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We're developing a personalized workout platform designed to help individuals achieve their fitness goals. Our platform will suggest tailored workout routines based on users' preferences for muscle groups and equipment. We will also provide exercise instructions, including video demonstrations of proper form to help users execute each workout correctly. The user will engage with the platform on a frequent basis and use the platform to record their progress and history in exercise.

Exercise program:

using the create account use case
First time using program:

Title	Create Account
Description	User accounts allow information about the user to be persistent across sessions and more personalization.
Goal	A new user is created with specified username and password
Primary Actor	Guest user (not logged in)
Precondition	Is not already logged in Navigated to register/sign up page
Trigger	Click register button
Main success scenario	1. User enters desired account name and password 2. Web app confirms that user successfully creates their account 3. User credentials becomes stored in database
Exceptions	Username is already in use -> prompt user for another username Password is not long enough (min length TBD) -> prompt user for another password

	User enters invalid characters (i.e. emojis, certain special characters) -> prompt user to re-create username/password
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Title	Login
Goal	User successfully gains access to their personal account
Primary Actor	Guest user (not logged in)
Precondition	User navigates to log in page
Trigger	User clicks the login/sign in button
Main Success Scenario	<ol style="list-style-type: none"> 1. User enters username/password combination 2. System verifies that credentials are correct 3. System updates user status -> logged in 4. User is logged in
Postcondition	User is brought to home page
Exceptions	<p>Account with given username does not exist -> prompt user to re-enter username/password</p> <p>Password is incorrect -> prompt user to re-enter password</p>

Title	Enter/change biometric data
Description	Each user can optionally provide their own biometric data to us (height, weight, age, etc.) to better to tailor personal exercises
Goal	User successfully updates/adds their own biometric data
Primary Actor	Standard User (logged in)
Precondition	User navigates to their edit account page where they can view their own stored biometric data

Main Success Scenario	<ol style="list-style-type: none"> 1. User enters their data and confirms changes 2. System checks that height and weight are valid 3. User data is updated in database
Exceptions	<p>Invalid metrics -> prompt user to re-enter their data</p> <p>No change -> prompt user to re-enter data</p>
Trigger	Click on button to change own data

Title	Exercise Generation
Description	The generation of an exercise based on user preferences
Goal	The user is given a exercise plan to follow that is conformant to their preferences
Primary Actor	Standard user (logged in)
Precondition	<p>User navigates to generate workout page and selects preferences in terms of muscle groups/time/equipment.</p> <p>They restrict the level of equipment they have.</p>
Trigger	User presses the "Generate workout" button.
Main success scenario	<ol style="list-style-type: none"> 1. User enters preferences that are parsed and used by system to make API call 2. The application shows workouts ordered in a list with a recommended number of reps/sets. 3. The exercise can be completed with the equipment the user has.
Exceptions	<p>Cannot find matching workout -> ask user if they want to change preferences or try again to generate a workout</p> <p>The application informs the user that there is not a perfectly matching workout and shows the closest matching one.</p>

Title	Exercise Edit
Description	Sometimes the user may want to make changes to the generated workout to better suit their own preferences
Goal	The user has a exercise plan to follow that is conformant to their exact preferences, now and in the future
Primary Actor	Standard user (logged in)
Precondition	User has generated a workout
Trigger	<p>user presses delete button on exercise, or user adds an exercise by searching for an exercise by name</p> <p>The user requests to un-suggest a workout, meaning it won't be suggested in the future.</p>
Main success scenario	<p>The application shows the workout as edited by user</p> <p>a workout is placed on a blacklist</p>
Exceptions	Cannot find exercise -> The application informs the user that there is not an exercise with that name, allow the user to add it as a custom exercise, without guidance

Title	View prior workouts
Description	We wish to also store user generated workout plans so that they can view them again if pleased or edit those plans to make a new workout
Goal	<p>User is able to access all the data from prior workouts</p> <p>User is able to favorite prior done workouts</p>
Actors	Standard user (logged in)
Precondition	User navigated to their past workouts page

Trigger	<p>Navigating to the data page, clicking on the workout to view</p> <p>Pressing a button to favorite the workout</p>
Main success scenario	<p>User is presented with a list of workouts with different parameters such as date and preferences</p> <p>The favorite workout is stored in the database</p>
Exceptions	<p>User has no data to be viewed -> display "no workouts yet"</p>
Error scenarios	<p>User workout is listed but cannot be viewed</p>