

User Story

Member Name: Tongyun Lu, Li Pei, Weiting Zhai

Project Name: Team Up Fat Down

Adam was overweight from elementary school. Other students always made fun of him for his untolerated weight, which made him feel lost and frustrated. He tried different ways to lose weight, just like going on a diet or running every night, but apparently never succeed. He got really crazy about his weight, so he decided to use a new method to help him lose weight. His best friend, Tom was worried about him, so he recommended a software named “Team Up Fat Down”. Adam decided to try it.

First day, he registered a new user in the software and input age, weight, height and the goal. Then he was attracted by the beautiful circle, which recorded his calorie's input and output. Tom sent a request to make friends with Adam, and then Adam had a new friend named Tom in the software. Tom helped Adam set the goal again and made himself the reminder. Tom also pressed the button named change, and take a picture of Adam at that time. Tom told Adam “if you want to lost weight, you have to input the activities and food in the button named Activity and Nutrition every day, which will help you solve the weight problem in the future.” Adam nodded his head, and promised he would follow the software instruction every day. So he input three meals today, and running time. He just followed the instruction and didn't care about it so much. Time flied, and it came to 12:00 at night. “ring, ring, ring” The phone is ringing and waked him up when he was nearly sleep. He was so angry and turned off the alarm from “Team Up Fat Down”, then He got asleep quickly.

Second day, Adam decided to play games at home and Tom knocked his door at 9:00 am. Adam was so surprised to see Tom and asked “Why you are here? I decide to play games in the house. I do not want to go out.” Tom stared at Adam and said “Shame on you. You intake 1500 calorie beyond the goal. You have to run with me right now.” Although Adam was not willing to run with Tom, but he had already made Tom a reminder in the software. And then he ran with Tom to consume 1500 calorie beyong which he exceeded the goal yesterday. However, he still got the alarm when 12:00 o'clock and he knew Tom would come again.

Third day, when Tom came to his house, Adam had already been waiting for him. They run together and Adam told Tom “If you do not want to run in the morinig every day, you have to control your diet.”

Fourth day and Fifthday, Adam checked the calorie for every food before he wanted to eat them. He got really crazy and he did not dare to eat fried food or some fat, because he had to run for hugh amounts of time to consume the exceeded energy.

Sixth day, Adam decided to give himself a relax, and eat a fried chichen in Mcdonald. In order to prevent Tom from coming again, he decided to do some sports today. And then he noticed the button named Team, pressed it and he add a few friends, which were recommended by Tom. He sent a message to every one and told them whether they wanted to play basketball with him. He got 4 friends' response, and they made an appointment to play basketbell in a university. He made some new friends there and found they use the same software with him surprisedly, so they became friends in the software.

Seventh day, he got really happy to have so many friends who wanted to lose weight together with him. When he was thinking about what he could do today, he got a new message in the inbox. He press the

button named inbox and checked the email, found that Tom suggest a duel between 10 friends. He smiled and decided to make a contest with them. And then Adam pressed the button named duel in order to make a contest with a few friends.

After a month, he looked at his stomach and found that he had already lose 10 pounds. He got really happy and press the button named change to update a new picture to record his success.

After a year, he had changed the picture for 10 times. No matter when he saw the picture a year ago, he always felt successful. He never dreamed that he would become a strong man nowadays. And He never needed the constraint from the software anymore. But he really appreciated Tom and “Team Up Fat Down”.