

### User Requirements

- The user interface will include 'sign in' and 'sign up' buttons, which will be referred to as 'I'm back!' and 'Sign me up!' respectively. These will be in the middle of the screen.
- Once a user is logged in, a button will be displayed at the top of the screen and on all the screens a user sees during their logged-in state. This button will allow the user to log out, and will be referred to as simply 'Log out'.
- A user can choose to 'Create Workout' and 'See Report' once they have signed into their account. These buttons will be in the middle of the screen.
- By clicking on the button 'Create Workout', a user can then input their weight, which will allow the program to generate an appropriate workout.
- By clicking on 'See Report', a user can look at their progress and possibly fill out a short survey to help personalize their workouts to more specific needs.
- A user who selects 'Sign me up!' will be prompted to enter a username and password which they will use to sign in for future sessions.

### System Requirements

- When a user signs up, their selected username and password will need to be saved in a database.
- When a user signs in, their credentials (username and password) will need to be checked against the information stored in the database.
- When a user clicks on 'Create Workout', they will be prompted to enter their weight. This information will then be sent to another portion of the system to be processed and return an appropriate workout.