Detailed Persona Spec

The goal of this document is to use your wireframes & initial persona spec to specifically describe with (sensible) detail what an engineer would need to know about each screen & behavior in the app.

FLOW:
1. *Open your **2. Persona Spec - Initial** & **3. App Wireframes** documents*
2. *Paste in your Initial Persona Spec as a starting place*
3. *For each behavior in your initial spec, specify the associated screens, using SCREEN: as a prefix*
4. *For each SCREEN, be sure and include any required functionality of that screen*

Spec

- *As a WORKOUT APP USER, I need to:*

    - **Download the app from the App Store**
    - **Download the app from Google Play**
    - **Get Started**
        - SCREEN: Get Started Screen
            - Single, friendly button
    - **Create an account**
        - SCREEN: Program Details Screen
            - Should require name
            - Should require email
            - Should require start date
            - Should require weight
    - **See my next workout**
        - SCREEN: Home Screen
    - **Sync to my calendar**
        - SCREEN: Home Screen
    - **Start a workout**
        - SCREEN: Home Screen
            - Clicking "Work Out" routes to "Workout Home Screen"
    - **Perform a workout**
        - SCREEN: Workout Home Screen
            - Should show workout title (A or B)
            - Should allow Machine & Freeweight Options

- - - - ■ Workout A
        - ■ Machine - Pull downs
        - ■ Machine - Shoulder press
        - ■ Freeweight - Yates Row
        - ■ Freeweight - Overhead press
      - ■ Clicking an exercise routes to "Perform Workout Screen"
  - ■ SCREEN: Perform workout
    - ■ Should show exercise title & current weight to attempt
    - ■ Should show lifting rules & cadence
    - ■ Should require # of reps
    - ■ Should show "Done" button
      - ■ If I get 6 or less
        - ■ Routes to "Stop Screen"
      - ■ else
        - ■ Routes to "Perform Workout Screen"
    - ■ Should show cancel button
      - ■ Routes to "Home Screen"
  - ■ SCREEN: Stop screen "The purpose of this screen is stopping the workout and adding another day of rest"
    - ■ Should show the stop alert message
    - ■ Should have "When should I workout again" button
      - ■ Routes to "Home Screen" with updated workout date
- ○ **Find my starting weight**
  - ■ SCREEN: Weight Selection Screen
    - ■ Should show title
    - ■ Should show "Use a weight you can do 5 times"
    - ■ Should require lbs completed
    - ■ Should show Next button
      - ■ Routes to "Weight Performance Screen"
  - ■ SCREEN: Weight Performance Screen
    - ■ Should tell me how to lift (fast up, 2 seconds down)
    - ■ Should have "I got 5" button
      - ■ Routes to "Weight Performance Screen" with increasing weight
    - ■ Should have "I didn't get 5" button
      - ■ Should route to "Weight Verification Screen" with 70% of last successful weight
  - ■ SCREEN: Weight Verification Screen
    - ■ Should show starting weight
    - ■ Should have "Ok" button
      - ■ Routes to "Perform Workout Screen" for that exercise