

UPDATES HIGHLIGHTED IN YELLOW ARE NEEDED TO RELEASE MVP

DASHBOARD:

1. No known changes are needed currently.

YOUR PROFILE:

1. No known changes are needed currently.

USERS:

1. We need the ability to edit users information. We may be able to do this through the WishList Member plugin?

MESSAGES:

1. No known changes are needed currently.

SHOP:

1. No known changes are needed currently.

RECIPES:

1. No changes needed to the add recipes feature. However, we need to see the recipes imported from the recipe API here. Ideally, we will be able to control which recipes the users will see from the API (some of them are low quality and we would want to remove them). It would be ideal if we could change the titles of the API recipes but that may not be possible.

PLANS:

1. We need to be able to create recipes and add them for ALL USERS to access. We also need to be able to create meal plans and share them with SPECIFIC users.
2. The functionality of this page doesn't seem to work. We need to revisit the figma file and see the current process. If necessary, edit it to function properly.

DATABASE:

1. No known changes are needed currently.

WORKOUT CALENDAR:

1. No changes needed to the main page.

VIEW/EDIT WORKOUT BUTTON: This page (<https://app.freshgains.com/add-workout?date=2023-11-17>) needs updated.

1. We are only seeing metabolic conditioning as the workout option. We need to be able to choose from the all of the exercise types we have:

- Anterior
- Posterior
- Upper Body
- Lower Body
- Metabolic Conditioning
- Athletic Conditioning

2. We are only seeing Bodyweight Only workout options. We need to be able to create:

Bodyweight Only
Bodyweight, Dumbbells
Bodyweight, Kettlebell
Bodyweight, Resistance Bands
Bodyweight, Flat Bench
Bodyweight, Dumbbells, Kettlebell
Bodyweight, Dumbbells, Resistance Bands
Bodyweight, Dumbbells, Flat Bench
Bodyweight, Kettlebell, Resistance Bands
Bodyweight, Kettlebell, Flat Bench
Bodyweight, Resistance Bands, Flat Bench
Bodyweight, Dumbbells, Kettlebell, Resistance Bands
Bodyweight, Dumbbells, Kettlebell, Flat Bench
Bodyweight, Kettlebell, Resistance Bands, Flat Bench
Bodyweight, Dumbbells, Kettlebell, Resistance Bands, Flat Bench

3. Let's just make this easy as the current process looks like a mess. Once the above option is selected, let's navigate to a page that allows us to create the workout card and upload a workout video. When the user selects their equipment on the user side, they should see the video we upload matched to their selected option. We will revisit automation in the future.

ANNOUNCEMENT BAR:

1. No changes needed to the main page.

HOW TO VIDEOS:

1. The page that you see when you click the "add video" needs modified. We shouldn't see the left column and header here.

FAQs

1. We need to be able to edit and delete FAQs.