**User Stories**

**University Student**

Thomas is a 21 year-old Computing Science student studying at the University of Glasgow. He enjoys staying active by playing football with his flatmates at the weekend. However, he also works part time in a local retail shop which means that he rarely has time to fit in a full gym workout into his busy schedule. Thomas would like to be able to complete a very quick workout in the morning before leaving for his lectures. He would also like to be able to choose which areas of his body to train so that he doesn’t complete a leg workout the same day as he is playing football with his friends.

**Project Manager - Working from home**

Sarah is a 30 year-old project manager living in London with her husband and two kids. Currently Sarah is working from home due to Coronavirus restrictions placed on the country. She is also not able to attend her regular exercise class as gyms are also closed. Sarah would like to be able to destress at the end of her working day by exercising and then meditating at home in a separate room from where she would normally be working in. She would also like to be able to get quick tips and tricks on how to improve her lifestyle to help her deal with the added pressure of working from home.

**Electrical Engineer - Working outdoors**

James is a 25 year-old electrical engineer from Edinburgh who has had to continue to work outdoors installing broadband during the Coronavirus pandemic. James spends most of his day completing manual labour jobs so would like to be able to relax after he finishes work by meditating for 10 minutes. On his days off from work, he likes to stay active so would like to be able to complete a quick morning workout, choosing the intensity level depending on how he feels that day. Whilst exercising, he would like to be able to play some background music whilst exercising to keep him motivated.