

# **IDEA** - Innovative Design for Extreme Athletes

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**CrossTrack** - An App For Any Smartphone Driven by Android

## **I**NNOVATIVE **D**ESIGN FOR **E**XTREME **A**THLETES



### **Team Members**

Akinyinka Omigbodun  
Alan Lau  
Austin McGuyer  
Chi Pang Cheong  
Cynthia Lee  
Eun Song  
Zhenghong Fan  
Zizhao Huang

Senior System Analyst  
Project Manager  
Algorithm Specialist  
Software Architect  
Subject Matter Expert  
Database Specialist  
Software Development Lead  
Quality Assurance Lead

# **IDEA** - Innovative Design for Extreme Athletes

## The Vision

We aim to be creative in design, but with the ease and fluidity of a seemingly simplistic application. With simplicity comes usability.

The focus *is* the *hardcore athlete* who pushes himself or herself to the limits. Many progressive athletes keep records of their accomplishments. This application gives the athlete a way to view accomplishments while he or is are still at the gym. Accomplishments could be a better time in the 400 meter dash or a personal best in the quantity of pull ups completed. Whatever the case, this application provides the ability to track personal bests and log them into your mobile device at the gym, with your gloves on!

The CrossTrack© is a tool made for extreme athletes. While athletes are doing their best to enhance their body and mind, CrossTrack© is going to be their record keeper. What better place to track your performance than on your Android mobile device!

The athlete enters the gym with their smartphone and has nothing on their mind but pushing his or her body to the limit. One press of the CrossTrack© application and the athlete is brought to a screen to simply choose a CrossFit Benchmark from a list of CrossFit Benchmarks (workouts). Another finger touch and the CrossTrack© is recording his or her best record in real time, with no stopping between workouts to find a pad of paper and pencil.

The CrossTrack© also tracks the athlete's performance that can be accessed by choosing "Statistics" from the main menu. The *Statistics* function takes the information recorded by the athlete and displays the information in a graphical format as a visual gauge for performance gains.

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## **Variable Status Key**

### **Priority**

- |             |   |  |
|-------------|---|--|
| 1 (Highest) | - | A core function                                    |
| 2 (High)    | - | Would be very helpful for improving core functions |
| 3 (Low)     | - | Would be nice to have                              |

### **Progress Status**

- |              |   |  |
|--------------|---|--|
| Planning     | - | Use Case is currently being planned          |
| Designing    | - | Use Case is currently being designed         |
| Implementing | - | Use Case is currently being implemented      |
| Testing      | - | Use Case is currently being tested           |
| Completed    | - | Use Case is fully implemented and functional |

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## WODs

### WD1 - View Benchmark

Description: The User shall view the description for a Benchmark

Actors: User

Desired Outcome: The System shall display the description for the selected Benchmark (Name, Type, List of Exercises, Reps/Weights for the Exercises)

User Goals: The User wants to view the description for the selected Benchmark

Dependency Use Cases: None

Requirements: WOR1, CWR4

Details:

-Priority: 1

-Progress: Completed

Preconditions:

- 1 None

Post Conditions:

- 1 The System shall display the Benchmark Screen
- 2 The System shall display the description for the selected Benchmark

Trigger: The User wants to view the description of the selected Benchmark

Workflow:

- 1 The User shall press the "W.O.D" button
- 2 The System shall display a Pop Up Box with additional buttons (Benchmark, Customize, Cancel)
- 3 The User shall press the "Benchmark" button
- 4 The System shall display the Benchmark Screen
- 5 The System shall display a List of Benchmarks
- 6 The User shall select a Benchmark from the List of Benchmarks
- 7 The System shall display the description for the selected Benchmark

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## WD2 - Search Benchmark

Description: The User shall search for a Benchmark

Actors: User

Desired Outcome: The System shall display the Benchmark that matches the search in the list

User Goals: The User wants to search for a Benchmark

Dependency Use Cases: None

Requirements: WOR2

Details:

-Priority: 2

-Progress: Completed

Preconditions:

1 None

Post Conditions:

1 The System shall display the Benchmark that matches the search in the list

Trigger: The User wants to search for a Benchmark

Workflow:

- 1 The User shall perform steps 1 and 3 of WD1 - View Benchmark
- 2 The System shall display the Benchmark Screen
- 3 The System shall display a List of Benchmarks
- 4 The User shall type the name of a Benchmark
- 5 The System shall display the benchmark that matches the search in the list

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## **Workout**

### WO1 - Start Workout

Description: The User shall start their workout

Actors: User

Desired Outcome: The System shall start the Stopwatch/Timer

User Goals: The User wants to start their workout

Dependency Use Cases: WD1 - View Benchmark

Requirements: WOR3, WOR7, WOR8

Details:

-Priority: 1

-Progress: Completed

Preconditions:

- 1 None

Post Conditions:

- 1 The System shall start the Stopwatch/Timer

Trigger: The User wants to start their workout

Workflow:

- 1 The User shall perform steps 1, 3, and 6 of WD1 - View Benchmark
- 2 The User shall press the "Start!" button
- 3 The System shall determine that the Benchmark is Timed
- 4 The System shall display the Timed Workout Screen
- 5 The User shall press the "Start" button
- 6 The System shall start the Stopwatch

Alternate Path:

- 1 The User shall perform steps 1, 3, and 6 of WD1 - View Benchmark
- 2 The User shall press the "Start!" button
- 3 The System shall determine that the Benchmark is AMRAP
- 4 The System shall display the AMRAP Workout Screen
- 5 The User shall press the "Start" button
- 6 The System shall start the Timer

Alternate Path 2:

- 1 The User shall perform steps 1 and 3 of WD1 - View Benchmark
- 2 The User shall forget to select a Benchmark from the list of Benchmarks
- 3 The User shall press the "Start!" button
- 4 The System shall remind the User to select a Benchmark first

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## WO2 - Finish Workout

Description: The User shall finish their workout

Actors: User

Desired Outcome: The System shall stop the Stopwatch/Timer, record the information from the workout, and display the Main Menu Screen

User Goals: The User wants to finish their workout

Dependency Use Cases: WO1 - Start Workout

Requirements: WOR4, WOR9

Details:

- Priority: 1

- Progress: Completed

Preconditions:

- 1 The User shall be doing their workout

Post Conditions:

- 1 The System shall stop the Stopwatch/Timer
- 2 The System shall record the information from the workout
- 3 The System shall display the Main Menu Screen

Trigger: The User wants to finish their workout

Workflow:

- 1 The User shall perform steps 1, 2, and 5 of WO1 - Start Workout
- 2 The User shall press the "Done" button
- 3 The System shall stop the Stopwatch
- 4 The System shall record the information from the workout
- 5 The System shall display the Main Menu Screen

Alternate Path:

- 1 The User shall perform steps 1, 2, and 5 of WO1 - Start Workout
- 2 The Timer shall reach zero
- 3 The User shall press the "Done" button
- 4 The System shall prompt the User to enter the number of rounds completed
- 5 The User shall enter the number of rounds
- 6 The User shall press the "Ok" button
- 7 The System shall record the information from the workout
- 8 The System shall display the Main Menu Screen

Alternate Path 2:

- 1 The User shall perform steps 1, 2, and 5 of WO1 - Start Workout
- 2 The Timer shall reach zero
- 3 The User shall press the "Done" button
- 4 The System shall prompt the User to enter the number of rounds completed
- 5 The User shall forget to enter the number of rounds
- 6 The User shall press the "Ok" button
- 7 The System shall remind the User to enter the number of rounds completed

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## WO3 - Pause Workout

Description: The User shall pause their workout

Actors: User

Desired Outcome: The System shall stop the Stopwatch/Timer

User Goals: The User wants to pause their workout

Dependency Use Cases: WO1 - Start Workout

Requirements: WOR5

Details:

- Priority: 1

- Progress: Completed

Preconditions:

- 1 The User shall be doing their workout

Post Conditions:

- 1 The System shall stop the Stopwatch/Timer

Trigger: The User wants to pause their workout

Workflow:

- 1 The User shall perform steps 1, 2, and 5 of WO1 - Start Workout
- 2 The User shall press the "Pause" button
- 3 The System shall stop the Stopwatch

Alternate Path:

- 1 The User shall perform steps 1, 2, and 5 of WO1 - Start Workout
- 2 The User shall press the "Pause" button
- 3 The System shall stop the Timer



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## WO4 - Resume Workout

Description: The User shall resume their workout

Actors: User

Desired Outcome: The System shall start the Stopwatch/Timer

User Goals: The User wants to resume their workout

Dependency Use Cases: WO3 - Pause Workout

Requirements: WOR6

Details:

- Priority: 1

- Progress: Completed

Preconditions:

- 1 The Timer/Stopwatch is stopped

Post Conditions:

- 1 The System shall start the Stopwatch/Timer

Trigger: The User wants to resume their workout

Workflow:

- 1 The User shall perform steps 1 and 2 of WO3 - Pause Workout
- 2 The User shall press the "Resume" button
- 3 The System shall start the Stopwatch

Alternate Path:

- 1 The User shall perform steps 1 and 2 of WO3 - Pause Workout
- 2 The User shall press the "Resume" button
- 3 The System shall start the Timer

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## Statistics

### ST1 - Weigh In

Description: The User shall record their Weight

Actors: User

Desired Outcome: The System shall record the User's Weight

User Goals: The User wants to record their Weight

Dependency Use Cases: None

Requirements: STR1

Details:

-Priority: 1

-Progress: Completed

Preconditions:

- 1 None

Post Conditions:

- 1 The System shall display the Statistics Screen
- 2 The System shall record the User's Weight

Trigger: The User wants to record their Weight for that date

Workflow:

- 1 The User shall press the "Statistics" button
- 2 The System shall display the Statistics Screen
- 3 The User shall select the "Weigh In" button
- 4 The System shall display a Pop Up Box with additional buttons (Ok, Cancel) and a Text Field for the Weight
- 5 The System shall prompt the User to enter their Weight
- 6 The User shall enter their Weight
- 7 The User shall press the "Ok" button
- 8 The System shall record the User's Weight

Alternate Path:

- 1 The User shall press the "Statistics" button
- 2 The System shall display the Statistics Screen
- 3 The User shall select the "Weigh In" button
- 4 The System shall display a Pop Up Box with a Text Field and additional buttons (Ok, Cancel)
- 5 The System shall prompt the User to enter their Weight
- 6 The User shall forget to enter their Weight
- 7 The User shall press the "Ok" button
- 8 The System shall remind the User to enter their Weight

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## ST2 - View Weight Graph

Description: The User shall view a Graph of their Weight

Actors: User

Desired Outcome: The System shall display a Graph of the User's Weight

User Goals: The User wants to view a Graph of their Weight

Dependency Use Cases: ST1 - Weigh In

Requirements: STR2

Details:

- Priority: 1

- Progress: Completed

Preconditions:

- 1 The User shall have entered their Weight at least once

Post Conditions:

- 1 The System shall display the Graph Screen
- 2 The System shall display a Graph of the User's Weight

Trigger: The User wants to view a Graph of their Weight

Workflow:

- 1 The User shall press the "Statistics" button
- 2 The System shall display the Statistics Screen
- 3 The User shall press the "Weight" button
- 4 The System shall display the Graph Screen
- 5 The System shall display a Graph of the User's Weight

Alternate Path:

- 1 The User shall press the "Statistics" button
- 2 The System shall display the Statistics Screen
- 3 The User shall press the "Weight" button
- 4 The System shall detect that there are less than two weights entered
- 5 The System shall remind the User that at least two weights are required

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## ST3 - View Personal Bests

Description: The User shall view their Personal Bests (Best time for each completed Timed Benchmark and Best rounds for each completed AMRAP Benchmark)

Actors: User

Desired Outcome: The System shall display the User's Personal Bests

User Goals: The User wants to view their Personal Bests

Dependency Use Cases: WO2 - Finish Workout

Requirements: STR3

Details:

- Priority: 1

- Progress: Completed

Preconditions:

- 1 The User shall have completed at least one workout

Post Conditions:

- 1 The System shall display the Personal Bests Screen
- 2 The System shall display the User's Personal Bests

Trigger: The User wants to view their Personal Bests

Workflow:

- 1 The User shall press the "Statistics" button
- 2 The System shall display the Statistics Screen
- 3 The User shall press the "Personal Best" button
- 4 The System shall display the Personal Bests Screen
- 5 The System shall display the User's Personal Bests

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## ST4 - View History

Description: The User shall view their workout History

Actors: User

Desired Outcome: The System shall display the User's workout History

User Goals: The User wants to view their workout History

Dependency Use Cases: WO2 - Finish Workout

Requirements: STR4

Details:

- Priority: 1

- Progress: Completed

Preconditions:

- 1 The User shall have completed at least one workout

Post Conditions:

- 1 The System shall display the History Screen
- 2 The System shall display a Calendar
- 3 The System shall display a List of Workouts for the selected date

Trigger: The User wants to view their workout History

Workflow:

- 1 The User shall press the "Statistics" button
- 2 The System shall display the Statistics Screen
- 3 The User shall press the "History" button
- 4 The System shall display the History Screen
- 5 The System shall display a Calendar
- 6 The User shall select a date on the Calendar
- 7 The System shall display a List of Workouts for that date

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## Handbook

### HB1 - Create Note

Description: The User shall create a Note

Actors: User

Desired Outcome: The System shall record the User's Note and display the Handbook Screen

User Goals: The User wants to create a Note

Dependency Use Cases: None

Requirements: HBR1

Details:

-Priority: 3

-Progress: Completed

Preconditions:

- 1 None

Post Conditions:

- 1 The System shall record the User's Note
- 2 The System shall display the Handbook Screen

Trigger: The User wants to create a Note

Workflow:

- 1 The User shall press the "Handbook" button
- 2 The System shall display the Handbook Screen
- 3 The System shall display a List of Notes
- 4 The User shall press the "Create" button
- 5 The System shall display the Note Screen
- 6 The User shall enter a Title and Text for the Note
- 7 The User shall press the "Save" button
- 8 The System shall display a Pop Up Box with additional buttons (Yes, No)
- 9 The System shall prompt the User to confirm saving the Note
- 10 The User shall press the "Yes" button
- 11 The System shall record the User's Note
- 12 The System shall display a message indicating that the Note was successfully saved
- 13 The System shall display the Handbook Screen

Alternate Path:

- 1 The User shall press the "Handbook" button
- 2 The System shall display the Handbook Screen
- 3 The System shall display a List of Notes
- 4 The User shall press the "Create" button
- 5 The System shall display the Note Screen
- 6 The User shall forget to enter a Title or Text for the Note
- 7 The User shall press the "Save" button
- 8 The System shall remind the User to enter a Title or Text for the Note

Alternate Path 2:

- 1 The User shall press the "Handbook" button
- 2 The System shall display the Handbook Screen
- 3 The System shall display a List of Notes
- 4 The User shall press the "Create" button
- 5 The System shall display the Note Screen
- 6 The User shall enter a Title and Text for the Note
- 7 The User shall press the "Save" button

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- 8 The System shall detect that the Title of this Note matches the Title of another Note
- 9 The System shall display a Pop Up Box with additional buttons (Yes, No)
- 10 The System shall prompt the User to confirm overwriting the old Note
- 11 The User shall press the “Yes” button
- 12 The System shall record the User’s Note and overwrite the old Note
- 13 The System shall display the Handbook Screen

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## HB2 - View Note

Description: The User shall view a Note

Actors: User

Desired Outcome: The System shall display the Note Screen with the selected Note's information

User Goals: The User wants view the selected Note

Dependency Use Cases: HB1 - Create Note

Requirements: HBR2

Details:

- Priority: 3

- Progress: Completed

Preconditions:

- 1 The User shall have created at least one Note

Post Conditions:

- 1 The System shall display the Note Screen
- 2 The System shall display the Title of the selected Note
- 3 The System shall display the Text for the selected Note

Trigger: The User wants to view the selected Note

Workflow:

- 1 The User shall press the "Handbook" button
- 2 The System shall display the Handbook Screen
- 3 The System shall display a List of Notes
- 4 The User shall select a Note from the List of Notes
- 5 The System shall display the Note Screen
- 6 The System shall display the Title of the selected Note
- 7 The System shall display the Text for the selected Note



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## HB3 - Edit Note

Description: The User shall edit a Note

Actors: User

Desired Outcome: The System shall update the selected Note

User Goals: The User wants edit a Note

Dependency Use Cases: HB1 - Create Note

Requirements: HBR3

Details:

-Priority: 3

-Progress: Completed

Preconditions:

- 1 The User shall have created at least one Note

Post Conditions:

- 1 The System shall update the selected Note
- 2 The System shall display the Handbook Screen

Trigger: The User wants to edit the selected Note

Workflow:

- 1 The User shall perform steps 1 and 4 of HB2 - View Note
- 2 The User shall edit the selected Note
- 3 The User shall press the "Save" button
- 4 The System shall display a Pop Up Box with additional buttons (Yes, No)
- 5 The System shall prompt the User to confirm overwriting this Note
- 6 The User shall press the "Yes" button
- 7 The System shall record the updated Note
- 8 The System shall display a message indicating that the changes have been saved
- 9 The System shall display the Handbook Screen

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## HB4 - Delete Note

Description: The User shall delete the Note

Actors: User

Desired Outcome: The System shall delete the selected Note

User Goals: The User wants to delete the Note

Dependency Use Cases: HB1 - Create Note

Requirements: HBR4

Details:

-Priority: 3

-Progress: Completed

Preconditions:

- 1 The User shall have created at least one Note

Post Conditions:

- 1 The System shall delete the selected Note
- 2 The System shall display the Handbook Screen

Trigger: The User wants to delete the Note

Workflow:

- 1 The User shall perform steps 1 and 4 of HB2 - View Note
- 2 The User shall press the "Delete" button
- 3 The System shall display a Pop Up Box with additional buttons (Yes, No)
- 4 The System shall prompt the User to confirm deletion
- 5 The User shall press the "Yes" button
- 6 The System shall delete the selected Note
- 7 The System shall display a message indicating that the Note was deleted
- 8 The System shall display the Handbook Screen

Alternate Path:

- 1 The User shall perform steps 1 and 4 of HB1 - Create Note
- 2 The User shall press the "Delete" button
- 3 The System shall remind the User that the Note has not been saved, and that the User should save the Note or press the "Back" button

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## **Custom Workout**

### **CW1 - Add Exercise**

Description: The User shall add an Exercise to the Custom Workout

Actors: User

Desired Outcome: The System shall update the Custom Workout and display the Custom Workout Screen

User Goals: The User wants to add the selected Exercise to the Custom Workout

Dependency Use Cases: None

Requirements: CWR1

Details:

-Priority: 1

-Progress: Completed

Preconditions:

- 1 None

Post Conditions:

- 1 The System shall display the Custom Workout Screen
- 2 The System shall update the Custom Workout

Trigger: The User wants to add the selected Exercise to the Custom Workout

Workflow:

- 1 The User shall press the "W.O.D" button
- 2 The System shall display a Pop Up Box with additional buttons (Benchmark, Customize, Cancel)
- 3 The User shall press the "Customize" button
- 4 The System shall display the Custom Workout Screen
- 5 The System shall display a List of Exercises
- 6 The User shall select an Exercise from the List of Exercises
- 7 The System shall display the Exercise Screen with a description of the selected Exercise
- 8 The System shall display three Text Fields for Reps, Weight, and Unit
- 9 The User shall enter the number of reps, the weight, and unit for the selected Exercise
- 10 The User shall press the "Done" button
- 11 The System shall add the selected Exercise to the Custom Workout
- 12 The System shall display the Custom Workout Screen

Alternate Path:

- 1 The User shall press the "W.O.D" button
- 2 The System shall display a Pop Up Box with additional buttons (Benchmark, Customize, Cancel)
- 3 The User shall press the "Customize" button
- 4 The System shall display the Custom Workout Screen
- 5 The System shall display a List of Exercises
- 6 The User shall select an Exercise from the List of Exercises
- 7 The System shall display the Exercise Screen with a description of the selected Exercise
- 8 The System shall display three Text Fields for Reps, Weight, and Unit
- 9 The User shall forget to enter either the rep OR unit and weight for the selected Exercise
- 10 The User shall press the "Done" button
- 11 The System shall remind the User to enter the rep or unit and weight

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## CW2 - Finish Custom Workout

Description: The User shall finish creating their Custom Workout

Actors: User

Desired Outcome: The System shall record the Custom Workout and display the Workout Screen

User Goals: The User wants to finish creating their Custom Workout

Dependency Use Cases: CW1 - Add Exercise

Requirements: CWR1, CWR2, CWR3

Details:

-Priority: 1

-Progress: Completed

Preconditions:

- 1 The User shall have added at least one Exercise to the Custom Workout

Post Conditions:

- 1 The System shall record the Custom Workout
- 2 The System shall display the Workout Screen

Trigger: The User wants to finish creating their Custom Workout

Workflow:

- 1 The User shall perform all steps of CW1 - Add Exercise
- 2 The User shall press the "Done" button
- 3 The System shall display a Pop Up Box with additional buttons (AMRAP, Timed, Cancel) and a Text Field for the Custom Workout's Name
- 4 The System shall prompt the User to name their Custom Workout
- 5 The User shall enter a name for their Custom Workout
- 6 The User shall press the "Timed" button
- 7 The System shall record the Custom Workout
- 8 The System shall display the Workout Screen

Alternate Path:

- 1 The User shall perform all the steps of CW1 - Add Exercise
- 2 The User shall press the "Done" button
- 3 The System shall display a Pop Up Box with additional buttons (AMRAP, Timed, Cancel) and a Text Field for the Custom Workout's Name
- 4 The System shall prompt the User to name their Custom Workout
- 5 The User shall enter a name for their Custom Workout
- 6 The User shall press the "AMRAP" button
- 7 The System shall display a Pop Up Box with additional buttons (Ok, Cancel) and a Text Field for the Time
- 8 The System shall prompt the User to enter a Time
- 9 The User shall enter a Time
- 10 The User shall press the "Ok" button
- 11 The System shall record the Custom Workout
- 12 The System shall display the Workout Screen

Alternate Path 2:

- 1 The User shall forget to perform all the steps of CW1 - Add Exercise
- 2 The User shall press the "Done" button
- 3 The System shall remind the User to add an exercise

Alternate Path 3:

- 1 The User shall perform all the steps of CW1 - Add Exercise
- 2 The User shall press the "Done" button

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- 3 The System shall display a Pop Up Box with additional buttons (AMRAP, Timed, Cancel) and a Text Field for the Custom Workout's Name
- 4 The System shall prompt the User to name their Custom Workout
- 5 The User shall forget to enter a name for their Custom Workout
- 6 The User shall press the "Timed" or "AMRAP" button
- 7 The System shall remind the User to name their Custom Workout

### Alternate Path 4:

- 1 The User shall perform all the steps of CW1 - Add Exercise
- 2 The User shall press the "Done" button
- 3 The System shall display a Pop Up Box with additional buttons (AMRAP, Timed, Cancel) and a Text Field for the Custom Workout's Name
- 4 The System shall prompt the User to name their Custom Workout
- 5 The User shall enter a name for their Custom Workout
- 6 The User shall press the "AMRAP" button
- 7 The System shall display a Pop Up Box with additional buttons (Ok, Cancel) and a Text Field for the Time
- 8 The System shall prompt the User to enter a Time
- 9 The User shall forget to enter a Time
- 10 The User shall press the "Ok" button
- 11 The System shall remind the User to enter a Time