Initial Persona Spec

The goal of this document is to describe the required behaviors of each PERSONA that will use the app or system. A high level description is all that is required at this stage.

Spec

- *As a WORKOUT APP USER, I need to:*
    - **Download the app from the App Store**
    - **Download the app from Google Play**
    - **Get Started**
    - **Create an account**
    - **See my next workout**
    - **Sync to my calendar**
    - **Start a workout**
    - **Perform a workout**
    - **Find my starting weight**