User stories

Ben

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| **Recording exercise to calculate calories burned** | 1 | MUST |
| **As a** person that exercises | | |
| **I want to** be able to input my activity, intensity and duration | | |
| **So that I can** see the amount of calories I have burned exercising, so I know how many calories I must eat to reach my goals | | |

User selects activity from options

User specifies intensity and duration

Calc the calories burned from those parameters

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| **Adding custom meals into the food tracker** | 2 | SHOULD |
| **As a** person that makes home-made meals | | |
| **I want to** be able to create custom meals with nutritional information | | |
| **So that I can** select these meals rather than manually inputting the meal each time | | |

Name and items (with quantities) that make the meal input

Store in database.

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| **Viewing food intake and exercise of a friend on the system** | 3 | COULD |
| **As a** person that is getting fit with a friend | | |
| **I want to** be able to see my friends exercise and food intake for each day (with permission) | | |
| **So that I can** motivate my friend and feel motivated and proud of how I eat and exercise | | |

Search for friends

View their profile

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| **Adding friends** | 3 | COULD |
| **As a** person who wants to keep in touch with a friends progress | | |
| **I want** **to able to add friends** | | |
| **So that I can** keep in contact with their progress | | |

Search for friends (add via email/username)

Request transmission

View friends profile

Commenting ability on activity

View friends profile

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| **Comment on friends profile** | 3 | COULD |
| **As a** person who wants keep contact with friends | | |
| **I want** **to** comment on friend’s status | | |
| **So that I can** keep in contact with their progres | | |

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| **Like a friends comment** | 3 | COULD |
| **As a** person who wants keep contact with friends | | |
| **I want** **to** like a friends comment | | |
| **So that I can** give them motivation | | |

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| **View graphs** | 3 | COULD |
| **As a** person who wants to view their progress | | |
| **I want** **to** view graphs of progress - weight, calories by date | | |
| **So that I can** see my progress overtime. | | |

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| **Estimate weight loss** | 3 | COULD |
| **As a** person who wants to see possible amount of weight i can lose | | |
| **I want** **to** be able to view possible weight loss if i stick to target calories | | |
| **So that I can** keep track and motivated | | |

Select what they want to view a graph of

Process data and present as graph

View historic information

Process and forecast based on previous trends (average continued)

User specify when in time they want to view

Display time graphs with previous user data

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| **Adding personal information - name, current weight, age** |  | should |
| **As a** person that want to be involved with the website | | |
| **I want to** add my personal information including my weight, age, height | | |
| **So that i** can make it more personal for my friends to see. | | |

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| **~~Adding ideal weight~~** |  | ~~must~~ |
| **~~As a~~** ~~person who wants to keep track of their ideal weight.~~ | | |
| **~~I want to~~** ~~add my ideal weight - can be hidden for privacy~~ | | |
| **~~So that i~~** ~~can keep it in view for motivation.~~ | | |

~~Complete a form on sign up~~

~~Store in database (time code variable attributes)~~

**DUPLICATE**

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| **Create a timetable/plan** |  | COULD |
| **As a** person who wants to keep a routine | | |
| **I want to** create a routine timetable to follow and plan my days | | |
| **So that i can** easily follow and keep up to date with my weight-loss plan. | | |

User pick what activities and when they want to do them

Layout what meals they will eat and when

Display calories consume and calories burnt for each day/per week

Store timetable

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| **Finding recipes** |  | COULD |
| **As a** person who wants to learn to cook healthily | | |
| **I want to** be find recipes complete with all nutritional information | | |
| **So, I can** feed my family delicious meals as well as ensuring we are all getting the nutrients we need. | | |

User search by name/ingredients/calories

Return (public meals) recipes fitting those parameters

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| **Tracking micro and macronutrients** |  | SHOULD |
| **As a** long time fitness enthusiast. | | |
| **I want to** record and monitor my micro and macronutrients from the food I eat. | | |
| **So that I can** ensure I am maximising my muscle gains from exercise. | | |

User inputs food consumed

We query database of food

Return the nutrient breakdown of those foods

Compare amount to that needed by your goals

Jack

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| **Recording weight & calculating bmi** |  | MUST |
| **As an** individual trying to lose weight | | |
| **I want to** record my weight and be shown my bmi | | |
| **So that I can** achieve my goal of losing weight | | |

User input weight & height

Calculate BMI

Compare value with the bmi scale

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| **Recording food intake and see calories consumed** |  | MUST |
| **As an** individual adhering to a diet | | |
| **I want to** be able to record all of the food and meals I eat in a day | | |
| **So that I can** see the amount of calories I am consuming and check if I’m eating to little/too much | | |

User input food consumed

Query database and calc the calories in it

Return value to user

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| **Recording water intake and compare with recommended amounts** |  | COULD |
| **As an** individual looking to improve their wellbeing | | |
| **I want to** be able to track the volume of water that I am consuming each day | | |
| **So that I can** see if I am reaching my target/the daily recommended amount | | |

User inputs amount (ml) you consume

Display on a chart against recommended volumes

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| **Recording run times/distance to improve speed** |  | SHOULD |
| **As an** individual with a keen interest in running | | |
| **I want to** be able to record the length of time it takes me to run a set distance | | |
| **So that I can** see if I am improving my time and getting faster | | |

User input how far they ran and how long

Calculate pace/calories burnt

Compare with past performance

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| **Recording personal bests (gym)** |  | COULD |
| **As an** individual with a passion for the gym | | |
| **I want to** be able to input my personal bests for different pieces of equipment | | |
| **So that I can** see if I am improving my physical ability and making progress towards reaching my targets | | |

User inputs weight lifted on an apparatus (new or update)

Compare against what you have previously achieved.