

NO	User Story Title	User Story Description	Priority	Notes
1	User Registration	As a new user, I want to sign up using Auth, so that I can create an account.	Must have	User should be Registered
2	User Login	As a registered user, I want to log in using Auth, so that I can access my account.	Must have	User should be authenticated via JWT Authentication.
3	View Dashboard	As a logged-in user, I want to view my dashboard, so that I can see my overall wellness score and category scores (Physical Fitness, Mental Health, Diet).	Must have	User must be logged in.
4	View BMI	As a logged-in user, I want to view my BMI on the dashboard, so that I can understand my body mass index.	Must have	User should give necessary details.
5	Suggest Exercises	As a logged-in user, I want to get exercise suggestions based on my BMI, so that I can follow a suitable fitness routine.	Must have	User must be logged in.
6	Log Physical Activity	As a logged-in user, I want to log my physical activities, so that I can keep track of my exercise routines.	Must have	User must be logged in.
7	Update Physical Score	As a logged-in user, I want my physical fitness score to be updated when I log an exercise, so that my overall wellness score is accurate.	Must have	User must be logged in.
8	View Exercise Quotes	As a logged-in user, I want to see motivational quotes related to physical fitness, so that I can stay motivated.	Should have	User must be logged in.
9	Suggest Diet Plans	As a logged-in user, I want to get diet suggestions based on my BMI, so that I can follow a suitable diet plan.	Must have	User must be logged in.
10	Log Diet	As a logged-in user, I want to log my diet, so that I can keep track of my food intake and adherence to diet plans.	Must have	User must be logged in.
11	Update Diet Score	As a logged-in user, I want my diet score to be updated when I log my diet, so that my overall wellness score is accurate.	Must have	User must be logged in.
12	View Diet Quotes	As a logged-in user, I want to see motivational quotes related to diet, so that I can stay motivated to follow my diet plan.	Should have	User must be logged in.
13	Mental Health Daily Journal	As a logged-in user, I want to fill out a mental health questionnaire, so that I can assess my mental well-being.	Must have	User must be logged in.

14	Update Mental Health Score	As a logged-in user, I want my mental health score to be updated based on my questionnaire responses, so that my overall wellness score is accurate.	Must have	User must be logged in.
15	View Mental Health Quotes	As a logged-in user, I want to see motivational quotes related to mental health, so that I can stay motivated and positive.	Should have	User must be logged in.
16	Counselor Contact Details	As a logged-in user with severe mental health responses, I want to see counselor contact details, so that I can seek professional help.	Must have	User must be logged in.
17	Suggested Activities	As a logged-in user with moderate mental health responses, I want to see suggested activities, so that I can improve my mental well-being.	Must have	User must be logged in.
18	Calculate BMI	As a user, I want to calculate my BMI based on my height and weight, so that I can understand my body mass index.	Must have	No login required for this feature.
19	Update Overall Score	As a logged-in user, I want my overall score to be updated based on my physical activity, diet, and mental health scores, so that I can see my overall wellness.	Must have	User must be logged in.