Elizabeth Miller

COSC 412

9/28/20

**Requirements**

Functional

Membership Only:

* Every payment transaction shall be secured and allocated a unique identifier
* The user should easily be able to cancel their subscription at any time
* The user’s login information should be stored.
* The user should input their goals in order to operate the personalized paid membership.
  + This includes goal bodyweight, exercise goals, and how many days a week they would like to exercise.
  + The website should provide a recommended exercise schedule and calorie budget given the user’s inputs.
* For paid members, the website should provide logs for daily calorie and macro intake.
  + It should calculate the sum of all inputted macros and calories to present the total for each day and specify whether that was over or under the user’s recommended calorie intake.
  + Calorie intake = goal bodyweight \* 12
  + Protein intake = goal bodyweight \* 1
* The website should provide a recommended workout plan for each muscle group being exercised. This will generally consist of:
  + 2 or more compound lifts.
  + 3 or more accessory movements.
  + Cardio or core exercises to finish.

All Website Users:

* Should have access to the following pages:
  + Home page
  + Home workouts
    - Will contain 4 generic workout plans to follow
      * Upper body
      * Lower body
      * Cardio
      * core
  + Gym workouts
    - Will contain 2 generic workouts to follow per category:
      * Chest, triceps and shoulders
      * Back and biceps
      * Legs
      * cardio
  + Nutrition information
  + Get a personalized program
    - This will allow non-users to sign up if they wish and will allow paying users to sign in if they have not done so already.
    - This page should present details on what the user gets with a paid subscription.

Non-Functional

* Website should be easy to use with clear navigation between different sections
  + Signing up and logging in should be simple
* Transactions should be processed quickly
* Content on different tabs should be clearly defined by the tab name