

1. Vision Statement

To become the most inclusive, recovery-aware, and personalized AI-powered fitness companion, redefining how individuals plan, track, and sustain their health journeys through integrated workout, nutrition, and progress tracking, all in one streamlined, minimalistic app.

2. Problem Statement

Today's fitness app landscape is fragmented. Users juggle multiple apps for workouts, nutrition, and progress tracking, each with inconsistent UX, lack of cultural inclusivity, and little focus on recovery. This results in disengagement, incomplete tracking, and plateaued progress. DurnibarAI consolidates these needs into one adaptive, AI-driven platform.

3. Target Users & Personas (from your interviews)

- **Noah:** Athlete, weightlifter, needs recovery-aware tracking, dislikes calorie counting.
- **Arthur:** Casual fitness user, needs simplicity and a streak system for motivation.
- **Zain:** Professional trainer, needs cultural food inclusivity and advanced metrics.

4. Core Value Proposition

DurnibarAI empowers users to stay *unstoppable* in their fitness journey by delivering AI-personalized workouts, culturally inclusive nutrition tracking, and motivational tools that encourage consistency, recovery balance, and measurable progress, without the clutter of multiple apps.

5. Epics & User Stories

Epic 1: AI Workout Planning & Tracking

Objective: Deliver personalized, recovery-aware, variety-rich workout plans that adapt daily based on user history, goals, and feedback.

Features & User Stories:

Workout Recommendations

- *As a user, I want AI to generate my daily workout plan based on previous sessions so I avoid overtraining.*
- *As a user, I want AI to factor in muscle group fatigue to ensure balanced recovery.*
- *As a user, I want AI to consider my preferred workout styles (HIIT, yoga, strength) so sessions are enjoyable.*
- *As a user, I want AI to show which exercises are repeated and why so I understand progression.*

Logging Workouts

- *As a user, I want to log completed exercises with sets, reps, and weights so I can track progress.*
- *As a user, I want to log cardio workouts with duration and calories burned so I can measure endurance.*
- *As a user, I want to edit logged workouts so I can fix errors.*

Progress Feedback

- *As a user, I want to see a graph of workouts completed vs. planned so I can monitor adherence.*
- *As a user, I want AI to suggest an easier workout if I've had low activity for several days.*

Epic 2: Nutrition Tracking & Insights

Objective: Provide culturally inclusive, macro-aware nutrition tracking.

Features & User Stories:

Food Logging

- *As a user, I want to search a food database so I can quickly log my meals.*
- *As a user, I want to scan a barcode to log packaged foods instantly.*
- *As a user, I want to add custom foods with macros so I can track unique dishes.*

- *As a user, I want to log drinks and supplements separately so I can track overall intake.*

Nutrition Insights

- *As a user, I want to see my calorie target vs. actual intake so I can plan the rest of the day.*
- *As a user, I want my macro breakdown in real-time so I can hit protein goals.*
- *As a user, I want alerts when I exceed certain macro thresholds so I can adjust.*

Cultural Inclusivity

- *As a user, I want a food database that includes South Asian, African, and Latin dishes so I can log accurately.*
- *As a user, I want to estimate macros for non-database foods so I can still track.*

Epic 3: Progress Tracking & Motivation

Objective: Keep users engaged with measurable progress and gamification.

Features & User Stories:

Visual Tracking

- *As a user, I want weight, measurements, and progress photos stored so I can see transformation.*
- *As a user, I want workout streaks displayed so I'm motivated to keep them.*
- *As a user, I want achievements for PRs so I feel rewarded.*

Epic 4: Personalization & Accessibility

Objective: Tailor the experience for individual needs.

Features & User Stories:

- *As a user, I want to toggle calorie tracking so I avoid triggers from eating disorders.*

- *As a user, I want to change themes (light/dark) so I can use it comfortably.*
- *As a user, I want to set custom reminder schedules so the app fits my lifestyle.*

Epic 5: Integrated Health Dashboard

Objective: Unify all health data in one screen.

Features & User Stories:

- *As a user, I want a daily dashboard with my workout plan, calories, and streak count so I can see the big picture.*
- *As a user, I want weekly summary reports emailed so I can track trends.*