Fitiva

Group 2 Planning Document

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Fitiva Vision Statement

Fitiva is a web application that helps workout enthusiasts set clear fitness goals, follow structured routines, and track completed workouts over time in a simple, approachable way.

Workouts become easier to manage when there's actual guidance matching your level and setup. Beginners often get stuck hunting routines across scattered websites, unsure where to start, while more experienced folks lose momentum once gains get hard to track. Meanwhile, trainers face the opposite problem. Even though solid programs exist, trainers who create high quality workouts struggle to efficiently distribute their plans and maintain client engagement without resorting to multiple tools and apps. Fitiva aims to address these challenges by providing a single platform where users can follow realistic training plans and trainers can share their expertise.

The system will allow users to create a fitness profile that includes their age, weight, experience level, and location. Based on this profile, Fitiva will recommend appropriate workout plans and automatically generate a personalized weekly training schedule each Sunday. Users can browse a library of pre designed workouts as well as subscription based programs created by verified trainers. Once a plan is selected, users will see clear step by step instructions for each workout, including exercise names, sets, reps, and rest periods. After finishing a workout, users can mark it as done and record basic details. Over time, the system builds a history of completed sessions, consistency streaks, and total training time displayed on a progress dashboard.

The system is mainly for gym users, people working out at home, beginners who want direction, and students or workers who need quick effective routines. Trainers also use it to post their programs, sell subscription workouts, and talk to people who like their training methods. The platform connects both groups so users can find good plans and trainers can find clients who stick around.

What sets Fitiva apart is that we emphasize simplicity. The progress dashboard will display only essential information, completed workouts, consistency streaks, and total training time. This will help users quickly assess their progress without being overwhelmed. The system will also include a gamified rewards feature where users earn points for completing workouts and maintaining streaks, which can be redeemed for badges to boost motivation. Additionally, Fitiva provides a straightforward way for users to browse trainer created plans and establish direct connections with trainers whose programs they enjoy. Finally, after each workout, users can quickly rate the difficulty and note any fatigue or discomfort. Fitiva uses this feedback to adjust for future weekly schedules and exercise selections, ensuring the plans stay realistic, safe, and appropriate for the user's current fitness level.

The project will be considered successful if new users can easily set up their profile, choose a plan, and complete their first workout on their own. When we test it with users, they should complete more workouts per week and maintain longer streaks than their previous unstructured approach. For trainers, success means uploading plans quickly, seeing who's actually doing them, and growing their client base smoothly. Overall success comes when users say Fitiva made planning simpler, kept them motivated longer, and showed their progress clearly without confusion.

Big User Stories

Big Story 1: Create a Fitness Profile & Personalized Workout
As a user, I want to create my fitness profile and explore recommended workouts and trainer programs so that I can select a personalized plan and automatically receive a weekly training schedule generated each Sunday.

Priority: High
Cost: 10 Days

Big Story 2: Reflect & Adapt Training Plans
As a user, I want to quickly rate how a workout felt and log issues so that my future schedules adapt to my real performance and energy levels.

Priority: High
Cost: 6 days

Big Story 3: Performance Analysis & Progress Dashboard
As a user, I want to mark workouts as completed and save details like date and duration, so that I can track my progress over time.

Priority: High
Cost: 9 days

Big Story 4: Engagement & Reward Mechanisms
As a user, I want to unlock badges and redeem rewards using my earned points that I earn from completing workouts and hitting my streak goals, so that my progress feels more fun and I stay motivated long-term.

Priority: Medium
Cost: 7–9 days

User Stories

<u>Big Story 1: Create a Fitness Profile & Personalized Workout</u>
User Story 1.1: Register & Log In with Email(ITR1)
As a new user/Trainer, I want to create an account using my email and password so that I can securely save my profile, workout plans, and progress. As a returning user, I want to log in so that I can access my existing plans and workout history.

Details:
- Users can register with a valid email address and password.
- Password must meet basic security rules (e.g., minimum length).
- Users can log in with previously registered credentials.
- Invalid credentials display a clear error message.
- Successful login redirects the user to their dashboard.
- User sessions persist until logout.
- Duplicate email registrations are prevented.

Priority: High
Estimate: 4 days

User Story 1.2: Create Fitness Profile(ITR1)
As a new user, I want to enter my age, experience level, training location, and primary fitness focus so that the system can recommend suitable workout plans. As a trainer, I want to create a professional profile and publish my programs so that users can discover my content.

Details:
- For Users:
  - User enters age and experience level.
  - Selects training location (home/gym).
  - Chooses focus (strength/cardio/flexibility/mixed).
  - Required fields validated.
  - Profile saved to account.
- For Trainers:
  - Trainer selects "Trainer" account type.
  - Trainer creates public profile (bio, specialties, certifications).
  - Trainer can publish at least one workout program.
  - Programs become visible in browsing flow.
  - Trainer profile saved and editable.

Priority: High
Estimate: 4

User Story 1.3: View Profile-Based Workout Recommendations (ITR1)
As a user, I want to see workout plans recommended based on my fitness profile so that I can quickly identify programs that match my goals, experience level, and training environment.

Details:
- System displays a list of recommended plans derived from profile data.
- Each plan shows focus, difficulty level, weekly frequency, and estimated session length.
- User can open a plan to view a short description.
- Recommendations update when profile changes.
- A clear call-to-action is provided to select a plan.

Priority: High
Estimate: 3 days

User Story 1.4: Browse Trainer-Created Programs(ITR1)
As a user, I want to browse workout programs created by trainers so that I can explore subscription-based options and discover training styles that interest me.

Details / Acceptance Notes:
- Display a searchable list of trainer programs.
- Each program includes trainer name, focus area, difficulty, and typical schedule.
- User can view a program overview before subscribing.
- Subscription-required programs are clearly labeled.
- User can navigate back to recommendations easily.

Priority: High
Estimate: 2 days

User Story 1.5: Select Training Plan & Auto-Generate Weekly Schedule(ITR1)
As a user, I want to select a workout plan and have the system automatically generate my weekly training schedule so that I know exactly what workouts to perform each day.

Details / Acceptance Notes:
- User can confirm selection of a chosen plan.
- System generates a 7-day schedule aligned with the plan structure.
- Schedule reflects training location and experience level.
- Weekly plan regeneration occurs on Sundays.
- Confirmation message shown after plan activation.

Priority: High
Estimate: 2 days

Big Story 2: Reflect & Adapt Training Plans

User Story 2.1: Submit Post-Workout Feedback
As a user, I want to rate workout difficulty and provide session feedback so that the system can personalize and improve my future training plans.

Details:
- Users can rate workout difficulty on a simple numeric scale.
- Users can optionally report fatigue or pain.
- Feedback is saved with the workout record.
- Reflection process takes less than 30 seconds.
- Users can skip feedback if desired.

Priority: High
Estimate: 3 days

User Story 2.2: View Plan Adjustments & Explanations
As a user, I want to see which parts of my next week's training plan were changed based on my workout feedback so that I understand why those adjustments were made.

Details:
- System highlights modified workouts or volumes.
- Brief explanations are displayed (e.g., "Reduced volume due to high fatigue").
- Comparison view shows previous vs. updated plan.
- Changes are visible before the new week begins.

Priority: Medium
Estimate: 3 days

User Story 2.3: Automatic Weekly Schedule Regeneration
As a user, I want to rate how difficult a workout felt and report issues so that the system can learn from my experience.

Details:
- Quick scale for difficulty (1–5).
- Optional fatigue/pain checkbox.
- Feedback saved to workout history.
- Reflection takes <30 seconds.

Priority: High
Estimate: 3 days

User Story 2.4: Review Aggregated Client Feedback

As a trainer, I want to review aggregated feedback from users following my programs so that I can evaluate program effectiveness and make improvements.

Details:
- Trainer sees summary statistics by program.
- Includes average difficulty and fatigue levels.
- Individual user identities may be anonymized.
- Trends shown over time.

Priority: Medium
Estimate: 3 days

User Story 2.5: Accept or Lock Recommended Adjustments

As a user, I want to accept, reject, or lock recommended schedule changes so that I retain control over my training plan.

Details:
- System proposes adjustments before applying them.
- Users can confirm or decline changes.
- Locking prevents modification for the next cycle.
- Clear warning shown when rejecting system advice.

Priority: Low
Estimate: 3 days

Big Story 3: Performance Analysis & Progress Dashboard

User Story 3.1: Record Workout Completion

As a user, I want to mark a workout as completed and log basic details so that my training history and statistics remain accurate.

Details:
- Display the user's scheduled workout for the day.
- Show exercises with details such as sets, reps and rest time.
- The workout view is clear and easy to follow.
- If no workout is scheduled, a massage or notification can be sent.

Priority: High
Estimate: 3

User Story 3.2: View Progress Summary Dashboard

As a user, I want to see a concise dashboard that summarizes my key performance metrics so that I can quickly understand my overall progress.

Details:
- Displays streak count.
- Shows total workouts and time trained.
- Simple visual indicators.
- Loads quickly.

Priority: High
Estimate: 3

User Story 3.3: Analyze Training Trends
As a user, I want to mark a workout as completed and log basic details so that my training history and statistics remain accurate.

Details:
- Display the user's scheduled workout for the day.
- Show exercises with details such as sets, reps and rest time.
- The workout view is clear and easy to follow.
- If no workout is scheduled, a massage or notification can be sent.

Priority: High
Estimate: 3

User Story 3.4: Review Workout History
As a user, I want to browse my completed workouts in chronological order so that I can review past activity and maintain accountability.

Details:
- Lists sessions by date.
- Displays duration and plan name.
- Allows basic time-range filtering.
- Selecting an entry shows details.

Priority: High
Estimate: 3

User Story 3.5: Detect Missed Sessions
As a user, I want missed workouts to be reflected in my activity records so that my consistency metrics remain accurate.

Details:
- System flags skipped sessions.

- Streak updates accordingly.
- Dashboard reflects missed days.
- No penalties beyond tracking.

Priority: High
Estimate: 3

Big Story 4: Engagement & Reward Mechanisms

User Story 4.1: Earn Points for Workout Completion
As a user, I want to earn points when I complete workouts so that my effort is consistently recognized.

Details:
- Points are awarded when a workout is marked complete.
- Amount may depend on session length or streak.
- Points are added immediately.
- Duplicate rewards are prevented.

Priority: Medium
Estimate: 3

User Story 4.2 : Unlock Achievement Badges
As a user, I want to unlock achievement badges when I reach milestones so that my progress feels rewarding and visible.

Details:
- Badge thresholds defined (e.g., 5-workout streak).
- Badges unlock automatically.
- Notification displayed upon unlocking.
- Saved to user profile.

Priority: Medium
Estimate: 3

User Story 4.3: View Achievement Gallery
As a user, I want to browse a gallery of my earned badges and rewards so that I can track accomplishments over time.

Details:
- Shows all earned badges.
- Locked badges may appear greyed-out.
- Includes descriptions.
- Sorted by date or category.

Priority: Low
Estimate: 1

User Story 4.4: Participate in Weekly Challenges
As a user, I want to join time-limited workout challenges so that I have short-term goals to keep me motivated.

Details:
- Challenges have start/end dates.
- Display goal criteria.
- Progress shown in real time.
- Badge or bonus points awarded at completion.

Priority: Low
Estimate: 2

User Story 4.5: Trainer-Hosted Challenges
As a trainer, I want to create themed workout challenges so that I can engage users and promote my programs.

Details:
- Trainer defines challenge rules.
- Associates challenge with a program.
- Users can opt in.
- Engagement stats visible to trainer.

Priority: Low
Estimate: 3