Group 4

The Health and Fitness Use-Case Specification

Version 1.2

Revision History

Date	Version	Description	Author
1/11/2024	1.0	Draw Use-Case model	Nguyễn Huỳnh Minh Quang
		Edit for an account	Trương Thuận Kiệt
		View information of the exercise	Trương Thuận Kiệt
		Change meal plan	Trương Thuận Kiệt
		View nutrition and meal plan	Trương Thuận Kiệt
		Register for an account	Ngô Thanh Phương Dương
		View profile	Ngô Thanh Phương Dương
		View workout plans	Ngô Thanh Phương Dương
		Edit personal workout plan details	Ngô Thanh Phương Dương
		Filter exercises based on muscle group	Ngô Thanh Phương Dương
		Log in	Vũ Thái Thiện
		Log out	Vũ Thái Thiện
		Add workout plan into personal plan	Vũ Thái Thiện
		Meal plan survey	Vũ Thái Thiện
5/11/2024	1.1	Update Use-Case model	Nguyễn Huỳnh Minh Quang
		Search end user	Trương Thuận Kiệt
		View account	Trương Thuận Kiệt
		Ban account	Trương Thuận Kiệt
		Basic information survey	Vũ Thái Thiện
		Notification	Vũ Thái Thiện
		View personal workout plans	Vũ Thái Thiện
		Apply personal workout plan	Vũ Thái Thiện
8/11/2024	1.2	Update Use-Case model	Nguyễn Huỳnh Minh Quang
		Delete personal workout plan	Trương Thuận Kiệt
		Search workout plans	Ngô Thanh Phương Dương
		Filter workout plan	Ngô Thanh Phương Dương
		Create personal workout plan	Ngô Thanh Phương Dương
		Search exercises	Vũ Thái Thiện

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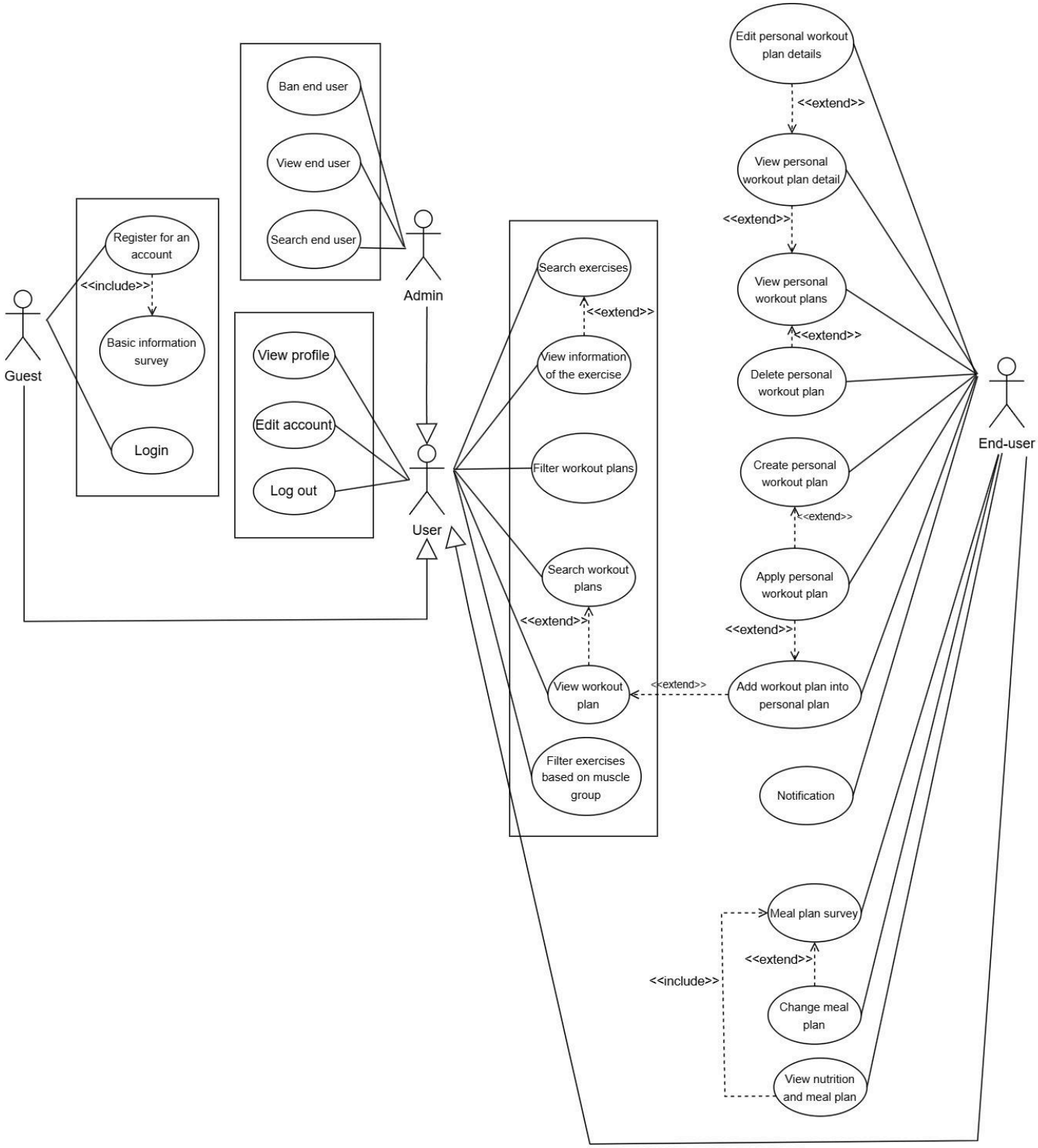
1. Use-case Model



2. Use-case Specifications

2.1 Use-case 1: Register for an account

Use case Name	Register for an account
Brief description	This use case describes how a new user can create an account on the platform
Actors	Guest
Basic Flow	1. At the homepage, the user enters 'Sign up' in the navigation bar. 2. User enters their details, such as name, email, password and other required fields. 3. User clicks on the "Register" button. 4. System validates the input details. 5. System creates a new user account and displays a confirmation message.
Alternative Flows	**Alternative flow 1: User enters an already registered email** 1. From #4 of the basic flow, system notifies the user that the email is already registered. 2. Users are prompted to use a different email or recover the account. 1. Continue step #3 in the basic flow. **Alternative flow 2: User enter invalid data** 1. From #4 of the basic flow, system prompts the user to correct invalid entries. 2. Continue step #3 in the basic flow.
Pre-conditions	Users must be on the registration page, users haven't gotten an account.
Post-conditions	A new account is created, and the user can now log in to the platform.

2.2 Use-case 2: Basic information survey

Use case Name	Basic information survey
Brief description	This use case describes how a guest takes a survey for basic information when registering for an account.
Actors	Guest
Basic Flow	1. After registering the account, the system displays a list of basic information questions (bmi, workout goal,...). 2. User answers all the questions required. The system calculates, suggests the suitable workout plans in the workout plan page and navigates into the Home page.
Alternative Flows	**Alternative flow 1: Invalid input** 3. At step 5, if any of the input fields is not valid, the system displays an alert that input is incorrect. 4. User has to check the required fields again. **Alternative flow 2: User wishes to remove the filter** 5. After step #4 of basic flow, user clicks on the "Clear Filter" option. 6. System removes the filter and displays all exercises.
Pre-conditions	Users just successfully register an account.
Post-conditions	The system successfully finds the suitable workout plan for the user and the

	system navigates into the Home page.

2.3 Use case 3: Log in

Use case Name	Log in
Brief description	This use case describes how an user can sign in to the app.
Actors	Guest
Basic Flow	1. At the homepage, the user enters 'Log in' in the navigation bar. 2. The user fills in their email and password fields. 3. The user clicks on the sign in button. 4. The system verified the input. 5. The user is navigated to the Home screen.
Alternative Flows	**Alternative flows 1: Forget password** 1. At step 2, the user can click on the "forgot password" feature when needed. 2. An email will be sent to the user email by the system to verify a password change. 3. If successful, the user enters a new password to sign in. **Alternative flows 2: Sign up** 1. At step 2, the user clicks the sign up button to create a new account. 2. The user is navigated to the Sign up screen. **Alternative flows 3: Invalid input** 1. At step 3, if the email or password is invalid, the system denies signing in. 2. The system displays an alert that input is incorrect.
Pre-conditions	The user already has an account.
Post-conditions	The user is successfully signed in and navigated to the Home screen.

2.4 Use-case 4: Log out

Use case Name	Log out
Brief description	This use case describes how an user can log out.
Actors	End user, Admin
Basic Flow	1. At Home screen, the user clicks on the profile icon (MY HAF). 2. User clicks on the 'Log out' button on the drop down below. 3. The user is logged out and navigated to the Home screen.
Alternative Flows	**Alternative flow 1: At step 3, if the log out process fails due to technical issues** 1. The system displays an error message.
Pre-conditions	The user has already logged in.
Post-conditions	The user is successfully logged out and navigated to the Home screen.

2.5 Use-case 5: View profile

Use case Name	View profile
Brief description	This use case describes how a registered user can view their profile information, including personal details, workout history, and saved preferences.

Actors	End user
Basic Flow	1. User logs their account and navigates to the “Profile” section. 2. System retrieves and displays the user’s profile information, including personal details, workout history, saved workout lessons… 3. Users review their profile information.
Alternative Flows	**Alternative flow 1: User is not logged in** 1. From step #1 of the basic flow, if the user is not logged in, the system redirects them to the login page and prompts them to log in. 2. Once the user logs in, the system redirects them back to the “Profile” section.
Pre-conditions	Users must be logged in to view their profile.
Post-conditions	User’s profile information displayed, allowing them to review their details, workout history and saved workout lessons.

2.6 Use-case 6: Edit for an account

Use case Name	Edit
Brief description	This use case describes how the end user can edit password of an account
Actors	End Users
Basic Flow	1. At the homepage, the end users click MY HAF 2. End users click setting 3. End users edit information 4. After confirming new information, end users will click save button 5. System will display updated information
Alternative Flows	**Alternative flow 1: User cannot change email information** 1. From #3 of the basic flow, end users are not allowed to change email 2. Continue step #3 in the basic flow
Pre-conditions	End user goes to setting section
Post-conditions	The end user successfully update informations

2.7 Use-case 7: Search workout plans

Use case Name	Search workout plans
Brief description	This use case describes how a user can search for workout plans based on keywords or specific criteria to find plans that best fit their fitness goals.
Actors	Guest and End user
Basic Flow	1. User navigates to the “Workout plans” by clicking it on the dropdown menu of the “WORKOUTS” section in the navigation bar. 2. System displays a search bar in the Workout plans page. 3. User enters a keyword or phrase related to their desired workout plan into the search bar. 4. User clicks the “Search” button to start the search. 5. System processes the search request and displays a list of workout plans that match the keyword. 6. User reviews the list of results and selects a workout plan for more details.
Alternative Flows	**Alternative flow 1: No workout plans match the search criteria**

	1. From #5 of the basic flow, if no results match the keyword or filters, the system displays a message indicating that no workout plans were found. 2. Users can modify the keyword and try searching again. **Alternative flow 2: User clears the search input** 1. After step #5 of the basic flow, users clear the search term. 2. System resets the search results, displaying all available workout plans.
Pre-conditions	User is on the "Workout plans" page.
Post-conditions	The system displays a list of workout plans that match the user's search criteria, allowing them to select a plan that aligns with their fitness goals.

2.8 Use-case 8: Filter workout plan

Use case Name	Filter workout plan
Brief description	This use case describes how a user can filter workout plans based on various criteria, such as difficulty level, duration, target muscle groups, or fitness goals, to find a plan that suits their needs.
Actors	Guest and End user
Basic Flow	1. User navigates to the "Workout plans" by clicking it on the dropdown menu of the "WORKOUTS" section in the navigation bar. 2. System displays available workout plans along with filter options (e.g., difficulty level, duration, target muscle groups, fitness goals). 3. User selects one or more filter options to narrow down the list of workout plans. 4. System applies the selected filters and displays only the workout plans that match the criteria. 5. Users review the filtered list of workout plans and can select a specific plan for more details.
Alternative Flows	**Alternative flow 1: No workout plans match the selected filters** 1. From step 4 of the basic flow, if no workout plans match the selected filters, the system displays a message indicating no plans were found. 2. Users can modify the filter options or clear the filters and try again. **Alternative flow 2: User clears all filters.** 1. After step 4, the user clicks on the "Clear Filters" option. 2. System removes all filters and displays the full list of workout plans..
Pre-conditions	User is on the "Workout plans" page with access to filter options.
Post-conditions	The system displays a list of workout plans that meet the user's filter criteria, enabling them to find a tailored workout plan.

2.9 Use-case 9: View workout plans

Use case Name	View workout plan details.
Brief description	This use case describes how a user can browse available workout plans.
Actors	Guest and End user
Basic Flow	1. User navigates to the "Workout Plans" section. 2. System displays a list of workout plans available. 3. User selects a workout plan to view its details.

Alternative Flows	None
Pre-conditions	User goes to the workout plans section.
Post-conditions	User views workout plan details.

2.10 Use-case 10: Add workout plan into personal plan

Use case Name	Add workout plan into personal plan
Brief description	This use case describes how the end users can add available workout lessons into a personal plan.
Actors	End user
Basic Flow	1. At the homepage, the end user navigates Workouts. 2. Users click on the Workout plan. 3. System displays a list of workout plans. 4. User clicks on the wanted plan. 5. User clicks on the ‘Add’ button. 6. The plan is added into ‘My workout plan’ and the system navigates into the ‘My workout plan’ page.
Alternative Flows	**Alternative flow 1: User views the information of the exercises.** 1. At step 5 of the basic flow, instead of clicking ‘Apply’, the user clicks on the exercises. 2. System navigates into the information of the exercise page.
Pre-conditions	Users must be logged in.
Post-conditions	The system applies the workout plan into the personal workout plan and navigates into the ‘My workout plan’ page.

2.11 Use-case 11: Create personal workout plan

Use case Name	Create personal workout plan
Brief description	This use case describes how a registered user can create a custom workout plan by selecting specific exercises, setting durations, and customizing the sequence according to their personal fitness goals.
Actors	End user
Basic Flow	1. User navigates to the “My plan” by clicking it on the dropdown menu of the “WORKOUTS” section in the navigation bar. 2. System displays an interface for building a workout plan, including options to add exercises, set durations, and customize sequences. 3. User selects exercises from a list to add to their plan. 4. User configures each selected exercise by setting parameters such as duration, repetitions, and sets. 5. Users arrange the exercises in their preferred sequence. 6. Users click on the “Save Plan” button to save the custom workout plan to their account. 7. System saves the workout plan and confirms with a success message.
Alternative Flows	**Alternative flow 1: User decides to cancel the creation of the workout plan** 1. At any point before step 6, user clicks on a “Cancel” button. 2. System discards any unsaved changes and redirects the user back to the previous page or main workout plan section.

	Alternative flow 2: User forgets to set mandatory parameters for an exercise 1. From step 4, if the user leaves any required fields blank (e.g., duration or repetitions), the system displays an error message prompting the user to complete all mandatory fields. 2. User fills in the missing information and continues with the plan creation.
Pre-conditions	User must be logged in and on the “My plan” page.
Post-conditions	The custom workout plan is saved to the user’s account and accessible for future use or modification.

2.12 Use-case 12: Delete personal workout plan

Use case Name	Delete personal workout plan
Brief description	This case describe users can delete personal workout plan from “Personal Plans”
Actors	End users
Basic Flow	1. User navigates to the “My plan” by clicking it on the dropdown menu of the “WORKOUTS” section in the navigation bar. 2. System displays an interface for building and deleting a workout plan 3. When end user hover to each personal plan, there will be a bin button to delete 4. If user click on that symbol the workout plans will update and remove the deleted plan out of “Personal Plans”
Alternative Flows	None
Pre-conditions	User should be already at “My plan”
Post-conditions	User successfully remove unwanted plan

2.13 Use-case 13: View personal workout plans

Use case Name	View personal workout plans
Brief description	This use case describes how an user can view all the basic information of multiple personal plans.
Actors	End user
Basic Flow	1. User navigates to the “My workout plan” section. 2. System displays a list of personal workout plans (the applied plan is on the first row) and details of the applied plan. 3. When you click on each workout, system will display the details of plan
Alternative Flows	None
Pre-conditions	Users must be logged in, have at least one workout lesson in their account, and be on the “My workout plan” page.
Post-conditions	The user successfully gains insight into personal plans.

2.14 Use-case 14: Apply personal workout plan

Use case Name	Apply personal workout plan
Brief description	This use case describes how an user can choose one of the personal plans to workout.
Actors	End user
Basic Flow	1. User navigates to the “My workout plan” section.

	2. System displays a list of personal workout plans and details of the applied plan. 3. User clicks on the wanted plan. 4. The system displays an apply button and shows the plan's details. 5. User clicks on the apply button. 6. System confirms that the workout plan is successfully applied.
Alternative Flows	None
Pre-conditions	Users must be logged in, have at least one workout lesson in their account, and be on the "My workout plan" page.
Post-conditions	The workout lesson details are successfully applied in the user's account. The next time user views personal workout plans, the plan will be on the first row.

2.15 Use-case 15: Edit personal workout plan details

Use case Name	Edit personal workout plan details
Brief description	This use case describes how a user can view the details of a workout lesson they have added to their personal account.
Actors	End user
Basic Flow	1. User navigates to the "My workout plan" section. 2. System displays a list of workout plans added by the user. 3. User selects a workout plan they wish to edit. 4. User clicks on the "Edit" button associated with the selected workout lesson. 5. System displays the workout lesson details in editable fields (lesson name, duration, difficulty level…) 6. User modifies the desired fields. 7. User clicks on the "Save" button to save the changes. 8. System updates the workout lesson details in the user's account and displays a confirmation message.
Alternative Flows	**Alternative flow 1: User cancels the edit** 3. From step #7 of the basic flow, instead of saving, the user clicks the "Cancel" button. 4. System discards any changes and returns the user to the "My workout plan" section. **Alternative flow 2: Validation error in the edited details** 1. From step #7 of the basic flow, if the user enters invalid data, the system displays an error message. 2. User corrects the invalid data and retries saving. **Alternative flow 3: Add/delete days in the plan** 1. From step #6 of the basic flow, user clicks on the add/delete day button to add/delete day in the plan. **Alternative flow 4: Add/delete exercises of the day**

	1. From step #6 of the basic flow, user clicks on the add/delete exercise button to add/delete exercise of the day.
Pre-conditions	Users must be logged in, have at least one workout lesson in their account, and be on the “My workout lessons” page.
Post-conditions	The workout lesson details are successfully updated in the user’s account.

2.16 Use-case 16: Notification

Use case Name	Notification
Brief description	This use case describes how an user can get notification for each day in the applied plan.
Actors	End user
Basic Flow	1. User navigates to the “My workout plan” section. 2. System displays a list of workout plans added by the user. 3. User selects a workout plan they wish to edit. 4. User clicks on the “Edit” button associated with the selected workout lesson. 5. System displays the workout lesson details in editable fields (lesson name, duration, difficulty level…) 1. User fills out the time start field of the day he wants to get notification. 2. User clicks on the “Save” button to save the changes. 3. System updates the workout lesson details in the user’s account and displays a confirmation message.
Alternative Flows	**Alternative flow 1: User cancels the edit** 1. From step #7 of the basic flow, instead of saving, the user clicks the “Cancel” button. 2. System discards any changes and returns the user to the “My workout lessons” section. **Alternative flow 2: Validation error in the edited details** 1. From step #7 of the basic flow, if the user enters invalid data, the system displays an error message. 2. User corrects the invalid data and retries saving.
Pre-conditions	Users must be logged in, have at least one workout lesson in their account, and be on the “My workout plan” page.
Post-conditions	The workout lesson details are successfully updated in the user’s account, when time matches the start time of the applied plan, the system sends notification to user’s gmail .

2.17 Use-case 17: Search exercises

Use case Name	Search exercises
Brief description	This use case describes how a user can enter the name of the exercise to find targeted exercises more easily.
Actors	Guest and End user
Basic Flow	1. User navigates to the “Exercises” section

	2. System displays a list of available exercises, a search bar and a filter menu with options for different muscle groups. 3. User enters a keyword or phrase related to their desired workout plan into the search bar. 4. User clicks the "Search" button to start the search. 5. System processes the search request and displays a list of exercises that match the keyword. 6. User reviews the list of results and selects a workout plan for more details.
Alternative Flows	**Alternative flow 1: No workout plans match the search criteria** 1. From #5 of the basic flow, if no results match the keyword or filters, the system displays a message indicating that no workout plans were found. 2. Users can modify the keyword and try searching again. **Alternative flow 2: User clears the search input** 3. After step #5 of the basic flow, users clear the search term. 4. System resets the search results, displaying all available workout plans
Pre-conditions	User must be on the "Exercises" page.
Post-conditions	The system displays a list of exercises that match the user's search criteria, allowing them to select an exercise that he wants.

2.18 Use-case 18: Filter exercises based on muscle group

Use case Name	Filter exercises based on muscle group.
Brief description	This use case describes how a user can filter available exercises by selecting a specific muscle group, allowing them to find targeted exercises more easily.
Actors	Guest and End user
Basic Flow	7. User navigates to the "Exercises" section 8. System displays a list of available exercises and a filter menu with options for different muscle groups. 9. Users select a specific muscle group from the filter menu. 10. System filters and displays only the exercises related to the selected muscle group. 11. User browser or selects an exercise from the filtered list to view details.
Alternative Flows	**Alternative flow 1: No exercises are available for the selected muscle group** 1. From #4 of the basic flow, if no exercises match the selected muscle group, the system displays a message indicating that no exercises are available. 2. Users can select another muscle group or clear the filter to view all exercises. **Alternative flow 2: User wishes to remove the filter** 1. After step #4 of basic flow, user clicks on the "Clear Filter" option. 2. System removes the filter and displays all exercises.

	Alternative flow 3: …
Pre-conditions	Users must be on the “Exercises” page.
Post-conditions	Exercises are filtered according to the selected muscle group, and the user can view exercises specific to their chosen focus area.

2.19 Use-case 19: View information of the exercise

Use case Name	View information
Brief description	This use case describes how the end user can view the index of exercise.
Actors	End user
Basic Flow	1. At the homepage, the user navigates exercises section 2. Users clicks on any particular exercise 3. System displays information of that exercise like muscle, reps, etc
Alternative Flows	None
Pre-conditions	User must be at exercises section
Post-conditions	The user successfully gains insight into the wanted exercise

2.20 Use-case 20: Meal plan survey

Use case Name	Meal plan survey
Brief description	This use case describes how an end user takes a survey for the system to generate a personal meal plan.
Actors	End user
Basic Flow	1. User clicks on the ‘Meal Plan’ on the navigation bar. 2. Answer all the questions required. 3. Platform calculates and displays personal meal plans for the user.
Alternative Flows	None
Pre-conditions	Users must be logged in. User has never taken a survey or clicked on the ‘change meal plan’ button.
Post-conditions	The user successfully gains insight into a week's meal plan.

2.21 Use-case 21: View nutrition and meal plan

Use case Name	View nutrition and meal plan
Brief description	This use case describes how the end user view nutrition and meal plan
Actors	End user
Basic Flow	1. At the homepage, the end user navigates MEAL PLAN 2. End users can view meal plan of the entire week and calories of each dish
Alternative Flows	None
Pre-conditions	User must be at MEAL PLAN and has taken the meal plan survey.
Post-conditions	The end user can have an overall of meal plan

2.22 Use-case 22: Change meal plan

Use case Name	Change meal plan
Brief description	This use case describes how the end user view nutrition and meal plan
Actors	End user
Basic Flow	1. At the homepage, the end user navigates MEAL PLAN

	2. End users press button edit to change 3. End users after modifying meal press save
Alternative Flows	None
Pre-conditions	End users must be at MEAL PLAN and has taken the meal plan survey at least 1 time.
Post-conditions	The end user can have updated meal plan

2.23 Use-case 23: Search end user

Use case Name	Search end user
Brief description	This use case describes how an admin can find an account of end user
Actors	Admin
Basic Flow	1. After registering the account, the system will recognize admin account and then the homepage will display one more admin navigator to admin page 2. In admin page, the system will display the list of end users 3. There will be search space for input from keyboard (End users' names)
Alternative Flows	**Alternative flow 1: Invalid or wrong name** 1. There will be no results, can have other suitable inputs
Pre-conditions	Users just successfully register an admin account.
Post-conditions	The system successfully finds the wanted end user.

2.24 Use-case 24: View end user

Use case Name	View end user
Brief description	This use case describes how an admin can view an account of end user
Actors	Admin
Basic Flow	1. After registering the account, the system will recognize admin account and then the homepage will display one more admin navigator to admin page 2. In admin page, the system will display the list of end users 3. There will be search space for input from keyboard (End users' names) 4. After succeeding in find the wanted end user account, click to that account 4. Afterwards, system will navigate to account page
Alternative Flows	**None**
Pre-conditions	Users just successfully register an admin account.
Post-conditions	The user successfully views the wanted end user.

2.25 Use-case 25: Ban end user

Use case Name	Ban end user
Brief description	This use case describes how an admin can ban an account of end user
Actors	Admin

Basic Flow	1. After registering the account, the system will recognize admin account and then the homepage will display one more admin navigator to admin page 2. In admin page, the system will display the list of end users 3. There will be search space for input from keyboard (End users' names) 4. After succeeding in find the wanted end user account, click to that account 5. Afterwards, system will navigate to account page 6. In account page, there will be ban button, if pressed and admin confirm, that end user account will be banned
Alternative Flows	**None**
Pre-conditions	Admins just successfully view an end user account.
Post-conditions	The system successfully bans the wanted end user.