Coach4Health

Glossary

Version <1.0>

Revision History

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| --- | --- | --- | --- |
| **Date** | **Version** | **Description** | **Author** |
| <dd/mmm/yy> | <x.x> | <details> | <name> |
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Glossary

# Introduction

[The introduction of the **Glossary** document provides an overview of the entire document.]

This document presents the terms regarding this application’s domain, together with different information regarding them.

# Glossary

[Present the noteworthy terms and their definition, format and validation rules if appropriate.]

|  |  |  |  |
| --- | --- | --- | --- |
| **Term** | **Definition and Information** | **Format** | **Validation Rules** |
| Username | Required for logging in and/or signing up | Must contain letters (upper and lower case) and digits; special characters are not allowed | A username is valid if it respects the format and if it does not already exist in the application’s database |
| Password | Required for logging in and/or signing up | Must contain letters(lower and upper case), digits; it can contain special characters (to increase its strength) | A password is valid if it respects the format rules associated to it |
| Account | Creation of an account is required for a regular user and fitness trainer in order to benefit from the application | For creating an account a user must complete a form containg different information such as: name, email, age, address, phone number etc. | An account can be created (considered valid) only if the username and password associated to it are not already existing in the application’s database |
| Workout plan | A workout plan consists in a series of workouts targeting different muscle groups; workout plans can be created only by experienced fitness trainers and can vary in intensity, duration(week, months) and price. | A workout plan must contain adequate exercises to help potential users reach their goal. | A workout plan is considered valid if it meets the purpose it was created for; after validation, a workout plan will be made available so users can purchase it if they consider it effective for themselves and their fitness goals. |
| Meal plan | A meal plan contains a list of everyday meals together with a list of ingredients and cooking instructions; they offer healthy alternatives for common foods, such that they are very beneficial if combined with different workouts. | A meal must contain a list of ingredients and instructions for preparing them. | A meal plan is adequate if it contains the vital nutrients and vitamins needed for supporting intense physical activity. |
| Progress tracking | Represents a facility a user and/or fitness trainer have when using the application. | This facility includes a list of completed workouts a user/fitness trainer can view at any given time. | For this facility, there are no validation rules. |
| Payment method | In order to obtain a workout/meal plan, a regular user must pay the corresponding money amount for it. Possible payment methods are: card payment or bank transfer payment. | In order to be able to make a payment(for example, by card), a user should introduce the card details required. | A payment is valid if it’s amount is correct for the chosen workout/meal plan and if the card could be correctly identified (in case of a card-payment). After the validation of a pay, the corresponding amount of money will be taken from the user’s bank account and added to the fitness trainer’s one. |