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Health Home User Stories

# User Roles

* Gym-goers: they are interested in fitness, but don’t want a trainer. Therefore, they have no user stories related to interacting with a trainer.
* Athletes: they are dedicated to fitness and likely compete in some sort of sport. They also may not compete in a sport, but they want a trainer to train them anyways. They have all of the user stories that the gym-goers have, along with user stories related to interacting with a trainer.
* Trainers: give fitness guidance to their clients. They do not have user stories relating to fitness.
* Administrators: deal with issues other users experience on the web app. They can also ban users from using the web app if they feel justified in doing so.

# Description

Health Home is a web application where gym-goers and athletes can track their workout progress and food consumption, use various fitness calculators, and consult an AI chat bot regarding health related questions. Trainers can also use the web app, and can have athletes assigned to them (if the athletes so choose). Trainers can set goals for their assigned athletes, review the activity of their assigned athletes on the app, and communicate with their assigned athletes. Athletes will have all of the functions that the gym-goers have, as well as the ability to view any trainer’s profile, communicate with any trainer, request any trainer to train them (if they are not already assigned to one), and view their assigned trainer’s goals for them. Athletes can only be assigned to one trainer at a time. Health Home will be written in Python. It will use Flask for back-end functionalities, SQLAlchemy for storage functionalities, and BotLibre for AI functionalities.

# Gym-Goer User Stories

As a gym-goer, I want to:

* Create a gym-goer account so that I can access various fitness related functionalities.
* Log in to my account so that I can access various fitness related functionalities and have my activity on the app stored for my account.
* Log out of my account so that I can end my session on the app and prevent unauthorized access to my account.
* Close my account so that I can cease using the app without my personal information remaining in storage.
* Communicate via plain text to an administrator so that I can inform administration of issues I may have.
* Calculate my body mass index (based on height and weight) so that I know how healthy my current weight is.
* View my body mass index calculation history so that I can determine trends in my weight health over time.
* Calculate my target rate heart zone (based on my age) so that I can determine how intense my workouts are.
* Calculate the approximate amount of calories I burned in a given workout so that I can determine how many calories I need to replenish (differs based on my goals of gaining or losing weight).
* View my estimated calories burned calculation history so that I can determine trends in my calorie burning progress over time.
* Log in plain text exactly what I did during a given workout, how long it took, and when it occurred so that I can have a record of the details of my workouts.
* View my workout log history so that I can track my workouts over time.
* Log in plain text exactly what I ate during a given day and which day it occurred on so that I have a record of the details of my diet.
* View my diet log history so that I can track my diet over time.
* Consult an AI chat bot regarding health related questions so that I can receive quick answers to my health related questions.

# Athlete User Stories

As an athlete, I want to:

* Create an athlete account so that I can access various fitness related functionalities and receive training from a trainer.
* Log in to my account so that I can access various fitness related functionalities, interact with trainers, and have my activity on the app stored for my account.
* Log out of my account so that I can end my session on the app and prevent unauthorized access to my account.
* Close my account so that I can cease using the app without my personal information remaining in storage.
* Communicate via plain text to an administrator so that I can inform administration of issues I may have.
* Calculate my body mass index (based on height and weight) so that I know how healthy my current weight is.
* View my body mass index calculation history so that I can determine trends in my weight health over time.
* Calculate my target rate heart zone (based on my age) so that I can determine how intense my workouts are.
* Calculate the approximate amount of calories I burned in a given workout so that I can determine how many calories I need to replenish (differs based on my goals of gaining or losing weight).
* View my estimated calories burned calculation history so that I can determine trends in my calorie burning progress over time.
* Log in plain text exactly what I did during a given workout, how long it took, and when it occurred so that I can have a record of the details of my workouts.
* View my workout log history so that I can track my workouts over time.
* Log in plain text exactly what I ate during a given day and which day it occurred on so that I have a record of the details of my diet.
* View my diet log history so that I can track my diet over time.
* Consult an AI chat bot regarding health related questions so that I can receive quick answers to my health related questions.
* View any trainer’s profile so that I can consider requesting to be trained by them.
* Request to be trained by any trainer (if I am not already assigned to one) so that I can receive expert guidance regarding my workouts and diet.
* Communicate via plain text with any trainer I am not assigned to so that I can interact with them to determine if their guidance would suit me.
* Communicate via plain text with my assigned trainer so that I can ask them questions about my training, receive directions from them, and notify them of issues about my training.
* View the goals my assigned trainer has set for me so I have a clear understanding of what my trainer wants me to accomplish.
* De-assign myself from my assigned trainer so I can explore guidance from other trainers/do things on my own.

# Trainer User Stories

As a trainer, I want to be able to:

* Create a trainer account so that I can communicate with my clients, give guidance to my clients, and see my clients’ activity on the app.
* Log in to my account so that I can communicate with my clients, give guidance to my clients, see my clients’ activity on the app, and have my activity on the app stored for my account.
* Log out of my account so that I can end my session on the app and prevent unauthorized access to my account.
* Close my account (if I have no clients) so that I can cease using the app without my personal information remaining in storage.
* Communicate via plain text to an administrator so that I can inform administration of issues I may have.
* Edit my trainer profile page so that potential clients can have an idea of what I offer as a trainer.
* View my clients’ activity on the app so that I understand their recent training activity.
* Communicate via plain text with potential clients who have communicated via plain text with me so that I can inform them about my protocols and training style.
* Communicate via plain text with my clients so I can answer their questions, give directions, and understand their training issues.
* Set goals for my clients so that I can help them have a clear understanding of what I want them to accomplish.
* Accept or reject request to be trained from potential clients so I can accept or decline to grow my clientele.

# Administrator User Stories

As an administrator, I want to:

* Log in to my account so that I can perform administrative duties.
* Log out of my account so that I can I can end my session on the website and prevent unauthorized access to my account.
* Create other administrator accounts so that my colleagues can perform administrative duties.
* Ban any user (via credentials and IP address) so that users who have behaved unprofessionally cannot use the web app.
* Communicate via plain text to any user so I can send warnings to users who have behaved unprofessionally and respond to user issues and user complaints.
* View a log of all plain text communications that have taken place on the web app so that I can see if a user has behaved unprofessionally.
* View a log of all transactions that have occurred on the web app so that I can help users who have complained about transaction issues.
* View any user’s password so that I can help users gain access to their account if they forget their password.