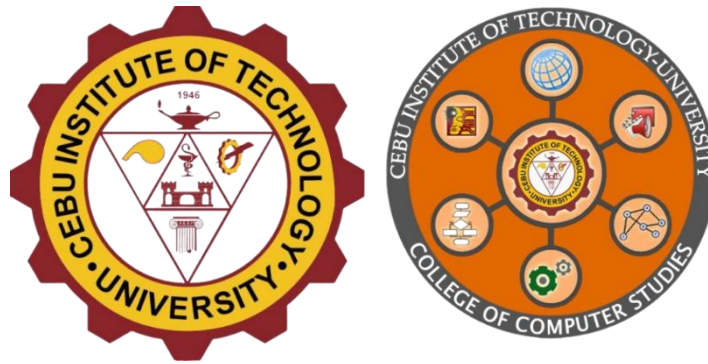# CEBU INSTITUTE OF TECHNOLOGY UNIVERSITY

COLLEGE OF COMPUTER STUDIES

Functional Requirements Definition & Specifications

for

FitFlow

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Requirement Type	Requirement	Justification
Functional	The system shall allow users to create an account by providing a valid email address, social media account, or phone number.	This ensures user registration and authentication, which is essential for accessing personalized features.
Functional	The system shall allow users to create and edit their profile with personal details like gender, weight, height, and fitness goals.	Enables the system to tailor workout plans and meals based on individual needs.
Functional	The system shall provide personalized workout plans based on the user's fitness goals.	Supports customized training choices to match each users' fitness goals.
Functional	The system shall suggest daily calorie intake and meal plans based on user information and goals.	Ensures dietary guidelines is aligned with user requirements to achieve the goal.
Functional	The system shall allow users to log their meals, water intake, and nutritional information.	This would provide accurate tracking of diet progress.
Functional	The system shall track user activities such as steps taken, calories burned, and distance traveled.	Ensures users can monitor their overall physical activity and progress.
Functional	The system shall generate progress reports and visualization of user fitness metrics.	Helps users understand their improvements overtime.
Functional	The system shall send push notifications for workout reminders, meal times, and motivational messages.	Keeps users engaged and on track with their fitness routine.
Functional	The system shall provide a library of exercises with instructions and demonstrations videos.	Ensures user can safely and effectively perform recommended workouts
Functional	The system shall enable users to modify workout intensity and goals.	Ensures flexibility in adapting to users' changing fitness progress.
Non-Functional	The system shall load the user dashboard within 3 seconds after login.	Ensures fast access to user data for improved user experience.
Non-Functional	The system shall encrypt user data to ensure privacy and security.	Protects sensitive personal information.
Non-Functional	The system shall be accessible on both desktop and mobile devices.	Ensures compatibility and usability across multiple platforms.

Non-Functional	The system shall maintain 99.9% uptime to ensure availability.	Guarantees reliability for consistent user access.
Non-Functional	The system shall support at least 10,000 concurrent users without performance degradation.	Ensures scalability to accommodate growing user demand.