

User Stories - *FitnessTracker*

As a user I want to....

- have an easy way of tracking my fitness efforts
- be given food-suggestions when inserting what I have eaten
- be given workout-suggestions when inserting what workouts I have completed
- be able to insert the amount (in weight) that I have consumed of the food I have inserted
- be able to insert the amount of time I have worked out of the workout form I have inserted
- be able to choose which date I have consumed the inserted food
- be able to choose which date I have completed the inserted workout
- be given today's date by default when trying to insert a food or workout, in order to make the insertion more effortless
- be able to see what calorie amount my inserted food intake responds to
- be able to see what protein amount, carbs amount and fat amount my inserted food intake responds to
- be able to see how many calories I have burnt during my inserted workout
- be able to insert my user information when starting the application the first time, but not having to repeat this insertion until I need to change my information
- be able to insert a goal weight
- be able to see how much weight I need to lose/gain in order to achieve my goal
- be able to choose what velocity I wish to have to reach my goal
- be able to see how long it will take for me to achieve my chosen goal
- be able to change my goal

- be able to see how much calories I am allowed to consume every day in order to achieve my goal
- be able to see what information concerning workouts and food intake that I have inserted on a specific day
- be able to see a calendar where I can click on dates in order to see information concerning my fitness performance on that specific day
- be able to see some sort of graphical representation of my fitness performance on that day when clicking on a date
- be able to see some sort of graphical representation of my fitness performance for todays date when starting the application
- be able to see a graphical representation of how my performance is compared to my goal
- be able to edit/delete information concerning food or workouts that I have added to a date
- be able to add a type of food to the database if it doesn't already exist as a suggestion
- be able to choose the type of food that I have added earlier to the database
- be able to add a type of workout to the database if it doesn't already exist as a suggestion
- be able to choose the type of workout that I have added earlier to the database

Future feature

- be able to see a graphical representation of my performance over a timeperiod (a week or month)