

## Requirements regarding specifications

*1. Register a workout with associated data, i.e. which exercises you have done and how the training was evaluated.*

- Each workout contains one or more exercises. Every exercise has its own attributes and results.

*2. Create a list of known trainings / exercises, set up new goals and know what goals they had.*

- Each category has its own set with exercises which have none or several goals. Goals that are created have their own ID, creation date and date achieved.

*3. Look at progression for a particular training / exercise over a period, and what goals they had.*

- Each exercise has a result log with goals for the period and the time frame.

*4. See the difference between a certain result and the best result in the last week, month or three months, and the difference between it and the target that has been active in the period.*

- Every exercise stores the results achieved for a specific period which can be compared with the goal for the period, best result achieved and more.

*5. Create a copy of a particular work as a new template. Each template can be registered with a name and it could be used to record a new training session.*

- Every exercise can be copied to a template with a unique name that contains one or more exercises, and can be used to register a new training session.

*6. Attach pulse and/or GPS data so that it can be displayed in an external application, either as a graph and / or with maps.*

- Every workout has the opportunity to track pulse and GPS data that can be displayed in an external application.

*7. Collect all training notes in a log.*

- All training notes are saved in a result log with access to earlier results for each exercise.

*8. Add, rearrange and delete exercises.*

- All the exercises can be replaced and categories can be removed or changed.