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**Use Cases**

**Website Name: Fit4Any1**

**Description:**

This website will serve to provide free fitness and nutrition information, as well as a variety of workouts that can be done 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.

**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 with an account
* Users without an account.
* Myself: the sole developer and project manager.

***Use Cases***

**Use Case 1: User does not have an account and accesses the website**

**Triggers:**

**Preconditions:**

* The user does not have a preexisting account.
* The site will display a navigation bar upon entering the home page, with tabs including “home page”, “workouts”, “my profile”, and “nutrition”.
* The “workouts” tab will contain the subtabs “home workouts” and “gym workouts”.
* The “nutrition” tab will contain the subtabs “calorie tracking” and “weight tracking”.
* The workouts page should feature information about the home and gym workout pages and prompt the user for their individual strength goals. These goals include “back and biceps”, “chest, triceps and shoulders”, “legs”, or “all of the above”.

**Postconditions:**

* The user is only able to access the “workouts” page, “nutrition” page, and home page.
* All other pages and content should be restricted for users only.
* On the nutrition page, upon selecting their individual strength goal, the website should output a popup with the user’s recommended workout split based on their selection.

**Main Course:**

* Upon reaching the home page, the user will be able to preview the features that the website offers with a user account.
* At the bottom of the home page, a “get started” button will appear allowing the user to sign up for an account.
* 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
  + My Profile\*
    - Sign In
    - Account\*
    - Change Password\*
    - Log Out\*
  + Workouts
    - Home Workouts\*
    - Gym Workouts\*
  + Nutrition
    - Calorie Tracking**\***
    - Weight Tracking\*

The pages marked with an asterisk are unavailable to the user without an account.

* If the user chooses to access the workout page, they should see a description of the features offered with an active account.
* On the workout page, the user should also be able to select their individual strength goal and receive a popup with their recommended workout split.
* If the user chooses to access the nutrition page, they should see a description of the calorie calculator, meal tracker, and weight tracker features offered with a user account.

**Alternate Courses:**

* The user accessing the website without an account may wish to sign up for one. This may be done at any time from the “My Profile” tab.
* The user may also sign up for an account by choosing the “Get Started” button on the bottom of the home page.
* The user will receive a “content restricted” notice anytime they try to access a page that requires an account. This content restriction message will also prompt the user to sign up for an account if they wish to view the page’s content.

**Use case 2: The user signs into an account**

**Preconditions:**

* + If the user wishes to sign in, they must have a preexisting account.

**Postconditions:**

* The user is logs into their account using their designated username and password.
* The user is able to access all pages on the website.
* The user is able to see their profile and edit their profile and account information.
* The user is able to view any posts they have made and can write or remove posts.
* The user has the ability to change their password or sign out if they wish.
* The user should be able to view any previous weight tracking logs.
* The user should be able to log new bodyweight information, utilize the calorie calculator, and track their meals.
* The user should be able to access all workout plan builder forums.

**Main Course:**

Logging In-

* Upon reaching the home page, the user can view a description of the features that the website offers with an account. The user may then sign into their preexisting account by selecting “Get Started” at the bottom of the home page.
* The user may also sign in under the “My Profile” tab.
* The user may also sign in on any content restriction message. These appear on any pages restricted to logged-in users only. This message will also offer a prompt for the user to sign up or sign into an account to view the page’s content.

After Signed in-

* Once the user is signed in, they will have access to any of the pages on the website.

My Profile page:

* Upon navigating to the “my profile” tab, the user can view their personalized profile page. This features a profile picture, name, username, any posts they may have written, and a header image of their choice. From here, the user can write new posts about their nutrition, progress, or log their workouts in a personal “blog”.
* The user can also view their account details here. This includes their username, password, and email address.
* The user may also sign out or reset their password as well under the “My Profile” tab.

Workout Page:

* Upon accessing the general “workout” page, the user can preview the features offered with an account and receive their recommended workout split based on their strength goals.
* The logged-in user may then navigate to the “home workout” or “gym workout” pages as sub-tabs under the primary workout tab. These pages will offer a selection between “Legs”, “Push” and “Pull” workout plan builders with a description of what muscles each of those workouts incorporates.
* Once they select the workout plan of choice, the user will then be redirected to a page with a forum where they will be able to construct their own workout plan. Each workout plan includes three major sections: compound exercises, accessory exercises, and a cardio or core finishing exercise set. The exercises in each section are listed in checkboxes, each section instructing the user to select a certain quantity of exercises from each group. Once the user checks the boxes of all the exercises they wish to add to their plan, the website will output the workout plan summary for the user to follow. This allows users to create a workout plan that is right for their individual goals.

Nutrition Page:

* Upon accessing the general “nutrition” page, the user can preview the features offered with an account.
* Under the “nutrition” tab, the logged in user may choose to navigate to a calorie tracker or a weight tracker.
* On the calorie tracking page, the user will first see a forum where they can input their goal bodyweight and the website will output their recommended daily caloric intake as well as their recommended daily protein intake.
* The calorie tracking page will also show a summary of the user’s calorie budget and logged meals throughout each day. This meal tracker allows the user to input their daily calorie budget goal. It displays a progress wheel followed by a log section for each meal of the day. The user can log their meals, calories and macros under each meal section. The website will then save the data for each food entered so that it may be easily selected if the user wishes to log that food again later. The wheel will then show a visual representation of how many calories out of their total budget the user has logged and will indicate how many calories the user has remaining.
* On the weight tracking page, the user can set their own bodyweight goal and log their weight each day. After two or more logs are inputted, the site will generate a graph of the user’s weight with an indicator of their goal bodyweight. The weight logs are also displayed in a table view.