Project User Stories:

Self-use (Beta- very simple):

Epic Stories:

ES1: As a user, I want to be able to mark days in the week in which I want to exercise (i.e. have a chest day, arm day whatever)

ES2: As a user, I want to be able to select exercises from a given list and assign it to a given ‘exercise day’

ES3: As a user, I want to be able to update the intensity of each exercise I have picked (i.e. the weight amount, the reps)

Ideas:

* Ask for the user’s stats (height, weight, age etc)
* If the user has progressed from their previous week (gone up in weight and/or reps) then notify the user in a modal, like “congrats for progressing this much from last week”
* Users can change their exercises in their given exercise day
* Users can make a custom exercise if their exercise isn’t listed
* Asks for their height and weight and calorie intake at end of each week (can track a user’s cutting/bulking)
* Allow for running progress
* Profile page, with the different types of exercise regimes the user wants

Epic Stories:

ES1: As a user I should be able to select exercises from a given list