## Introduction

1. Purpose
   1. Create a mechanism to easily and conveniently log and track various fitness-centric activities to enable progress evaluation and goal setting/accomplishment.
2. Intended Audience
   1. Individuals or groups who are interested in beginning or continuing activities to improve health and fitness.
3. Product Scope
4. Definitions and Acronyms

## Overall Description

1. User Needs
2. Assumptions and Dependencies

## System Features and Requirements

1. Functional Requirements
   1. Activities
      1. Type – Cardio, Weight Training, Yoga (?)
   2. Routines – an optional grouping of Activities
   3. Groups
   4. Goal Setting: the System allows for various Goals to be created
      1. At the Activity level
      2. Overarching Goal
         1. Target weight
   5. Suggestions
      1. System can suggest incremental targets based on Goal settings
   6. Membership
      1. Use as guest
         1. Usage constrained to single device
         2. Upgrade path to Member
      2. Federated Account
         1. Google, Facebook, Yahoo, etc.
         2. Sign-in and use from any device
2. External Interface Requirements
3. System Features
   1. Mobile-first, responsive design
   2. Progressive Web Application
   3. Dark mode based on device settings
4. Nonfunctional Requirements
   1. Zero-latency data input
   2. Intermitted connectivity
      1. Allows for constrained data input during disconnection