Scenario
A small startup company is looking to develop a mobile application that helps users track their daily exercise and eating habits. The app should allow users to set personalized fitness goals, track their progress, and receive reminders and tips to stay motivated.

As a requirements engineering team, your task is to gather and analyse the stakeholders' requirements and develop a comprehensive software requirements specification document. The stakeholders include the company's founders, the target audience (health-conscious individuals), and potential investors.

To gather the requirements, you conduct interviews with the stakeholders and observe their daily routines. You also conduct surveys to collect user feedback and preferences. Based on the gathered information, you identify the following high-level requirements:

- The app should be user-friendly and visually appealing
- The app should have a personalized dashboard that displays daily fitness goals, progress, and tips
- The app should allow users to input their daily meals and track their calorie intake
- The app should integrate with popular fitness wearables such as Fitbit and Apple Watch
- The app should send push notifications to remind users to complete their daily fitness routine