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Assignment 2

Use Case Scenarios: Simple Fitness

**Use Case 1**: Logging Daily Exercises

**Name**: Logging Daily Exercises

**Actor**: Regular User

**Goal**: To allow users to log their daily exercise activities for tracking and progress monitoring.

**Basic flow:**

1. The user opens the "Simple Fitness" app.
2. The application displays a roster of exercise categories, including stair climbing, step count, push-ups, sit-ups, pull-ups, and squats.
3. The user selects the exercise they want to log.
4. The user inputs the quantity or count of the completed exercise.
5. The application stores the exercise data and refreshes the user's daily log.

E**xtensions:**

2-4 . Edit

1. The User selects *Edit*.
2. The application returns to step 2 options for the workouts. User can select a new workout and continue through the app and reenter new information.

5. Cancel

1. The User selects *Cancel*.
2. User can select workout log and discard it. User returns to step 5

**Preconditions**: The user must have an active account and be logged into the app.

**Postconditions**: The exercise data is recorded in the user's daily log, and their progress is updated. Achievements and milestones are logged.

**Triggers:**

1. The user initiates a specific exercise from the provided list of exercises.
2. The user asks a voice assistant to begin a certain workout.
3. The user is prompted to begin a commonly done workout when opening the app.

**Use Case 2**: Joining a Fitness Challenge

**Name**: Joining a Fitness Challenge

**Actor**: Regular User

**Goal**: To allow users to join fitness challenges for friendly competition and motivation.

**Basic flow:**

1. The user opens the "Simple Fitness" app.
2. The application presents a roster of fitness challenges that are available.
3. The user opts for a challenge, e.g., "Pushup Challenge."
4. The application furnishes information about the challenge, including its rules and commencement date.
5. The user becomes a part of the challenge by clicking the "Join" button.
6. The user's profile is added to the challenge participants' list.

**Extension:**

2-3 Change Challenge

1. User selects “Change Challenge”. User is returned to step 2

5-6 Cancel

1. User can select cancel and be removed from the roster.
2. User is retuned to step 5 and given option “join”

**Preconditions**: The user must have an active account and be logged into the app.

**Postconditions**: The user is registered as a participant in the chosen challenge, is allowed access to the fitness challenge group page within the application and can see other participants progress if they choose to share it.

**Triggers:**

1. User initiates the fitness challenge from provided list of challenges.
2. The user accepts invites to fitness challenges from friends or when app may offer the user to partake in a challenge.
3. The user engages with a banner that announces a special event, allowing them to join a time-limited challenge

**Use Case 3**: Tracking Fitness Progress

**Name**: Tracking Fitness Progress

**Actor**: Regular User

**Goal**: To allow users to track their overall fitness progress and receive insights into their fitness level.

**Basic flow:**

1. The user opens the "Simple Fitness" app.
2. The application offers a dashboard that showcases the user's exercise history and progress charts.
3. The user navigates to the "Fitness Level" section.
4. The application evaluates the user's exercise data and personal details.
5. The application displays an approximate fitness level, such as "Intermediate" or "Advanced."
6. Users have the option to review their historical progress and observe how their fitness level has evolved over time.

Extensions:

2 Show All

1. User selects *Show all.* User can navigate all pervious logged workouts.

**Preconditions**: The user must have an active account and exercise data recorded.

**Postconditions**: The user gains insights into their fitness progress and receives an estimated fitness level.

**Triggers:**

1. The user is prompted to enter personal health information when first signing up for the application
2. The user can click on a dedicated tab in the navigation bar that sends them to their “Health Profile” to make any edits or update logs.
3. The user is routinely prompted by the app to update any information that may or may not be automatically updated.