

View Personal Logged Activities: As a user I want to view my own logs from the past present and future so that I can reach my goals		Log activities: As a user I want to Log all of the activity I have done in the past present and future so that I can track my porogress			View progress: As as user i can check and track my own progress, see/set my status, and my goals		Socialize within the tool: As a user i should be able to connect with other people on the plaform.		
See Todays Logs: As a user I want see the logged activities I did today So that I can track my stats		See Logs done in the past: As a user I want to see my past logs so I can see how far I have progressed		Plan upcoming days -> set a goal to do new activities: As a user I want to plan my weeks so that I can have everything layed out in advance		Log activities done that day: As a user, I want to log todays activities so that I can see them again in the future		View activities already in the database: As a user I want to see the activities saved in the data base so that I can get ideas on what to do or quickly log them	
View personal bests: As a user I want ot view my personal bests so that I can strive to beat them		Set general goals: As a user I want to create and update my goals so I can see my progress while using the application		Enter Current Status (weight, PR etc): As a user I want to view my physical status to help me reach my goals		Follow people and be followed: As a user, I want to follow my firends to see their progress and share my own so that we can all stay motivated		post for friends to see: As a user I want to post to my firends so that I can share my progress and have some 'feel good' moments	
MVP									

Sign Up	View the calender	View the calender	open the today log	View a list of database activities	Go to the personal bests section	Go to the personal bests section	Go to status/profile
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Log In	Select the past date	Select a future date	Select/Create a type of activity	Copy the activity to todays log	See all goals with progress	Enter a new Goal with details	Fill in details
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See your personal main page	See what was logged on that day	Create a plan	Get suggestions on what activity to add	Fill in specifics for the activity	See more detail in progress towards each goal	Edit an existing goal	Edit details
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Fill in details for that activity		Share progress	
MVP #2 -> nice to have			

See what your friends did today	See friends Personal Records	See friends goals	See a full profile of yourself	Add a friend	Post what activity you did today
			Contacts		Share a new PR
					Share a new Goal

See your friends' posts: As a user I want to see the posts my friends make so I can have a social interaction with them and also motivate myself to be more active

See your friends logs for the day

See your friends progress and PRs

See your friends Goals