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CS 240

28 September 2018

Initial Requirements

The section that I was assigned for our workout mobile application was the part of the system that will be converting and storing initial input data from the user, to be applied to certain aspects of what we will have the user do in a day-to-day workout routine.

User Requirements-

- User will input personal data (ex. Body weight, goals, etc.) -Functional requirement
- Once data is entered the program will create a workout based on what the users goals are - functional requirement
- At the end of each week, the user will fill out a summary report of how they felt the workout was (if it was too heavy or light with certain lifts, or if they didn't think the sets and reps fit them well) - Non-functional requirement
- The program should be able to alter the weight and sets and reps according to this input data. -Non-functional requirement

System Requirements-

- Have to store a hashmap of sets and reps for certain workouts, that will then need to be changed and added to the user's workout routine -functional requirement

- Need an algorithm that can take the users input body weight and max's of other core lifts, and return a weight range for the user to lift -Non-functional requirement (possible extra step)
- Will also need a separate method that can alter the values in the hashmaps of sets and reps and weights based on the users summary report of how they felt the workout was for them - functional requirement
- Need to have either a hashmap or a set of arraylists that will hold each of the workout routines, whether it be a cardio workout, or a mass gaining workout and will be chosen based on the user's goals - Functional requirement
- Will have to create a method that chooses the correct workout type and number of sets and reps, as well as weight range to use based off of the user's input -Functional requirement