## 1) Project description

Exercise app that allows you to log in and enter in the date you're exercising. From previous information stored in a database, it will generate exercises for different muscle groups for different days, and playlists based on what type of exercise you're doing. The project uses two different APIs, one to call the different types of exercise, and the other to get information for the playlist. The DB stores the user information, date of exercise, and what type of exercise was done.

## 2) Product requirements

Goal: Increase user fitness engagement by providing personalized exercise recommendations and playlists based on user input
Nongoal: Implement social media integration or leaderboard for users to share their achievements

Non-functional Requirements:
1. Security
   a. Make sure passwords are encrypted and aren't stored publicly
   b. Implement secure authentication mechanisms such as OAuth to prevent unauthorized access to user accounts and exercise history

2. Usability
   a. Design an easy to use user interface that allows users to log in and enter exercise details with minimal effort
   b. Ensure that exercises are easy to understand and explained with text or visual

## 3) Project management

Theme: Make exercise easier for the user and providing them workout information and music it to make it more pleasant
Epic: Website beta
User stories: As a user I want to be able to see my past workouts to track progress
- Task 1: Create a DB
- Ticket: Track past workouts in a MySQL DB, make it associated with each particular user, maybe add some metric that can be stored like workout time or workout difficulty?
- Ticket: Make some of the DB information available through some sort of visual so users can track progress

User stories: I want to make sure my health and workout data is safe
- Task 1: Store passwords safely
- Ticket: Encrypt the passwords to ensure they are masked
- Ticket: Use an Oath for login to provide security