Scenario

X-Gains is a basic fitness tracking app designed to assist our users in achieving their health and fitness goals. Whether you are a beginner starting your fitness journey or a more advanced athlete looking to optimize your workouts, X-Gains provides a user-friendly platform packed with robust features to support you every step of the way. X-Gains is more than just a fitness tracker; it is a tool designed to empower users to take control of their health and fitness, stay motivated, and achieve their desired results. X-Gains is your ultimate companion on the path to a healthier, stronger you.

User Stories

Admin Role

- As an admin, I want to have a Web app so that I can use it on different mobile devices and on desktop computers.
- As an admin, I want to be able to log in securely to the X-Gains app to access administrative features.
- As an admin, I want to see a consistent visual appearance so that I can navigate easily, and it looks consistent.
- (Optional) As an admin, I want to have a dashboard displaying key metrics such as total users and activity summaries.
- As an admin, I want to be able to add, edit, or remove different types of exercises to the app's database.
- (Optional) As an admin, I want to be able to manage user accounts, including creating new accounts, resetting passwords, and deactivating accounts if necessary.

User Role

- As a user, I want to be able to sign up for an account on the X-Gains app to track my fitness progress.
- As a user, I want to authenticate myself so that I can read my personal and confidential data.
- As a user, I want to see and set the gym location.
- As a user, I want to have a personalized dashboard showing my recent activity.
- As a user, I want to be able to create and log my daily exercises, including type, duration, and intensity, to track my progress over time.
- (Optional) As a user, I want to see the data from the previous workout next to the current workout, so I do not have to check the old log.
- (Optional) As a user, I want to be able to view my past workout history and analyze my performance trends.
- (Optional) As a user, I want to have a clock timer running while doing the workout and I want to be able to reset the timer manually.

→ implementation and overall scope/expectations not fully clear yet, hence a few user stories listed as optional and final implementation will vary from above mentioned scope.