

**WellFit-AI**

**Solution Requirements**

Version # 1

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## Document History

Sr. No.	Update Description	Updated By	Version
1	Use Case 3.1 - Log Food Entries	Akshay Kapoor	0.0
2	Use Case 5.1 - Track Exercise Repetition	Md. Asad Bin Faruq	0.1
3	Use case 2.1 - Customized Workout Plan and user stories added	Labdhi Shah	0.2
4	Use Case 6.4 Match Trainer Availability	Nishita Ahuja	0.3
5	Use Case 5.4 – Generate Fitness Reports	Musaab Shrigar	0.4
6	Use Case 3.2 – Track Water Intake	Shilpa Sosa George	0.5
7	Use Case 2.4- Analyse Form & Posture	Parbon Banerjee	0.6
8	User Story Map	Labdhi Shah	0.7
9	Midfidelity Diagram	Team	0.8
10	Final Draft editing and standardization	Md. Asad Bin Faruq	0.9
11	Final Draft	Labdhi Shah	1.0

## Distribution History

Sr. No.	Name	Title
1	Akshay Kapoor	UC 3.1 - Log Food Entries US 1.3 Store Personal Information US 3.1 Log Food Entry US 3.3 Recognize meal image US 3.4 Provide Nutritional Breakdown US 3.8 Set Meal Favorites
2	Labdhi Bharat Shah	UC 2.1 Customize workout plan US 1.4 Set Fitness Goals US 2.1 Create customized workout plan US 2.2 Provide adaptive Workout US 2.3 Recommend alternative exercises US 6.3 Collect Feedback
3	Muhammad Asad Bin Faruq	UC 5.1 - Track Exercise Repetition US 4.3 Suggest videos on user Progress US 5.2 Set Repetition Goals US 5.1 Track Exercise Repetition US 5.3 Estimate Calories Burned US5.8 Suggest Personalized Fitness Plans
4	Muhammed Musaab Shirgar	UC 5.4 – Generate Fitness Reports US 4.2 Provide Step-by-Step Instructions US 5.4 Compare Progress US 5.5 Generate Fitness Reports US 5.6 Analyze Goal Achievement US 5.7 Set Custom Metrics to Track
5	Nishita Ahuja	UC 6.4 Match Trainer Availability US 4.1 Show Demonstration Videos US 6.1 Access Certified Trainers US 6.2 Schedule one-on-one coaching sessions US 6.4 Match Trainer Availability US 6.5 Allow Session Booking
6	Parbon Banerjee	UC 2.4- Analyse Form & Posture US 2.4 Analyze form and posture US 2.5 Provide real-time feedback US 2.6 Review Form Feedback US 4.4 Encourage User Progress US 6.6 Suggest workout timings

7	Shilpa Sosa George	UC 3.2 Track Water Intake US 1.5 Record Health Conditions US 3.7 Set Daily Hydration Goal US 3.2 Log Water Intake US 3.5 Recommend Hydration Levels US 3.6 Send Reminders
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## 1.0 Introduction

### 1.1 Overview

The purpose of this document is to outline the solution requirements for WellFit AI, which is an artificial intelligence-based fitness application providing real-time exercise tracking, calorie and water intake tracking, and personalized fitness planning. This document includes key use cases, user stories, and corresponding mid-fidelity mockups that demonstrate core workflows of the app, to provide a clear understanding of the system's functionality for all stakeholders involved in its design and development.

## 2.0 User Story and User Story Map

### 2.1 Use Case

#### 2.1.1. Use Case 3.1 - Log Food Entries

##### **DESCRIPTION:**

Log Food Entries use case allows users to record their daily food intake in the WellFit-AI App for tracking and analysis.

##### **PRIMARY ACTOR:**

User (Daniel – Fitness Enthusiast & Wellness Coach)

##### **PRECONDITIONS:**

- User is logged into the app.
- User has access to the food logging feature from the Nutrition Tracker section.

##### **POST CONDITIONS ON SUCCESS:**

- Food entry is saved and appears in the daily food log.
- The app updates nutritional summary and calorie intake accordingly.

##### **POST CONDITIONS ON FAILURE:**

- Food entry is not logged in the system.
- No changes are made to the nutritional summary.

##### **MAIN FLOW**

1. User navigates to the Nutrition Tracker section.
2. The app displays the option to log a new food entry.
3. User selects "Add Food" and is presented with options:
  - a. Search food database
  - b. Scan barcode
  - c. Manually enter food details
4. User selects a method and provides food details (name, quantity, calories, macronutrients).
5. The app processes the input and displays a preview of nutritional data.
6. User confirms and saves the food entry.
7. The app updates the daily log and recalculates calorie and macronutrient intake.
8. Success: The system displays a confirmation message.
9. Failure: The system displays an error message and prompts the user to retry.
10. User can view or edit logged food entries as needed.
11. End Use Case.

##### **EXCEPTIONS**

###### **EXP 1 – Cancel Food Entry**

1. User cancels the process before submitting food details.
2. No changes are made to the food log.
3. End Use Case.

###### **EXP 2 – Data Entry Error**

1. If invalid input is detected (e.g., missing required fields), the app displays an error message.
2. User corrects the entry and retries.

3. End Use Case.

## EXTENSIONS

None

## SPECIAL REQUIREMENTS

Ref ID	Requirement
3.1.1	The app shall allow food logging via manual entry, barcode scan, and database search.
3.1.2	Food logging should be completed in under 5 seconds.
3.3.3	Users should be able to edit or delete food entries within the same day.

## MESSAGES AND ERRORS

Code	Message/Error Name	Message/Error Content
MSG3.1-001	Successful Food Entry	"[Food name] has been added to your food log."
ERR3.1-001	Food Entry Error	"There was an error saving your food entry. Please try again."

**AUTHOR:** Akshay Kapoor

### 2.1.2. Use Case 5.1 - Track Exercise Repetition

#### DESCRIPTION

Track Exercise Repetition use case allows users to log and monitor their workout repetitions in the Health & Wellness App to track progress and performance.

#### PRIMARY ACTOR:

User (Sophia – Active Lifestyle Enthusiast)

#### PRECONDITIONS:

- User is logged into the app.
- User has access to the workout tracking feature.
- User has selected a workout or exercise type to log repetitions.

#### POST CONDITIONS ON SUCCESS:

- Exercise repetition data is saved and displayed in the user's workout log.
- The app updates progress towards fitness goals.

#### POST CONDITIONS ON FAILURE:

- Exercise repetition data is not logged.
- No updates are made to the progress tracker.

#### MAIN FLOW

1. User navigates to the Workout Tracker section.
2. The app displays an option to log exercise repetitions.
3. A user selects an exercise from the available list or manually enters a new one.
4. The system prompts the user to enter:
  - a. Number of repetitions
  - b. Number of sets
  - c. Additional notes (e.g., difficulty level, weight used)
5. User confirms the input.
6. The system processes the data and updates the workout log.
  - a. Success: A confirmation message is displayed.
  - b. Failure: An error message appears, prompting the user to retry.
7. The updated data is reflected in the user's fitness progress dashboard.

8. End Use Case.

## EXCEPTIONS

### EXP 1 – Cancel Exercise Log Entry

1. User cancels the process before saving.
2. No changes are made to the workout log.
3. End Use Case.

### EXP 2 – Invalid Data Entry

1. If the user enters an invalid value (e.g., negative reps), the app displays an error message.
2. The user corrects the input and retries.
3. End Use Case.

## EXTENSIONS

- None

## SPECIAL REQUIREMENTS

Ref ID	Requirement
5.1.1	The app shall allow users to log exercise repetitions quickly.
5.1.2	Exercise tracking should be completed in under 5 seconds.
5.1.3	Users should be able to edit or delete logged workouts within the same session.

## MESSAGES AND ERRORS

Code	Message/Error Name	Message/Error Content
MSG5.1-001	Successful Log	"[Exercise name] has been added to your workout log."
ERR5.1-001	Log Entry Error	"There was an error saving your workout. Please try again."

**AUTHOR:** Mohammed Asad Bin Faruq

### 2.1.3. Use Case 2.1 – Customize Workout Plans

#### DESCRIPTION:

This use case describes how a user customizes a workout plan based on their personal preferences, fitness level, and schedule. The goal is to provide flexibility and variety to keep the user engaged and motivated.

#### PRIMARY ACTOR:

User, Fitness Enthusiasts, Health-conscious user

#### PRECONDITIONS:

- The user has an account and is logged into the app.
- The user has completed the initial fitness assessment.
- The user has access to the workout customization feature.

#### POST CONDITIONS ON SUCCESS:

- The user successfully creates a customized workout plan.
- The workout plan is saved and accessible for future use.
- The app provides reminders and progress tracking for the user.

#### POST CONDITIONS ON FAILURE:

- The user is unable to save the customized workout plan due to missing input.
- The app encounters an error preventing customization.
- The user exits before completing the customization process.

#### MAIN FLOW:

1. The user navigates to the "Customize Workout Plan" section in the app.
2. The app prompts the user to select their preferred workout types (e.g., yoga, strength training, HIIT).
3. The user sets the duration and intensity level for workouts.
4. The user selects preferred time slots or enables flexible scheduling.
5. The app generates a recommended workout plan based on user input.
6. The user reviews and makes any additional adjustments.
7. The user confirms and saves the customized workout plan.
8. The app provides an option to set reminders and track progress.

#### **ALTERNATIVES:**

- *A1: User wants to modify an existing plan*
  1. Starts at Step 1, but instead of creating a new plan, the user selects an existing one to edit.
  2. Returns to Step 7 after making modifications.
- *A2: User prefers AI-generated recommendations*
  1. At Step 2, the user selects "Generate Plan for Me."
  2. The app automatically creates a plan based on previous workouts and fitness goals.
  3. Returns to Step 6 for user review.

#### **EXTENSIONS:**

- Integration with a smart device to track workout completion (Starts at Step 8, syncs real-time data for tracking).
- Option to share progress with a community or trainer for feedback.

#### **SPECIAL REQUIREMENTS:**

Ref ID	Requirement
2.1.1	The app should provide real-time recommendations based on past workout history.
2.1.2	UI should be intuitive and easy to navigate for a seamless user experience.

#### **MESSAGES AND ERRORS:**

Code	Message/Error Name	Message/Error Content
MSG2.1-001	Successful Log	"Workout Plan Saved Successfully"
ERR2.1-001	Log Entry Error	"Unable to Save Workout Plan"
ERR2.1-002	Network Error	"Network Issue, Try Again"

**AUTHOR:** Labdhi Shah

#### **2.1.4. Use Case 6.4 - Match Trainer Availability**

#### **DESCRIPTION:**

This use case describes how a user, like Tamaya, can match her available workout time slots with certified trainers using WellFit AI. The goal is to enable easy and flexible scheduling without the hassle of manual coordination, helping busy professionals maintain a consistent fitness routine.

#### **PRIMARY ACTOR:**

User (e.g., Tamaya - Executive Chef), Fitness Enthusiasts, Working Professionals with irregular schedules

#### **PRECONDITIONS:**

- The user has a registered and active account on WellFit AI.
- The user has provided availability preferences.
- Trainer profiles and schedules are available in the app.

#### **POST CONDITIONS ON SUCCESS:**

- The user is successfully matched with an available certified trainer.
- A training session is booked and confirmed in the calendar.

- Notifications are sent to both user and trainer.

#### **POST CONDITIONS ON FAILURE:**

- No trainers available at preferred times.
- Session booking fails due to app or server error.
- User exits before completing the booking process.

#### **MAIN FLOW:**

1. User navigates to the “Match My Trainer” feature
2. User selects preferred workout days and time ranges
3. App scans trainer availability and filters relevant matches
4. List of matching certified trainers appears with ratings and specializations
5. User selects a trainer.
6. User confirms the session and books it.
7. App sends booking confirmation and calendar reminder.

#### **ALTERNATIVES:**

- A1: User wants to change availability
  1. Starts at Step 2, the user changes/edits the time slots after seeing no matching trainers.
  2. Returns to Step 3 to recheck for available trainers.
- A2: User filters trainers by specialty
  1. At Step 4, the user applies a filter (e.g., HIIT training, yoga, aerobics etc.).
  2. The app updates the trainer list and continues from Step 5.
- A3: User wants the system to auto-match
  1. At Step 5, the user selects “Auto-Match Me.”
  2. The system automatically books the best-fit trainer based on preferences.
  3. Skips Step 6 and proceeds to confirmation in Step 7.

#### **EXTENSIONS:**

- Sync with user’s calendar for smart scheduling
- Option to mark “priority” trainers for future sessions
- Auto-suggestions if a preferred trainer becomes available

#### **SPECIAL REQUIREMENTS:**

Ref ID	Requirement
6.4.1	Matching should happen in real-time without lag
6.4.2	UI should show trainer profiles clearly (photo, rating, expertise)
6.4.3	Session rescheduling should be intuitive and quick

#### **MESSAGES AND ERRORS:**

Code	Message/Error Name	Message/Error Content
MSG6.4-001	Successful Log	“Session booked with [Trainer Name] at [Time]”
ERR6.4-001	Unavailable Error	“No trainers available during selected times”
ERR6.4-002	Network Error	“Connection error – Please try again later”

**AUTHOR: Nishita Ahuja**

## 2.1.5 Use Case 2.4- Analyze Form & Posture

### DESCRIPTION:

Posture and Form Analysis use case allows users to analyze their posture and form during exercises using AI-powered motion capture in the WellFit AI App.

### PRIMARY ACTOR:

User (Lena Hue – Fitness Enthusiast & Marketing Professional)

### PRECONDITIONS:

- User is logged into the app.
- User has access to the Posture and Form Analysis feature from the Workout Tracker section.
- User uses the live motion tracking feature.

### POST CONDITIONS ON SUCCESS:

- Posture and form analysis is completed, and feedback is displayed.
- The app updates the user's progress tracking for form improvement.

### POST CONDITIONS ON FAILURE:

- Posture and form analysis is not completed.
- No changes are made to the progress tracking.

### MAIN FLOW

1. User navigates to the Workout Tracker section.
2. The app displays the option to analyze posture and form.
3. User selects "Analyze Form" and is presented with the options:
  - a. Upload a pre-recorded workout video
  - b. Use live motion tracking
4. User selects a method and provides the necessary video or starts the live tracking.
5. The app processes the video or live tracking data and performs AI-powered analysis.
6. The app visually represents the user's form with feedback and corrections.
7. User reviews the feedback and confirms understanding.
8. The app updates the user's progress tracking for form improvement.
9. Success: The system displays a confirmation message.
10. Failure: The system displays an error message and prompts the user to retry.
11. User can review past analyses and track form improvement over time.
12. End Use Case.

### ALTERNATIVES:

#### A1 – Cancel Analysis

1. User cancels the analysis before completion.
2. No changes are made to the progress tracking.
3. End Use Case

#### A2 – Tracking Error

1. If tracking data is not detected, the app displays an error message.
2. User corrects the issue and retries.
3. End Use Case.

### EXTENSIONS

None

### SPECIAL REQUIREMENTS

Ref ID	Requirement
2.4.1	The app shall allow form analysis via video upload and live motion tracking.

2.4.2	Form analysis should be completed within 10 seconds.
2.4.3	Users should be able to review past analyses and track form improvement.

## MESSAGES AND ERRORS

Code	Message/Error Name	Message/Error Content
MSG2.4-001	Successful Analysis	"Your form analysis is complete. Review the feedback for improvements."
ERR2.4-001	Analysis Error	"There was an error analyzing your form. Please try again."

**AUTHOR:** Parbon Banerjee

### 2.1.6 Use Case 3.2 – Track Water Intake

#### DESCRIPTION:

This use case allows busy fitness enthusiasts(user) to track water his/her water consumption to stay hydrated between their professional work and fitness activities daily using WellFit AI.

#### PRIMARY ACTOR:

Fitness Enthusiasts-User

#### PRECONDITIONS:

User is on main menu and can navigate to Track Water Intake from the Nutrition and Hydration Management page.

#### POST CONDITIONS ON SUCCESS:

- Water intake is successfully logged.
- Hydration progress is updated and viewable.
- End-of-day hydration summary is available.

#### POST CONDITIONS ON FAILURE:

- Water intake is not logged properly.
- Hydration progress remains unchanged.
- Hydration summary is inaccurate/incomplete.

#### MAIN FLOW

1. The user navigates to the "Track Water Intake" function.
2. System displays quick log option, Progress, daily goal and history.
3. The user sets daily hydration goals.
4. The user selects quick log option and logs their water consumption by entering the amount of water consumed and the time.
5. The system records the intake and updates hydration progress.
  - a. The system displays information message in a pop-up message box (see MSG3.2-002).
  - b. The system displays error message in a pop-up message box, go to EXP1 – Log Water Intake Failure.
6. The user selects hydration feedback to track his/her progress.
7. The system displays the user's hydration progress, history and feedback.
8. The user views a summary of their daily water consumption, including graphical perspectives, missed goals, and AI suggestions.
9. The system sends personalized hydration reminders(MSG3.2-001) to the user's device at key points during the day.
10. End Use Case.

#### EXCEPTIONS:

##### *EXP1 – Log Water Intake Failure*

1. At Step 6 from the main flow, the system encounters an error during water intake logging and displays an error message (see ERR3.2-001).
2. User reads and closes the message.
3. System returns to the hydration input screen.

4. End Use Case.

## EXTENSIONS

None

## SPECIAL REQUIREMENTS

Ref ID	Requirement
3.2.1	The solution shall allow users to input water intake in milliliters (ml) or ounces (oz).
3.2.2	The solution must complete water intake logging in under 3 seconds under standard load conditions.
3.2.3	The solution shall allow editing or deleting previous intake entries.

## MESSAGES AND ERRORS

Code	Message/Error Name	Message/Error Content
MSG3.2-001	Hydration Reminder	“Time to drink water! Stay hydrated and meet your daily goal.”
MSG3.2-002	Intake Logged Successfully	“Your water intake of [amount] at [time] has been logged.”
ERR3.2-001	Water Intake Logging Error	“Water intake could not be logged. Please try again.”

**AUTHOR:** Shilpa Sosa George

### 2.1.7. Use Case 5.4 – Generate Fitness Reports

#### DESCRIPTION:

This use case enables users to generate and view comprehensive reports of their fitness history and performance within the WellFitAI app. These reports are accessed through the workout section, allowing users to analyze workout data, track consistency, evaluate the effectiveness of their routines, and gain insights into their overall fitness journey.

#### PRIMARY ACTOR:

User (e.g., Fitness Enthusiasts, Athlete)

#### PRECONDITIONS:

- The user is logged into the WellFitAI app.
- The user has workout data logged in the app.
- The user is in the workout section of the app.

#### POST CONDITIONS ON SUCCESS:

- The system generates a fitness report based on the user's selected parameters.
- The user can view the fitness report within the app.
- The user has the option to download the report in a suitable format (e.g., PDF, CSV).

#### POST CONDITIONS ON FAILURE:

- The system fails to generate the fitness report.
- The user receives an error message.

#### MAIN FLOW:

1. The user navigates to the "Workout History" section under the "Workouts" tab of the WellFitAI app.
2. The app provides an option to "Generate Fitness Report" within this section.
3. The user selects the "Generate Fitness Report" option.
4. The app displays options to customize the report (e.g., date range).
5. The user selects the desired report parameters.
6. The user initiates the report generation.
7. The system processes the user's data and generates the fitness report.
8. The app displays the generated report to the user.
9. The user can view the report within the app.
10. The user has the option to download the report.
11. End Use Case

## ALTERNATIVES:

- *A1: Invalid Date Range:*
  1. At Step 5, if the user enters an invalid date range (e.g., end date before start date), the system displays an error message.
  2. The user corrects the date range and returns to Step 4.
  3. End Use Case.
- *A2: No Data Available:*
  - At Step 7, if there is no data available for the selected report parameters, the system displays a message indicating "No data to generate report."
  - The user can modify the report parameters or return to the main menu.
  - End Use Case.

## EXTENSIONS:

- The system could offer options to schedule automatic report generation and delivery (e.g., weekly reports sent to the user's email).

## SPECIAL REQUIREMENTS:

Ref ID	Requirement
5.4.1	The system should generate reports in a reasonable time frame (e.g., within 10 seconds).
5.4.2	Reports should be visually appealing and easy to understand.
5.4.3	The app should ensure data privacy and security when generating and storing reports.

## MESSAGES AND ERRORS:

Code	Message/Error Name	Message/Error Content
MSG5.4-001	Report Generated Successfully	"Your fitness report has been generated and is ready for viewing/download."
ERR5.4-001	Report Generation Error	"There was an error generating your fitness report. Please try again."
ERR5.4-002	Invalid Date Range	"The date range you entered is invalid. Please enter a valid date range."
MSG5.4-002	No Data Available	"There is no data available for the selected report parameters."

**AUTHOR:** Musaab Shirgar

## 2.2 User Story

User Story	Acceptance Criteria	Done By
<b>US1.3 Store Personal Information</b> As a user, I want to be able to store personal information, so that my profile stays up-to-date and tailored to my needs.	<ul style="list-style-type: none"><li>• Ability to enter and save personal information (name, age, gender, location, etc.).</li><li>• Ability to edit or update personal information.</li><li>• Ability to delete personal information (with confirmation).</li><li>• Ability to view stored personal information.</li></ul>	Akshay Kapoor
<b>US1.4 Set Fitness Goals</b> As a user, I want to be able to set fitness goals, so that I can track and measure progress toward specific fitness outcomes.	<ul style="list-style-type: none"><li>• Ability to define and set fitness goals (e.g., weight loss, muscle gain, cardio improvement).</li><li>• Ability to specify target values and timeframes for goals.</li><li>• Ability to track progress toward goals.</li><li>• Ability to receive notifications or reminders related to goals.</li><li>• Ability to view past goals and achievements.</li><li>• Ability to delete or modify goals.</li></ul>	Labdh Shah

<p><b>US1.5 Record Health Conditions</b></p> <p>As a user, I want to be able to record health conditions, so that receive safe and suitable recommendations for workouts.</p>	<ul style="list-style-type: none"> <li>Ability to record health conditions (e.g., injuries, allergies, medical conditions).</li> <li>Ability to specify the severity and duration of health conditions.</li> <li>Ability to receive warnings or recommendations based on recorded health conditions.</li> <li>Ability to view past health conditions and related recommendations.</li> <li>Ability to delete or modify health conditions.</li> </ul>	Shilpa Sosa George
<p><b>US2.1 Create customized workout plan</b></p> <p>As a user, I want to create a personalized fitness plan, so that I can follow a fitness routine designed for my personal goals.</p>	<ul style="list-style-type: none"> <li>Ability to input personal fitness goals (e.g., strength gain, weight loss, endurance).</li> <li>Ability to specify fitness level (e.g., beginner, intermediate, advanced).</li> <li>Ability to select available equipment (e.g., dumbbells, resistance bands, bodyweight only).</li> <li>Ability to set workout frequency and duration.</li> <li>Ability to view a generated workout plan with specific exercises, sets, reps, and rest times.</li> <li>Ability to modify or adjust the generated workout plan.</li> <li>Ability to save and access created workout plans.</li> </ul>	Labdhi Shah
<p><b>US2.2 Provide adaptive Workout Plan Adjustments</b></p> <p>As a user, I want my plan to update based on my performance, so that my workout plan evolves as I improve over time.</p>	<ul style="list-style-type: none"> <li>Ability to log completed workouts with performance feedback.</li> <li>The app automatically tracks and records workout performance data (e.g., reps, sets, time).</li> <li>The app analyzes performance data to identify progress and areas for improvement.</li> <li>The app adjusts workout plan parameters (e.g., sets, reps, weight) based on performance analysis.</li> <li>Ability to receive notification of workout plan adjustments.</li> <li>Ability to view the adjusted workout plan.</li> <li>Ability to choose option to approve or decline adaptive changes.</li> </ul>	Labdhi Shah
<p><b>US2.3 Recommend alternative exercises</b></p> <p>As a user, I want suggestions for alternate exercises, so that I can stay on track even when I can't complete a certain exercise.</p>	<ul style="list-style-type: none"> <li>Ability to tap "Need Alternative" on any workout step</li> <li>The app provides a list of alternative exercises that target the same muscle groups or fitness goals.</li> <li>The app provides information about the alternative exercises (e.g., description, instructions, benefits).</li> <li>Ability to view the recommended alternative exercises.</li> <li>Ability to select an alternative exercise to incorporate into their workout.</li> </ul>	Labdhi Shah
<p><b>US2.4 Analyze form and posture</b></p> <p>As a user, I want the app to provide analysis on form and posture, so that I can prevent injuries and improve workout efficiencies.</p>	<ul style="list-style-type: none"> <li>The app uses the device's camera to capture the user's movements during exercise.</li> <li>The app analyzes the user's form and posture using motion tracking or computer vision.</li> <li>The app identifies potential errors in the user's form and posture (e.g., incorrect joint angles, improper alignment).</li> <li>The app provides feedback to the user on how to correct their form and posture.</li> <li>Ability to view the analysis and feedback.</li> </ul>	Parbon Banerjee

<p><b>US2.5 Provide real-time feedback</b></p> <p>As a user, I want real-time feedback during workouts, so that I can immediately correct mistakes while exercising.</p>	<ul style="list-style-type: none"> <li>The app provides feedback to the user while they are performing exercises.</li> <li>Ability to view live feedback as it appears on screen while movement is tracked.</li> <li>Ability to pause/resume workout to respond to feedback.</li> <li>Ability to adjust the settings for real-time feedback (e.g., volume, frequency).</li> </ul>	Parbon Banerjee
<p><b>US2.6 Review Form Feedback</b></p> <p>As a user, I want to review posture feedback after my workout, so that I can learn from my mistakes and improve next time.</p>	<ul style="list-style-type: none"> <li>Ability to access a session summary showing form accuracy.</li> <li>Ability to view key moments of incorrect posture are highlighted (e.g., timestamped clips or notes).</li> <li>The app provides suggestions for improvement per exercise.</li> <li>Ability to filter feedback history can be by date or exercise type.</li> </ul>	Parbon Banerjee
<p><b>US3.1 Log Food Entry</b></p> <p>As a user, I want to be able to log food entries, so that I can monitor my eating habits for better nutrition.</p>	<ul style="list-style-type: none"> <li>Ability to manually enter food items (e.g., name, quantity, unit)</li> <li>Ability to search and select food items from a built-in food database</li> <li>Ability to categorize food entries by meal type (breakfast, lunch, dinner, snack)</li> <li>Ability to specify the time of food entry.</li> <li>Ability to view a log of entered food items.</li> <li>Ability to edit or delete food entries.</li> <li>Ability to save food entries.</li> </ul>	Akshay Kapoor
<p><b>US3.2 Log Water Intake</b></p> <p>As a user, I want to be able to track water intake, so that I can stay properly hydrated throughout the day.</p>	<ul style="list-style-type: none"> <li>Ability to view daily water intake goal.</li> <li>Ability to log water intake in specified units (e.g., ml, oz).</li> <li>Ability to view a visual representation of daily water intake (e.g., progress bar, chart).</li> <li>Ability to view historical water intake data.</li> <li>Ability to edit or delete water intake entries.</li> <li>Ability to receive reminders to log water intake.</li> </ul>	Shilpa Sosa George
<p><b>US3.3 Recognize meal image</b></p> <p>As a user, I need to scan food using my device camera so that the app can auto-log meal content.</p>	<ul style="list-style-type: none"> <li>Ability to use the device's camera to capture an image of a meal.</li> <li>The app analyses the image to identify food items.</li> <li>The app displays a list of identified food items.</li> <li>Ability to confirm or correct the identified food items.</li> <li>Ability to automatically log the identified food items.</li> <li>Ability to manually add food items if not recognized by the image.</li> </ul>	Akshay Kapoor
<p><b>US3.4 Provide Nutritional Breakdown</b></p> <p>As a user, I want to I need to view the macronutrient and calorie content of my meals, so that I understand what nutrients I'm consuming.</p>	<ul style="list-style-type: none"> <li>Ability to view the calorie content of logged meals.</li> <li>Ability to view the macronutrient breakdown (e.g., protein, carbohydrates, fat) of logged meals.</li> <li>Ability to view the micronutrient information (e.g., vitamins, minerals) of logged meals (if available).</li> </ul>	Akshay Kapoor
<p><b>US3.5 Recommend Hydration Levels</b></p> <p>As a user, I want personalized</p>	<ul style="list-style-type: none"> <li>Ability to input key personal data (weight, age, gender, and daily activity level).</li> <li>The app calculates a hydration goal based on user data.</li> <li>Ability to view personalized hydration recommendations.</li> </ul>	Shilpa Sosa George

hydration recommendations based on my routine and activity, so that I know how much water I need.	<ul style="list-style-type: none"> <li>Ability to adjust the factors used to calculate hydration recommendations.</li> </ul>	
<b>US3.6 Send Reminders</b> As a user, I want regular hydration and meal reminders, so that I don't forget to stay consistent with my diet and hydration.	<ul style="list-style-type: none"> <li>Ability to set reminders for logging food intake.</li> <li>Ability to set reminders for logging water intake.</li> <li>Ability to customize reminder frequency and timing.</li> <li>Ability to enable or disable reminders</li> </ul>	Shilpa Sosa George
<b>US3.7 Set Daily Hydration Goal</b> As a fitness enthusiast, I want to set my personalized daily water intake goal based on my activity, so that I can ensure I meet my hydration needs.	<ul style="list-style-type: none"> <li>Ability to add intake using predefined buttons (e.g., 100,200,250).</li> <li>Ability to add custom values.</li> <li>Ability to select between different unit options(ml/oz)</li> <li>The app updates the goals in the homepage</li> <li>Ability to edit the goal after it has been set</li> <li>•</li> </ul>	Shilpa Sosa George
<b>US3.8 Set Meal Favorites</b> As a user, I want to mark commonly eaten meals as favorites, so that I can quickly log them without re-entering details.	<ul style="list-style-type: none"> <li>Ability to set meal as favorite using the "Favorites" button after logging a meal.</li> <li>Ability to view all favorite meals stored.</li> <li>The app suggests favorite meals from next entry.</li> <li>Ability to quickly re-log a favorite meal with one tap.</li> </ul>	Akshay Kapoor
<b>US4.1 Show demonstration Videos</b> As a user, I want to watch demonstration videos of workouts, so that I can perform them correctly.	<ul style="list-style-type: none"> <li>Ability to browse and select workout demonstration videos</li> <li>Ability to view videos in full-screen and standard mode</li> <li>Ability to pause, play, and replay videos</li> <li>Ability to filter videos by workout type and difficulty</li> <li>Ability to mark videos as "watched" or "favorite"</li> </ul>	Nishita Ahuja
<b>US4.2 Provide step-by-step Instructions</b> As a user, I want instructions in visual or text format for each exercise, so that I can confidently complete my workouts.	<ul style="list-style-type: none"> <li>Ability to toggle between text and visual instructions</li> <li>Ability to include reps, sets, and form tips in instructions</li> <li>Ability to bookmark specific instructions for review</li> <li>Ability to access instructions both before and during workout.</li> </ul>	Musaab Shirgar
<b>US4.3 Suggest videos on user Progress</b> As a user, I want video suggestions tailored to my current progress, so that I get relevant guidance based on my fitness level.	<ul style="list-style-type: none"> <li>Ability to track progress over time</li> <li>Ability to view AI-based video recommendations</li> <li>Ability to save or dismiss suggestions</li> <li>Ability to refresh or request new suggestions</li> </ul>	Asad Bin Faruq
<b>US4.4 Encourage User Progress</b> As a user, I want motivational messages and rewards for completing sessions, so that I stay motivated throughout my fitness journey.	<ul style="list-style-type: none"> <li>Ability to view motivational quotes after each session</li> <li>Ability to unlock badges or points for session completion</li> <li>Ability to set personal goals and celebrate milestones</li> <li>Ability to share achievements on social platforms</li> </ul>	Parbon Banerjee
<b>US5.1 Track Exercise Repetition</b> As a user, I want to be able to track exercise repetition, so that I can review how many reps I completed during workouts.	<ul style="list-style-type: none"> <li>The app detects and count each completed repetition during exercise.</li> <li>Ability to view real-time of repetition count on screen during workouts.</li> <li>Ability to view past repetition data by date or exercise type.</li> </ul>	Asad Bin Faruq

<p><b>US5.2 Set Repetition Goals</b></p> <p>As a user, I want to set repetition goals for each workout, so that I can stay focused and track whether I meet my targets.</p>	<ul style="list-style-type: none"> <li>Ability to set a target rep count for each exercise before starting.</li> <li>The app displays real-time progress toward the target during the workout.</li> <li>The app sends notification to the user once the target is met or exceeded.</li> <li>The app saves target repetition data along with workout logs.</li> <li>Ability to view workout logs.</li> </ul>	Asad Bin Faruq
<p><b>US5.3 Estimate Calories Burned</b></p> <p>As a user, I want to see how many calories I burn per session, so that I understand the energy I've expended after exercising.</p>	<ul style="list-style-type: none"> <li>The app calculates estimated calories burned for each session based on user activity.</li> <li>Ability to view calorie burn immediately after a workout.</li> <li>Ability to access a summary of calorie burn for the day, week, or month</li> </ul>	Asad Bin Faruq
<p><b>US5.4 Compare Progress</b></p> <p>As a user, I want to be able to compare progress, so that I can see how I'm improving over time.</p>	<ul style="list-style-type: none"> <li>Ability to select metrics to compare (e.g., reps, weight, calories burned).</li> <li>Ability to view a comparison data across different time periods (e.g., weekly, monthly).</li> <li>Ability to filter or export progress comparisons.</li> </ul>	Musaab Shirgar
<p><b>US5.5 Generate Fitness Reports</b></p> <p>As a user, I want to view and download reports of my fitness history and performance, so that I can track how consistent and My routines have been effective over time.</p>	<ul style="list-style-type: none"> <li>The app generates summary reports on users' fitness journey.</li> <li>The app should include relevant details such as exercises, duration, repetitions, hydration and calories burned in the report.</li> <li>Ability to view fitness reports.</li> <li>Ability to download reports.</li> </ul>	Musaab Shirgar
<p><b>US5.6 Analyze Goal Achievement</b></p> <p>As a goal-driven user, I want to see how close I am to meeting my fitness goals, so that I can stay motivated and adjust my efforts if needed.</p>	<ul style="list-style-type: none"> <li>The app displays progress bar towards fitness goals.</li> <li>Ability to view progress towards goals</li> <li>The app provides feedback and suggestions on how close the user is to achieving their goal.</li> <li>Ability to view feedback and suggestions provided</li> </ul>	Musaab Shirgar
<p><b>US5.7 Set Custom Metrics to Track</b></p> <p>As a user, I want to choose which fitness metrics matter most to me, so that I can personalize my progress tracking.</p>	<ul style="list-style-type: none"> <li>Ability to select preferred metrics (e.g., steps, calories, hydration, reps, duration).</li> <li>The app displays selected metrics on dashboard and reports.</li> <li>Ability to modify selected metrics anytime.</li> <li>The app hides non-selected metrics.</li> </ul>	Musaab Shirgar
<p><b>US5.8 Suggest Personalized Fitness Plans</b></p> <p>As a user, I want the app to recommend new workout plans based on my progress and performance, so that I always have a fitness plan that fits my current condition.</p>	<ul style="list-style-type: none"> <li>Ability to gather relevant user data</li> <li>Ability to generate personalized fitness plan suggestions</li> <li>Ability to tailor suggestions to user condition</li> <li>Ability to include plan details (exercises, schedule)</li> <li>Ability for user to accept or modify suggested plans</li> </ul>	Asad Bin Faruq
<p><b>US6.1 Access Certified Trainers</b></p> <p>As a user, I want to be able to access to certified trainers, so that I can choose a trainer that matches my needs.</p>	<ul style="list-style-type: none"> <li>Ability to view a list of certified trainers.</li> <li>Ability filter trainers by category (e.g., weight loss, strength).</li> <li>The app displays Trainer profiles show name, photo, specialization, and credentials.</li> <li>Ability to view full trainer bio and reviews.</li> </ul>	Nishita Ahuja

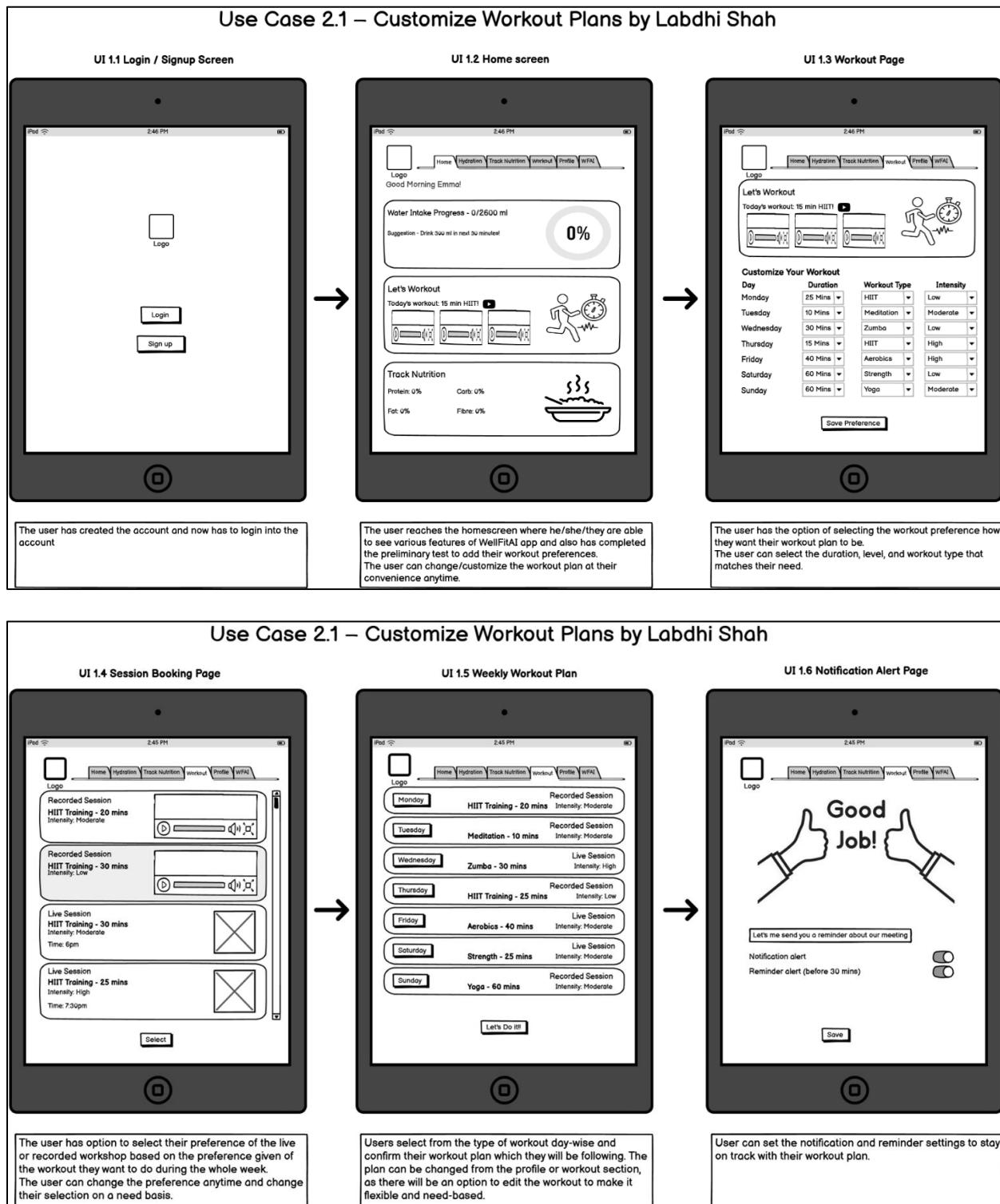
<p><b>US6.2 Schedule one-on-one coaching sessions</b></p> <p>As a user, I want to be able to schedule one-on-one coaching sessions, so that I can plan personalized support sessions.</p>	<ul style="list-style-type: none"> <li>Ability to view trainer availability.</li> <li>Ability to book a time slot without double-booking.</li> <li>The app sends a Confirmation message after booking.</li> <li>Ability to view the confirmation message.</li> <li>Ability to reschedule or cancel the session.</li> </ul>	Nishita Ahuja
<p><b>US6.3 Collect Feedback</b></p> <p>As a user, I want to be able to provide feedback, so that I can share my experience and help improve service quality.</p>	<ul style="list-style-type: none"> <li>Ability to enter feedback comments after a session.</li> <li>Ability to post feedback successfully.</li> <li>Ability to post feedback anonymously.</li> <li>Ability to view confirmation message after submission.</li> </ul>	Labdhi Shah
<p><b>US6.4 Match Trainer availability</b></p> <p>As a user, I want to be able to match trainer, so that I can find a session time that works for both of us.</p>	<ul style="list-style-type: none"> <li>Ability to view available slots for selected trainer.</li> <li>The app displays only mutually available times based on user's and trainer's calendars.</li> <li>User can select and confirm a matching time.</li> </ul>	Nishita Ahuja
<p><b>US6.5 Allow session booking</b></p> <p>As a user, I want to be able to book session, so that I can reserve a time slot easily through the app.</p>	<ul style="list-style-type: none"> <li>Ability to select date, time, and trainer for session.</li> <li>Ability to book session for the selected trainer, date and time.</li> <li>The app confirms booking and updates trainer availability.</li> <li>The app displays confirmation message after successful booking.</li> <li>Ability to receive reminder notification before the session.</li> </ul>	Nishita Ahuja
<p><b>US6.6 Suggest workout timings</b></p> <p>As a user, I want to be received Suggestion on workout timings, so that I receive suggestions based on my personal schedule.</p>	<ul style="list-style-type: none"> <li>Ability to select preferred workout windows (e.g., morning, evening).</li> <li>The app provides suggests workout times based on user availability and goals.</li> <li>Ability to accept suggested workout times.</li> <li>Ability to customize suggested workout times.</li> </ul>	Parbon Banerjee

## 2.3 User Story Map

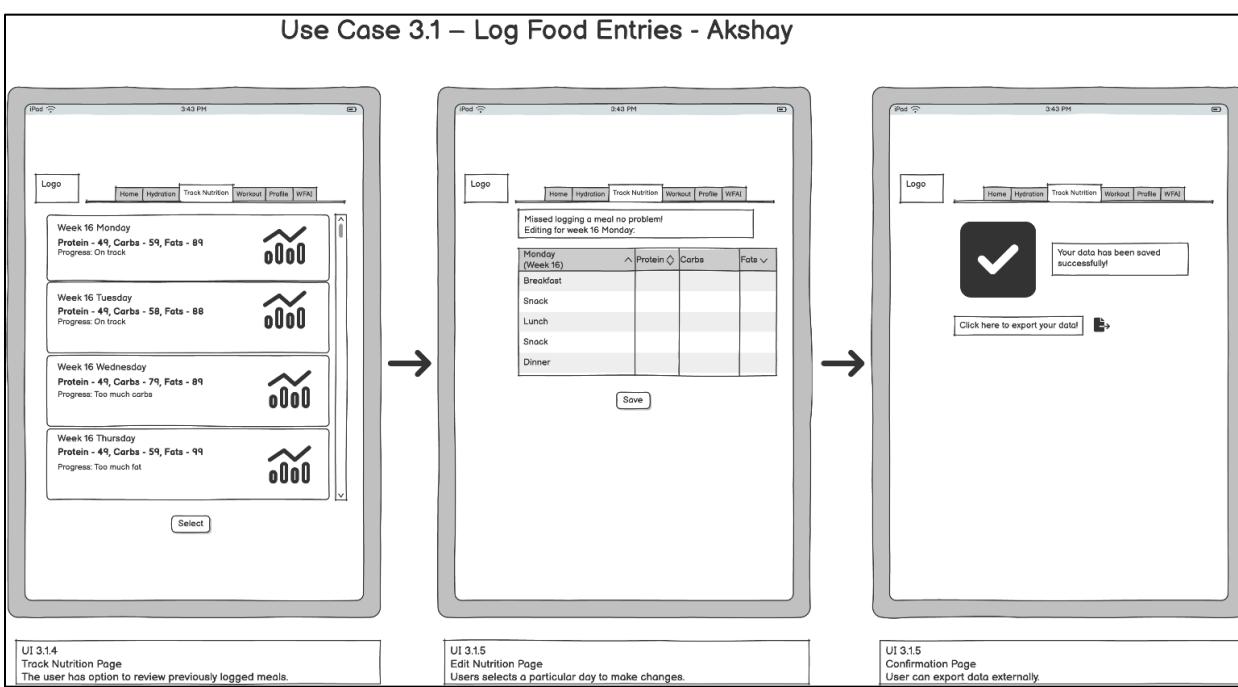
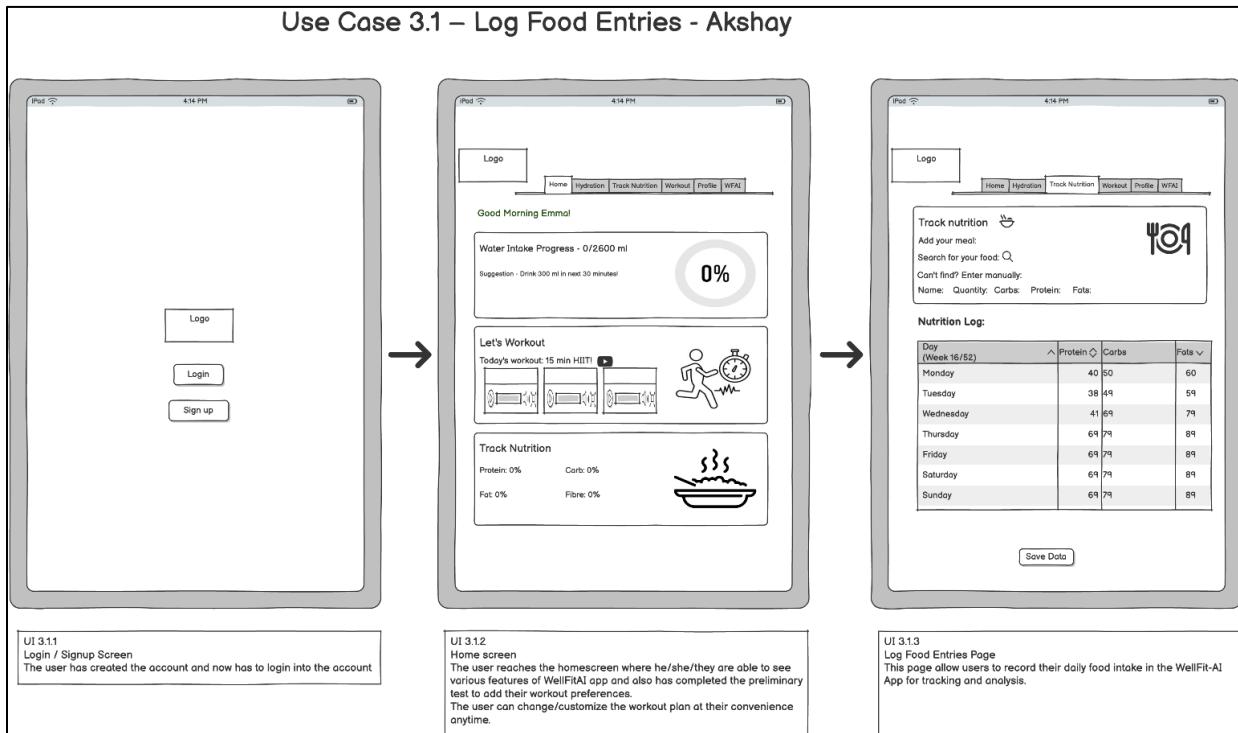
Signup / Login	Personalized Exercise Guide	Trainer Management	Nutrition and Hydration Management	Progress Tracking and Analysis	Modify and Manage Workouts / Hydration	Profile
<p>As a user, I want to be able to set fitness goals, so that I can track and measure progress toward specific fitness outcomes.</p> <p>As a user, I want to be able to record health conditions, so that I receive safe and suitable recommendations for workouts.</p> <p>As a user, I want instructions in visual or text format for each exercise, so that I can confidently complete my workouts.</p> <p>As a user, I want motivational messages and rewards for completing sessions, so that I stay motivated throughout my fitness journey.</p> <p>As a user, I want video suggestions tailored to my current progress, so that I get relevant guidance based on my fitness level.</p> <p>As a user, I want to be able to customize workout plan, so that I can follow a fitness routine designed for my personal goals.</p> <p>As a user, I want to be able to provide real-time feedback, so that I can immediately correct mistakes while exercising.</p>	<p>As a user, I want to watch demonstration videos of workouts, so that I can perform them correctly.</p> <p>As a user, I want to be able to track exercise repetition, so that I can review how many reps I completed during workouts.</p> <p>As a user, I want instructions in visual or text format for each exercise, so that I can confidently complete my workouts.</p> <p>As a user, I want motivational messages and rewards for completing sessions, so that I stay motivated throughout my fitness journey.</p> <p>As a user, I want video suggestions tailored to my current progress, so that I get relevant guidance based on my fitness level.</p> <p>As a user, I want to be able to customize workout plan, so that I can follow a fitness routine designed for my personal goals.</p> <p>As a user, I want to be able to provide real-time feedback, so that I can immediately correct mistakes while exercising.</p>	<p>As a user, I want to be able to access to certified trainers, so that I can choose a trainer that matches my needs.</p> <p>As a user, I want to be able to schedule one-on-one coaching sessions, so that I can plan personalized support sessions.</p> <p>As a user, I want to be able to provide feedback, so that I can share my experience and help improve service quality.</p> <p>As a user, I want to be able to match trainer, so that I can find a session time that works for both of us.</p> <p>As a user, I want to be able to book session, so that I can reserve a time slot easily through the app.</p> <p>As a user, I want to be received Suggestion on workout timings, so that I receive suggestions based on my personal schedule.</p>	<p>As a user, I want to be able to log food entries, so that I can monitor my eating habits for better nutrition.</p> <p>As a user, I want to view the macronutrient and calorie content of my meals, so that I understand what nutrients I'm consuming.</p> <p>As a user, I want to be able to track water intake, so that I can stay properly hydrated throughout the day.</p> <p>As a user, I want personalized hydration recommendations based on my routine and activity, so that I know how much water I need.</p> <p>As a user, I want to mark commonly eaten meals as favorites, so that I can quickly log them without re-entering details.</p> <p>As a user, I need to scan food using my device camera so that the app can auto-log meal content.</p>	<p>As a user, I want to be able to track exercise repetition, so that I can review how many reps I completed during workouts.</p> <p>As a user, I want to view and download reports of my fitness history and performance, so that I can track how consistent and My routines have been effective over time.</p> <p>As a goal-driven user, I want to see how close I am to meeting me fitness goals, so that I can stay motivated and adjust my efforts if needed.</p> <p>As a user, I want to see how many calories I burn per session, so that I understand the energy I've expended after exercising.</p> <p>As a user, I want to be able to compare progress, so that I can see how I'm improving over time.</p> <p>As a user, I want to choose which fitness metrics matter most to me, so that I can personalize my progress tracking.</p>	<p>As a user, I want to be able to analyze form &amp; posture, so that I can prevent injuries and improve workout effectiveness.</p> <p>As a user, I want to be able to recommend alternative exercises, so that I can stay on track even when I can't complete a certain exercise.</p> <p>As a user, I want to be able to adaptive adjustments on progress, so that my workout plan evolves as I improve over time.</p> <p>As a user, I want the app to recommend new workout plans based on my progress and performance, so that I always have a fitness plan that fits my current condition.</p>	<p>As a user, I want to be able to send regular updates, so that I stay informed about features and health tips.</p> <p>As a user, I want to be able to provide customer support, so that I can get help whenever I face an issue.</p> <p>As a user, I want to be able to collect user feedback, so that I can contribute to improving the app experience.</p> <p>As a user, I want to be able to store personal information, so that my profile stays up-to-date and tailored to my needs.</p> <p>As a user, I want to be able to send reminders, so that I don't forget to stay consistent with my diet and hydration.</p>

## 2.3 Mid-Fidelity Mock-ups and Storyboard

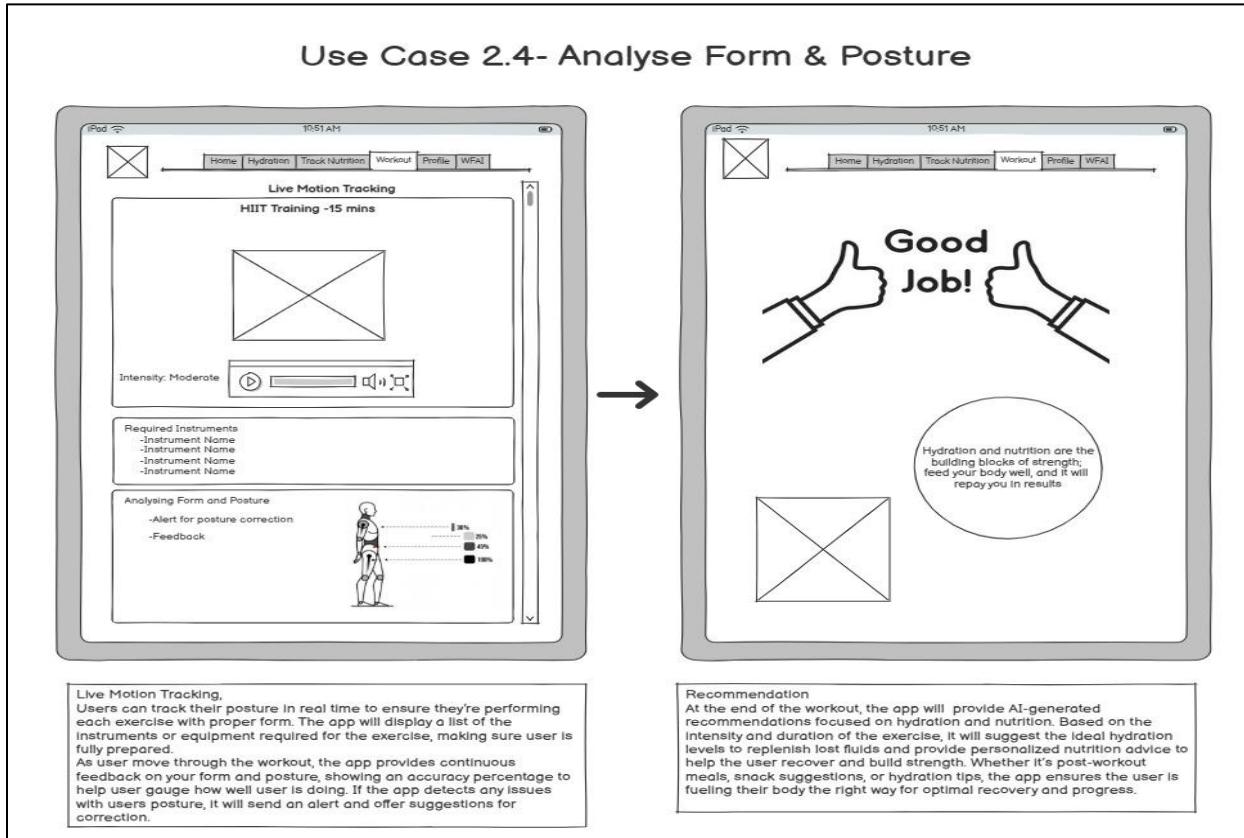
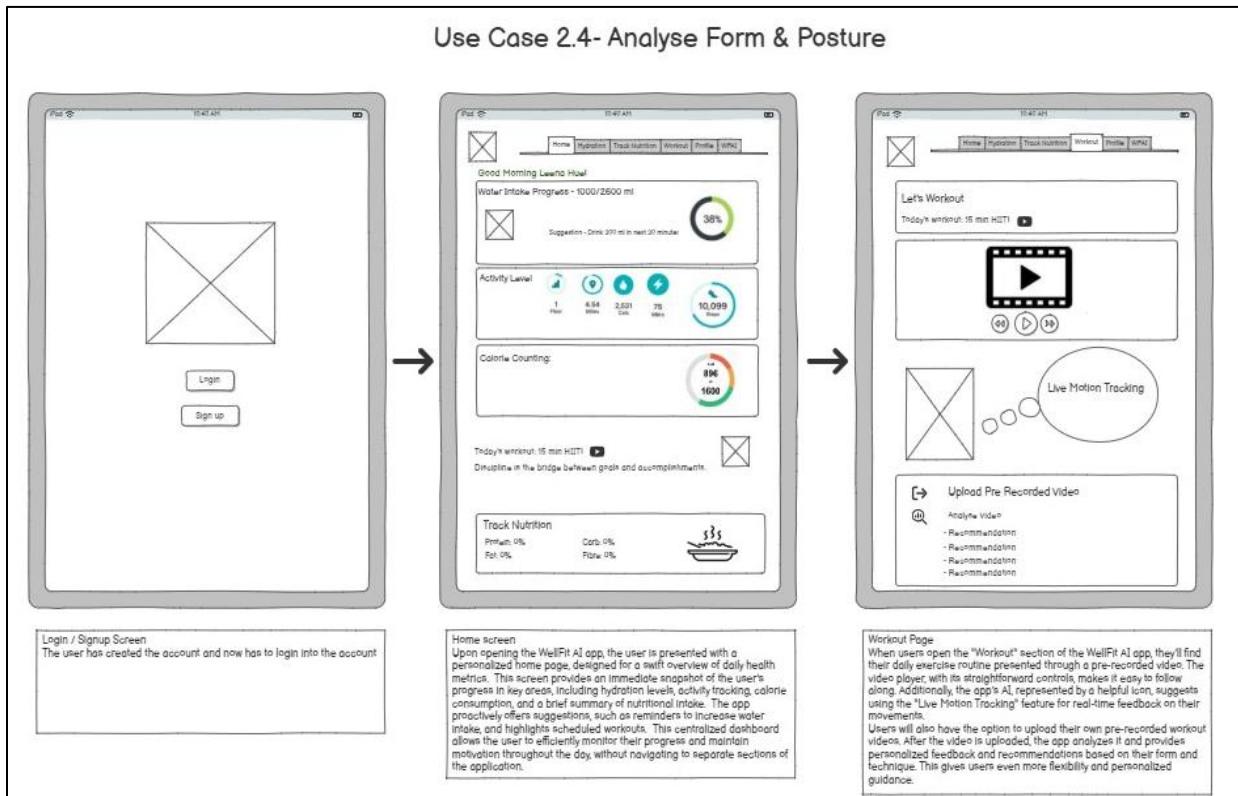
### 2.3.1. UC2.1 - Customize Workout Plan



### 2.3.2. UC3.1 - Log Food Entries

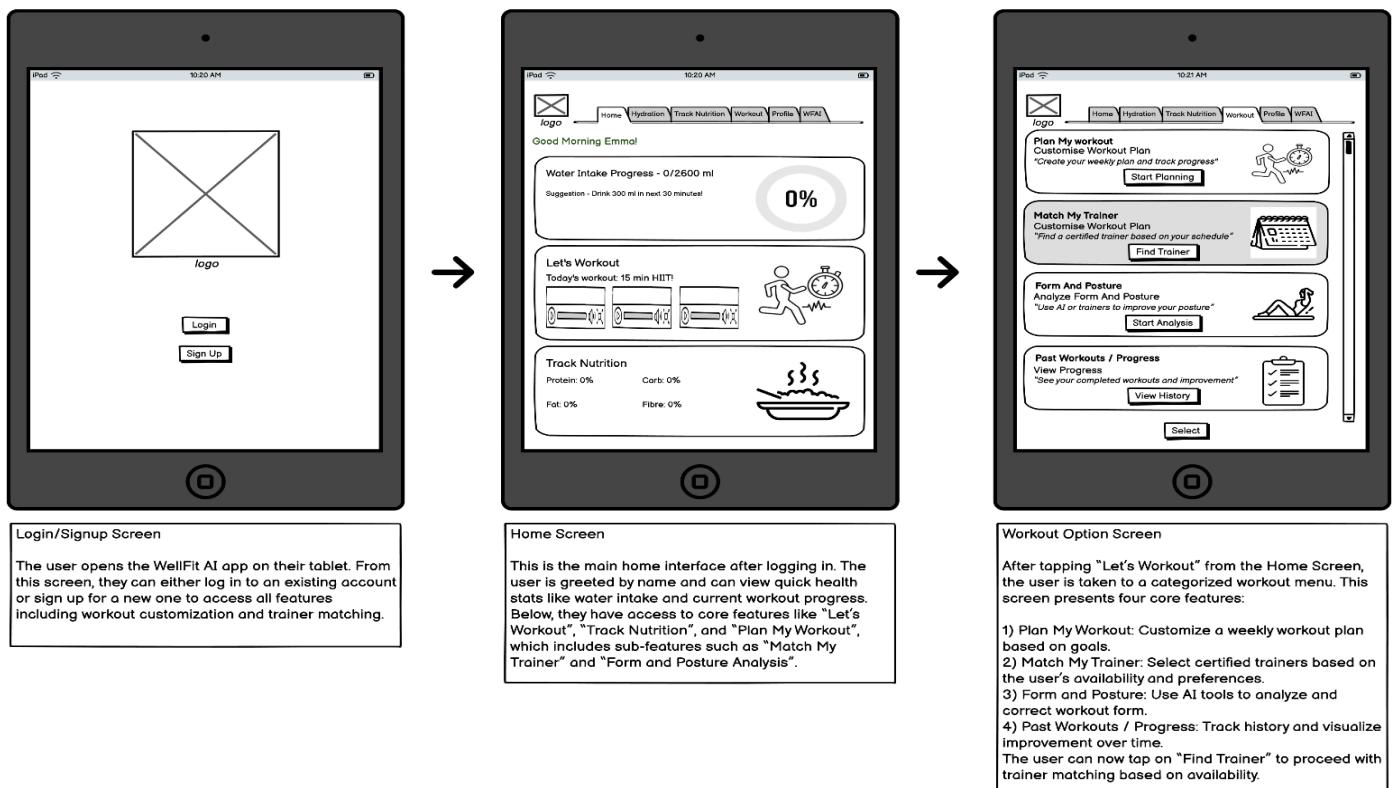


### 2.3.3. UC2.4 – Analyse Form and Posture

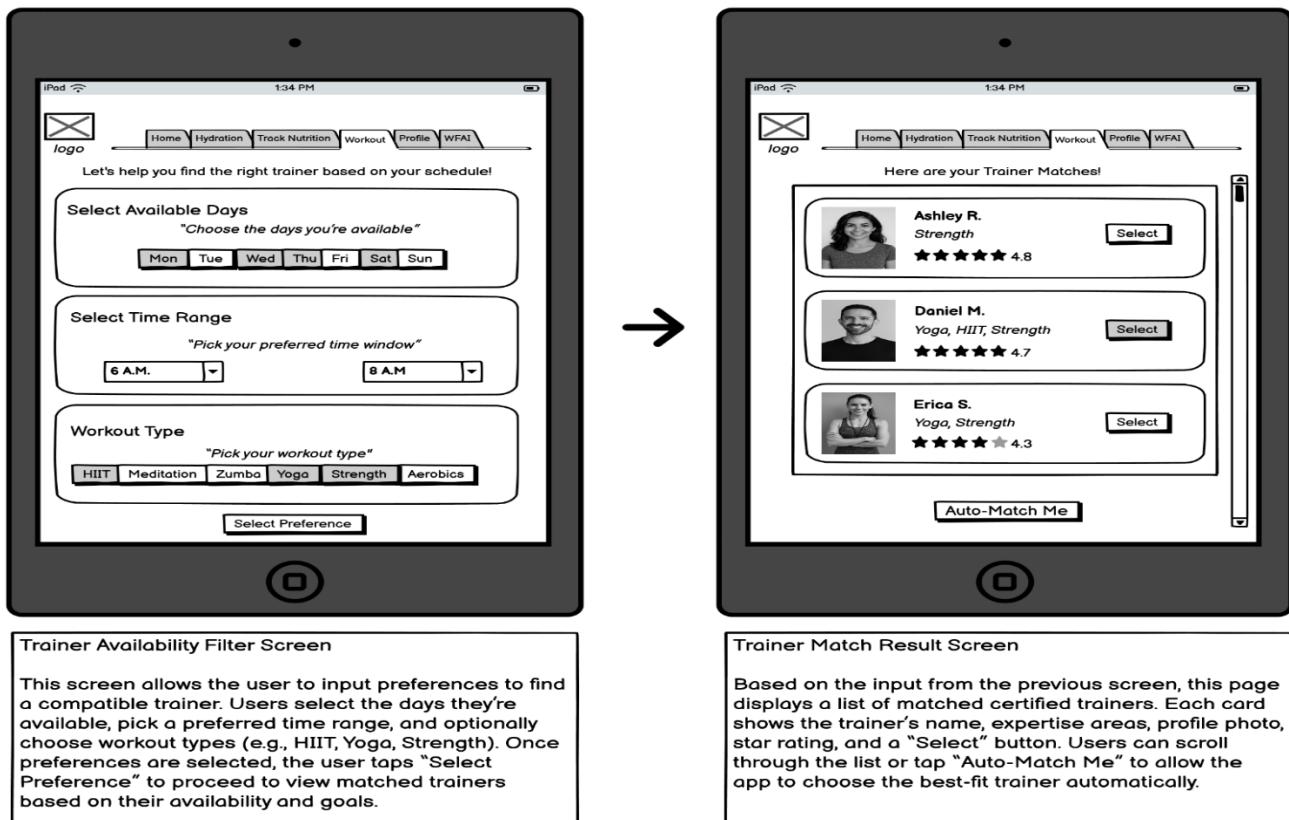


## 2.3.4. UC6.4 - Match Trainer Availability

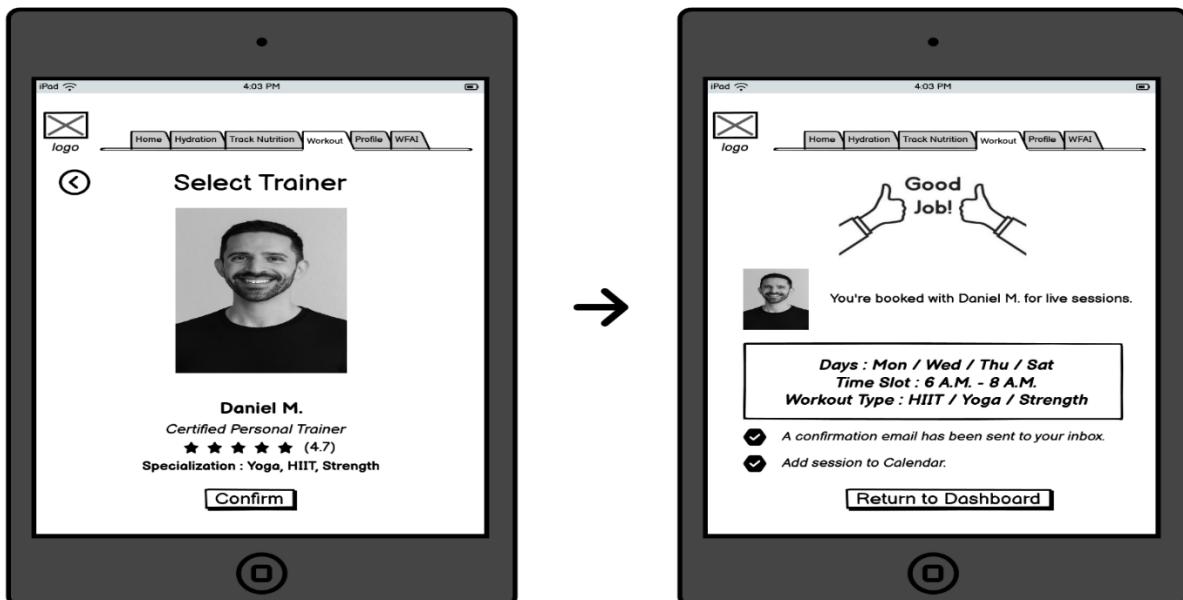
Use Case 6.4 - Match Trainer Availability by Nishita Ahuja



Use Case 6.4 - Match Trainer Availability by Nishita Ahuja



## Use Case 6.4 - Match Trainer Availability by Nishita Ahuja



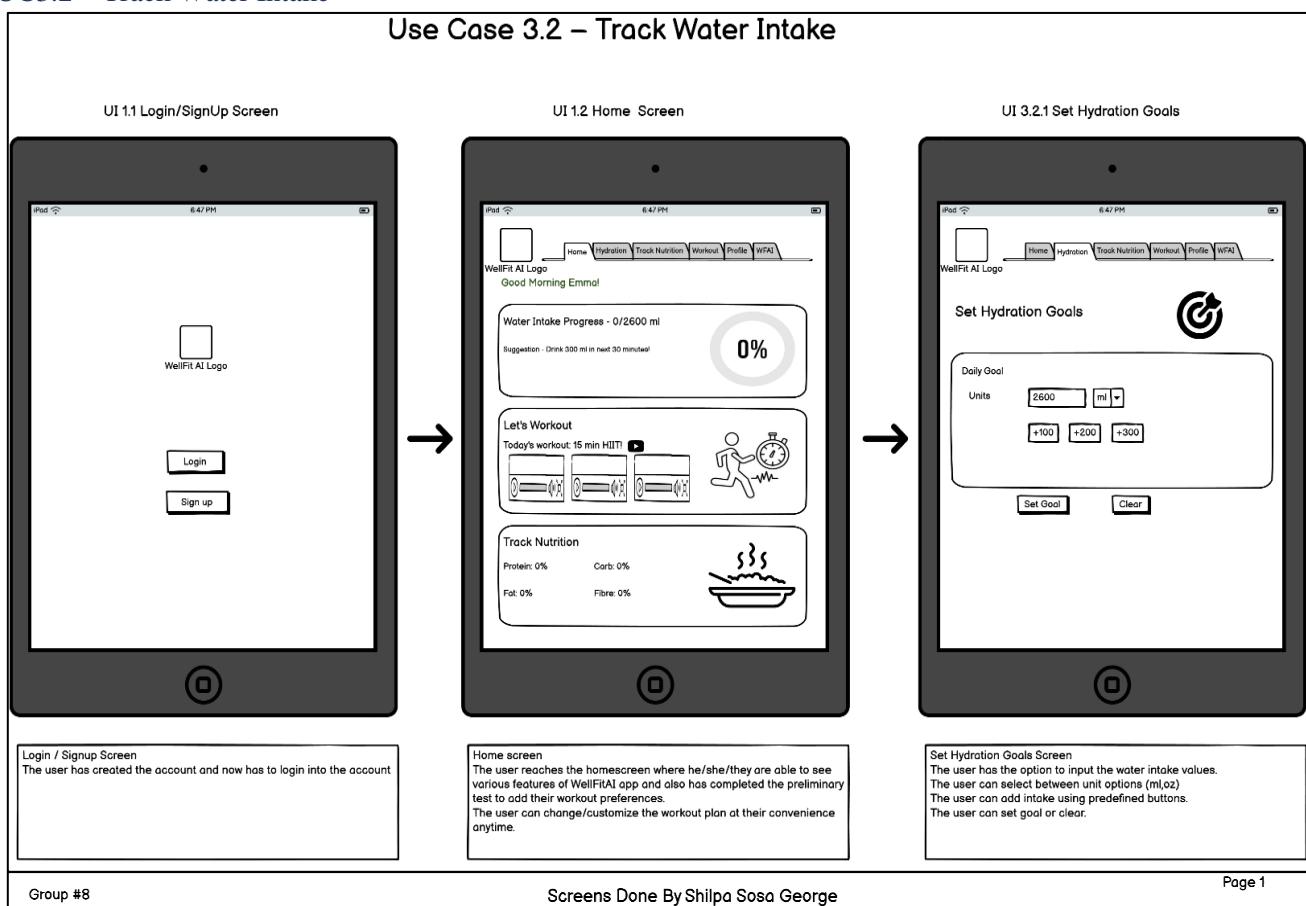
Select Trainer Screen

After viewing the list of matched trainers, the user selects one to view a detailed profile. This screen displays the trainer's name, photo, title, average rating, and specializations. It helps users make an informed choice before confirming. Once satisfied, the user taps "Confirm" to proceed with the booking.

Booking Confirmation Screen

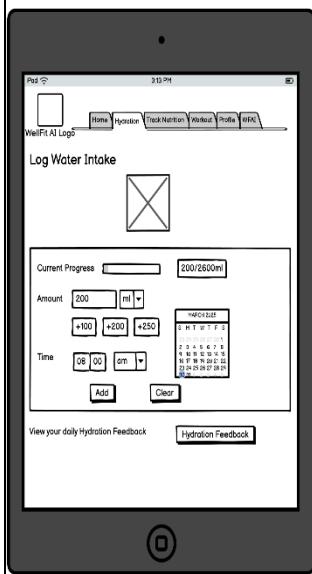
Once a trainer is confirmed, the app displays a success message with trainer details, scheduled days, time slot, and workout types. It also notifies the user that a confirmation email has been sent. Users are given the option to add the session to their calendar or return to the dashboard, completing the trainer-matching process.

### 2.3.5. UC3.2 – Track Water Intake



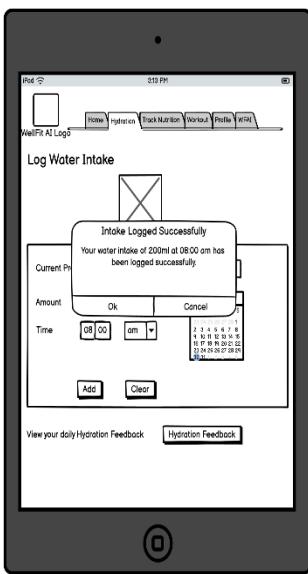
## Use Case 3.2 – Track Water Intake

UI 3.2.2 Log Water Intake



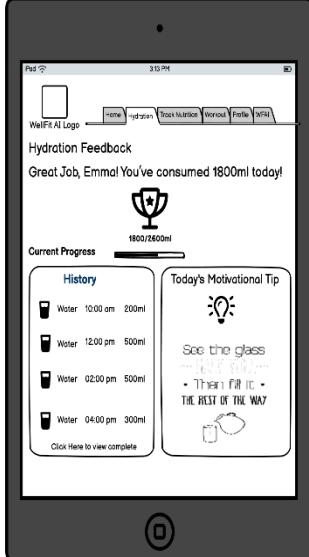
**Log Water Intake Screen**  
The user logs their water consumption by entering the amount of water consumed and the time.  
The user can change the entries anytime.

UI 3.2.3.1 Log Water Intake- Success



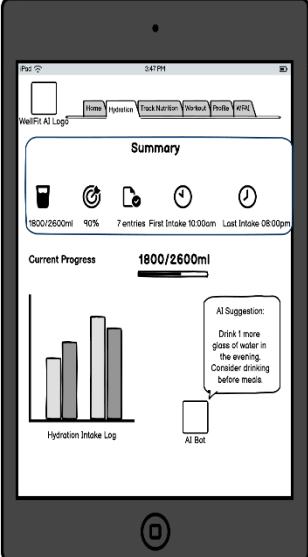
**Log Water Intake Screen**  
The system displays information message box upon success or failure.  
On success, the system displays "Intake Logged Successfully" message box with "Your water intake of amount at time has been logged." message.  
The user can click on "Ok" to continue or "cancel" if wishes to stay on same page.

UI 3.2.4 Hydration Feedback



**Hydration Feedback Screen**  
The user selects hydration feedback to track his/her progress.  
The system displays the user's hydration progress, history, feedback and motivational tip.

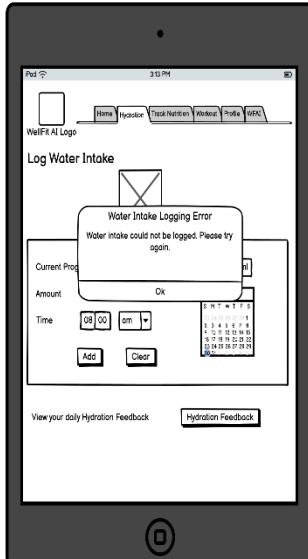
UI 3.2.5 Hydration Summary



**Hydration Summary Screen**  
The user views a summary of their daily water consumption, including graphical perspectives, missed goals, and AI suggestions.



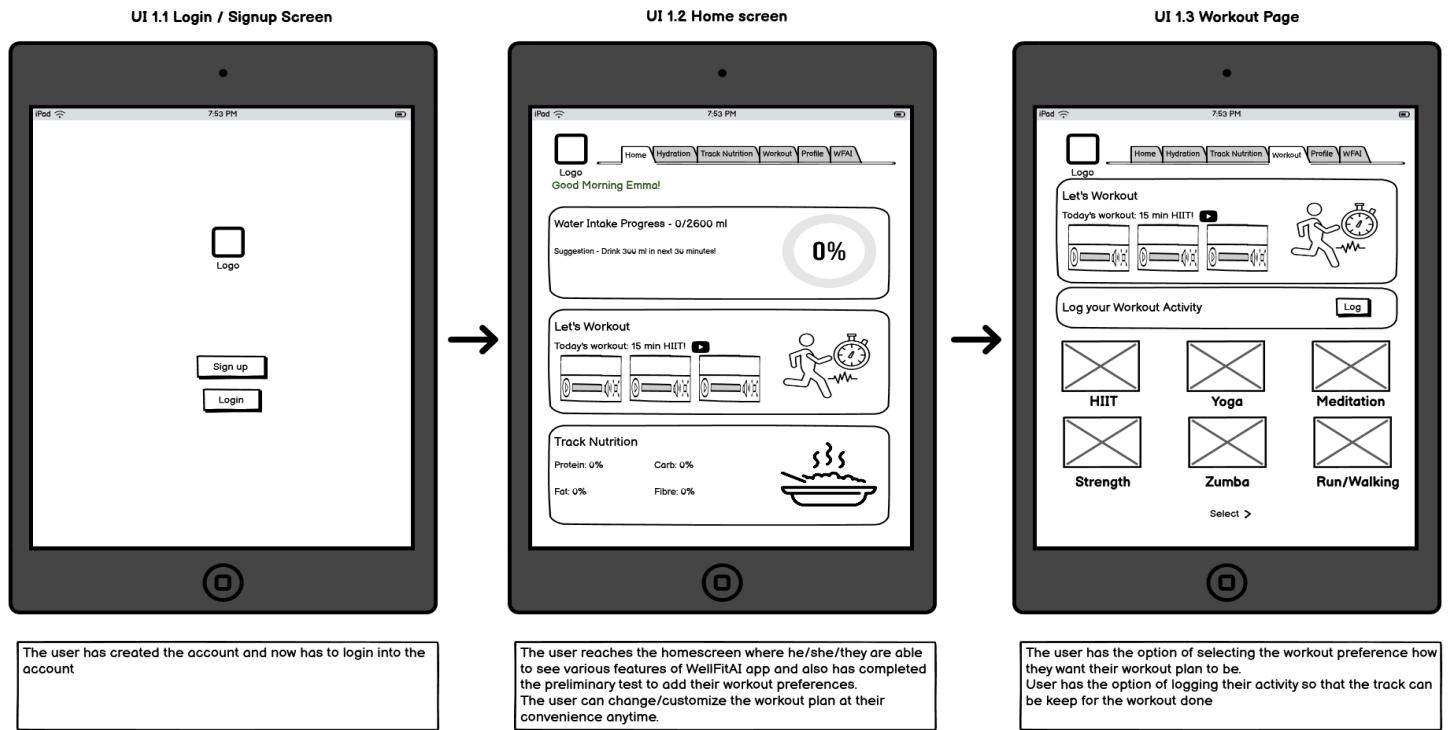
UI 3.2.3.2 Log Water Intake- Error



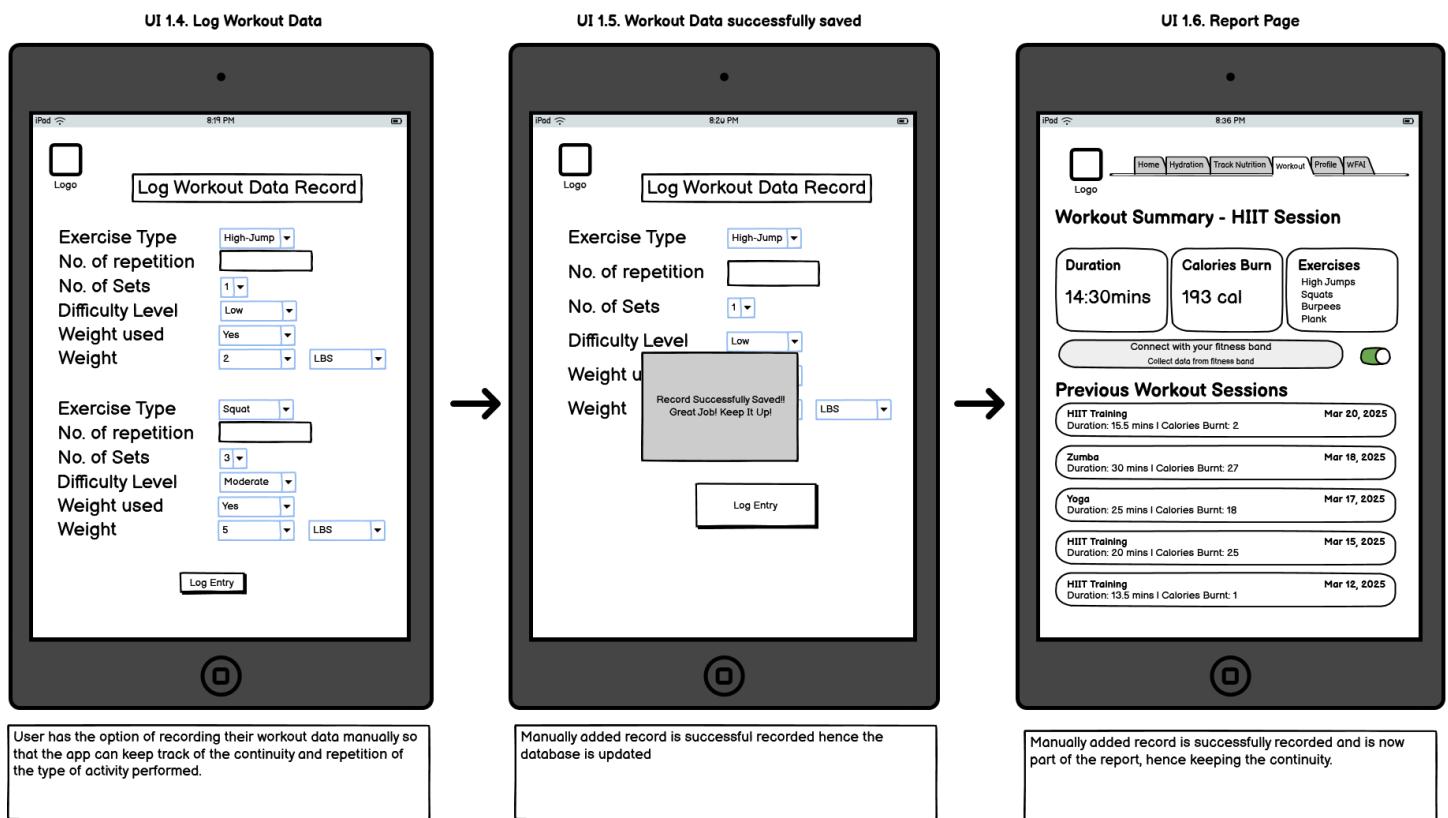
**Log Water Intake Screen**  
The system displays information message box upon success or failure.  
On failure, the system displays Water Intake Logging Error message box with "Water intake could not be logged. Please try again." message.  
The user can click on "Ok" to make changes.

## 2.3.6. UC5.1 – Track Exercise Repetition

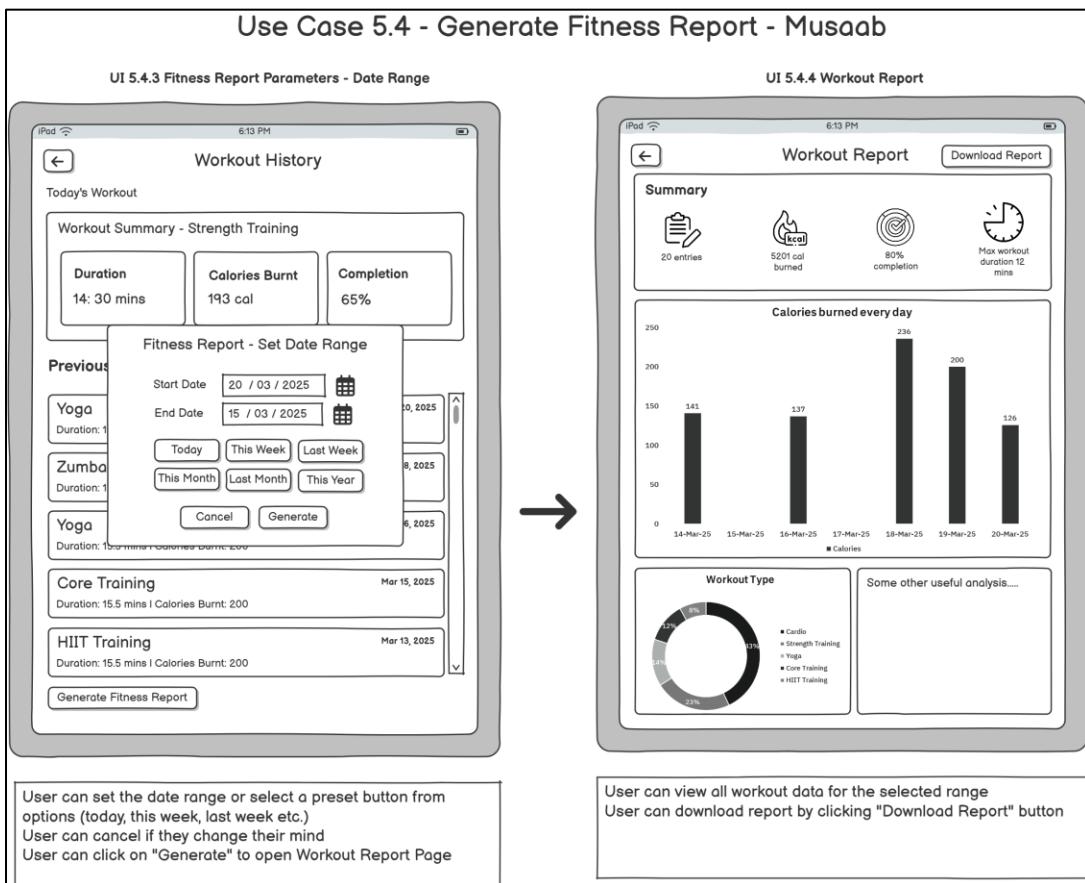
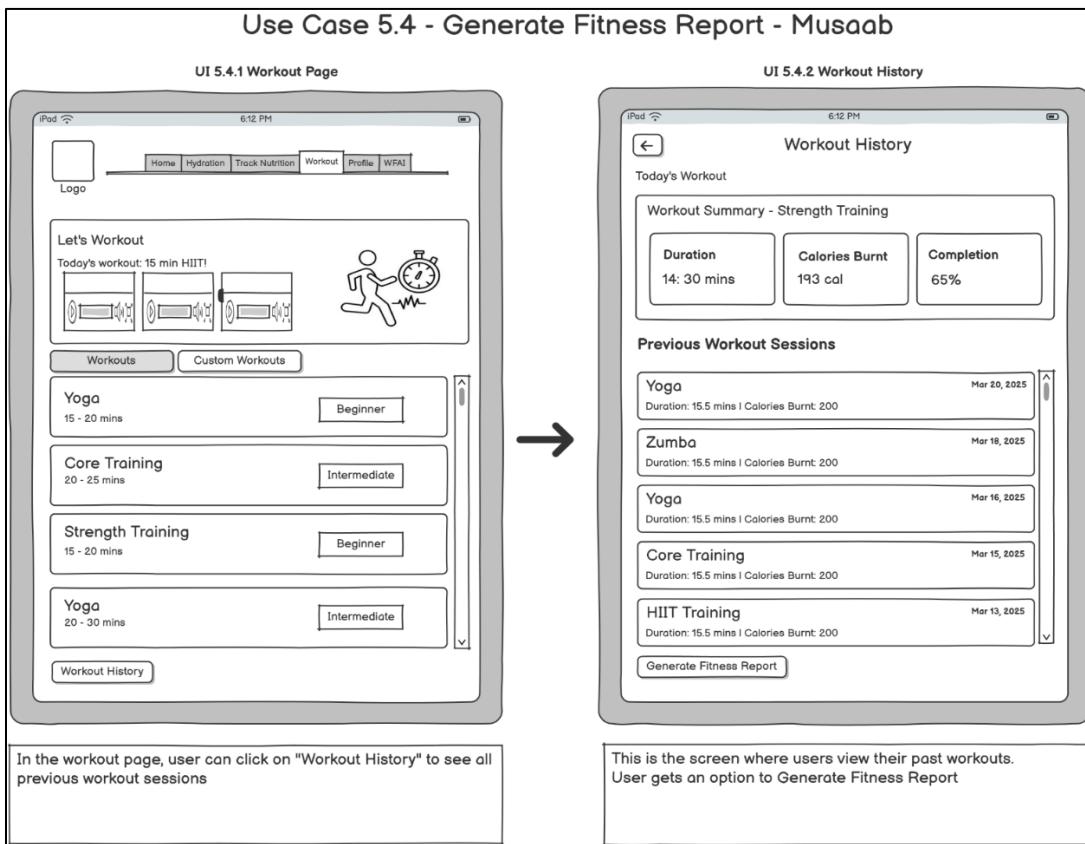
### Use Case 5.1 - Track Exercise Repetition by Md. Asad Bin



### Use Case 5.1 - Track Exercise Repetition by Md. Asad Bin



### 2.3.7. UC5.4 – Generate Fitness Report



### 3.0 Appendix

#### 3.1 Business Analysis Work Plan

Ref ID	Work Package	Activity	Task	Assigned to	Target Complete Date	Status
1	Project Proposal & Vision	Part 1 - Proposal Presentation				
1.1						
1.1.1			Team Work Session 1	Team	15-Jan-25	Done
1.1.2			Draft Presentation	Parbon & Shilpa	16-Jan-25	Done
1.1.3			Team Review Presentation	Labdh & Musaab	17-Jan-25	Done
1.1.4			Presentation Day	Akshay & Asad	18-Jan-25	Done
1.1.5			Professional Review	Akshay & Nishita	18-Jan-25	Done
1.1.6			Proposal Submission	Asad	19-Jan-25	Done
1.2		Part 2 - Project Vision				
1.2.1			Team Work Session 1	Team	26-Jan-25	Done
1.2.2			Stakeholder Analysis	Shilpa	28-Jan-25	Done
1.2.3			Product Decomposition	Parbon	29-Jan-25	Done
1.2.4			Business Analysis Work Plan	Akshay & Nishita	30-Jan-25	Done
1.2.5			Brainstorming for Features and Analysis	Labdh	30-Jan-25	Done
1.2.6			Draft Document	Asad & Musaab	31-Jan-25	Done
1.2.7			Document Review and Testing	Asad & Musaab	31-Jan-25	Done
1.2.8			Vision Submission	Labdh	01-Feb-25	Done
2	Deliverable 2 - Requirement Analysis	Elicit Business Requirements				
2.1						
2.1.1			Stand up	Team	02-Mar-25	Done
2.1.2			Context Diagram	Shilpa	03-Mar-25	Done
2.1.3			Survey Analysis & Results	Nishita	05-Mar-25	Done
2.1.4			Interview Analysis & Results	Parbon	06-Mar-25	Done
2.1.5			Personas	Musaab	07-Mar-25	Done
2.1.6			Scenarios	Labdh	07-Mar-25	Done
2.1.7			User Journey	Akshay	07-Mar-25	Done
2.1.8			Document Review and Testing	Asad	08-Mar-25	Done
2.1.9			BA Work Plan update	Nishita	08-Mar-25	Done

2.1.10			Document Submission	Labdhi	09-Mar-25	Done
3	Deliverable 3 - Requirements Design Part 1	Transition from Business requirements to System Specifications				
3.1			Stand up	Team	21-Mar-25	Done
3.1.1			User Case	Shilpa	23-Mar-25	Done
3.1.2			User Story	Labdhi	24-Mar-25	Done
3.1.3			User Story Map	Labdhi & Musaab	24-Mar-25	Done
3.1.4			Mid – Fi Mock-ups & Storyboard	Musaab & Akshay	26-Mar-25	Done
3.1.5			Scenarios	Parbon	27-Mar-25	Done
3.1.6			Business Analysis Workplan	Asad	28-Mar-25	Done
3.1.7			Document Review and Editing	Labdhi	29-Mar-25	Done
3.1.8			Document Submission	Nishita	30-Mar-25	Done
4	Deliverable 4 - Requirements Design Part 2	Hi-Fidelity Mock-up Storyboard				
4.1			Stand up	Team	06-Apr-25	
4.1.1			Brainstorming - Innovation	Team	08-Apr-25	
4.1.2			Mock-ups Quality	Labdhi & Musaab	09-Apr-25	
4.1.3			Seamless Workflow	Shilpa & Parbon	10-Apr-25	
4.1.4			Live Presentation	Asad & Nishita	12-Apr-25	
4.1.5			Video Demo	Akshay	13-Apr-25	
4.1.6			Document Review and Testing	Shilpa	14-Apr-25	
4.1.7			Document Submission	Nishita	16-Apr-25	
5	Deliverable 5 - Sketches	Workshop 1 - Sketches for a Mobile App				
5.1			Stand up	Team	09-Mar-25	Done
5.1.1			Workflow Diagram	Every Team Member	11-Mar-25	Done
5.1.2			Sketch Quality	Labdhi & Musaab	13-Mar-25	Done
5.1.3			Storyboard	Shilpa, Parbon & Nishita	14-Mar-25	Done
5.1.4			Document Review and Testing	Akshay & Asad	15-Mar-25	Done
5.1.7			Document Submission	Nishita	16-Mar-25	Done
5.1.8						
6	Deliverable 6 - Mid Fi Prototype	Workshop 2 - Mid Fidelity for a Tablet Device App				
6.1			Stand up	Team	16-Mar-25	Done
6.1.1						

6.1.2		Alignment to Sketch	Every Team Member	18-Mar-25	Done
6.1.3		Quality of the Mock-up	Labdhi & Musaab	20-Mar-25	Done
6.1.4		Storyboard (alignment to diagram)	Shilpa, Parbon & Nishita	21-Mar-25	Done
6.1.5		Document Review and Testing	Akshay & Asad	22-Mar-25	Done
6.1.6		Document Submission	Nishita	23-Mar-25	Done

## 3.2 Additional content

### 3.2.1. Personas and Scenarios:



**Daniel, Fitness Enthusiast**  
"Consistency is the key to a healthy life."

**General Info**

**Age:** 35  
**Work:** Wellness Coach  
**Reports to:** Self-Employed  
**Edu/Certs:** Bachelor's in Sports Science  
**Family:** Married, 1 son  
**Location:** Toronto, Ontario

**Related Personas**

ESFJ - Extrovert Sensing Feeling Judging	Sophia
	Joe John

**Bio/Description**  
Daniel is a 35-year-old certified wellness coach and fitness enthusiast who helps individuals improve their overall health through exercise, nutrition, and hydration. With a background in sports science and personal training, she works with clients to develop sustainable fitness routines and lifestyle habits. Daniel is passionate about tracking fitness metrics and hydration levels to optimize performance. She values discipline, motivation, and evidence-based health strategies.

**My responsibilities**

- Designing personalized workout and nutrition plans for clients.
- Conducting one-on-one and group fitness sessions.
- Educating clients on proper exercise techniques and injury prevention.
- Tracking client progress and adjusting plans accordingly.

**Goals**

- Help clients maintain a balanced fitness and hydration routine.
- Use technology to track fitness and hydration progress.
- Educate people on the importance of consistency in health.
- Stay up-to-date with new wellness trends and research.

**Frustrations/Issues**

- Clients struggling with motivation and consistency.
- Finding a comprehensive app that tracks both hydration and fitness.
- Managing multiple fitness tracking tools for different aspects of health.
- Helping clients balance nutrition, exercise, and hydration effectively.

**Needs and Expectations**

- A user-friendly app that allows her to track both her and her client's hydration and fitness levels.
- Integration with wearable fitness devices to sync real-time data.
- Customizable goal-setting and reminders for hydration, workouts, and nutrition.
- A reporting feature that provides insights into client progress over time.

**Comparison products/solutions I use**

- FitBit - For tracking activity levels and estimated calorie burn.
- Google - For podcasts and online forums on wellness trends.
- HealthifyMe - For calorie tracking and diet recommendations.

**Motivation**

Incentive - Seeing clients achieve their health goals.  
Fears - Clients not following plans and struggling with fitness.  
Growth - Staying informed about the latest in fitness and health technology.  
Social - Building a supportive fitness community.

**Influenced by**

- Helping people become healthier versions of themselves.
- Clients losing motivation and reverting to unhealthy habits.

**Hobbies/Interests**

- Reading
- Yoga

Done By: Akshay Kapoor

### Use Case Scenario: UC 3.1 - Log Food Entries

Daniel is committed to tracking her nutrition to maintain a balanced diet that supports her fitness goals. As a wellness coach, she also encourages her clients to do the same. She often finds it challenging to remember all her meals and snacks throughout the day. To simplify this process, she uses the SmartHealth App (product), which helps her log her daily food intake efficiently (goal).

Using the app, Daniel can either manually enter meals, scan barcodes, or use voice input for quick logging (customer journey content). She appreciates that the app provides instant nutritional breakdowns and suggests healthier alternatives if she exceeds certain limits. After logging her meals, she reviews her daily calorie and macronutrient intake to ensure she stays within her fitness plan (workflow).



### Sophia, Busy Professional

"Wellness should fit into my lifestyle, not disrupt it."

#### General Info

**Age:** 29

**Work:** Marketing Manager

**Reports to:** Director of Marketing

**Edu/Certs:** Bachelor's in Marketing

**Family:** Single

**Location:** Muskoka, Ontario

#### Related Personas

ENTP – Extrovert,  
Intuitive, Thinking,  
Perceiving

Daniel

Joe John

#### Bio/Description

Sophia is a 29-year-old marketing manager working in a fast-paced corporate environment. She is health-conscious but struggles to maintain a consistent wellness routine due to her demanding schedule. She understands the importance of hydration and exercise but often forgets to track them. Sophia is tech-savvy and prefers using apps that provide simple, data-driven insights to keep her on track. She values efficiency, convenience, and flexibility in her health journey.

#### Goals

- Maintain a healthy lifestyle despite a busy work schedule.
- Use technology to simplify fitness and hydration tracking.
- Improve energy levels and focus at work.
- Find quick, effective workouts and hydration reminders.
- Balance social life, career, and personal health.

#### Frustrations/Issues

- Forgetting to drink enough water during the day.
- Finding time for exercise in a packed schedule.
- Apps that require too much manual input.
- Lack of motivation to stay consistent.
- Too many fitness and wellness apps, causing overwhelm.

#### Traits

- Tech-savvy
- Courageous
- Health-conscious
- Ambitious

#### My responsibilities

- Managing multiple projects and deadlines in a high-paced work environment.
- Attending meetings, presentations, and networking events.
- Ensuring work-life balance while maintaining productivity.
- Prioritizing personal health and fitness despite a demanding schedule.

#### Needs and Expectations

- A seamless and time-efficient way to track hydration and fitness.
- Smart reminders that adjust based on daily schedule and activity levels.
- Integration with other health and fitness apps she already uses.
- Data insights to help her understand hydration impact on energy and productivity.

#### Comparison products/solutions I use

- Apple Health- For tracking activity levels and estimated calorie burn.
- Google - Harvard health blog.
- HealthifyMe-For calorie tracking and diet recommendations.

#### Motivation

**Incentive**-Feeling energetic and productive at work.

**Fears**- Burnout and long-term health consequences of neglect.

**Growth**- Learning how to integrate wellness into a busy lifestyle.

**Social**- Engaging in group fitness challenges with friends.

#### Influenced by

- Staying motivated through wellness communities and friends.
- Convenience and efficiency in maintain health.

#### Hobbies/Interests

- Meditation
- Yoga

Done By: Muhammad Asad Bin Faruq

### Use Case Scenario: UC 5.1 - Track Exercise Repetition

Sophia is dedicated to improving her strength and endurance through consistent workouts. As a personal trainer, she also tracks her clients' progress to ensure they are meeting their fitness goals. However, keeping count of exercise repetitions manually can be tedious and prone to errors. To streamline this process, she uses the SmartHealth App (product), which helps her accurately track and log exercise repetitions (goal).

Using the app, Sophia can input the type of exercise, set targets for repetitions, and track progress in real time (customer journey content). The app also provides audio cues to keep her focused, vibrates when she reaches her goal, and offers performance insights. Once she completes her workout, she reviews her logged data to adjust future training plans accordingly (workflow).



### Emma Ray – The Adaptive Exerciser

*"I want variety in my workouts to keep me engaged and fit without disrupting my schedule."*

#### General Info

**Age:** 28 years

**Work:** Remote Employee (Marketing Specialist)

**Reports to:** Marketing Manager

**Edu/Certs:** Bachelor's in Communications

**Family:** Single

**Location:** Toronto, ON

#### Myers-Briggs Type

**ENTF**

Extrovert  
Intuition  
Thinking/ Feeling  
Perceiving

#### Bio/Description

Emma is a remote-working professional who values flexibility in all aspects of her life, including fitness. She has a busy schedule filled with meetings and deadlines, making it challenging to stick to a rigid workout routine. While she has tried structured workout plans before, she found them repetitive and uninspiring. She is looking for a fitness solution that adapts to her mood, energy levels, and schedule. She enjoys trying different types of exercises like yoga, strength training, and dance workouts, but she doesn't want to commit to a single format.

#### Goals

Emma aims to stay active and maintain her fitness without following rigid workout plans, seamlessly incorporating exercise into her remote work lifestyle with personalized workouts that match her mood, time availability, and fitness level while avoiding burnout or boredom.

#### Frustrations/Issues

- Finds fixed workout plans too repetitive and demotivating
- Struggles to find time and motivation between work-from-home responsibilities
- Wants workouts that are engaging but not overly exhausting
- Needs flexibility to adjust workouts based on her daily energy levels.

#### Traits

- Data-driven – Likes tracking progress and seeing improvements
- Goal-oriented – Wants to feel accomplished after each session
- Enjoys variety – Prefers workouts that are fun and engaging
- Flexible – Needs a workout plan that adapts to her schedule

#### My responsibilities

- Managing marketing campaigns remotely
- Attending virtual meetings
- Creating content and analyzing data
- Ensuring a work-life balance that includes exercise

#### Needs and Expectations

- A fitness app that recommends daily personalized workouts based on preferences and mood
- Options for different workout durations (10, 20, or 30 minutes)
- Ability to choose different types of exercises every day
- Easy-to-follow workouts that require minimal equipment

#### Comparison products/solutions I use

- Youtube
- Apple watch for steps tracking
- Fitness App for recorded workout

#### Quote

*"I want workouts that fit my lifestyle, not the other way around."*

#### Motivation

- Staying healthy while managing a busy remote job
- Avoiding routine fatigue and keeping workouts fun
- Seeing small, consistent progress

#### Influenced by

- Remote work lifestyle
- Availability of time
- Mind-body wellness trends

#### Hobbies/Interests

- Listening to music
- Reading self-improvement books
- Exploring new coffee shops

Done By: Labdhi Shah

## Use Case Scenario: UC 2.1 - Create Customized Workout Plan

Emma, a 28-year-old remote worker in Toronto, has always aimed to stay active, but her current fitness app follows a rigid workout schedule with fixed routines. Some days, she finds it difficult to match the app's predefined workout times with her fluctuating work schedule, making it challenging to stay consistent. Additionally, repeating the same exercises daily makes her workouts feel monotonous, reducing her motivation over time.

Frustrated with the lack of flexibility, Emma starts looking for a customized fitness app that allows her to personalize her workout plan. She wants an app that lets her choose workout durations, swap exercises based on her energy levels and adjust her schedule without feeling restricted. She hopes for an intuitive experience where she can track her progress, explore diverse workout options, and receive recommendations tailored to her fitness goals.

With this new approach, Emma envisions a fitness routine that adapts to her lifestyle rather than the other way around helping her stay committed without disrupting her daily responsibilities.



**Joe John, Fitness Enthusiasts**  
"The Body achieves what the mind believes!"

**General Info**

- Age:** 30
- Work:** Lead UI Designer
- Reports to:** UI Design Manager
- Edu/Certs:** Bachelor's in IT
- Family:** Married, 1 son
- Location:** Toronto, Ontario

**Personality**  
**ENTJ**  
Extrovert  
Intuitive  
Thinking  
Judging

**Bio/Description**

Joe John is a tech-savvy software engineer passionate about fitness and personal wellness. Living in a downtown Toronto condo, Joe balances a busy work schedule with a commitment to staying fit. He frequently uses his building's gym, tracks his fitness data, and prefers smart solutions that streamline health management. Despite his dedication, Joe often skips water breaks while immersed in meetings or coding sprints. This not only impacts his afternoon energy but also his workout endurance. Joe wants a solution that will provide hydration reminders, adaptive tracking, and insightful daily feedback helping him stay refreshed and energized.

**Goals**

- Create a consistent workout schedule
- Track daily water intake without hassle
- Set and adjust hydration goals based on activity and schedule.
- View clear hydration summaries to understand progress.
- Maintain optimal hydration levels to improve energy and performance.

**Frustrations/Issues**

- Difficulty in maintaining hydration levels during busy work schedules.
- Lack of clear, personalized guidance and feedback.
- Generic reminders don't consider his workout schedule.
- No easy way to see hydration progress or patterns.

**Traits**

- Tech-savvy : Enjoys using technology to solve problems and improve efficiency.
- Ambitious Driven to succeed and achieve his fitness goals.
- Health-conscious Prioritizes his health and well-being.
- Routine-oriented (to some extent): Has structured days and prefers solutions that fit seamlessly into existing routines.

**My responsibilities**

- Designing and implementing scalable, high-performance frontend applications.
- Creation of reusable UI components and design systems ensuring consistency, maintainability, and improved user experience.
- Tracking and optimizing daily nutrition and hydration.
- Making informed decisions about food choices and hydration levels.

**Needs and Expectations**

- Personalized hydration reminders synced with his activity level.
- Simple and fast water logging features.
- Minimal manual input required.
- Clear visual feedback to keep hydration on track.
- Ability to focus on hectic work schedules without worrying about hydration.

**Comparison products/solutions I use**

- FitBit- For tracking activity levels and estimated calorie burn.
- HelloFresh- For meal planning and ingredient information.
- HealthifyMe-For calorie tracking and diet recommendations.

**Motivation**

**Incentive**-Achieving and maintaining optimal health and fitness levels.

**Fears**-Health Issues related to poor nutrition and hydration.

**Growth**-Continuously improving his diet and hydration habits.

**Social**-Sharing his progress and achievements with friends and fitness communities

**Influenced by**

- Success stories from other users.
- Trends from fitness influencers.

**Hobbies/Interests**

- Playing Badminton
- Trekking
- Exploring new application or smart gadgets

**Done By:** Shilpa Sosa George

### Use Case Scenario: UC 3.2 - Track Water Intake

Joe is a tech-savvy software developer with a busy work schedule who has a great commitment to staying fit. Working full-time on UI projects from downtown Toronto, Joe often has trouble staying well-hydrated during his workday, which impacts both his energy and performance at the gym. To oversee his hydration objective, Joe uses a health app called WellFit AI to ensure that tracking is convenient. His ultimate target is consistently achieving his objective for everyday water consumption without much effort from him. Joe sets a hydration target on WellFit AI, tailored to his fitness activity and exercise level for the day.

The app gives intelligent reminders at key points of the day as per his calendar and gym schedule. Joe just needs to tap once to log drinking water, and his hydration status gets automatically updated in the system with instant feedback to him. Evening, Joe is discussing a hydration summary with graphical perspectives on his consumption, missed goals, and how to optimize. Through frequent feedback loop and dynamic reminders by the app, Joe reaches optimal hydration at minimal effort while supporting his energy level and fitness performance in the long run.



**Lena Hue**

"I want to maximize my workouts and make sure I'm doing everything right. AI is the perfect tool for that!"

**General Info**

**Age:** 30  
**Work:** Marketing Professional  
**Reports to:** Marketing Manager  
**Edu/Certs:** Bachelor's Degree in Marketing  
**Family:** Single  
**Location:** Toronto, Ontario

**Related Persons**

<b>TYPE</b> Extrovert Sensing Thinking/ Feeling Perceiving	Mark Jones : The Beginner 	Sarah Lee: The Busy Professional 
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**Bio/Description**

Lena is a fitness enthusiast who is driven to maximize the efficiency of her training. To avoid injuries and reach her fitness objectives, she is very concerned in using the right form and technique. She is tech-savvy and at ease with gadgets and fitness applications. She appreciates tailored input and insights based on data. When she works out alone, she frequently finds it difficult to ensure she is doing the exercises correctly.

**Goals**

- Improve her form and technique for various exercises.
- Maximize the effectiveness of her workouts.
- Prevent injuries by ensuring proper motion capture.
- Track her progress and see tangible results.

**Frustrations/Issues**

- She has difficulty assessing her own form and posture.
- Lack of personalized feedback during solo workouts.
- Uncertainty about whether she is performing exercises correctly.
- Time constraints make it difficult to attend in-person training sessions.

**Traits**

- Tech-Savvy
- Data-Driven.
- Independent Learner
- Form Conscious
- Goal Oriented

**My responsibilities**

Creating comprehensive marketing plans  
 Allocate resources effectively  
 Analyze market trends and competitor activities.

**Needs and Expectations**

- Precise Motion Capture
- Real-Time Form Correction
- Clear Visual and Audio Feedback
- Personalized Form Guidance
- Progress Tracking of Form Improvement

**Comparison products/solutions I use**

- Workout tracking data from fitness apps.
- Heart rate data from wearables.
- Rep and set counts from workout logs.
- Progress photos and videos.

**Quote**

I want to maximize my workouts and ensure I do everything right. AI is the perfect tool for that!

**Motivation**

- Achieving fitness goals.
- Improving her physical health and well-being.
- Learning new skills and techniques.
- Seeing tangible results

**Influenced by**

- Fitness blogs and websites
- Reputable fitness influencers and trainers
- User reviews of fitness apps and wearables

**Hobbies/Interests**

Fitness and working out  
 Data analysis and tracking  
 Learning and self-improvement

**Done By:** Parbon Banerjee

### Use Case Scenario: UC 2.4 - Analyse Form and Posture

Lena Hue, a 30-year-old Marketing Professional in Toronto, finds it challenging to maintain proper form during solo workouts due to her demanding work schedule. She values efficiency and seeks tech-driven solutions to optimize her fitness routine. WellFit AI offers AI-powered motion capture and real-time feedback, enabling Lena to analyze and correct her posture and form. Lena initiates the analysis by uploading a workout video or using the app's live motion tracking feature. The app then provides detailed feedback on her movements, highlighting areas for improvement. Lena makes necessary adjustments based on the app's guidance. After the workout, Lena reviews the app's analysis and progress tracking to further refine her technique and prevent injuries.



**Tamaya, the Balanced Performer**  
"I run the kitchen with precision — and my workouts the same way."

#### General Info

**Age:** 28  
**Work:** Executive Chef at a fine-dining restaurant  
**Reports to:** Restaurant Owner  
**Edu/Certs:** Culinary Arts Diploma  
**Family:** Single, Lives with Partner  
**Location:** Toronto, ON

#### Personality

**ESTJ**

Extrovert  
Sensing  
Thinking  
Judging

#### Bio/Description

Tamaya is a 28-year-old executive chef working in a high-end Toronto restaurant. Her days are a mix of precision, pressure, and passion — running a kitchen team, coordinating service, and testing new menus. While her culinary career is demanding, she's committed to maintaining her physical wellness through regular strength and mobility training. Due to her ever-changing shift schedules and late nights, Riya finds it challenging to plan workout sessions with consistency. She doesn't have the time to manually check trainer schedules or wait for replies. What she values most is a fitness app that can intuitively match her limited availability with certified trainers, eliminating unnecessary effort. Efficiency, clarity, and time-saving features are a must in her busy life — both in the kitchen and in the gym.

#### Goals

Match with available trainers based on her downtime.  
Maintain her physical stamina for long shifts and meal preps.  
Build a sustainable post-shift gym routine with expert support.

#### Frustrations/Issues

Doesn't have time to search or message trainers.  
Most fitness apps aren't designed for irregular schedules.  
Frustrated when her availability doesn't align with trainer slots.

#### Traits

- Time-conscious
- Direct communicator
- Schedule-driven
- High-performing under pressure
- Precision-focused

#### My responsibilities

- Oversee daily kitchen operations in a high-pressure environment.
- Design and update seasonal menus while ensuring dish quality.
- Train and coordinate kitchen staff for efficient workflow.
- Manage scheduling and shift assignments to maintain smooth operations.

#### Needs and Expectations

- Needs trainers that match her tight and changing schedule.
- Expects fast, hassle-free booking with no delays.
- Wants reliable, certified trainers she can trust.
- Expects smart suggestions based on her availability.

#### Comparison products/solutions I use

- ClassPass – for flexible fitness class bookings
- Mindbody – to browse and book personal trainers
- Apple Fitness+ – for guided workout sessions
- Google Calendar – to manage personal and work schedules

#### Quote

"If it works with my time, I'm in."

#### Motivation

- Feels accomplished when her day includes movement.
- Losing momentum because of poor scheduling.
- Aims to build stamina to handle demanding kitchen shifts.

#### Influenced by

- Visible energy gains
- Fear of burnout
- Long-term career stamina

#### Hobbies/Interests

- Lifting at the gym
- Experimenting with new recipes
- Late-night baking
- Watching cooking documentaries

## Done By: Nishita Ahuja

### Use Case Scenario: UC 6.4 - Match Trainer Availability

Tamaya is a 32-year-old executive chef working in a high-pressure restaurant environment in Toronto. Her job comes with long hours, unexpected shifts, and barely any personal time. Although she values fitness and tries to stay active, it's been tough for her to commit to a regular training schedule. Most fitness apps she tried didn't offer the flexibility she needed.

With WellFit AI, Tamaya can finally work around her unpredictable routine. She enters the time slots she's available, and the app shows her a list of trainers who are free during those times. It takes her less than a minute to find a match, check the trainer's profile, and book a session. No back-and-forth, no stress — just quick, flexible scheduling that fits her lifestyle.

**Marcus Chen**

"I need to see the data to understand what's really working and where I need to improve."

**General Info****Age:** 38**Work:** Data Analyst**Reports to:** Analytics Manager**Edu/Certs:** Masters in Statistics**Family:** Married, 2 Children**Location:** Montreal, Quebec

Myers-Briggs Type

**ISTJ**

Introverted  
Sensing  
Thinking  
Judging

**Bio/Description**

Marcus is a detail-oriented data analyst who applies his analytical skills to all areas of his life, including fitness. He is highly focused on tracking his progress and identifying patterns in his workout data. Marcus values objective measurements and uses fitness reports to optimize his training routine, monitor consistency, and ensure he's making steady progress towards his fitness goals.

**My Responsibilities**

- Collecting and analyzing data.
- Creating reports and dashboards.
- Identifying trends and insights.
- Presenting data to stakeholders.
- Developing data-driven solutions.

**Goals**

- Track fitness progress over time.
- Identify trends and patterns in workout data.
- Evaluate the effectiveness of different workout routines.
- Monitor consistency in exercise habits.
- Use data to make informed decisions about training adjustments.

**Needs and Expectations**

- Comprehensive fitness reports with detailed data.
- Customizable report options to select specific data and timeframes.
- Clear and visually appealing data visualizations (charts, graphs).
- The ability to download reports in various formats (e.g., CSV, PDF).
- Accurate and reliable data tracking.

**Frustrations/Issues**

- Difficulty in manually compiling and analyzing workout data.
- Lack of clear visualizations to understand progress.
- Time-consuming process of identifying trends and patterns.
- Inability to easily compare performance across different periods.

**Influenced by**

- Fitness research and studies.
- Data analysis and visualization best practices.
- Online fitness communities focused on data tracking..

**Motivation**

- Incentive: Achieving fitness goals through data-driven optimization.
- Fear: Inefficient training and wasted effort due to lack of tracking.
- Growth: Continuously improving fitness knowledge and strategies through data analysis.
- Social: Sharing data-backed progress with online fitness communities.

**Traits**

- Analytical
- Detail-oriented
- Data-driven
- Organized
- Disciplined

**Hobbies/Interest:**

- Data visualization
- Statistical analysis
- Marathon running
- Triathlons
- Chess

**Comparison Products/Solutions I use**

- Spreadsheet software (e.g., Excel, Google Sheets)
- Advanced fitness trackers with data export features
- Data visualization tools

**Done By: Musaab Shirgar****Use Case Scenario: UC 5.4 - Generate Fitness Reports**

Marcus, a data analyst, is training for a marathon and wants to track his progress meticulously. He uses the WellFitAI app to log all his runs, including distance, pace, heart rate, and elevation gain. However, he finds it challenging to get a comprehensive overview of his performance by simply looking at individual workout entries.

To address this, Marcus utilizes the "Generate Fitness Reports" feature. He selects a date range (e.g., the past month). The app then generates a detailed report with tables, charts, and graphs visualizing his running performance over time.

Marcus analyzes these reports to identify trends, such as improvements in pace, changes in heart rate patterns, and consistency in weekly mileage. He uses these insights to adjust his training plan, optimize his pacing strategy, and ensure he's on track to achieve his marathon goals.

### 3.2.2 Functional Decomposition

Functional Decomposition for WellFitAI						
User Management	AI-Powered Motion Tracking & Analysis	Nutrition & Hydration Management	Personalized Exercise Guidance	Progress Tracking & Analytics	Trainer Management	System Administration
1.1. Sign-up	2.1. Customized Workout Plan	3.1. Log Food Entries	4.1. Show Demonstration Videos	5.1. Track Exercise Repetition	6.1. Access to Certified Trainers	7.1. Send Regular Updates
1.2. Authenticate MFA Login	2.2. Adaptive Adjustments on Progress	3.2. Track Water Intake	4.2. Provide Step-by-Step Instructions	5.2. Estimate Calories Burned	6.2. Schedule One-on-One Coaching Sessions	7.2. Provide Customer Support
1.3. Store Personal Information	2.3. Recommend alternative exercises	3.3. AI-Powered Image Recognition	4.3. Suggest Videos on User Progress	5.3. Compare progress	6.3. Collect Feedback	7.3. Collect User Feedback
1.4. Set Fitness Goals	2.4. Analyse Form & Posture	3.4. Provide Nutritional Breakdown	4.4. Give Real-time Guidance	5.4. Generate Fitness Reports	6.4. Match Trainer Availability	
1.5. Record Health Conditions	2.5. Provide Real-time Feedback	3.5. Recommend Hydration Levels	4.5. Encourage Progress	5.5. Analyze Goal Achievement	6.5. Allow Session Booking	
1.6 User Profile		3.6. Send Reminders		5.6. Suggest Personalized Fitness Plans	6.6. Suggest Workout Timings	

### 3.3 Reference

The Complete Guide To Mid-fidelity Wireframes. (n.d.). Retrieved from Mockplus: <https://www.mockplus.com/learn/wireframe/mid-fidelity-wireframe>