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System to be developed: For our workout routine-planning application, my job will be to incorporate a survey which questions the user about the previously assigned routine and update the user data stored, leading to a newly calculated routine for the next week/workout period.

User Requirements:

Functional Requirements:

- The user will select which exercises they completed during the routine period.
- The user will be able to rate their routine based on comfort, difficulty, and length.
- The user will be able to adjust which areas (if any) of the body they want to focus on improving.
- The user will have the option to update their maximum liftable weights for the core lifts that the application bases each exercise's weight upon.
- The user will have the option to flag exercises that they are not comfortable doing.
- The user will have the option to change the area of the body that their workouts are targeting.
- After completing the survey, the user will be presented with a new routine for the next workout period.

Nonfunctional Requirements:

- The survey will be a functioning component of the application by its release.
- The survey developer will work closely with other developers to ensure that the user's input can be stored in the same manner as the original user input.
- The routine calculation developer will ensure that routines can be calculated repeatedly after new user input is stored.

System Requirements:

Functional Requirements:

- A window will be designed in which the following actions may be completed (a window for completing the survey).
- A list of the previously recommended exercises will be presented to user and they shall select which ones were completed.
- A rating between 1 and 5 will be provided to the survey correlating to the user's comfort with *each* completed exercise in their current routine.
- A rating between 1 and 5 will be providable to the survey correlating to the difficulty of *each* completed exercise in their current routine.
- A rating between 1 and 3 will be providable to the survey correlating to the overall length of the completed routine.
- The values stored for the user's maximum weight for each exercise will be presented and made adjustable by 2.5-5 Lb. increments.

- The user's current exercises will be listed and any that the user does not want to do again will be flaggable.
- A data structure will store flagged exercises that the user does not like.
- A list of areas of focus will be presented to the user and they will (optional) select a new area that they want to strengthen.
- The data from the survey will be stored with the user's original input data. Any new contradicting data will replace existing data.
- A new workout routine will be generated using the original algorithm.
- The routine will be made accessible to the user in its own part of the application
- A new popup will appear alerting the user that they have completed the survey.

Nonfunctional Requirements:

- The types of data received by the user must correlate with the types of data used to calculate the user's original workout routine.
- The input data received by the user must be storable in the same data structures as the original user input.
- The application must inform the user that completing the survey is necessary.
- The survey must be able to adjust user workout routines before the release of the application.
- The application must be able to quickly produce a new routine using the user input provided in the survey.