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CS3300

Project Customer Requirements Report

Interview questions to ask:

End users

1. How often do you workout?
2. What kind of challenges do you have in monitoring your fitness goals?
3. What specific fitness goals are you trying to achieve?
4. How do you feel about nutrition tracking?
5. Have you tracked your nutrition before? (Not just counting calories, but protein, carbs, and fats)
    a. If they have, "how did you track it before? And if through an app, which one and why did you like it?"
    b. If they stopped using the app or the app, "What was the reason that made you stop?"
6. Are you currently using a fitness app of any kind?
    a. If they are using an app, "which one are you using and why do you like the app?"
    b. If they did before, "what was the reason that made you stop using the app?"
7. Is there a reason why you are not using a fitness app?
8. What kind of features are you looking for in a fitness tracking app?
    a. Why is this feature so important to you?
9. Are you a competitive person?
    a. If the fitness tracking app featured a competition with your peers in the gym, would you feel more motivated to use the app more frequently?
10. How do you feel about getting your daily report of your progress?

Stakeholder 2

1. What would you like the others to see without logging on to the app?
2. What is the main goal of this project?
3. How would you measure how successful this project is?
4. What are some of the user experiences do you envision for the end users with this project?
5. Are there specific design elements or features that align with your personal preference?
6. How would you prioritize different features of the project's development?

Fitness Tracker app interview:

Juwon

1. How often do you work out?
   a. 3-5 times a week
2. What kind of challenges do you have in monitoring your fitness goals?
   b. Does not track
3. What specific fitness goals are you trying to achieve?
   c. 200lb lean
4. How do you feel about nutrition tracking?
   d. Don't really do it/find it tedious
5. Have you tracked your nutrition before? (Not just counting calories, but protein, carbs, and fats)
   e. I have not used an app before.
6. Are you currently using a fitness app of any kind?
   f. Not using any apps to track. Finds it boring and tedious to use the app.
7. What kind of features are you looking for in a fitness tracking app?
   g. National/local leader board for PR lifts.
8. Why is this feature important to you?
   h. I like to see how string other people are. Also, getting on the leaderboard would be awesome.
9. Are you a competitive person?
   i. Yes, but the competitive feature doesn't really appeal to me. I feel like it adds too much extra work. I would love to see a leaderboard of certain lifts instead.
10. How do you feel about getting your daily report of your progress?
    j. A daily report of my nutrition would be pretty helpful. Just so I can see where i was at the end of the day.

Matthew

1. How often do you work out?
   a. 5 times a week
2. What kind of challenges do you have in monitoring your fitness goals?
   b. I have a hard time monitoring my nutritional intake. Counting macros takes too much time and effort to continuously to do.
3. What specific fitness goals are you trying to achieve?
   c. Sub 10% BMI by summer
4. How do you feel about nutrition tracking?
   d. Would do if easier to do.
5. Have you tracked your nutrition before? (Not just counting calories, but protein, carbs, and fats)
   e. If they have, "how did you track it before? And if through an app, which one and why did you like it?"

          i. Used My Fitness Pal before. I used it for 2 days. I didn't care for it enough, and it was boring to use.

6. Is there a reason why you are not using a fitness app?
   f. There's nothing on the market that really appeals to me to use an app for it.
7. What kind of features are you looking for in a fitness tracking app?
   g. Keeping the macro counter simple to use would be awesome. There are so many apps that make it so confusing.
8. Why is this feature so important to you?
   h. One of the main reason why i am not using any app for tracking fitness is because they make it so confusing with too many things. I would use it if it was very simple to use.
9. Are you a competitive person?
   i. If the fitness tracking app featured a competition with your peers in the gym, would you feel more motivated to use the app more frequently?
      i. Highlight lifts against peers.
         1. "This was my heaviest set of the day" / Leaderboard system
10. How do you feel about getting your daily report of your progress?
    j. A daily report would be great.

Peter

1. What would you like the others to see without logging on to the app?
   a. I think I would like to see the leaderboard of some kind. And maybe the most popular lift of the day.
2. What is the main goal of this project?
   a. I think the main goal is nutrition more than anything. Counting macros is hard for me and probably for many of the others as well.
3. How would you measure how successful this project is?
   a. If I can correctly count all my macros. And if there are decent people using it consistently.
4. What are some of the user experiences do you envision for the end users with this project?
   a. People reach their goals by using the app to count macros correctly.
5. Are there specific design elements or features that align with your personal preference?
   a. what if there is a feature to validate the leaderboard? Lifters would post their lifts and other lifters would vote with thumbs up and thumbs down on if the lift was valid?
6. How would you prioritize different features of the project's development?
   a. First priority would be to correctly count the macros. Like i said this is the most important goal of the feature. I think the other features such as leaderboard can come next.

Summary of insight:

After interviewing 3 different stakeholders, it seems like correctly counting macro for their diet is the hardest thing to be consistent. My first focus for this app is to correctly create the macro counting

feature for the users. Also, upon interviews, my original idea of competitive feature (adding each repetition weight for the total of a large number lifted that day) did not get good responses from all the stakeholders. It seems like adding a leaderboard feature of a few selected lift would be more effective.

Problem statement:

Who: fitness enthusiasts of all levels are challenged with tracking and optimizing their daily nutrition and workout routine.

What: Most of the fitness tracking apps there currently are on the market are too expensive to maintain, too mundane to use every day, or only track one or the other.

Where: Everything will be tracked online and the apps database via the website, or possibly on their phone as an actual app on the user's phone since the part of the app will be tracking your workout.

Why: By effectively tracking the workout and daily nutrition, fitness enthusiasts can reach their goal and go even further beyond. Many people who do not track any will lose interest in being consistent in the gym setting since they're not sure where they went wrong.

Why: Users often lose interest due to the inability to identify where they went wrong in their fitness journey. Clear tracking and feedback, especially on the nutitional end, are essential for users to stay motivated by providing insights into their progress and areas for improvement.

Why: Mundane features in current apps in the market contribute to user disengagement and decreased motivation over time. A lack of excitement and engagement results in users abandoning their fitness tracking effort, affecting their long-term consistency.

User stories:

Tracking daily macros

- As a user with nutritional goals,
    - I want to accurately track my daily macros.
    - So that I can measure my nutritional intake accurately,

User authentication

- As a dedicated user,
    - I want to create an account and log in secruely using a username and password
    - So that I can access my personalized content

Adding new food items

- As a foreign user with nutritional goals,
    - I want to be able to add new food items to the database to use again
    - So that I can measure whatever kind of food that I eat

Validating leaderboard

- As a competitive person,
    - I want a feature to validate the leaderboard entries
    - So that lifters can vote on the legitimacy of lifts with thumbs up or thumbs down

Progress report

- As a fitness app user,
    - I want a daily progress report to measure my nutritional goals
    - So that allowing me to reflect on my daily intake and adjust

User friendly interface

- As a fitness user with time constraint
    - I want to be able to track with user friendly interface.
    - So that ensuring the process is efficient and not confusing,

Profile management

- As a user,
    - I want to be able to view and update my profile information such as goals, current weight, etc.
    - So that i can maintain accurate and up to date details about my progress.

BDD scenarios:

- Feature: Adding new food item
- Scenario: add a food
    - Given that I am already logged in to my account
    - When I press "new meal"
    - Then I press "find food item to add"
    - When the food item I am looking for is nowhere to be found
    - Happy:
    - And I press "add new food"
    - And i correctly fill out the nutritional facts for the new food item here
    - Then the new food should be able to be found after "find food item to add"
    - And I should be able to add the new food in the "new meal"
    - Sad:
    - After "adding" the new food item,
    - In the "find food item to add," the food i just added is not found.

- Feature: Progress report
- Scenario: daily progress reports
    - Given that all the food intake was correctly entered throughout the day
    - When I go to press "progress report" button
    - Happy:

- o I should be able to see a detailed report of my nutritional intake up to this point
- o Report should also display if I've met my goal for the day or not.
- o Sad:
- o Then I get message stating "incomplete"
- o There is nothing in the progress report

- Feature: user authentication
- Scenario: creating a new account
  - o When i navigate to the home page
  - o And i click on the sign-in button,
  - o And I click on create a new account,
  - o Form pops up to create a new account
  - o Happy:
  - o I input all the required field and able to create a new account
  - o Navigate back to sign in page and log in to the account.
  - o Sad:
  - o I input all the required information but is not able to create a new account due to complications
  - o Go through a account recovery process?

- Profile management
- Scenario: Updating personal information
  - o Assuming i am correctly logged into my account,
  - o Navigate to my information page
  - o I click on update information button
  - o I update what i want to update such as new goal or current body weight
  - o Happy path:
  - o The information is correctly updated and can be viewed on my personal page
  - o Sad path:
  - o I accidentally left some of the required fields blank.
  - o The system throws an error and makes me fill out the required field.

Lofi-mockup

Macro++

welcome [sign in]

leaderbord
| local | Globa |
| D1 | BP | S |

→

username ___
passwor ___
[Sign in]

[create new]

↓

create new user

name ___
email ___
gender ___
current ___
Ib
etc . . . .

[submit]

←

username jhong
passwrd 1234
[Sign in]

after sign in

welcome Juhan!

Todays date

| new meal | new lift |

progress

p ▭▭▭
c ▭▭▭▭
f ▭

new meal

food to add

| search bar | 🔍 |

↳ add new food

a-z
↓
↓

add food

Name	apple
Cal	X
carb	n
fat	n
protein	?

Submit

food to add

| search bar | 🔍 |

a-z
apple – – – –
↓
↓

click on apple

apple

servings consumed

| ☑ |

Submit

welcome Juhan!

| new meal | new lift |

progress
apple 2 servs
p ▭
c ▭▭▭
f ▭▭

add new lift

new lift

lift [select]————— Deadlift
                 — Bench press
weight [____]   — squat

Video submission
[_____] attach   →

[submit]

↓

Macro +t Julian

leader board
| local | Global |
| DL | BP | 5 |
Julian 100lb

welcome Julian
[new meal] [new lift]

progress

P [____]
C [____]
f [____]
lifts
Deadlift 100lb 3/1/24