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**Website Name: Fit4Any1**

**Description:**

This website will serve to provide affordable fitness and nutrition information, as well as a variety of workouts that can be executed at home. This content is currently in high demand, as many people are unable to leave their homes during the current COVID-19 pandemic. Even with many gyms beginning to reopen, some individuals at higher risk of COVID-19 may be unable to go to the gym. It is also useful for those unable to afford a gym membership. The website will provide general information and simple workouts for free, but with a small paid subscription, this website will provide a more personalized program for users to follow.

**Organizational Benefits:**

This website will provide affordable nutrition advice and home workouts for those unable to go to a gym. It will encourage making small, lifestyle changes to encourage people to stay active and enjoy a balanced lifestyle. In the fitness industry, a lot of businesses try to market harmful or ineffective products and supplements to people to profit on people’s insecurities and desire for a “quick fix”. This website will simplify nutrition and fitness information for anyone to follow, while encouraging slow, steady and sustainable lifestyle changes.

**Actors:**

* Users: may choose to use the generic website or pay a subscription fee for a personalized program
* Advertisers: may post advertisements on site.

***Use Cases***

**Use Case 1: User does not create account and uses free website**

**Triggers:**

**Preconditions:**

* The user does not have a preexisting account and does not pay a subscription fee.
* The site must display a navigation bar upon entering the home page, with tabs including “home page”, “workouts for the gym”, “workouts for home”, “nutrition”, and “get a personalized program”.

**Postconditions:**

* The user accesses only the content under the tabs “workouts for the gym”, “workouts for home”, and “nutrition”. They do not sign up for a personalized program and utilize only the provided free information.

**Main Course:**

* Upon reaching the home page, the user will be asked to login to their personalized account if they have one. In this case, the user does not have one, so they will select “continue to free site”.
* Upon opening the home page, the user may choose to navigate to any of the tabs in the primary navigation bar. These tab options include:
  + Home Page
  + Gym Workouts
  + Home Workouts
  + Nutrition\*
  + Get a Personalized Program

**Alternate Courses:**

“Gym Workouts” tab:

In the gym workouts page, the user will then be given a choice of the following types of workouts to follow that involve the use of weights and gym equipment:

* + Leg Workout
  + “Push” Workout (Chest, Triceps and Shoulders)
  + “Pull” Workout (Back and Biceps)
  + Cardio Workout
  + Core Workout

“Home Workouts” tab:

On the home workouts page, the user will be given a choice of the following types of workouts to follow that do not involve the use of any equipment:

* + Leg Workout
  + “Push” Workout (Chest, Triceps and Shoulders)
  + “Pull” Workout (Back and Biceps)
  + Cardio Workout
  + Core Workout

“Nutrition” tab:

On the nutrition page, the users will be given information based on their choice of one of 3 primary goals.

* + Losing weight
  + Maintaining weight
  + Gaining weight

“Get a Personalized Program” tab:

On this page, it will display information about what the user will get with a personalized account, and how much the program will cost. Users will then be prompted to sign up for an account which will require their payment information. The user will receive email confirmation after they have completed their sign-up process for a personal program.

**Use Case 2: User creates an account and pays a subscription fee.**

**Preconditions:**

* The user does not already have an account.

**Postconditions:**

* The user creates their account and enters their payment information.

**Main Course:**

* Upon reaching the home page, the user will be asked to login to their personalized account if they have one. In this case, the user does not have one yet, so they will select “continue to free site”.
* Upon opening the home page, the user may choose to navigate to any of the tabs in the primary navigation bar. These tab options include:
  + Home Page
  + Gym Workouts
  + Home Workouts
  + Nutrition\*
  + Get a Personalized Program
* The user will navigate to the “Get a Personalized Program” tab to sign up for their subscription.
* On this page, it will display information about what the user will get with a personalized account, and how much the program will cost. Users will then be prompted to sign up for an account which will require their payment information.
* The user will receive email confirmation after they have completed their sign-up process for a personal program.
* The user will then need to complete a few short questions to identify their goals.
  + Daily Caloric Intake:
    - Daily caloric intake = goal bodyweight \* 12
    - Daily protein intake = GBW x 1
  + How many days per week you plan on exercising?:
    - Options between 1 and 7 days per week
    - 4-5 days per week recommended
  + Exercise goals:
    - Improve cardio
    - Improve overall strength
      * Standard split of push, pull and legs
    - Build leg strength
      * Legs in workout 2-3x per week
    - Build upper body strength
      * Upper body 2-3x per week

**Alternate Courses:**

* The user can navigate to any of the other free tabs before navigating to the “Get a Personalized Program” tab to sign up for their subscription.

**Use case 3: The user already has an account**

**Preconditions:**

* The user already has an account and payment information saved, but is not yet logged in.
* The user has already inputted their overall goals when they signed up for a membership.
  + Ie. Weight loss, muscle or weight gain, and maintaining weight and their primary goals in exercise.

**Postconditions:**

* The user is logged into their account and proceeds to use the website.

**Main Course:**

* Upon reaching the home page, the user will be asked to login to their personalized account if they have one. In this case, the user does have an account already, so they enter their username and password to continue to the paid version of the website.
* \*\*\*Upon opening the home page, the user may choose to navigate to any of the tabs in the primary navigation bar. These tab options include:
  + Home Page
  + Gym Workouts
    - User can still see free, premade workout plans
    - User will get a workout log to track their weights and exercises.
    - A list of exercises will be suggested each day based on selected muscle group.
  + Home Workouts
    - User can still see free, premade home workouts.
    - User will get a workout log to track their weights and exercises.
    - A list of exercises will be suggested each day based on selected muscle group.
  + Nutrition\*
    - This tab will feature a recommended calorie budget with a log for your breakfast, lunch, dinner.
    - It will also allow the user to input their macros (carbs, fats, and proteins) for each meal.
    - At the end of each daily log, the website will add together the sum of all of your logged calories, fats, carbs, and protein.
  + Get a Personalized Program

**Exceptions:**

* The user is a member, but clicks “continue to the free site” anyway.
  + They must navigate to the “Personalized Program” tab to sign in

**Tools**