Professor Dr. Ronald Eaglin   
Assignment 4 – CEN3722   
10/02/2023   
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Project: Catered Fitness

Catered Fitness Report

1. User will enter into their Catered Fitness application.

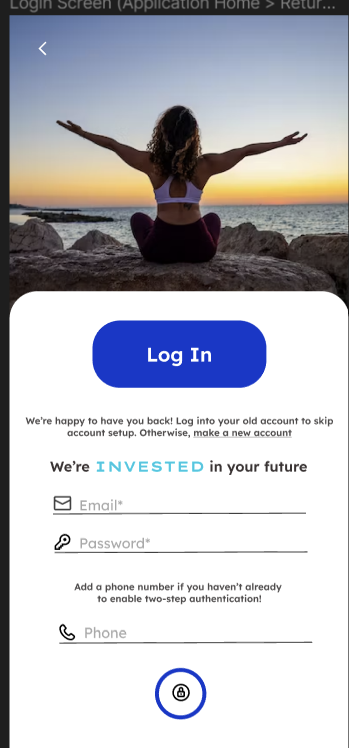
1.1. If there is an existing user, they will click Returning User.

1.2. If new user, they will click get started.

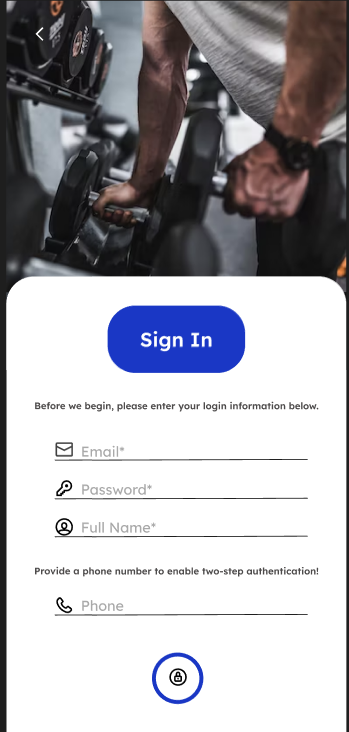
A person in a gym

Description automatically generated

1.1.1 Existing users will input their login information. Once logged in they will go to their home page (3.1).



1.2.1 New users will create an account.



2. Once logged into the user’s account. They will select a fitness plan.

A screenshot of a cell phone

Description automatically generated

2.1. The user will select desired fitness goal focus.

2.2. The user will select upper body.

2.3. The user will select lower body.

A person flexing his muscles

Description automatically generated

2.2.1. If a user selects upper body, they will get a selection of exercises to add to their fitness plan.

A collage of images of a person doing exercises

Description automatically generated

2.3.1. If a user selects lower body, they will get a selection of exercises to add to their fitness plan.

A poster of a person doing exercises

Description automatically generated

2.4. Users will then calculate their current fitness level before they start their chosen goal.

A screenshot of a phone

Description automatically generated

2.4.1 The user has multiple choices to make for their level of workout.

A screenshot of a phone

Description automatically generatedA screenshot of a cell phone

Description automatically generatedA screenshot of a phone

Description automatically generated

2.5. The user will then select the type of diet that they are currently on. If user selects no it goes to the user specifics (2.6)

A screenshot of a cell phone

Description automatically generated

2.5.1. If the user is currently on any of these diets. They will select it and the screen will ask you to confirm if the selection is correct.

A screenshot of a cell phone

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2.6. The user will then input their user information such as age, weight, and height.

A screenshot of a cell phone

Description automatically generated

2.7. The user will then identify their goals with the desired weight and a goal pace to stay on track with their desired plan and pace.

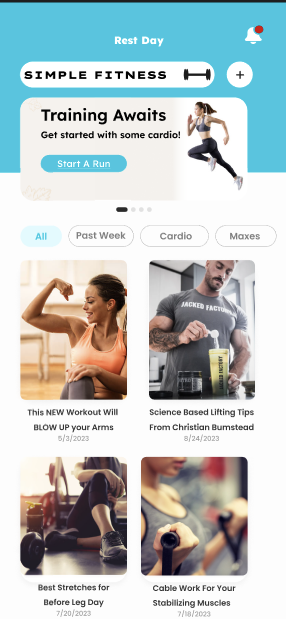
A screenshot of a phone

Description automatically generated

3. The user will then be taken to the home screen completing their setup for their pace and goals for fitness

3.1 Returning users will come here after the login page.

A screenshot of a cellphone

Description automatically generated

3.2 The user can check their notifications on the home page.

A screenshot of a cell phone

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Description automatically generated

3.2.1. After the user checks their notifications, they can go back to the home page.

3.3. User then will select there type of work out they want to begin.

A screenshot of a cell phone

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Description automatically generatedScreens screenshot of a cell phone

Description automatically generated

3.3 Once user selected work out, they will see the screen to the workout they selected.

A screenshot of a phone

Description automatically generated

3.3.1. When the user finishes the workout, they will see their end results.

A screenshot of a running app

Description automatically generated

3.3.2. When the user sees their results, they will even see their final results and a great job message.

A screenshot of a phone

Description automatically generated

3.4. The user will then input their results into the workout log.

A screenshot of a notepad

Description automatically generatedA paper with text on it

Description automatically generated

3.5 User can go back in to results from previous workout to check results.

A screenshot of a phone

Description automatically generated

3.5. The user can also edit old workout logs, if need be.

A paper with text on it

Description automatically generatedA screenshot of a exercise book

Description automatically generated

3.6. The user can also check their final results from each workout session that they ever completed.

A screenshot of a phone

Description automatically generated