# Functional requirements:

* Food and Consumption tracker(Zac)
  + tracking hydration
  + tracking macros
  + calorie tracker
  + Suggested improvements to diet
* run/bike gps (Fareeza)
  + GPS location tracking within 10 seconds of when user presses “start”
  + Pace/heart rate tracking using external tools like fitness watches
  + Display of average pace, elevation change, and heart rate in graphs post workout
  + Calculation of calories burned during exercise using heart rate data
* Social media / post your workout (Liam)
  + User can enter specific fitness goals and the app will provide routine reminders and benchmarks to achieve that goal
  + Social media functionality, allowing users to “post” their recorded workouts to their feed.
  + Users will be able to “like” and “comment” a friend’s post and the friend will be notified if they choose to opt in to notifications
  + Users will be able to share the link to their own workout or another users’ public workout
* Diet and Exercise suggestions (Seshadri)
  + Basal Metabolic Rate Calculator
  + Set weight goals, the app will create a plan to reach the goal. Weekly updates
  + Exercise suggestion, based on available equipment and space restrictions
  + Workout Plans for certain goals based on users data(weight, height, goals)
* Health Tracking (Hangyul Kim Eric)
  + Heart Rate
  + Blood Pressure
  + Sleep cycle
  + Potential integration with other apps
* Mental health / productivity suggestions (Shawn)
  + Tracks user’s mental health with occasional quizzes
  + Suggest screen limits based on app usage amounts
  + Meditation Helper
  + Access to reliable articles on mental health

Non- functional requirements

* Apple and android compatibility
* Smartwatch integration
* User data should be kept private
* App should be regularly updated to keep up with OS updates and security policies
* For the UI implementation, do not use colors associated with common forms of color blindness
* App will have less than 10 minutes of downtime on any given week

<https://www.geeksforgeeks.org/non-functional-requirements-in-software-engineering/>