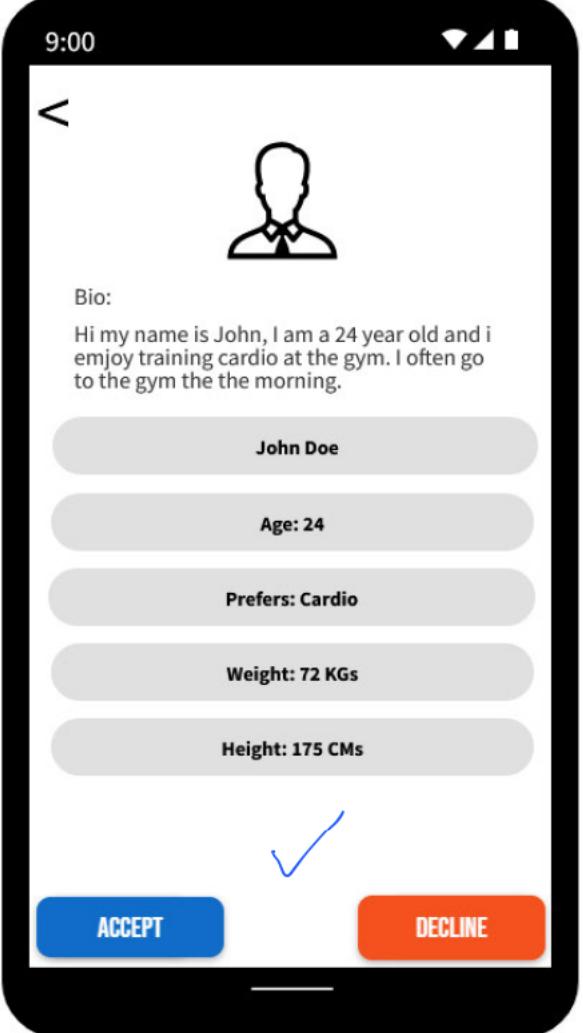
? } numbered steps

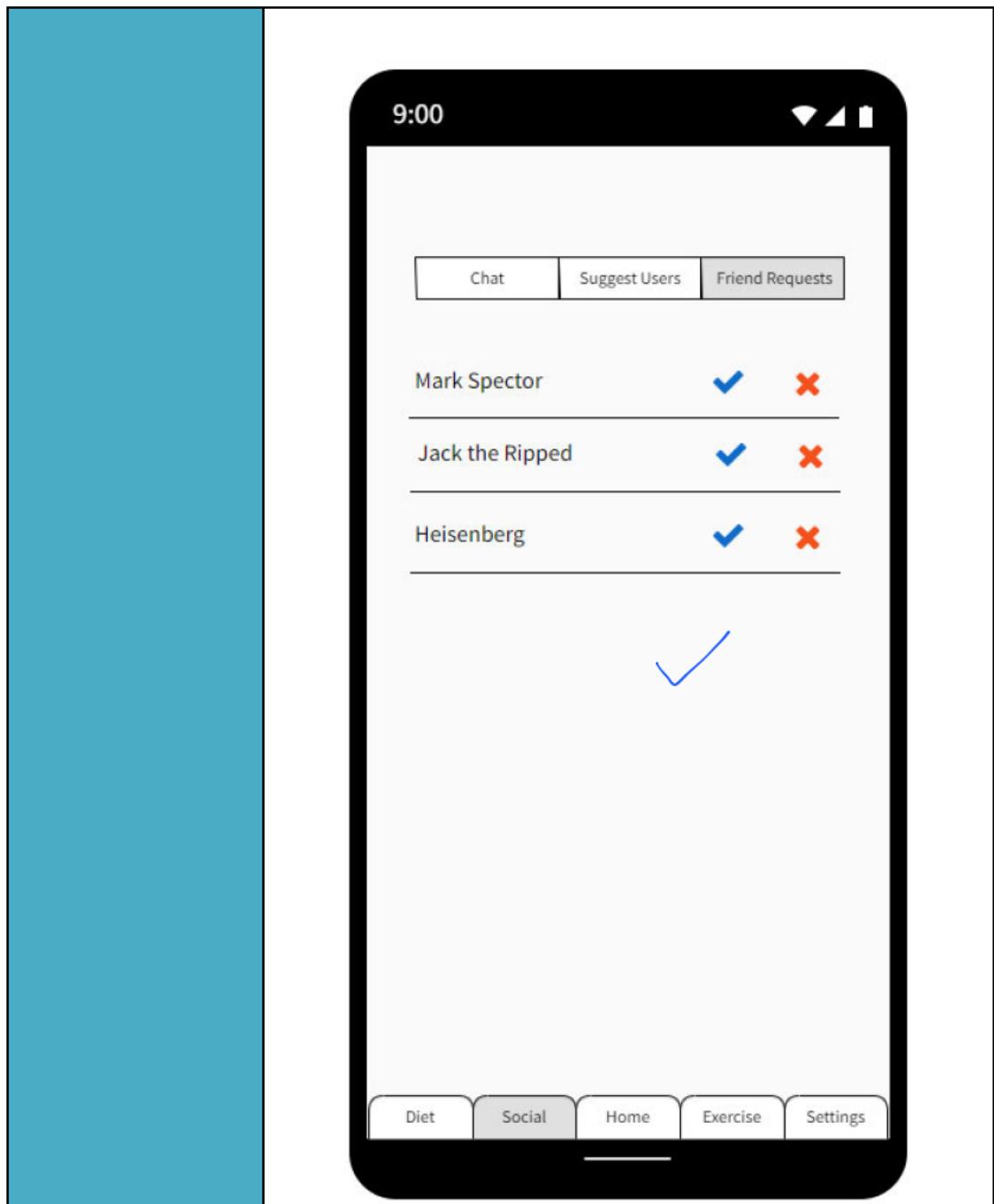


2.3.3 Designed by [REDACTED]

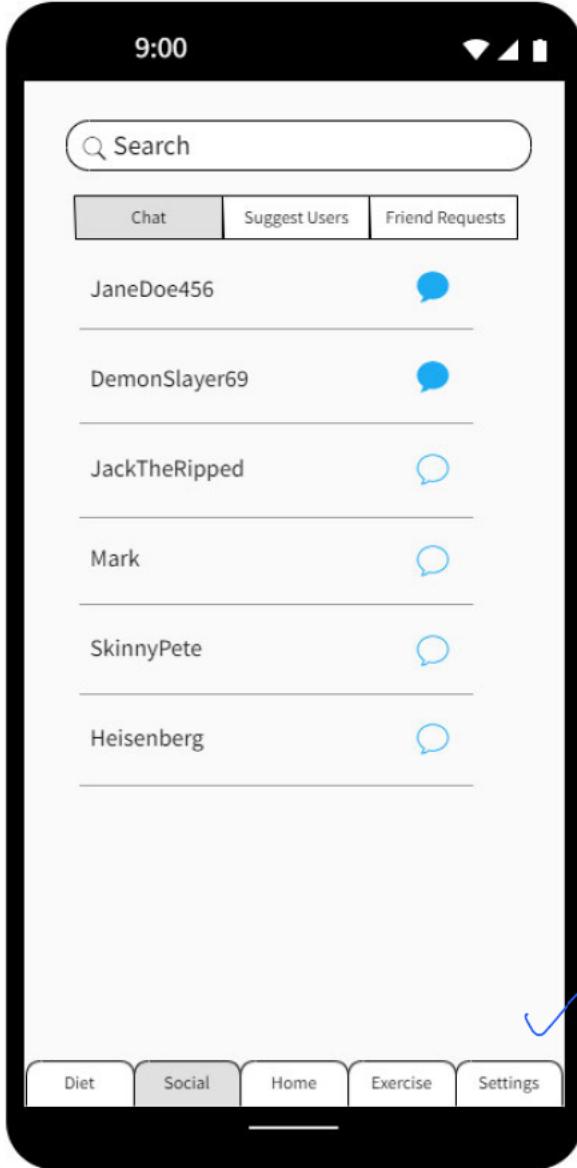
Use Case ID	Use Case Name
A3	Add Friend
Primary Business Actors	Other participating Actors
End User(Sender)	End User(Receiver)
Description	Users will be able to add Friend to their Friends List. If the added user accepts the friend request(A4 Process Friend Request), both users will be able to view their friends profile, message them(A5 Send Message) as well as see their friend on their friends list.
Pre-Conditions	A12 View Profile.
Triggers	User clicks on Add Friend button found on the User profile screen.
Post-Conditions	Receiving User responds to request. (A4 Process Friend Request)
Basic Flow of Events	System displays message "Friend request sent".
Alternate Flow of events	
Initial UI design	 <p>The image shows a mobile application interface for sending a friend request. At the top, there is a search bar with a magnifying glass icon and the word 'Search'. Below it is a navigation bar with three tabs: 'Chat', 'Suggest Users', and 'Friend Requests'. The main content area displays a list of users with their names and a plus-minus friend status indicator. A prominent alert box is centered over the list, displaying the message 'FRIEND REQUEST SENT' in bold capital letters. Below the message, it says 'A friend request has been sent to user: Mark Spector!' followed by a blue checkmark icon. At the bottom right of the alert box is a 'GOT IT!' button. The bottom of the screen features a navigation bar with five tabs: 'Diet', 'Social' (which is highlighted in blue), 'Home', 'Exercise', and 'Settings'.</p>



Use Case ID	Use Case Name
A4	Process friend request
Primary Business Actors	Other participating Actors
User(Receiver)	User(Sender)
Description	Friend request will be pending. Receiving User will be able to reject the friend request or accept the friend request send by Sending User.
Pre-Conditions	A3 Add Friend
Triggers	User opens Friend Requests subtab which is found in Social tab. User clicks on tick.
Post-Conditions	Both users appear on their respective friends lists.
Basic Flow of Events	System removes the affected friend request from current list
Alternate Flow of events	<p>1 ● User clicks on cross. 2 ● System removes the affected friend request from current list</p> <p>or</p> <p>User is viewing senders profile:</p> <p>1 ● User clicks accept/decline 2 ● System removes the affected friend request from current list</p>
Initial UI design	 <p>The image shows a mobile phone interface with a black border. At the top, it displays the time '9:00'. Below the screen, there is a navigation bar with a back arrow icon. The main content area contains a placeholder profile picture of a person in a suit. Below the picture is a section labeled 'Bio:' with the text: 'Hi my name is John, I am a 24 year old and i enjoy training cardio at the gym. I often go to the gym the the morning.' Underneath the bio, there are five horizontal grey rounded rectangles, each containing a piece of user information: 'John Doe', 'Age: 24', 'Prefers: Cardio', 'Weight: 72 KGs', and 'Height: 175 CMS'. At the bottom of the screen, there are two large buttons: a blue 'ACCEPT' button on the left and an orange 'DECLINE' button on the right. A blue checkmark is drawn over the 'ACCEPT' button.</p>



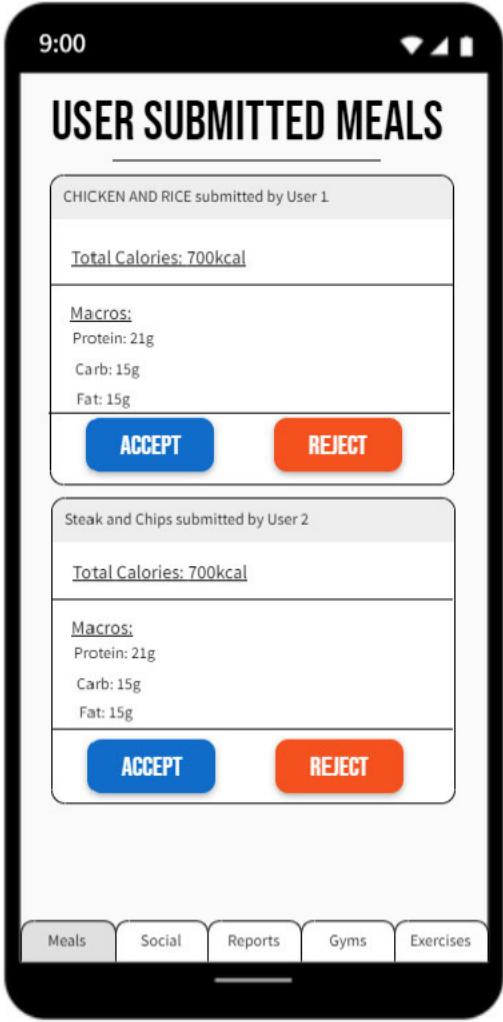
Where is message stored

Use Case ID	Use Case Name	
A5	Send message	
Primary Business Actors		Other participating Actors
End User (Sender)		End User(Receiver)
Description	Users will be able to view other users profiles and message other users present on their friends list.	
Pre-Conditions	Two users have valid accounts and are currently friends.	
Triggers	User uses message button that is shown when they view a user in their friends list.	
Post-Conditions	Receiver receives message and is able to respond	
Basic Flow of Events	Dialog box with the chat interface is shown by system. User enters message in the bottom dialog box found at bottom on chat interface. User uses send button. System displays sent message in chat history.	
Alternate Flow of events	User closes message dialog box	
Initial UI design	 <p>The image shows a mobile application interface. At the top, there is a search bar with a magnifying glass icon and the word "Search". Below the search bar is a navigation bar with three tabs: "Chat" (which is selected and highlighted in grey), "Suggest Users", and "Friend Requests". The main content area displays a list of friend profiles. Each profile consists of a name (e.g., "JaneDoe456", "DemonSlayer69", "JackTheRipped", "Mark", "SkinnyPete", "Heisenberg") followed by a blue speech bubble icon. At the bottom of the screen, there is a navigation bar with five tabs: "Diet", "Social", "Home" (which is selected and highlighted in grey), "Exercise", and "Settings". A blue checkmark is drawn near the bottom right corner of the screen.</p>	

Initial UI design
cont



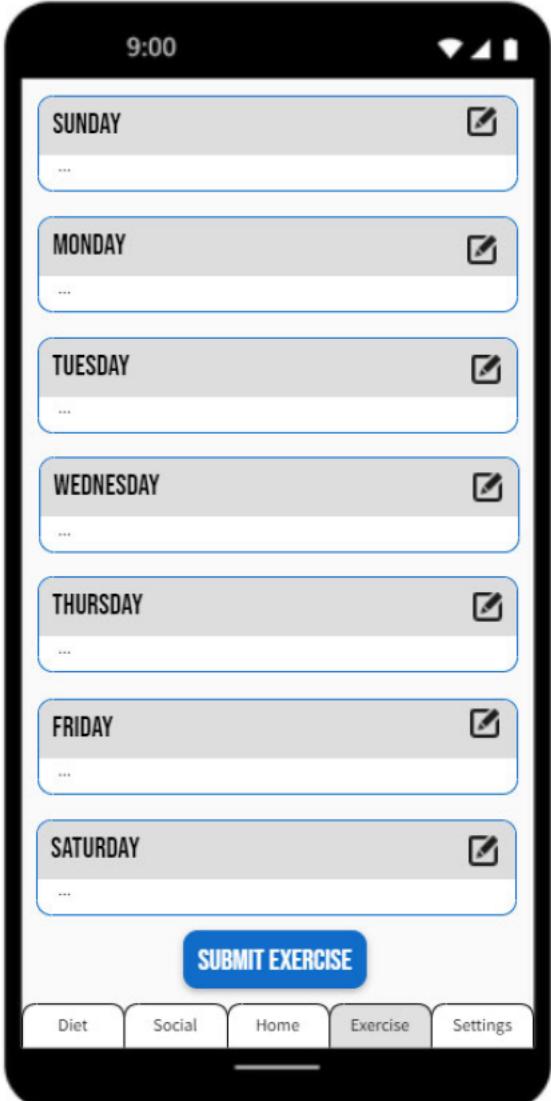
Use Case ID	Use Case Name
B5	Calculate BMR
Primary Business Actors	Other participating Actors
End User	
Description	User is able to view their Basal Metabolic Rate which is a calculated based off your age, weight and height.
Pre-Conditions	User must have valid profile.
Triggers	User uses Calculate BMR button found in Home Tab.
Post-Conditions	
Basic Flow of Events	System displays dialog box with BMR Calculation
Alternate Flow of events	
Initial UI design	 <p>The image shows a mobile application interface. At the top, there's a header with the time '9:00' and a user profile icon labeled 'John Doe'. Below the header, there are two cards: 'Glasses of Water' (with an icon of a glass of water and a numeric input field set to '5') and 'Reminders' (listing 'Gym - 14:00' and 'Drink - 16:30'). A large central modal window is titled 'BMR CALCULATION'. It contains the text 'Your calculated BMR is: 1900 J/(h·kg)' followed by a blue checkmark icon and a 'GOT IT!' button. Below the modal, there are several input fields and buttons. On the left, there are radio buttons for 'Weight', 'Water consumption' (which is selected), and 'Sleep'. To the right of these are 'Start Date' (set to '20 April 2022') and 'End Date' (set to '20 May 2022'). At the bottom of the screen, there are four blue buttons: 'CALCULATE BMI', 'CALCULATE DAILY CALORIES', 'RECORD SLEEP', and 'UPDATE STATS'. Below these buttons is a navigation bar with tabs for 'Diet', 'Social', 'Home' (which is highlighted in white), 'Exercise', and 'Settings'.</p>

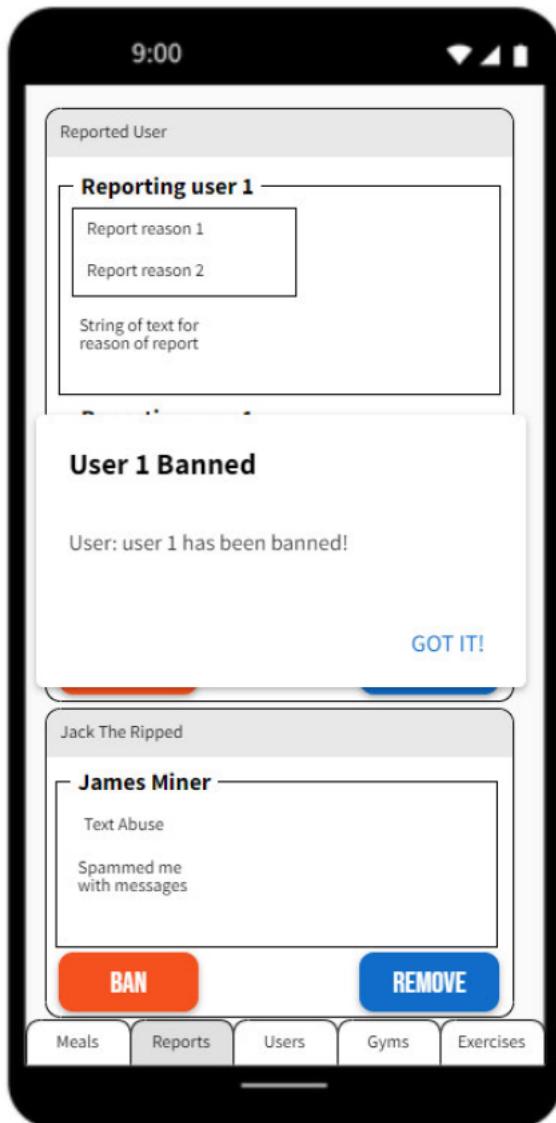
Use Case ID	Use Case Name	
B8	Review User Submitted Meal	
Primary Business Actors		Other participating Actors
Admin		
Description	The admin can view a meal that a user has submitted and either deny or approve the submission.	
Pre-Conditions	A user must have submitted a meal for review.(B2 Submit meal)	
Triggers	Admin uses review meal submissions button found in the Admin tab.	
Post-Conditions	A new meal is added to the database	
Basic Flow of Events	<p>System displays a list of user submitted meal plans. Admin clicks on a meal plan. The system displays dialog box with meal plan details and an accept or deny button. Admin chooses accept. System displays message that meal plan has been accepted. Meal plan is added to the official list of meal plans.(isActive attribute made true). A message is sent to submitting user with information pertaining to request.</p>	
Alternate Flow of events	<p>Admin chooses deny. System displays message that meal plan has been rejected.(Meal entry is deleted from database) A message is sent to submitting user with information pertaining to request.</p>	
Initial UI design		

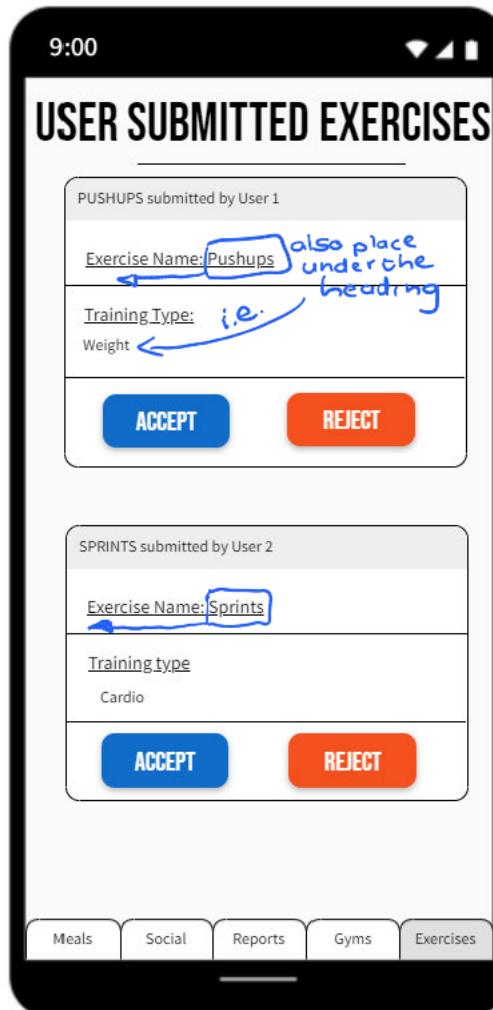
Step -
form

Use Case ID	Use Case Name
B10	View Water Consumption
Primary Business Actors	Other participating Actors
Description	User can view their water intake over a given time frame.
Pre-Conditions	User must have previously record their water intake.
Triggers	User checks the water consumption radio button and has set a valid b
Post-Conditions	
Basic Flow of Events	System displays a dialog box where user can enter a start and end date. User enters relevant time frame. System plots a line graph showing water intake over a specified time period.
Alternate Flow of events	
Initial UI design	

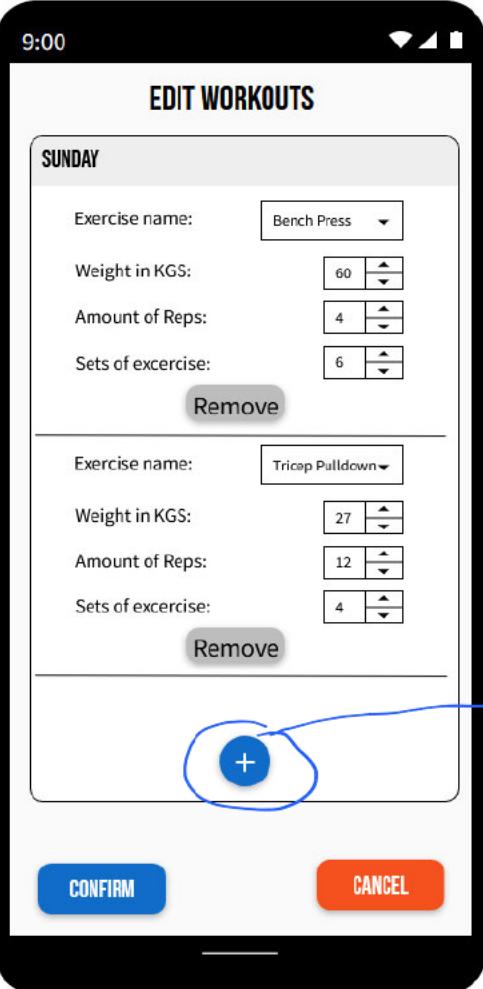
Use Case ID	Use Case Name
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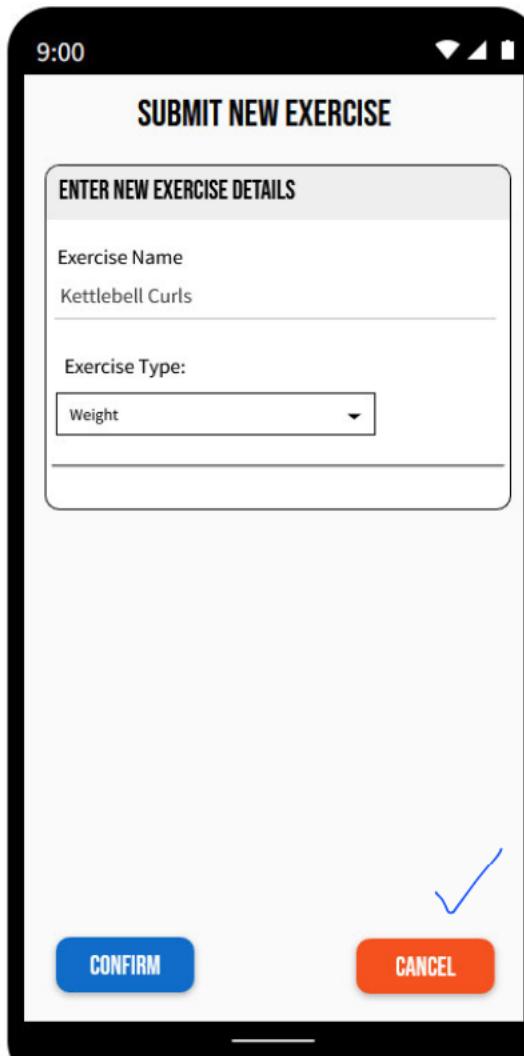
C1	View Exercise Plans	
Primary Business Actors		Other participating Actors
End User		
Description	A user is able to have multiple exercise plans for specified days. (i.e a user can have a separate exercise plan for monday and tuesday). A user is able to edit these exercise plans by adding and removing exercises.	
Pre-Conditions	A user must have valid profile ?	
Triggers	User clicks on the exercise plan on the main tab.	
Post-Conditions		
Basic Flow of Events	1. Landing page for Exercise tab is displayed 2. user selects day to add exercise (press pencil icon) 3. System calls CG	
Alternate Flow of events ?	4. repeat steps 2-3 to add more exercises 5. Once complete, user selects, Submit Exercise button.	
Initial UI design		

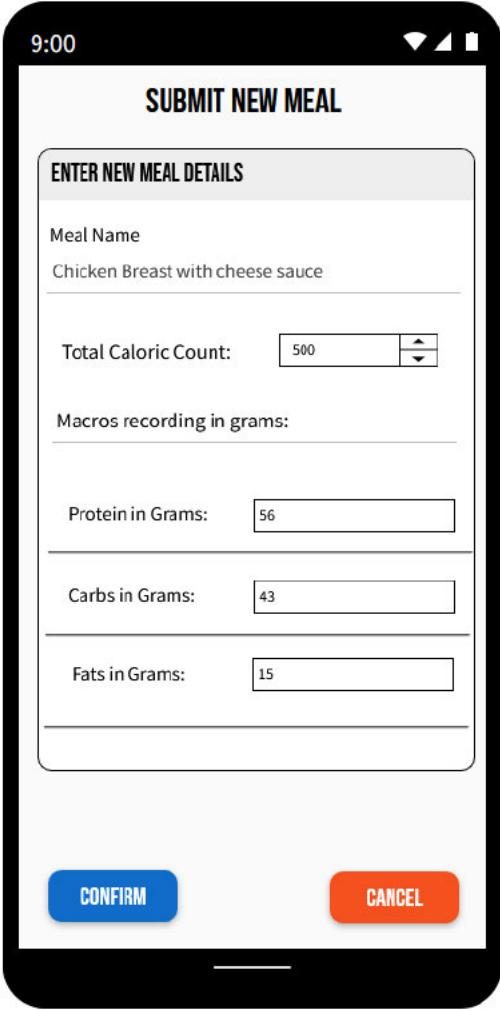
Use Case ID	Use Case Name
A12	Review Reported User
Primary Business Actors	Other participating Actors
Admin	
Description	If a user reports another user (A7 Report User), a record is submitted for admins to review. On the admins decision, the reported user is either banned and the user is deleted or the record is deleted/
Pre-Conditions	A user must have valid profile
Triggers	User clicks on the report user button on the user profile
Post-Conditions	User is banned or Report Record deleted.
Basic Flow of Events	System displays “User Reported Successfully” message.
Alternate Flow of events	
Initial UI design	

Use Case ID	Use Case Name	
C7	Review User Submitted Exercise	
Primary Business Actors		Other participating Actors
Admin		
Description	The admin can view an exercise that a user has submitted and either deny or approve the submission.	
Pre-Conditions	A user must have submitted a meal for review.(C6 Add Exercise)	
Triggers	Admin opens Exercise tab.	
Post-Conditions	Exercise is removed from the list of submitted exercises and is either added to the list of available meals or deleted.	
Basic Flow of Events	<p>System displays list of user submitted meal plans. Admin clicks accept on a submitted meal. Meal is removed from current list and is added as an available meal for Users to add to their meal plans.</p>	
Alternate Flow of events	<p>Admin clicks reject. Meal is removed from current list and deleted from database.</p>	
Initial UI design		

2.3.4 Designed by [REDACTED]

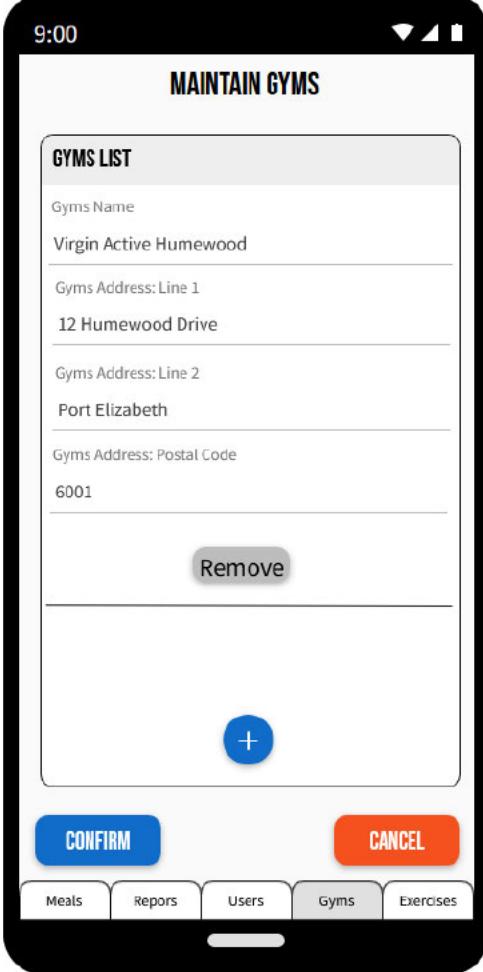
Use Case ID	Use Case Name
C2	Update Exercise plan
Primary Business Actors	Other participating Actors
End User	
Description	User can alter their workout plan. The Exercise plan can be altered by day and specific workout.
Pre-Conditions	User must have an active exercise plan and has chosen to View Exercise plan (C4 - View Exercise plan).
Triggers	User chooses to Update their current exercise plan. <i>in C4</i>
Post-Conditions	Users current plan is updated.
Basic Flow of Events	<ol style="list-style-type: none"> 1. User makes their required updates to the current workout plan. 2. User confirms changes. 3. System records changes.
Alternate Flow of events	<ol style="list-style-type: none"> 1. User does not confirm to save the updated plan/ cancels changes. 2. System returns to Workout Plan view.
Initial UI design	 <p>also specify this option in an alternate flow if it calls C1</p>

C3	Submit Exercise	
Primary Business Actors		Other participating Actors
User		
Description	User is able to submit a exercise to be added to the system. The admin must approve the exercise before it can be added (C7 _ Review User Submitted Exercise)	
Pre-Conditions	User must be on the View Exercise plans view(C1 - View Exercise plan).	
Triggers	User selects to submit a new Exercise for review.	
Post-Conditions	A Exercise submission is added to the database for admin approval	
Basic Flow of Events	<ol style="list-style-type: none"> 1. User enters required information for the exercise 2. User chooses to confirm and submit 3. System records information and adds the exercise to the list of exercises pending admin approval 	
Alternate Flow of events	<ol style="list-style-type: none"> 1. User does not confirm new exercise changes/ cancels changes made. 2. No information is saved and the view is returned to previous view (C1 - View Exercise Plan) 	
Initial UI design		

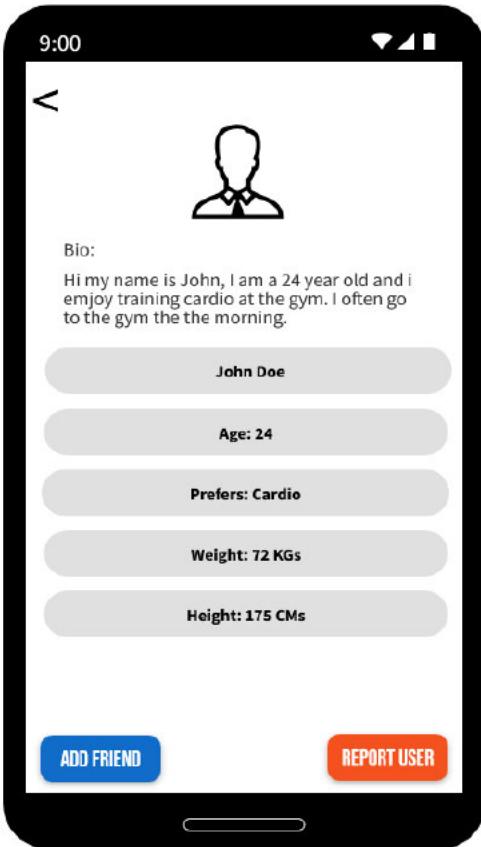
B2	Submit meal	
Primary Business Actors		Other participating Actors
User		
Description	User is able to submit a meal to be added to the system. The admin must approve the meal before it can be added (B8 - Review User Submitted Meal)	
Pre-Conditions	User must be on the View meal plans view(B11 - View Meal plans).	
Triggers	User selects to submit a new meal plan for review.	
Post-Conditions	A meal submission is added to the database for admin approval	
Basic Flow of Events	<ol style="list-style-type: none"> 4. User enters required information for a meal 5. User chooses to confirm and submit 6. System records information and adds the meal to the list of meals pending admin approval 	
Alternate Flow of events	<ol style="list-style-type: none"> 3. User does not confirm new meal changes/ cancels changes made. 4. No information is saved and the view is returned to previous view (B11 - View Meal Plans) 	
Initial UI design	 <p>A mobile phone screen displaying a 'SUBMIT NEW MEAL' form. The screen shows the following fields:</p> <ul style="list-style-type: none"> Meal Name: Chicken Breast with cheese sauce Total Caloric Count: 500 Macros recording in grams: <ul style="list-style-type: none"> Protein in Grams: 56 Carbs in Grams: 43 Fats in Grams: 15 <p>At the bottom of the screen are two buttons: 'CONFIRM' (blue) and 'CANCEL' (orange).</p>	

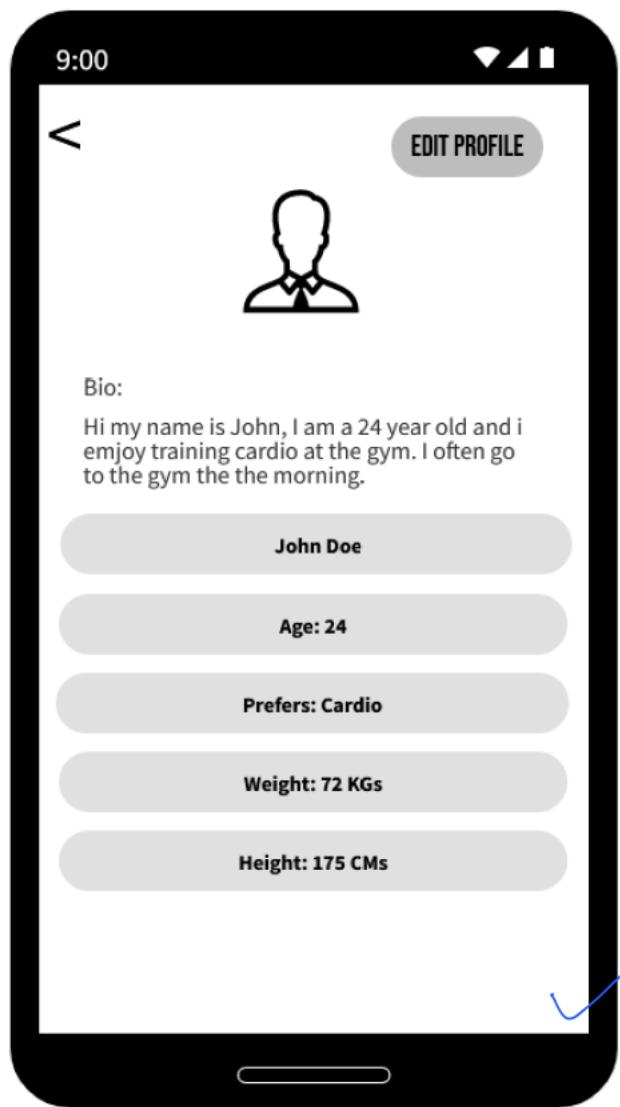
Use Case ID	Use Case Name
B4	Update meal plan
Primary Business Actors	Other participating Actors
End User	
Description	User can make changes to the selected meal plan. Changes can be made by specific day and by specific meal.
Pre-Conditions	User has at least 1 active meal plan. User has selected to view meal plans(B11 - View Meal Plans).
Triggers	User chooses to update the selected meal plan.
Post-Conditions	Users selected meal plan is updated.
Basic Flow of Events	<ol style="list-style-type: none"> 1. Meal plan information is displayed. 2. User makes necessary changes to the selected meal plan. 3. System updates the selected meal plan of the User.
Alternate Flow of events	<ol style="list-style-type: none"> 1. User does not confirm update/ cancels changes. 2. System returns to meal plans view
Initial UI design	 <p>Initial UI design</p> <p>add alternate note to call B2</p>

Use Case ID	Use Case Name
A2	Update User Info
Primary Business Actors	Other participating Actors
End User	
Description	User will update certain information about themselves that has changed since they first entered that information (e.g. The users weight could change, or their preferred workout type).
Pre-Conditions	The user must have already entered information about themselves in order to update it. User has selected to View their Profile (A12 - View Profile).
Triggers	User selects to update their personal information.
Post-Conditions	Users personal info is updated.
Basic Flow of Events	<ol style="list-style-type: none"> 1. User enters their updated personal Information 2. User confirms to save the updated information. 3. System saves the new information.
Alternate Flow of events	<ol style="list-style-type: none"> 1. User does not confirm to save updated information/ cancels changes. 2. System returns to previous view.
Initial UI design	<p>Initial UI design</p>

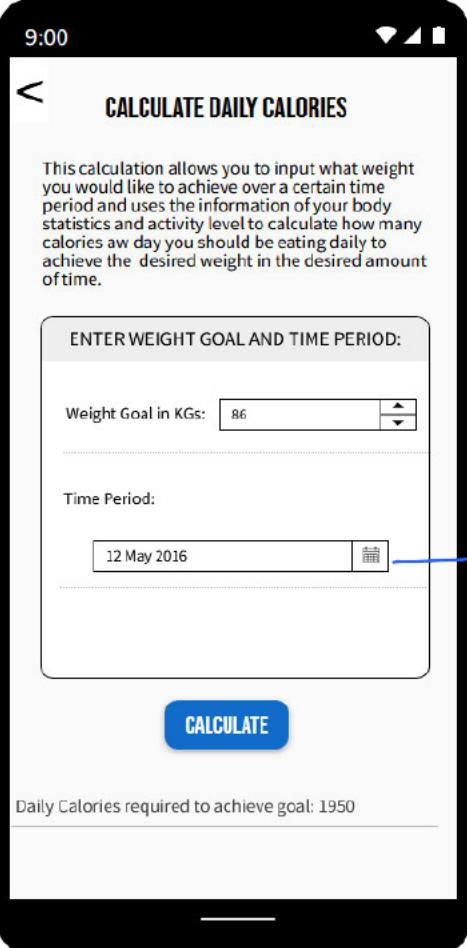
Use Case ID	Use Case Name	
A11	Maintain gyms	
Primary Business Actors		Other participating Actors
Admin		
Description	Users select their current gym from a list of registered gyms. The admin can add, delete, or edit gyms that appear on this gym list.	
Pre-Conditions	Admin has a valid login account.	
Triggers	Admin selects to Maintain the gyms.	
Post-Conditions	Gym list is updated. <i>how? Is the fields by editable mode when this screen is shown?</i>	
Basic Flow of Events	1. Admin selects to add, delete or edit a gym. default in mode when this screen 2. Admin confirms the list update. 3. System updates list with relevant action.	
Alternate Flow of events	1. Admin does not confirm changes/ cancels changes. 2. System returns to previous view.	
Initial UI design	 <p>The image shows a mobile application interface titled "MAINTAIN GYMS". At the top, it says "9:00". Below that is a section titled "GYMS LIST" containing the following data:</p> <ul style="list-style-type: none"> Gyms Name: Virgin Active Humewood Gyms Address: Line 1: 12 Humewood Drive Gyms Address: Line 2: Port Elizabeth Gyms Address: Postal Code: 6001 <p>Below the list is a "Remove" button. At the bottom of the list area is a blue "+" button. At the very bottom of the screen are two buttons: "CONFIRM" (blue) and "CANCEL" (orange). Below these buttons is a navigation bar with five items: Meals, Reports, Users, Gyms (which is highlighted in blue), and Exercises. A blue checkmark is drawn to the right of the interface.</p>	

Use Case ID	Use Case Name	
A1	Register User	
Primary Business Actors	Other participating Actors	
End User		
Description	The user needs an account to access the system and use its functionality. To register, a user needs to enter a Username, Personal details (Name, Surname etc.) and Fitness Details(Height, Weight etc.).	
Pre-Conditions	User does not have login details on system.	
Triggers	User selects to register user at login screen.	
Post-Conditions	User logs into the system and has valid login credentials saved.	
Basic Flow of Events	<ol style="list-style-type: none"> 1. User enters their new user info. 2. User confirms to save their new login details. 3. System logs user in and saves login information. 	
Alternate Flow of events	<ol style="list-style-type: none"> 1. User does not confirm new login details. 2. System returns to login view. 	
Initial UI design	 <p>see comments on p 56</p>	

Use Case ID	Use Case Name
A12	View profile
Primary Business Actors	Other participating Actors
Admin/End User	
Description	An Admin and the End User can view a profile of another User or their own profile.
Pre-Conditions	Admin or End user has searched for a profile (A9 - Search User) or the End User has selected to view the Suggested Users (A8 - Suggest Users).
Triggers	User selects to view either their own personal profile(Alternative flow) or selects to view the profile of another user. Admin selects to view another Users profile.
Post-Conditions	N/A
Basic Flow of Events	<ol style="list-style-type: none"> 1. The profile view of the other User is displayed. 2. User can choose to Add Friend or Report User or neither.
Alternate Flow of events	<ol style="list-style-type: none"> 1. Users own profile is displayed. 2. User can choose to Edit their own personal details using the Edit Profile. (A2 - Update User info)
Initial UI design	 <p>The image shows a mobile phone screen displaying a user profile. At the top left is a back arrow. In the center is a placeholder user icon. Below it is a bio section with the text: "Hi my name is John, I am a 24 year old and i enjoy training cardio at the gym. I often go to the gym the morning." Underneath the bio are five horizontal grey cards containing user information: "John Doe", "Age: 24", "Prefers: Cardio", "Weight: 72 KGS", and "Height: 175 CMS". At the bottom of the screen are two buttons: a blue "ADD FRIEND" button and an orange "REPORT USER" button.</p> <p>call A3</p> <p>call A7</p>



This is the UI for a User viewing their own personal profile.
Previous Design was for Users or Admins viewing another user's profile.

Use Case ID	Use Case Name
B6	Calculate daily calories
Primary Business Actors	Other participating Actors
End User	
Description	User can input a weight loss or weight gain goal amount over a period of time and some other relevant stats needed, such as average daily activity. The user will then be presented with a calculated amount of calories per day they must consume to reach their weight goal over the said amount of time.
Pre-Conditions	User has calculated their personal BMR calories(B5 - Calculate BMR) and entered all relevant data needed for the calculation.
Triggers	User chooses to calculate their daily calories.
Post-Conditions	Users' daily calorie goal, given their specified data, is calculated and returned to the user to view.
Basic Flow of Events	<ol style="list-style-type: none"> 1. User enters all data needed for the calculation, such as weight loss or gain goal, time period and other relevant data. 2. User selects to calculate calories. 3. System performs relevant calculation and displays result to user. 4. System records the calculation result.
Alternate Flow of events	<ol style="list-style-type: none"> 1. System is unable to calculate daily calories. 2. System notifies user with an error message.
Initial UI design	 <p>IS this the end date ? so calculation will use this + current date for Time period ?</p>

DATA REQUIREMENTS

all inheritance + many to many associations had to be resolved

Implementation Ready Class Diagram



Is this to store reported users?