**Section 1: Introduction and Vision Statement**SwoleMate is designed for fitness novices, enthusiasts, athletes, and everyone in between seeking to find a gym partner. It provides the opportunity for individuals to connect based on general availability and workout type. After connecting, individuals can message each other with the built in messenger to establish a specific workout time and place. Our application brings individual connection which is missing from other apps in the market. For example, Strava and Meetup only work for big fitness events such as marathons.

**Section 2: Profile and Match Criteria**The application finds gym partners based on your profile options. You can select your preferred [general] time to meet and workout type. These can be changed when you edit your profile.   
  
Imagine that you are a beginner looking for an experienced lifter to support you during a strength workout. Or imagine that you are an athlete looking for someone with the same experience level to provide motivation and assistance. You are only available during mornings. The detailed steps in this section show you how to change these settings.

1. From any section, access “Profile” using the navigator on the bottom
2. Press on “Edit Profile”
3. Scroll to the bottom and change any of your options as required

The following explains different options which affect who you match with

1. **Preferred Time**:
   1. Morning
   2. Afternoon
   3. Evening
   4. No Preference
2. **Workout Type**:
   1. Cardio
   2. Strength
   3. Hypertrophy

The “Experience Level” does not affect who you match with. In a later section, you will see how it can be used for additional filtering on the “Match” screen.

**Section 3: Matching with Users**

You can use the Match feature of SwoleMate to find potential gym partners. These will be shown based on matching time and workout types.  
  
The following explains different components to the “Match” screen:

1. **Match** – click this button to send request to connect with potential gym partner
2. **Read More** – provides additional information about the user including:
   1. Preferred Gym
   2. City/Town
   3. Whether User is a Certified Trainer
3. **Reviews** – user submitted reviews for additional insight about potential match

Imagine that you are a user of any experience level, but only want to see individuals with high ratings. The following explains how to do that:

1. Press on “Filter by” to select your chosen criteria
2. Press the drop box next to it to choose how to sort
   1. E.g. Ratings sorted by Ascending Order

Once you send a “Match” request, the user will be notified and can be contacted with the built in Messager to specify workout time and place.

**Section 4 Using the Messenger:**

SwoleMate provides a built in Messager. This can be used to text individuals to set up a specific workout time and location. The following explains various components of the built in Messenger:

1. **“Matched” Screen** – shows individuals who you have matched with
   1. Pressing on an individual will lead to the built in messenger
   2. The button on the top right allows you to un-match or leave a review
2. **“Pending” Screen** – shows outgoing match requests you sent
   1. Pressing the red “X” button can cancel a request
3. **“Requests” Screen** – shows incoming match requests you received
   1. Pressing the green check button makes them available on “Matched”
   2. Pressing the red “X” button rejects a request