

## Scenario:

You are a brand-new college first year student and you have decided that it's time you started working out to reinvent yourself and fully develop into the confident person you want to be. You want to use an app to help you keep and maintain your workout schedule.

Task 1: Create a profile on the app and browse through the different options offered by the app.

Task 2: Go through and choose one of the preset workouts and then make your own workout schedule.

Task 3: After participating in both workouts rate and recommend the workout for other users of the app.

## Notes

Changes to make to the app:

1. Allow for more specific time slots when creating your own schedule.
2. More options to choose from in preset workouts.
3. Ability to save different customized workouts.

Things to keep in the app:

1. Preset and create your own workouts.
2. Rating and recommendation to friends and other users.
3. Reminders when your workout time is approaching.