Requirement Specification

(Created by Weaver)

This document serves as the **official and contractual reference** defining **what will be built** for the project. Once reviewed and signed by all parties, this document becomes the **scope lock**, and any change must follow a formal change request process.

A. Document Control

Item	Description
Document Title	Kaptrain Requirement Specification
Project Name	Kaptrain
Version	v1.0
Author	Megandi / Business Analysis
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Status	Draft

B. Project Background

B.1 Client Problem Summary

- Kaptrain currently manages athlete performance, training schedules, testing sessions, and follow-up manually, across multiple tools or formats.
- There is no unified platform for coaches and athletes, which creates friction, loss of data, and inconsistent follow-up.
- Coaches don't have a centralized, real-time dashboard to track progression, collect metrics, or adjust programs.

- Athletes lack a simple interface to receive instructions, report data, and follow their individualized training plan.
- The current process doesn't scale: the more athletes they onboard, the more operational chaos grows.
- Kaptrain wants a serious, professional, well-designed application that aligns with the level of service they want to deliver.

B.2 Business Goals

- Deliver a premium digital experience to athletes & coaches.
- Increase retention and satisfaction of both athletes and coaching teams.
- Reduce manual work and operational overhead.
- Scale operations without increasing workload (automation).
- Offer a product that reflects a serious, professional sports coaching brand.

B.3 Product Goals

- Centralize all coaching–athlete interactions.
- Provide clear training plans, tests, data tracking, and results visualization.
- Allow coaches to follow multiple athletes with ease.
- Make the app intuitive for athletes, engaging but not "gadget".

C. Stakeholders & Users

Role	Description
Client	Kaptrain
Project Owner	Enguerrand Aucher (President), Tristan Aucher (General director)
End Users	Athletes, Coaches, Kaptrain Admin
Development Team	Weaver

D. Functional Requirements

Each functional requirement below defines **what the system must do**.

Main Scope	CMS
Sub-scope	**Onboarding**
Code	**CMS-FR-001**
Feature Name	Login
Description	Allow CMS users (Admin / Coach) to authenticate using email and password or OAuth providers
Actor	Admin, Coach
Priority	High
Acceptance Criteria	Email and Password Authentication • Users can log in using a valid email address and password. • Both fields are required to submit the login form. Credential Validation • If the email or password is incorrect, the system rejects the login attempt and displays an error message. Successful Login • Given valid credentials, the user is authenticated successfully. • The user is redirected to the CMS dashboard. Forgot Password • Users can initiate the password reset flow via the "Forgot your password?" action. OAuth Authentication • Users can log in using Google OAuth. • Users can log in using Apple OAuth. • Successful OAuth authentication logs the user into the CMS. Navigation to Sign-up • Users can navigate to the Sign-up page from the Login page.
Code	**CMS-FR-002**
Feature Name	Sign-up / Create Account
Description	Allow new CMS users (Admin / Coach) to create an account by providing required information and meeting password requirements.

Actor	Admin, Coach
Priority	High
Acceptance Criteria	Account Creation • Users can create an account by providing first name, last name, email address, password, and password confirmation. Required Field Validation • All required fields must be completed to submit the registration form. Email Validation • The system validates the email format before account creation. • The system prevents registration using an email that already exists. Password Validation • Password must meet the defined security requirements. (Minimum 8 characters, 1 uppercase letter, 1 number, 1 special character) Password Confirmation • If password and confirmation do not match, account creation is rejected. Successful Registration • Given valid input, the system creates the user account successfully. • The user is redirected to the Login page after registration. Navigation to Login • Users can navigate back to the Login page from the Sign-up page.
Sub-scope	**Administration**
Code	**CMS-FR-003**
Feature Name	User Management
Description	Allow CMS Administrators to view, search, filter, and access detailed information about platform users.
Actor	Admin
Priority	High
Acceptance Criteria	Dashboard Statistics Overview – Total number of users – New users in the last month – Active subscriptions – Revenue of the month • Each card must include: value, label, percentage change indicator, and icon (as per Figma).

	View Users • The system displays a list of users with basic information (name, role, subscription, email, registration date). Search Users • Admins can search users by name or email address. Filter Users by Role • Admins can filter users by role (e.g., All, Athletes, Coaches, Certified Coaches). View User Details • Selecting a user opens detailed information for that user. Add Coach • Admins can initiate the process to add a new Coach user.
Code	**CMS-FR-004**
Feature Name	User Detail
Description	Allow CMS Administrators to view detailed information about a selected user, including personal information, role, subscription status, and related entities based on the user's role.
Actor	Admin
Priority	High
Acceptance Criteria	Open User Detail • Admin can open a user detail view by selecting a user from the user list. User Information • The system displays the selected user's email address. • The system displays the user's registration date. • The system displays the user's role (e.g., Athlete, Coach, Coach Kaptrain, Certified Coach). Subscription Information • If the user has an active subscription, the system displays the subscription type and status. • If the user has no subscription, the system indicates that no subscription is active. Coach-Related Data • If the selected user is a Coach, the system displays the list of athletes assigned to that coach. • The system displays the total number of athletes assigned and the maximum allowed.

Role-Based Visibility
• Athlete-related data is shown only for Coach-type users.
• Coach-specific data is not shown for Athlete users.

Data Consistency
• The information displayed must reflect the most recent data stored in the system.

Close User Detail
• Admin can close the user detail view and return to the user list.

Code	CMS-FR-005
Feature Name	Add Coach
Description	Allow CMS Administrators to create a new Coach account by providing required personal and authentication information.
Actor	Admin
Priority	High
Acceptance Criteria	Open Add Coach • Admin can initiate the "Add Coach" process from the User Management feature. Required Coach Information • Admin must provide the following information to create a Coach account: – First name – Last name – Date of birth – Email address – Phone number – Password Required Field Validation • All required fields must be completed before the coach account can be created. • The system prevents submission if any required field is missing. Email Validation • The system validates the email format. • The system prevents creating a coach account with an email that already exists. Password Validation • The password must meet the defined security requirements.

	Successful Coach Creation • Given all inputs are valid, the system creates a new Coach account successfully. • The newly created Coach appears in the User Management list with the appropriate role. Error Handling • If account creation fails, the system displays an error message and does not create the account. Cancel Add Coach • Admin can cancel the add coach process without creating an account.
Code	**CMS-FR-006**
Feature Name	Exercises Management
Description	Allow CMS users to view and explore exercises, while restricting exercise creation and modification to Administrators only.
Actor	Admin, Coach
Priority	High
Acceptance Criteria	View Exercises • Admin and Coach can view the list of exercises available in the platform. • Each exercise includes basic information such as name, themes, targeted muscle groups, and related metadata. Search Exercises • Admin and Coach can search exercises by name. Filter Exercises • Admin and Coach can filter exercises using available criteria. • Multiple filters can be applied simultaneously. Sort Exercises • Admin and Coach can sort the exercise list using predefined sorting options. Favorite Exercises • Admin and Coach can mark or unmark exercises as favorites. • Favorite status is persisted per user. View Exercise Details • Admin and Coach can access detailed information for a selected exercise. Add Exercise (Admin Only)

	• Admin can create a new exercise. • Coach cannot create exercises. Edit Exercise (Admin Only) • Admin can edit existing exercises. • Coach cannot modify exercise data. Delete Exercise (Admin Only) • Admin can delete exercises. • Coach cannot delete exercises. Data Consistency • Exercise data displayed must reflect the latest stored information.
Code	**CMS-FR-007**
Feature Name	Create Exercise
Description	Allow CMS Administrators to create a new exercise by defining its metadata, content, media, and classification attributes.
Actor	Admin
Priority	High
Acceptance Criteria	- Admin can initiate the exercise creation process. - Admin must provide a name for the exercise. - Admin can define the exercise language. - Admin can provide a textual description. - Admin can assign thematic categories. - Admin can associate sports. - Admin can specify required materials. - Admin can define primary and secondary muscle groups. - Admin can upload and validate a required exercise video. - Admin can define multiple step-by-step instructions. - Admin can classify the exercise using predefined attributes. - Required fields must be completed before creation. - Successful creation makes the exercise available in the list. - Admin can cancel creation without saving. - Errors prevent exercise creation.
Code	**CMS-FR-008**
Feature Name	Edit Exercise
Description	Allow CMS Administrators to modify an existing exercise.
Actor	Admin
Priority	High

Acceptance Criteria	- Admin can edit an existing exercise. - Existing data is loaded for editing. - Admin can update metadata, media, instructions, and classifications. - Video replacements are validated. - Required fields must remain valid. - Changes are saved successfully. - Admin can cancel editing without saving. - Errors do not overwrite existing data.
Code	**CMS-FR-009**
Feature Name	Delete Exercise
Description	Allow CMS Administrators to permanently remove an exercise.
Actor	Admin
Priority	High
Acceptance Criteria	- Admin can initiate deletion. - Deletion requires confirmation. - Deleted exercises are removed from the system. - Deleted exercises are no longer usable. - Errors prevent deletion.
Code	**CMS-FR-010**
Feature Name	Exercise Detail
Description	Allow CMS users to view detailed information about an exercise.
Actor	Admin, Coach
Priority	High
Acceptance Criteria	- Users can view exercise details. - Details include metadata, instructions, classifications, and media. - Data reflects the latest saved version. - Coach users have read-only access.
Code	**CMS-FR-011**
Feature Name	Duplicate Exercise
Description	Allow CMS Administrators to duplicate an existing exercise.
Actor	Admin
Priority	High
Acceptance Criteria	- Admin can duplicate an exercise. - Duplicated exercises copy all relevant data.

	- Duplicated exercises are independent from originals. - Original exercises remain unchanged. - Duplicated exercises appear in the list. - Errors prevent duplication.
Code	**CMS-FR-012**
Feature Name	Materials Management
Description	Allow CMS Administrators to manage the list of materials that can be associated with exercises.
Actor	Admin
Priority	High
Acceptance Criteria	- Admin can view the list of available materials. - Each material includes a name and an associated icon. - Admin can search materials by name. - Admin can access actions to create, edit, or delete materials. - Displayed data reflects the latest stored state.
Code	**CMS-FR-013**
Feature Name	Create Material
Description	Allow CMS Administrators to create a new material that can be used in exercises.
Actor	Admin
Priority	High
Acceptance Criteria	- Admin can initiate the material creation process. - Admin must provide a material name. - Admin can define the material language. - Admin can upload an icon representing the material. - Material name must be unique. - All required fields must be completed before creation. - Given valid input, the system creates the material successfully. - Newly created material appears in the materials list. - Admin can cancel material creation without saving. - Errors prevent material creation.
Code	**CMS-FR-014**
Feature Name	Edit Material
Description	Allow CMS Administrators to modify an existing material.
Actor	Admin

Priority	High
Acceptance Criteria	- Admin can initiate the edit process for a material. - Existing material data is loaded for editing. - Admin can update the material name. - Admin can update the material language. - Admin can replace or update the material icon. - Material name must remain unique. - Given valid updates, the system saves changes successfully. - Updated material data is reflected in the materials list. - Admin can cancel editing without saving changes. - Errors do not overwrite existing material data.
Code	**CMS-FR-015**
Feature Name	Delete Material
Description	Allow CMS Administrators to permanently remove a material.
Actor	Admin
Priority	High
Acceptance Criteria	- Admin can initiate the delete action for a material. - The system requires confirmation before deletion. - Upon confirmation, the material is permanently deleted. - Deleted materials are no longer available for selection in exercises. - If deletion fails, the material remains unchanged and an error is reported.
Code	**CMS-FR-016**
Feature Name	Sports Management
Description	Allow CMS Administrators to manage the list of sports that can be associated with exercises and programs.
Actor	Admin
Priority	High
Acceptance Criteria	- Admin can view the list of available sports. - Each sport includes a name and an associated icon. - Admin can search sports by name. - Admin can access actions to create, edit, or delete sports. - Displayed data reflects the latest stored state.
Code	**CMS-FR-017**
Feature Name	Create Sport
Description	Allow CMS Administrators to create a new sport.

Actor	Admin
Priority	High
Acceptance Criteria	- Admin can initiate the sport creation process. - Admin must provide a sport name. - Admin can define the sport language. - Admin can add one or more keywords associated with the sport. - Admin can provide an optional description. - Admin can upload an icon representing the sport. - Sport name must be unique. - All required fields must be completed before creation. - Given valid input, the system creates the sport successfully. - Newly created sport appears in the sports list. - Admin can cancel sport creation without saving. - Errors prevent sport creation.
Code	**CMS-FR-018**
Feature Name	Edit Sport
Description	Allow CMS Administrators to modify an existing sport.
Actor	Admin
Priority	High
Acceptance Criteria	- Admin can initiate the edit process for a sport. - Existing sport data is loaded for editing. - Admin can update the sport name. - Admin can update the sport language. - Admin can update associated keywords. - Admin can update the sport description. - Admin can replace or update the sport icon. - Sport name must remain unique. - Given valid updates, the system saves changes successfully. - Updated sport data is reflected in the sports list. - Admin can cancel editing without saving changes. - Errors do not overwrite existing sport data.
Code	**CMS-FR-019**
Feature Name	Edit Sport
Description	Allow CMS Administrators to modify an existing sport.
Actor	Admin
Priority	High
Acceptance Criteria	- Admin can initiate the edit process for a sport.

	- Existing sport data is loaded for editing. - Admin can update the sport name. - Admin can update the sport language. - Admin can update associated keywords. - Admin can update the sport description. - Admin can replace or update the sport icon. - Sport name must remain unique. - Given valid updates, the system saves changes successfully. - Updated sport data is reflected in the sports list. - Admin can cancel editing without saving changes. - Errors do not overwrite existing sport data.
Code	**CMS-FR-020**
Feature Name	Delete Sport
Description	Allow CMS Administrators to permanently remove a sport.
Actor	Admin
Priority	High
Acceptance Criteria	- Admin can initiate the delete action for a sport. - The system requires confirmation before deletion. - Upon confirmation, the sport is permanently deleted. - Deleted sports are no longer available for selection in exercises or programs. - If deletion fails, the sport remains unchanged and an error is reported.
Code	**CMS-FR-021**
Feature Name	Subscriptions Management
Description	Allow CMS Administrators to manage subscription plans for users and coaches.
Actor	Admin
Priority	High
Acceptance Criteria	- Admin can view all available subscription plans. - Subscriptions are grouped by target (Users, Coaches). - Each subscription displays name, pricing, and capacity information. - Admin can access actions to create or edit subscriptions. - Displayed data reflects the latest stored state.
Code	**CMS-FR-022**
Feature Name	Create Subscription

Description	Allow CMS Administrators to create a new subscription plan.
Actor	Admin
Priority	High

Acceptance Criteria	- Admin can initiate the subscription creation process.
	- Admin must provide a subscription title.
	- Admin can define pricing for the subscription:
	  - Monthly price
	  - Yearly price
	- Admin can define athlete capacity limits.
	- Admin can mark athlete capacity as unlimited.
	- All required fields must be completed before creation.
	- Given valid input, the system creates the subscription successfully.
	- Newly created subscription appears in the subscriptions list.
	- Admin can cancel subscription creation without saving.
	- Errors prevent subscription creation.

Code	**CMS-FR-023**
Feature Name	Edit Subscription
Description	Allow CMS Administrators to modify an existing subscription plan.
Actor	Admin
Priority	High
Acceptance Criteria	- Admin can initiate the edit process for a subscription. - Existing subscription data is loaded for editing. - Admin can update the subscription title. - Admin can update pricing values. - Admin can update athlete capacity settings. - Given valid updates, the system saves changes successfully. - Updated subscription data is reflected in the subscriptions list. - Admin can cancel editing without saving changes. - Errors do not overwrite existing subscription data.
Code	**CMS-FR-024**
Feature Name	Records Management
Description	Allow CMS Administrators to manage records associated with different sports.
Actor	Admin
Priority	High
Acceptance Criteria	- Admin can view the list of sports available for records.

	- Admin can search sports by name. - Admin can select a sport to view its associated records. - Records displayed reflect the latest stored data.
Code	**CMS-FR-025**
Feature Name	View Records by Sport
Description	Allow CMS Administrators to view records grouped under a selected sport.
Actor	Admin
Priority	High
Acceptance Criteria	- Admin can select a sport to view its records. - Records are grouped by category within the selected sport. - Each record displays its name and associated unit. - Admin can access actions to add, edit, or delete records.
Code	**CMS-FR-026**
Feature Name	Create Record
Description	Allow CMS Administrators to create a new record.
Actor	Admin
Priority	High
Acceptance Criteria	- Admin can initiate the record creation process. - Admin must provide a record name. - Admin can assign one or more categories to the record. - Admin can select a unit for the record (e.g., time, distance, repetitions, points). - All required fields must be completed before saving. - Given valid input, the system creates the record successfully. - Newly created record appears under the selected sport. - Admin can cancel record creation without saving. - Errors prevent record creation.
Code	**CMS-FR-027**
Feature Name	Add Record Category
Description	Allow CMS Administrators to add new categories for records.
Actor	Admin
Priority	High
Acceptance Criteria	- Admin can initiate the add category process while creating or editing

	a record.
	- Admin must provide a category name. - Category name must be unique within the sport. - Given valid input, the system creates the category successfully. - Newly created category becomes available for selection. - Errors prevent category creation.
Code	**CMS-FR-028**
Feature Name	Edit Record
Description	Allow CMS Administrators to modify an existing record.
Actor	Admin
Priority	High
Acceptance Criteria	- Admin can initiate the edit process for a record. - Existing record data is loaded for editing. - Admin can update the record name. - Admin can update assigned categories. - Admin can update the unit. - Given valid updates, the system saves changes successfully. - Updated record data is reflected immediately. - Admin can cancel editing without saving. - Errors do not overwrite existing record data.
Code	**CMS-FR-029**
Feature Name	Delete Record
Description	Allow CMS Administrators to permanently remove a record.
Actor	Admin
Priority	High
Acceptance Criteria	- Admin can initiate the delete action for a record. - The system requires confirmation before deletion. - Upon confirmation, the record is permanently deleted. - Deleted records are no longer visible or usable. - Errors prevent deletion. - All the data that related to this record will be deleted too.
Sub-scope	**Tableau de bord**
Code	**CMS-FR-030**
Feature Name	Dashboard Overview
Description	Allow CMS users (Admin and Coach) to access a dashboard providing an overview of key metrics, athletes status, messaging, and

	notifications.
Actor	Admin, Coach
Priority	High
Acceptance Criteria	- Admin and Coach can access the dashboard after successful login. - Dashboard displays subscription or plan information relevant to the user. - Dashboard displays revenue or usage metrics when applicable to the user role. - Displayed metrics reflect the latest available data.
Code	**CMS-FR-031**
Feature Name	Athlete Overview
Description	Allow CMS users to view an overview of athletes associated with them.
Actor	Admin, Coach
Priority	High
Acceptance Criteria	- The system displays a list of athletes linked to the logged-in user. - Each athlete shows a current status or condition indicator. - Admin and Coach can view basic athlete information. - Admin and Coach can navigate to the full athletes list.
Code	**CMS-FR-032**
Feature Name	Messaging Summary
Description	Allow CMS users to view a summary of recent messages.
Actor	Admin, Coach
Priority	Medium
Acceptance Criteria	- The system displays recent conversations. - Each message preview includes sender and timestamp. - Users can navigate to the messaging module from the dashboard.
Code	**CMS-FR-033**
Feature Name	Notifications Summary
Description	Allow CMS users to view recent notifications related to athletes and system events.
Actor	Admin, Coach

Priority	Medium
Acceptance Criteria	- The system displays a list of recent notifications. - Notifications include type and timestamp. - Users can navigate to the full notifications list.
Code	**CMS-FR-034**
Feature Name	Manage Subscription
Description	Allow Coaches to view, manage, and upgrade their own subscription plan based on available offerings.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can access the subscription management page. - The system displays the current active subscription plan for the Coach. - The system displays available subscription plans. - Subscription plans display pricing information for monthly and yearly billing. - The system highlights the current active plan. - The system indicates the most recommended or popular plan when applicable.
Code	**CMS-FR-035**
Feature Name	Change Subscription Plan
Description	Allow Coaches to change or upgrade their subscription plan.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can switch between monthly and yearly billing options. - Coach can select a different subscription plan. - The system displays pricing differences when changing plans. - Coach can confirm a subscription change. - Upon confirmation, the subscription is updated successfully. - The updated subscription takes effect according to billing rules. - The system displays a confirmation after a successful change.
Code	**CMS-FR-036**
Feature Name	Subscription Constraints
Description	Define functional constraints and limitations related to Coach subscription plans.

Actor	Coach
Priority	Medium
Acceptance Criteria	- The system enforces athlete capacity limits based on the active subscription. - If a subscription includes unlimited capacity, no athlete limit is applied. - Features available to the Coach are restricted according to the active subscription plan. - Subscription restrictions are applied immediately after plan changes.
Code	**CMS-FR-037**
Feature Name	Contact for Custom Plans
Description	Allow Coaches to request a custom subscription plan when standard plans do not meet their needs.
Actor	Coach
Priority	Low
Acceptance Criteria	- Coach can initiate a request for a custom subscription plan. - The system provides a way to contact the platform for custom subscription inquiries.
Sub-Code	**Athlètes**
Code	**CMS-FR-038**
Feature Name	Athletes List (Consult My Athletes)
Description	Allow Coaches to view and manage the list of athletes associated with their account.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can access the athletes list. - The system displays all athletes linked to the Coach. - Each athlete shows basic profile information and current form status. - Coach can search athletes by name. - Coach can view upcoming training information per athlete. - Coach can see associated sports for each athlete. - Athlete list reflects the latest available data.
Code	**CMS-FR-039**
Feature Name	Athlete Invitation & Confirmation

Description	Allow Coaches to manage athlete invitations and confirmations.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can view pending athlete confirmations. - Coach can accept an athlete invitation. - Coach can refuse an athlete invitation. - Accepted athletes are added to the active athlete list. - Refused invitations are removed from pending confirmations.
Code	**CMS-FR-040**
Feature Name	Athlete Notifications Panel
Description	Allow Coaches to view and filter athlete-related notifications.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can view athlete-related notifications. - Notifications are grouped by type (urgent, important, neutral). - Coach can filter notifications by type. - Coach can reset applied filters. - Notifications reflect real-time or latest available data.
Code	**CMS-FR-041**
Feature Name	Athlete Overview (Detail Panel)
Description	Allow Coaches to view a detailed overview of a selected athlete.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can select an athlete from the list. - The system displays athlete overview data. - Overview includes health, wellness, and performance indicators. - Coach can view upcoming training sessions. - Coach can view reported injuries and their status.
Code	**CMS-FR-042**
Feature Name	Athlete Messaging
Description	Allow Coaches to communicate directly with athletes.
Actor	Coach

Priority	High
Acceptance Criteria	- Coach can access the messaging view for a selected athlete. - Coach can view the conversation history. - Coach can send messages to the athlete. - Sent messages appear immediately in the conversation. - Messaging reflects the latest available data.
Code	**CMS-FR-043**
Feature Name	Invite Athlete(s)
Description	Allow Coaches to invite one or more athletes to join their roster by sending invitations via email and/or sharing an invitation code/link.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can initiate the Add an athlete flow from the Athletes module. - Coach can enter one or more athlete email addresses for invitation. - The system validates email format before sending invitations. - Coach can add additional email input fields to invite multiple athletes in one action. - Coach can remove an email entry before sending invitations. - The system sends invitations to all valid provided email addresses. - If any invitation fails, the system reports which invitations failed and does not silently ignore failures.
Code	**CMS-FR-044**
Feature Name	Invitation Code & Link Sharing
Description	Allow Coaches to invite athletes using an invitation code and/or shareable link.
Actor	Coach
Priority	High
Acceptance Criteria	- The system provides an invitation code associated with the Coach. - The Coach can copy the invitation code and share it with athletes. - The system provides a shareable invitation link. - The Coach can copy the invitation link. - Invitation code/link can be used by athletes to connect to the Coach account through the athlete onboarding flow. - The system enforces that invitation code/link usage results in a pending confirmation (or equivalent approval step) before the athlete is fully linked to the Coach, if required by business rules.

Code	CMS-FR-045
Feature Name	Weekly Planning View
Description	Allow Coaches to view and manage weekly and monthly planning for a selected athlete.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can access the planning view for a selected athlete. - Coach can switch between weekly and monthly views. - The system displays all planned sessions for the selected period. - Planning data reflects the latest saved state. - Coach can navigate between dates.
Code	CMS-FR-046
Feature Name	Create Planning Note
Description	Allow Coaches to create a planning note spanning one or multiple dates.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can initiate the creation of a planning note. - Coach must provide a note title. - Coach must define a start date and end date. - The system validates date ranges. - Given valid input, the planning note is saved successfully. - Newly created planning notes appear in the planning view.
Code	CMS-FR-047
Feature Name	View Planning Note Details
Description	Allow Coaches to view details of an existing planning note.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can select a planning note from the planning view. - The system displays the note title and date range. - Planning note details are read-only by default.
Code	CMS-FR-048
Feature Name	Edit Planning Note

Description	Allow Coaches to modify an existing planning note.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can initiate editing of a planning note. - Coach can update the note title. - Coach can update the date range. - Given valid updates, the system saves changes successfully. - Updated planning notes are reflected immediately.
Code	**CMS-FR-049**
Feature Name	Delete Planning Note
Description	Allow Coaches to remove an existing planning note.
Actor	Coach
Priority	Medium
Acceptance Criteria	- The coach can initiate deletion of a planning note. - The system requires confirmation before deletion. - Upon confirmation, the planning note is removed from the planning view.
Code	**CMS-FR-050**
Feature Name	View Weekly Planning (Week View)
Description	Allow Coaches to view an athlete's planning in a weekly calendar layout.
Actor	Coach
Priority	High
Acceptance Criteria	- The coach can open an athlete's Planning page and see the week layout by default (or via the Semaine/Week tab). - The week header shows the current week range and allows navigation to previous/next week. - Each day column displays planned sessions for that day (including type/sport and key tags). - An empty day provides an entry point to add a new session (e.g., Add a session).
Code	**CMS-FR-051**
Feature Name	Select a Target Week via Date Picker
Description	Allow Coaches to jump to a specific week using a calendar date picker

Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can open the date picker from the week header. - Selecting a date navigates the planning view to the week that contains the selected date. - The selected week range updates accordingly.
Code	**CMS-FR-052**
Feature Name	Publish This Week
Description	Allow Coaches to publish all sessions planned for the currently displayed week.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can trigger publishing for the current week via "Publish this week". - If publishing succeeds, sessions in the week are marked as published/available to the athlete. - If publishing fails, the system shows an error message and no partial publish state is applied (transactional behavior or clear partial-state messaging).
Code	**CMS-FR-053**
Feature Name	Publish the Current Month from Week View
Description	Allow Coaches to publish the current month directly from the week view publish menu.
Actor	Coach
Priority	Low
Acceptance Criteria	- Coach can open the publish dropdown/menu from the week view. - Coach can choose an action to publish the current month. - The system confirms completion or shows a failure message.
Code	**CMS-FR-054**
Feature Name	Enable Multiple Selection Mode in Week View
Description	Allow Coaches to select multiple sessions (and/or days) for bulk actions such as copy/paste or delete.
Actor	Coach

Priority	Medium
Acceptance Criteria	- Coach can activate multiple-selection mode from the week view toolbar. - Selected items are visually highlighted and can be toggled on/off. - The toolbar reflects the available bulk actions for the current selection.
Code	**CMS-FR-055**
Feature Name	Copy Selected Sessions
Description	Allow Coaches to copy selected sessions in order to paste them into another week.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can copy one or more selected sessions. - Copy action stores the copied sessions in a temporary clipboard (within the CMS session). - The UI indicates that content is ready to be pasted (e.g., paste icon becomes available).
Code	**CMS-FR-056**
Feature Name	Paste Copied Sessions with Confirmation
Description	Allow Coaches to paste previously copied sessions into a target week and confirm the operation.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can trigger paste into a target week. - The system displays a confirmation modal specifying the destination week range. - Coach can cancel or confirm the paste operation. - Upon confirmation, copied sessions are created in the destination week with their structure preserved. - Modal provides an option: Do not display this message again; when enabled, subsequent pastes skip confirmation for this coach (until reset).
Code	**CMS-FR-057**
Feature Name	Open Session Details Panel
Description	Allow Coaches to view detailed information of a session in a side panel from the week view.

Actor	Coach
Priority	High
Acceptance Criteria	- Clicking a session opens a right-side details panel. - The panel displays: session type/sport, session title/description, date, duration, and overall rating (if available). - The panel displays end-of-session notes and athlete notes when present. - The panel displays training blocks and their content in a readable format. - Coach can close the panel without losing context.
Code	**CMS-FR-058**
Feature Name	Edit Session from Details Panel
Description	Allow Coaches to start editing a session from the session details panel.
Actor	Coach
Priority	High
Acceptance Criteria	- Details panel provides an Edit action. - Selecting Edit opens the session in edit mode (drawer/panel) with current values pre-filled. - Coach can save changes and see updates reflected immediately in the week view.
Code	**CMS-FR-059**
Feature Name	Allow Coaches to delete an existing session from the planning view.
Description	Coach
Actor	High
Priority	High
Acceptance Criteria	- Coach can initiate deletion from the session details panel (trash icon/action). - The system displays a confirmation modal before deleting. - Coach can cancel or confirm deletion. - Upon confirmation, the session is permanently removed from the planning schedule and disappears from the week view.
Code	**CMS-FR-060**
Feature Name	Duplicate Session
Description	Allow Coaches to duplicate an existing session to speed up planning

Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can initiate duplication from the session details panel (duplicate/copy icon). - A new session is created with the same content as the original session (training blocks, linked exercises/videos, metadata). - The duplicated session is placed in a sensible default date (same day) or prompts the coach to choose a target date/week if required by product rules. - The new session is visible immediately in the planning view.
Code	**CMS-FR-061**
Feature Name	View Monthly Planning (Month View)
Description	Allow Coaches to view an athlete's planning in a monthly calendar layout.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can switch from Week view to Month view via the Mois/Month tab. - The month view displays a standard calendar grid for the selected month. - Each day cell shows planned sessions and a compact indicator when multiple sessions exist (e.g., sessions). - Coach can navigate to previous/next month and the calendar updates accordingly.
Code	**CMS-FR-062**
Feature Name	Publish the Current Month
Description	Allow Coaches to publish all sessions planned for the currently selected month.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can trigger publishing for the current month via the month view publish menu. - On success, all eligible sessions in the month are marked as published/available to the athlete. - On failure, the system shows an error message and clarifies whether any partial publish occurred.

Code	CMS-FR-063
Feature Name	Publish Specific Days in the Month
Description	Allow Coaches to publish sessions for a selected subset of days within a month.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can open a Publish specific days modal from the month view publish menu. - The modal presents days of the selected month with multi-select capability. - Coach can select one or more days and trigger Publish the selected days . - Only sessions that fall on selected days are published. - The system confirms completion and surfaces errors if publishing fails.
Code	**CMS-FR-064**
Feature Name	Open Day Details from Month View
Description	Allow Coaches to drill into a specific day from the month view to review that day's sessions.
Actor	Coach
Priority	Low
Acceptance Criteria	- Coach can click a day cell to view the list of sessions scheduled for that day (either inline expansion or via navigation to the relevant week/day). - Coach can open a session from that day into the session details panel. - Returning to the month view preserves the selected month context.
Sub-Scope	**Create a training session**
Code	**CMS-FR-065**
Feature Name	Open Create Session Panel
Description	Allow Coaches to open the Create a session panel from planning (week or month) to create a new session for an athlete.
Actor	Coach
Priority	High

Acceptance Criteria	- Coach can click Add a session from the planning view. - A side panel opens with a session creation form. - Coach can close the panel to cancel creation; no session is created unless saved.
Code	**CMS-FR-066**
Feature Name	Assign Theme(s) and/or Sport(s) to the Session
Description	Allow Coaches to categorize a session by selecting one or more themes and/or sports.
Actor	Coach
Priority	High
Acceptance Criteria	- The panel displays selectable theme chips and sport chips. - Coach can select/deselect themes and sports. - Coach can search for and add a sport not listed via â€œSearch for a sportâ€ . - Selected themes/sports are persisted on save.
Code	**CMS-FR-067**
Feature Name	Set Session Date
Description	Allow Coaches to define the session date using a date picker.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can set the session date from a date picker control. - Default date is the day/slot from which the coach initiated creation (when applicable). - Date is required to save the session.
Code	**CMS-FR-068**
Feature Name	Set Session Title
Description	Allow Coaches to provide a title for the session.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can enter a session title. - If left empty, the system either prevents saving or applies a sensible default (per product rules). - Title is displayed in the planning calendar once saved.

Code	CMS-FR-069
Feature Name	Create and Manage Training Blocks
Description	Allow Coaches to structure a session using one or more training blocks, each containing rich content.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can add a new training block (e.g., Create a new block). - Each block has a title field and a rich-text area for instructions/content. - Coach can use basic formatting (bold/italic/underline, lists) consistent with the editor controls. - Coach can delete a block; deletion requires confirmation if the block contains content. - Coach can reorder blocks (via drag handle or explicit controls) if supported by product rules.
Code	CMS-FR-070
Feature Name	Set Intensity Reference per Block
Description	Allow Coaches to assign an intensity reference to a training block.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Each training block provides an Intensity reference selector (dropdown). - Coach can select an intensity reference value from predefined options. - Selected value is saved with the block and visible on subsequent edits.
Code	CMS-FR-071
Feature Name	Link Exercise Videos to the Session
Description	Allow Coaches to associate one or more exercise videos with the session.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can open the Link exercise videos modal from the session panel. - Modal supports searching exercises, filtering (e.g., via Filter by), and

	marking favorites. - Coach can open an exercise detail view (More details) including video preview and target muscles. - Coach can select one or more exercises and confirm to link them to the session. - Linked exercises are listed under Associated exercises in the session panel.
Code	**CMS-FR-072**
Feature Name	Save a Training Block as a Template
Description	Allow Coaches to save a training block as a reusable template from within a session.
Actor	Coach
Priority	Medium
Acceptance Criteria	Coach can trigger Save training block template from a block action (e.g., star/save icon). - A modal requests a template title and shows the block content preview. - Coach can confirm to save the template. - Saved template becomes available in Training block models/templates.
Code	**CMS-FR-073**
Feature Name	Insert a Training Block Template into the Session
Description	Allow Coaches to insert one of their saved training block templates into a session.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can open the Training block models/templates list (e.g., From my templates). - Templates can be searched and previewed. - Coach can insert a template into the session; the inserted block appears in the session's blocks list. - Insertion does not modify the original template.
Code	**CMS-FR-074**
Feature Name	Save Session (Draft / Publish)
Description	Allow Coaches to save a session, with support for saving without publishing and/or publishing depending on workflow.

Actor	Coach
Priority	High
Acceptance Criteria	- The session panel provides a primary save action (e.g., Save session). - When supported, coach can Save without publishing and/or Publish the session. - On save success, the session appears in the planning calendar on the chosen date. - On save failure, the system shows an error and the coach's inputs remain intact.
Code	**CMS-FR-075**
Feature Name	Validate Session Before Saving
Description	Ensure the session creation form enforces required fields and prevents invalid data.
Actor	Coach
Priority	High
Acceptance Criteria	- System prevents saving if required fields are missing (at minimum: date; and other required fields per product rules). - Inline validation messages are shown near the relevant fields. - System prevents saving if training blocks contain invalid content (e.g., empty required titles if mandated).
Sub-Scope	**Training Cycle Management**
Code	**CMS-FR-076**
Feature Name	Create a Training Cycle
Description	Allow Coaches to create a training cycle using selected training sessions.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can select one or more training sessions from weekly planning. - Coach can initiate cycle creation via the Create cycle action. - Coach must provide a cycle name. - Cycle is created successfully and stored in the system.
Code	**CMS-FR-077**
Feature Name	Add Metadata to a Training Cycle

Description	Allow Coaches to define metadata for a training cycle, such as sports or themes.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can assign one or more sports to the cycle. - Coach can assign one or more thematic tags. - Coach can search and add additional sports. - Metadata is saved with the training cycle.
Code	**CMS-FR-078**
Feature Name	Save Training Cycle as Template
Description	Allow Coaches to save a training cycle as a reusable template.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can save a training cycle as a template. - Template is added to the Coach's cycle library. - Template is reusable across athletes. - System confirms successful save.
Code	**CMS-FR-079**
Feature Name	View Training Cycles
Description	Allow Coaches to view their saved training cycles.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can open the My training cycles panel. - Training cycles are displayed with name, duration, and session count. - Coach can scroll through available cycles. - Coach can select a cycle to preview.
Code	**CMS-FR-080**
Feature Name	Filter Training Cycles
Description	Allow Coaches to filter training cycles using different criteria.
Actor	Coach
Priority	Low

Acceptance Criteria	- Coach can filter cycles by sport. - Coach can filter cycles by thematic tags. - Coach can reset all filters. - Filtered results update immediately.
Code	**CMS-FR-081**
Feature Name	Preview a Training Cycle
Description	Allow Coaches to preview a training cycle before inserting it.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can preview the cycle in weekly or monthly format. - Preview shows sessions grouped by week. - Preview does not affect athlete planning. - Coach can exit preview without changes.
Code	**CMS-FR-082**
Feature Name	Insert Training Cycle into Planning
Description	Allow Coaches to insert a training cycle into an athlete's planning.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can select a target week or date range. - Coach can insert the selected cycle. - Sessions are distributed correctly across weeks. - Coach must confirm before insertion.
Code	**CMS-FR-083**
Feature Name	Delete a Training Cycle
Description	Allow Coaches to delete an existing training cycle.
Actor	Coach
Priority	Low
Acceptance Criteria	- Coach can initiate deletion from the cycle panel. - System requires confirmation before deletion. - Deleted cycle is removed from the library. - Deletion does not affect existing planning.
Sub-Scope	**Athlete Dashboard**

Code	CMS-FR-084
Feature Name	Athlete Dashboard Overview
Description	Provide Coaches with a comprehensive dashboard view summarizing an athlete's training activity, wellness status, physiological data, and key insights to support day-to-day coaching decisions.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can access the Athlete Dashboard from the Athletes menu. - The dashboard displays the selected athlete's profile, current form status, and associated sports. - All widgets update dynamically based on the selected athlete. - Data displayed is read-only except where explicitly editable (e.g. notes). - The dashboard loads within acceptable performance limits (< 2s on standard connection).
Code	CMS-FR-085
Feature Name	Activity Distribution Widget
Description	Display a visual breakdown of the athlete's activity distribution by sport for the selected time range.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Activity distribution is displayed as a donut or pie chart. - Each segment represents a sport category. - Percentages reflect the proportion of total activity. - Navigation controls allow cycling through views. - Hovering a segment reveals exact values.
Code	CMS-FR-086
Feature Name	Training Volume Widget
Description	Allow Coaches to view the athlete's training volume over the last 7 days.
Actor	Coach
Priority	High
Acceptance Criteria	- Training volume is shown as a bar chart. - Each bar represents one day. - Completed sessions only are counted.

	- Zero-activity days are visible.
Code	**CMS-FR-087**
Feature Name	Weight Tracking Widget
Description	Provide a longitudinal view of the athlete's weight evolution.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Weight is displayed as a line chart. - Time range is configurable. - Missing data does not break the chart.
Code	**CMS-FR-088**
Feature Name	Activity Time Summary
Description	Display aggregated activity duration for different time scopes.
Actor	Coach
Priority	High
Acceptance Criteria	- Shows Today, Week, and Month durations. - Values update when scope changes. - Consistent time formatting is applied.
Code	**CMS-FR-089**
Feature Name	Athlete Form Tracking
Description	Visualize the athlete's perceived form and wellness trends.
Actor	Coach
Priority	High
Acceptance Criteria	- Line chart displays form score over time. - Date navigation is available. - Multiple metrics can be compared.
Code	**CMS-FR-090**
Feature Name	Selected Wellness Items
Description	Allow Coaches to filter wellness indicators.
Actor	Coach

Priority	Medium
Acceptance Criteria	- Coach can toggle wellness items. - Selected items appear on the graph. - Colors remain consistent.
Code	**CMS-FR-091**
Feature Name	Records Summary Widget
Description	Display recent performance records.
Actor	Coach
Priority	Low
Acceptance Criteria	- Latest records are shown. - Each record includes discipline and value. - Full list accessible via link.
Code	**CMS-FR-092**
Feature Name	Injury Overview Widget
Description	Show injury status and history.
Actor	Coach
Priority	High
Acceptance Criteria	- Active and past injuries are listed. - Status labels are visible. - Detail view is accessible.
Code	**CMS-FR-093**
Feature Name	Physiological Data Widget
Description	Display key physiological metrics.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Metrics include weight and FC Max. - Update dates are shown. - Units are clearly labeled.
Code	**CMS-FR-094**
Feature Name	Statistics Widget (Sheet)

Description	Open detailed statistics in a side sheet.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Sheet opens from dashboard. - Week/Month/Year views available. - Multiple breakdown types supported.
Code	**CMS-FR-095**
Feature Name	Coach Notes Panel
Description	Provide a private note space for Coaches.
Actor	Coach
Priority	High
Acceptance Criteria	- Notes are coach-only. - Chronological listing. - Search functionality available.
Code	**CMS-FR-096**
Feature Name	Create New Coach Note
Description	Allow Coaches to create notes.
Actor	Coach
Priority	High
Acceptance Criteria	- New note editor opens in sheet. - Title and rich text supported. - Notes are saved persistently.
Code	**CMS-FR-097**
Feature Name	Edit Existing Coach Note
Description	Allow Coaches to edit notes.
Actor	Coach
Priority	High
Acceptance Criteria	- Notes open in read mode. - Editing is supported. - Changes are saved correctly.

Code	CMS-FR-098
Feature Name	View Injuries List
Description	Allow Coaches to view a consolidated list of all injuries associated with an athlete directly from the Athlete Dashboard.
Actor	Coach
Priority	High
Acceptance Criteria	- The system displays a list of injuries with status labels (In progress, Treated). - Each injury item shows the injury name, start or completion date, and current status. - Coach can expand or reduce an injury card to see more or fewer details. - Injuries are ordered by most recent first.
Code	CMS-FR-099
Feature Name	Add a New Injury
Description	Allow Coaches to create and register a new injury for an athlete.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can initiate injury creation via an Add button. - Coach must define the injury area using a selectable body diagram or dropdown. - Coach can provide an injury name and description. - Coach can save the injury with a default status of In progress. - Newly added injuries appear immediately in the injuries list.
Code	CMS-FR-100
Feature Name	Edit an Existing Injury
Description	Allow Coaches to modify an existing injury record.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can edit injury area, name, and description. - Coach can update the injury status (In progress / Treated). - Changes are saved explicitly via a Save changes action. - Updated information is reflected instantly in the injuries list.
Code	CMS-FR-101

Feature Name	Visual Injury Mapping
Description	Provide a visual representation of injury location on a human body diagram.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Injury areas are highlighted on front and back body diagrams. - The highlighted area matches the selected injury area. - Multiple injuries can be visualized independently.
Code	**CMS-FR-102**
Feature Name	View Physiological Data
Description	Allow Coaches to view detailed physiological data for an athlete.
Actor	Coach
Priority	High
Acceptance Criteria	- The system displays general metrics (Weight, Height, Max HR). - Sport-specific metrics are grouped by discipline (Running, Cycling). - Each metric displays its value and last update date. - Data is read-only from the dashboard view.
Code	**CMS-FR-103**
Feature Name	View Records Overview
Description	Allow Coaches to view a categorized overview of athlete performance records.
Actor	Coach
Priority	High
Acceptance Criteria	- Records are grouped by sport category (Bodybuilding, Crossfit, Rowing, etc.). - Each category displays the number of recorded entries. - Categories without records are clearly indicated.
Code	**CMS-FR-104**
Feature Name	View Records by Category
Description	Allow Coaches to drill down into records for a specific sport category.
Actor	Coach

Priority	Medium
Acceptance Criteria	- Coach can search and sort records within a category. - Each record displays exercise name and best performance value. - Records without data are labeled No record.
Code	**CMS-FR-105**
Feature Name	View Record Details
Description	Allow Coaches to view detailed performance data for a specific record.
Actor	Coach
Priority	Medium
Acceptance Criteria	- The system displays a performance chart over selectable time ranges. - Coach can switch between predefined periods (7 days, 1 month, 3 months, etc.). - A historical list of recorded values is displayed with dates.
Code	**CMS-FR-106**
Feature Name	View Extended Record History
Description	Allow Coaches to analyze long-term performance progression for a specific record.
Actor	Coach
Priority	Low
Acceptance Criteria	- Historical data supports long-term comparison. - Data points are chronologically ordered. - The system ensures consistent units across all values.
Sub-Scope	**Exercise Library**
Code	**CMS-FR-107**
Feature Name	Access Exercise Library
Description	Allow Coaches to access the Exercise Library from the main navigation to browse all available exercises.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can access the Library from the sidebar navigation.

	- The Library displays a list of all available exercises. - Exercises are loaded with basic metadata (name, thumbnail, tags). - The system supports two display layouts: list view and grid view.
Code	**CMS-FR-108**
Feature Name	Switch Library Layout
Description	Allow Coaches to switch between list and grid layouts in the Exercise Library.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can toggle between list and grid layouts. - The selected layout persists during the session. - Both layouts display consistent exercise information.
Code	**CMS-FR-109**
Feature Name	Search Exercises
Description	Allow Coaches to search for exercises using keywords.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can search exercises by name. - Results update dynamically as keywords are entered. - Empty states are shown when no results match.
Code	**CMS-FR-110**
Feature Name	Filter Exercises
Description	Allow Coaches to filter exercises by sport, muscle group, or thematic category.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can apply one or multiple filters. - Filters can be cleared individually or all at once. - The exercise list updates based on active filters.
Code	**CMS-FR-111**
Feature Name	View Exercise Details

Description	Allow Coaches to open the detailed view of an exercise.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can open an exercise detail page. - The detail page displays video or image media. - Exercise description and objectives are visible. - Required equipment is displayed. - Associated sports and themes are shown.
Code	**CMS-FR-112**
Feature Name	View Exercise Instructions
Description	Allow Coaches to view step-by-step instructions for an exercise.
Actor	Coach
Priority	High
Acceptance Criteria	- Instructions are displayed in a structured step format. - Steps are ordered and clearly readable. - The content supports long-form instructional text.
Code	**CMS-FR-113**
Feature Name	Mark Exercise as Favorite
Description	Allow Coaches to add or remove exercises from their favorites.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can mark an exercise as favorite. - Favorite status is visually indicated. - Favorite exercises are accessible from filters or shortcuts.
Code	**CMS-FR-114**
Feature Name	Access Library Filters
Description	Allow Coaches to open the filter panel from the Exercise Library to refine the list of exercises.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can open the Filters panel from the Library page.

	- Filters panel opens as a side sheet without leaving the Library. - Coach can reset all filters using a Clear all action. - Applied filters persist until cleared or changed.
Code	**CMS-FR-115**
Feature Name	Filter Exercises by Sports
Description	Allow Coaches to filter exercises by one or multiple sports.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can open the Sports filter from the Filters panel. - Coach can search for a sport by name. - Coach can select one or multiple sports. - Selected sports are displayed as active filter tags. - Exercise list updates after applying the filter. - Coach can clear selected sports.
Code	**CMS-FR-116**
Feature Name	Filter Exercises by Thematic
Description	Allow Coaches to filter exercises based on training thematics and targeted zones.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can select one or multiple thematics (e.g. Mobility, Warm-up). - Coach can optionally select body zones (e.g. Lower body, Core). - Selected thematics and zones refine the exercise list. - Filters can be cleared independently or all at once.
Code	**CMS-FR-117**
Feature Name	Filter Exercises by Materials
Description	Allow Coaches to filter exercises based on required equipment.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can view a grid of available materials. - Coach can select one or multiple materials. - â€œNo equipmentâ can be selected as a standalone option. - Exercise list updates after applying material filters. - Selected materials are visually highlighted.

Code	CMS-FR-118
Feature Name	Filter Exercises by Muscles (List View)
Description	Allow Coaches to filter exercises by targeted muscles using a list-based selector.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can view a searchable list of muscles. - Coach can select one or multiple muscles. - Selected muscles filter the exercise list. - Coach can clear muscle selections. - Filters persist while navigating within the Library.
Code	**CMS-FR-119**
Feature Name	Filter Exercises by Muscles (Human Body View)
Description	Allow Coaches to filter exercises by selecting muscles directly on a human body diagram.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can switch from list view to human body view. - Coach can tap or click a muscle zone on the diagram. - Selected muscle zones are visually highlighted. - Exercise list updates according to selected muscles. - Coach can reset body-based muscle selections.
Code	**CMS-FR-120**
Feature Name	View Training Cycle Models List
Description	Allow Coaches to view the list of available training cycle models within the Library. Training cycle models are structured programs composed of multiple sessions over several weeks.
Actor	Coach
Priority	High

Acceptance Criteria	- Coach can access the Cycles dâ'entranement' section from the Library.
	- The system displays a list/grid of available cycle models.
	- Each cycle card shows:
	  - Cycle title
	  - Short description

	- Total duration (in weeks) - Total number of sessions - The list supports vertical scrolling. - Empty state is displayed if no cycle models exist.
Code	**CMS-FR-121**
Feature Name	Search Training Cycle Models
Description	Allow Coaches to search training cycle models by title or keyword.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can enter text in the search input. - The list updates dynamically based on the search query. - Search matches cycle title and description. - Clearing the search input restores the full list.
Code	**CMS-FR-122**
Feature Name	Preview Training Cycle Model
Description	Allow Coaches to preview the content of a training cycle model before using it.
Actor	Coach
Priority	High

Acceptance Criteria	- Coach can click â€œPrÃ©visualiserâ€ on a cycle card.
	- A preview panel or modal opens.
	- Preview displays:
	  - Cycle name
	  - Description
	  - Weekly structure
	  - Sessions per week
	- Coach can close the preview and return to the list.

Code	**CMS-FR-123**
Feature Name	Create Training Cycle Model
Description	Allow Coaches to create a new training cycle model from the Library.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can click Nouveau modelâ . - A creation form is displayed.

	- Coach can define:
	  - Cycle name (required)
	  - Description (optional)
	  - Duration in weeks
	  - Sessions per week
	- Coach can save the cycle model.
	- Newly created model appears in the list.

Code	**CMS-FR-124**
Feature Name	Validate Required Fields When Creating Cycle
Description	Ensure mandatory fields are validated when creating a training cycle model.
Actor	Coach
Priority	High
Acceptance Criteria	- Cycle name is mandatory. - Duration and session structure must be defined. - System prevents saving if required fields are missing. - Validation errors are clearly displayed.
Code	**CMS-FR-125**
Feature Name	Persist Training Cycle Model
Description	Ensure newly created training cycle models are persisted and reusable.
Actor	System
Priority	High
Acceptance Criteria	- Created cycle models are stored in the system. - Models remain available after page reload. - Models can be reused later for planning insertion.
Code	**CMS-FR-126**
Feature Name	Display Cycle Metadata
Description	Display metadata for each training cycle model to help Coaches choose appropriately.
Actor	System
Priority	Low
Acceptance Criteria	- Each cycle card displays: - Number of weeks

	- Number of sessions - Metadata is consistent with cycle configuration.
Code	**CMS-FR-127**
Feature Name	Access Control for Training Cycle Models
Description	Ensure only Coaches can access and manage training cycle models.
Actor	System
Priority	High
Acceptance Criteria	- Only authenticated Coaches can view the Cycles d'entranement's section. - Athletes cannot access or manage cycle models.
Code	**CMS-FR-128**
Feature Name	View Training Block Models List (de bloc d'entrainement)
Description	The *Modèle de bloc d'entrainement feature allows coaches to create, manage, and reuse standardized training blocks. These blocks are designed to speed up program creation by encapsulating recurring training structures, exercises, and intensity parameters. For View training block models list: Allow Coaches to view all existing training block models in a structured list
Actor	Coach
Priority	High

Acceptance Criteria	- The system displays a list of all training block models.
	- Each block shows:
	  - Block name
	  - Short description or objective
	  - Number of exercises included
	- Blocks are displayed as cards.
	- A search input allows filtering by block name or keyword.
	- The list is paginated or lazily loaded if the dataset is large.

Code	**CMS-FR-129**
Feature Name	Create Training Block Model
Description	Allow Coaches to create a new training block model from scratch.
Actor	Coach
Priority	High

Acceptance Criteria	- Coach can click Nouveau modelâ .
	- A creation panel (sheet/modal) opens.
	- Coach can define:
	  - Block title (mandatory)
	  - Block description
	  - Training objective (e.g. endurance, strength, mobility)
	- Coach can save the block.
	- Newly created block appears in the list immediately.

Code	**CMS-FR-130**
Feature Name	Edit Training Block Model
Description	Allow Coaches to modify an existing training block model.
Actor	Coach
Priority	High

Acceptance Criteria	- Coach can open an existing block in edit mode.
	- Coach can update:
	  - Title
	  - Description
	  - Training parameters
	- Changes are saved explicitly via a â€œSaveâ€ button.
	- Updated information is reflected in the block list.

Code	**CMS-FR-131**
Feature Name	Configure Training Parameters
Description	Allow Coaches to define detailed training parameters inside a block.
Actor	Coach
Priority	High

Acceptance Criteria	- Coach can define training metrics such as:
	  - Intensity reference (e.g. VMA, FTP)
	  - Zone
	  - Duration or distance
	  - Number of series and repetitions
	- Coach can switch between Time / Distance / Zone modes.
	- Parameters are validated before saving.

Code	**CMS-FR-132**
Feature Name	Manage Intervals
Description	Allow Coaches to add and manage interval structures inside a training block.

Actor	Coach
Priority	Medium

Acceptance Criteria	- Coach can add one or multiple intervals.
	- Each interval can define:
	  - Work duration
	  - Recovery duration
	  - Intensity zone
	- Coach can reorder or remove intervals.
	- The interval structure is visually clear and readable.

Code	**CMS-FR-133**
Feature Name	Associate Exercises to Block
Description	Allow Coaches to associate exercises from the library to a training block.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can add exercises via Ajouter des exercises . - Exercises are selected from the exercise library. - Multiple exercises can be added. - Added exercises are displayed as cards with thumbnails. - Coach can remove an exercise from the block.
Code	**CMS-FR-134**
Feature Name	Delete Training Block Model
Description	Allow Coaches to delete an existing training block model.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can initiate deletion from the edit panel. - A confirmation dialog is required. - Upon confirmation, the block is permanently removed. - Deleted block no longer appears in the list.
Code	**CMS-FR-135**
Feature Name	Reuse Training Block in Programs
Description	Allow Coaches to reuse training block models when building programs or cycles.
Actor	Coach

Priority	High
Acceptance Criteria	- Training blocks are selectable when creating sessions or cycles. - Selected block auto-populates exercises and parameters. - Coach can override values after insertion without modifying the original model.
Sub Scope	**Messagarie: The Messagerie module enables direct, contextual, and continuous communication between Coaches and Athletes. It supports training follow-ups, recovery feedback, injury discussions, and daily coordination, while remaining tightly connected to the athleteâ€™s training context.**
Code	**CMS-FR-136**
Feature Name	View Messaging Inbox
Description	Allow the Coach to access a centralized list of all messaging conversations with athletes.
Actor	Coach
Priority	High
Acceptance Criteria	- The Coach can access the Messagerie from the main navigation. - The inbox displays a list of athlete conversations. - Each conversation shows athlete info, last message preview, and timestamp. - Conversations are sorted by latest activity. - Unread conversations are visually highlighted.
Code	**CMS-FR-137**
Feature Name	Filter Conversations (All / Unread)
Description	Allow the Coach to filter conversations based on read status.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Filter options include Toutes and Non lues - Selecting Non lues displays only unread conversations. - Filters apply instantly without page reload.
Code	**CMS-FR-138**
Feature Name	Search Conversations
Description	Allow the Coach to search conversations by athlete name.
Actor	Coach

Priority	Medium
Acceptance Criteria	- Search input is available in the conversation list. - Results update dynamically while typing. - Partial matches are supported.
Code	**CMS-FR-139**
Feature Name	View Conversation Thread
Description	Allow the Coach to open and read a full conversation.
Actor	Coach
Priority	High
Acceptance Criteria	- Messages are displayed chronologically. - Coach and Athlete messages are visually distinct. - Each message shows content and timestamp. - Thread auto-scrolls to the latest message.
Code	**CMS-FR-140**
Feature Name	Athlete Context Header
Description	Display athlete context at the top of the conversation.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Athlete name, avatar, and status are visible. - Associated sports are shown as tags. - Information is read-only.
Code	**CMS-FR-141**
Feature Name	Send Message
Description	Allow the Coach to send text messages.
Actor	Coach
Priority	High
Acceptance Criteria	- Text input is available. - Messages can be sent via button or Enter. - Sent messages appear instantly. - Empty messages cannot be sent.
Code	**CMS-FR-142**

Feature Name	Receive Message
Description	Allow the Coach to receive athlete messages.
Actor	Coach
Priority	High
Acceptance Criteria	- Incoming messages appear in real time. - Conversation order updates. - Unread indicators appear if not opened.
Code	**CMS-FR-143**
Feature Name	Mark Messages as Read
Description	Automatically mark messages as read when viewed.
Actor	System
Priority	High
Acceptance Criteria	- Messages are marked read when conversation is opened. - Unread indicators are removed.
Code	**CMS-FR-144**
Feature Name	Unread Indicators
Description	Highlight unread conversations.
Actor	System
Priority	Medium
Acceptance Criteria	- Visual indicators appear for unread messages. - Indicators disappear once messages are read.
Code	**CMS-FR-145**
Feature Name	Persist Message History
Description	Ensure message history is preserved.
Actor	System
Priority	High
Acceptance Criteria	- Messages persist across sessions. - No data loss occurs.
Code	**CMS-FR-146**

Feature Name	Empty States
Description	Handle empty inbox and empty conversations.
Actor	System
Priority	Low
Acceptance Criteria	- Clear empty-state messaging is displayed. - UI remains consistent.
Code	**CMS-FR-147**
Feature Name	Performance & Responsiveness
Description	Ensure messaging is performant and responsive.
Actor	System
Priority	Medium
Acceptance Criteria	- Conversations load quickly. - Message sending does not reload the page. - Layout adapts to screen size.
Sub Scope	**Programmation: This document describes the **Admin-only Programmation features** in Kaptrain, covering:** **- Programmations management** **- Programmes management** **- Creation and edition flows**
Code	**CMS-FR-148**
Feature Name	List Programmations (Admin)
Description	Allow Admin users to view and manage all programmations created in the system.
Actor	Admin
Priority	High

Acceptance Criteria	- Admin can view a list of all programmations.
	- Each programmation displays:
	  - Cover image
	  - Title
	  - Target level
	  - Description
	  - Number of subscribers
	  - Creation date
	  - Last consultation date
	- Admin can access actions:

	- View programmation - Edit programmation
Code	**CMS-FR-149**
Feature Name	Create a Programmation (Admin)
Description	Allow Admin to create a new programmation.
Actor	Admin
Priority	High

Acceptance Criteria	- Admin can open the creation modal from the list.
	- Admin must provide:
	  - Title
	  - Description
	  - Target level (Beginner, Intermediate, Confirmed, All)
	  - Monthly price
	  - Cover image
	- Admin can save the programmation.
	- Newly created programmation appears in the list.

Code	**CMS-FR-150**
Feature Name	List Programmes (Admin)
Description	Allow Admin to manage all training programmes.
Actor	Admin
Priority	High

Acceptance Criteria	- Admin can view all programmes.
	- Each programme displays:
	  - Cover image
	  - Programme title
	  - Target level
	  - Description
	  - Number of subscribers
	- Admin can access:
	  - View programme
	  - Edit programme

Code	**CMS-FR-151**
Feature Name	Create a Programme (Admin)
Description	Allow Admin to create a new programme.
Actor	Admin

Priority	High

Acceptance Criteria	- Admin can open the programme creation modal.
	- Admin must provide:
	  - Programme title
	  - Description
	  - Target level
	  - Price
	  - Cover image
	- Admin can save the programme.
	- Programme becomes available for programmations.

Code	**CMS-FR-152**
Feature Name	Edit a Programme (Admin)
Description	Allow Admin to edit an existing programme.
Actor	Admin
Priority	Medium

Acceptance Criteria	- Admin can update:
	  - Title
	  - Description
	  - Level
	  - Price
	  - Cover image
	- Changes are saved immediately.
	- Updated data is reflected across all views.

Sub Scope	**Mes informations: The **Mes informations** page allows a Coach to manage their personal profile, account security, subscription visibility, and account lifecycle actions. This section is critical for identity management, billing transparency, and user autonomy.**
Code	**CMS-FR-153**
Feature Name	View Profile Information
Description	Allow the Coach to view their personal and account-related information.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can view profile photo (avatar). - Coach can view full name. - Coach can view role and onboarding date. - Coach can view personal information:

	- First name
	- Last name
	- Date of birth
	- Gender
	- Email address
	- Phone number
	- Coach can view subscription plan details:
	- Plan name
	- Billing cycle
	- Monthly price
	- License usage (e.g. athletes used / available)
	- Coach can access payment management via Stripe portal.

Code	CMS-FR-154
Feature Name	Edit Personal Information
Description	Allow the Coach to update their personal profile information.
Actor	Coach
Priority	High

Acceptance Criteria	- Coach can open the edit profile modal.
	- Coach can update:
	  - First name
	  - Last name
	  - Date of birth (day, month, year)
	  - Gender
	  - Email address
	  - Phone number
	- Validation is applied to required fields.
	- Changes are saved only when the Coach confirms.
	- Updated data is reflected immediately on the profile page.

Code	CMS-FR-155
Feature Name	Change Profile Avatar
Description	Allow the Coach to update their profile picture.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can open the avatar edit modal. - Coach can upload an image file (JPG or PNG). - Minimum image size requirements are enforced. - Preview of the selected image is displayed. - Coach can confirm or cancel the upload. - New avatar is displayed after successful update.

Code	**CMS-FR-156**
Feature Name	Reset Password
Description	Allow the Coach to securely change their password.
Actor	Coach
Priority	High

Acceptance Criteria	- Coach can access the change password section.
	- Coach must provide:
	  - Current password
	  - New password
	  - Confirm new password
	- New password must meet security rules.
	- Confirmation password must match.
	- Coach receives confirmation upon successful update.
	- Invalid inputs display appropriate error messages.

Code	**CMS-FR-157**
Feature Name	Delete Account
Description	Allow the Coach to permanently delete their account.
Actor	Coach
Priority	High

Acceptance Criteria	- Coach can initiate account deletion.
	- System displays a clear warning explaining consequences.
	- Coach must explicitly confirm the deletion.
	- Coach can cancel the action before confirmation.
	- Upon confirmation:
	  - Account is permanently deleted.
	  - All associated data is removed.
	  - Coach is logged out immediately.

Code	**CMS-FR-158**
Feature Name	Manage Subscription & Payment
Description	Allow the Coach to manage billing details via an external payment portal.
Actor	Coach
Priority	Medium
Acceptance Criteria	- Coach can access the Stripe customer portal. - Coach can:

	- View invoices - Update payment method - Manage subscription plan - All payment actions are handled securely outside the CMS.
Main Scope	**Mobile App**
Sub Scope	**Onboarding**
Code	**APP-FR-001**
Feature Name	Splash Screen
Description	Display an initial splash screen when the mobile application is launched to reinforce brand identity and provide a smooth entry point before onboarding or authentication.
Actor	Athelete
Priority	High
Acceptance Criteria	- The splash screen is displayed immediately on app launch. - The Kaptrain logo is centered and clearly visible. - A short tagline is displayed: "Lâ expertise de haut niveau, accessible Ã tous". - The splash screen respects the brand color palette and visual identity. - The splash screen is shown for a short predefined duration or until initial app loading is completed. - After the splash screen, the user is automatically redirected to the onboarding flow (first launch) or the login screen (returning user).
Code	**APP-FR-002**
Feature Name	Global Flow
Description	Provide a multi-step onboarding experience to introduce the app's value proposition and guide new users before authentication.
Actor	Athelete
Priority	High
Acceptance Criteria	- The onboarding consists of 3 distinct screens. - Each screen contains a full-screen image, a short headline, and a progression indicator. - Users can navigate sequentially using a primary action button. - The onboarding is displayed only on first launch (unless reset). - Progress indicators visually reflect the current onboarding step.
Code	**APP-FR-003**

Feature Name	Screen 1
Description	Introduce the app concept and invite the user to start their journey.
Actor	Athelete
Priority	High
Acceptance Criteria	- A full-screen background image related to training is displayed. - Headline text: "Visualise, comprends, améliore." - A primary action button labeled "Connexion" is displayed. - A progress indicator shows step 1 of 3. - Tapping "Connexion" navigates the user to the next onboarding screen or authentication entry point, depending on product decision.
Code	**APP-FR-004**
Feature Name	Screen 2
Description	Highlight the accessibility and inclusivity of Kaptrain's sports expertise.
Actor	Athelete
Priority	High
Acceptance Criteria	- A full-screen background image representing diversity and inclusivity in sport. - Headline text: "L'expertise sportive, accessible à tous." - A primary action button labeled "Suivant" is displayed. - A progress indicator shows step 2 of 3. - Tapping "Suivant" navigates to the next onboarding screen.
Code	**APP-FR-005**
Feature Name	Screen 3
Description	Motivate the user and conclude the onboarding experience.
Actor	Athelete
Priority	High
Acceptance Criteria	- A full-screen background image related to movement or progression. - Headline text: "Ta progression commence ici." - A primary action button labeled "Suivant" is displayed. - A progress indicator shows step 3 of 3. - Tapping "Suivant" completes the onboarding flow and redirects the user to the authentication screen (login / signup).
Code	**APP-FR-006**

Feature Name	Persistence Rules
Description	Define how onboarding completion is stored and reused.
Actor	System
Priority	Medium
Acceptance Criteria	- Once onboarding is completed, the app stores a local flag indicating completion. - On subsequent app launches, completed onboarding is skipped. - If the app is reinstalled or local storage is cleared, onboarding is shown again.
Code	**APP-FR-007**
Feature Name	Premiers pas_Onboarding
Description	TBC https://www.figma.com/design/IHebumUD4vxDCjlyF0uEKd/Figma-Kaptrain?node-id=3034-33294&t=ERoX4zuwcDmnjhqR-4
Actor	
Priority	
Acceptance Criteria	
Code	**APP-FR-008**
Feature Name	Connexion (Login)
Description	Allow users to authenticate into the mobile application using email/password or third-party providers.
Actor	Athelete
Priority	High
Acceptance Criteria	- User can enter an email and password. - System validates credentials. - User can toggle password visibility. - Error message is displayed for invalid credentials. - User can authenticate using Google. - User can authenticate using Apple. - Successful login redirects user to the app home. - "Mot de passe oublié" link redirects to password recovery flow.
Code	**APP-FR-009**
Feature Name	Inscription (Registration)

Description	Allow new users to create an account using email and password.
Actor	Athelete
Priority	High
Acceptance Criteria	- User can input email, password, and password confirmation. - Password rules are clearly displayed (min length, uppercase, lowercase, number, special character). - System validates email format. - Password and confirmation must match. - User must accept Terms of Use and Privacy Policy. - Account creation triggers email verification. - Error messages are displayed for invalid inputs.
Code	**APP-FR-010**
Feature Name	Vérification d'email
Description	Ensure that the user verifies ownership of their email address via a verification code.
Actor	Athelete
Priority	High
Acceptance Criteria	- System sends a verification code to the user's email. - User can enter a multi-digit verification code. - Countdown timer is displayed before allowing resend. - User can request code resend after timer expires. - Invalid code displays an error. - Successful verification redirects to success screen. - Verified status is stored in the system.
Code	**APP-FR-011**
Feature Name	Succès de vérification
Description	Confirm successful email verification and guide user to next step.
Actor	Athelete
Priority	Medium
Acceptance Criteria	- Success message is displayed. - Visual confirmation icon is shown. - "Compléter mon profil" button is available. - User is redirected to profile completion flow.
Code	**APP-FR-012**
Feature Name	Mot de passe oublié – Demande

Description	Allow users to request a password reset link via email.
Actor	Athelete
Priority	High
Acceptance Criteria	- User can enter their registered email. - System validates email format. - Reset email is sent if email exists. - Confirmation screen is displayed. - Countdown timer prevents immediate resend. - Error message is displayed for invalid email.
Code	**APP-FR-013**
Feature Name	Mot de passe oublié – Email envoyé
Description	Inform the user that a password reset email has been sent.
Actor	Athelete
Priority	Medium
Acceptance Criteria	- Confirmation message is displayed. - User is instructed to check inbox and spam. - Resend option is disabled until timer ends. - User can navigate back to login.
Code	**APP-FR-014**
Feature Name	Création d'un nouveau mot de passe
Description	Allow users to securely define a new password after reset.
Actor	Athlete
Priority	High
Acceptance Criteria	- User can input a new password and confirmation. - Password rules are enforced. - Validation errors are clearly displayed. - Password and confirmation must match. - Successful reset updates credentials. - User is redirected to success screen.
Code	**APP-FR-015**
Feature Name	Mot de passe réinitialisé – Succès
Description	Confirm successful password update and return user to login.
Actor	Athlete

Priority	Medium
Acceptance Criteria	- Success confirmation message is displayed. - Visual confirmation icon is shown. - "Se connecter" button redirects to login screen.
Code	**APP-FR-016**
Feature Name	Screen: "Compléter les dernières étapes" — Basic profile info (Step 1/5)
Description	Collect core identity data to create the athlete profile.
Actor	Athlete
Priority	High

Acceptance Criteria	- Validate required fields before enabling `Continuer`:
	  - First name required
	  - Last name required
	  - DOB required and must be a valid date (and within allowed age constraints if any)
	  - Gender required (unless product supports "Prefer not to say")
	- Avatar:
	  - Optional
	  - If supported: allow image picker (camera/gallery), crop/preview (implementation choice)
	- On `Continuer`: persist locally + send to backend (or batch save at end—define strategy).

Code	**APP-FR-017**
Feature Name	Screen: "Indiquer mon poids actuel" — Weight input (Step 2/5)
Description	Capture current body weight for tracking.
Actor	Athlete
Priority	High

Acceptance Criteria	- Weight is optional:
	  - If `Je préfère ne pas répondre` is selected:
	    - Disable weight input (or clear it)
	    - Allow `Continuer`
	- If weight is provided:
	  - Must be numeric and within acceptable range (e.g., > 0; exact bounds to be defined by product/medical constraints)
	  - Display proper decimal handling (e.g., `00.00` initial placeholder)
	- Persist on `Continuer`.

Code	**APP-FR-018**

Feature Name	Screen: "Choisir mon niveau de pratique sportive" — Practice level (Step 3/5)
Description	Determine training/program recommendations based on the user's practice level.
Actor	Athlete
Priority	High
Acceptance Criteria	- Exactly one level must be selected to proceed. - Persist selection on `Continuer`.
Code	**APP-FR-019**
Feature Name	Screen: "Sélectionner mes sports favoris" — Favorite sports (Step 4/5)
Description	Let user choose up to a maximum number of sports they practice/like.
Actor	Athlete
Priority	High

Acceptance Criteria	- Selection limit: **max 5**
	  - When limit reached:
	    - Additional unselected items become disabled OR selection attempt shows warning (as in "limite atteinte")
	- Search filters list by name (case-insensitive).
	- Allow deselection from list or via chips.
	- Persist selection on `Continuer`.

Code	**APP-FR-020**
Feature Name	Screen: "Tu as déjà un coach ?" — Coach invitation code (Step 5/5)
Description	Optionally associate the user with a coach via invitation code.
Actor	Athlete
Priority	High

Acceptance Criteria	- Coach linking is optional:
	  - `Continuer sans coach` completes onboarding without link.
	- If user submits invitation:
	  - Validate code format (e.g., length/charset—define backend rules)
	  - Call backend to link athlete to coach
	  - On success: proceed to final success screen
	  - On failure: show error message (invalid/expired code) and keep user on screen

Code	**APP-FR-021**

Feature Name	Screen: Success — "Félicitations !"
Description	Confirm that profile setup is complete and the user can start using the app.
Actor	Athlete
Priority	High
Acceptance Criteria	- On CTA: navigate to main app entry (home/dashboard). - Mark onboarding completion flag (local + backend) to prevent showing onboarding again.
Sub Scope	**Wellness**
Code	**APP-FR-022**
Feature Name	Daily Wellness Check-In
Description	Allow users to report their daily wellness status through a structured, multi-criteria questionnaire. The wellness check-in helps personalize training recommendations, recovery guidance, and overall user experience.
Actor	Athlete
Priority	High
Acceptance Criteria	- User can complete and submit a daily wellness check-in. - Score calculation follows the defined formula. - Sleep and Pain scores are correctly reversed. - Final score is scaled to /10. - Correct condition label is displayed on Home screen. - User can disable or keep daily reminder. - Submitted data is stored and associated with the correct date.
Code	**APP-FR-023**
Feature Name	Disable Daily Reminder
Description	Users may choose to disable the daily wellness reminder.
Actor	Athlete
Priority	High

Acceptance Criteria	- A confirmation modal explains:
	  - Purpose of wellness tracking
	  - Impact on personalization and recovery
	- Two actions:
	  - **Désactiver quand même**
	  - **Conserver le rappel**

	- If disabled:
	  - Wellness prompt no longer appears automatically
	  - User can re-enable it later from Profile settings

Sub Scope	**Accueil**
Code	**APP-FR-024**
Feature Name	Homepage (Accueil)
Description	The Homepage (Accueil) is the main entry point after user login.
Actor	Athlete
Priority	High
Acceptance Criteria	- Greeting uses user's first name. - Wellness badge reflects the latest wellness score. - Notification icon shows unread count (if any).
Code	**APP-FR-025**
Feature Name	Header Section
Description	Greeting uses user's first name.
Actor	Athlete
Priority	High
Acceptance Criteria	- Wellness badge reflects the latest wellness score. - Notification icon shows unread count (if any).
Code	**APP-FR-026**
Feature Name	Calendar Strip
Description	Indicators for days with sessions or wellness entries.
Actor	Athlete
Priority	High
Acceptance Criteria	- Tapping a date updates the content below. - Only current week is displayed (swipe optional).
Code	**APP-FR-027**
Feature Name	Today's Sessions (Aujourd'hui)
Description	List of scheduled sessions for selected day.

Actor	Athlete
Priority	High
Acceptance Criteria	- If no session → empty state. - Tap session → navigate to session detail.
Code	**APP-FR-028**
Feature Name	Wellness Tracking (Mon suivi de forme)
Description	
Actor	Athlete
Priority	High
Acceptance Criteria	- Graph updates when filter changes - If today's wellness not filled: - Show CTA "Renseigner ma forme du jour"
Code	**APP-FR-029**
Feature Name	Statistics Section (Mes statistiques)
Description	- "Tout voir" navigates to full statistics page - Data updates based on selected date range
Actor	Athlete
Priority	High

Acceptance Criteria	1. Répartition d'activité
	  - Donut chart by sport
	  - Percentages per activity
	
	2. Volume d'entraînement
	  - Bar chart (last 7 days)
	  - Total duration displayed (e.g. 13h20)

Code	**APP-FR-030**
Feature Name	Timer Shortcut
Description	
Actor	Athlete
Priority	High
Acceptance Criteria	- Opens timer selection / creation screen. - Timer can be linked to a session or used standalone.

Sub Scope	Widgets
Code	APP-FR-031
Feature Name	Voir et classer statistiques
Description	
Actor	
Priority	
Acceptance Criteria	
Code	
Feature Name	
Description	
Actor	
Priority	
Acceptance Criteria	
Code	
Feature Name	Répartition d'activité (Widget)
Description	Allow users to visualize the distribution of their physical activities over a selected period with multiple views and sorting options.
Actor	Athlete
Priority	Medium

Acceptance Criteria	- User can access the "Répartition d'activité" widget from statistics.
	- User can switch between time ranges: Week, Month, Year.
	- User can navigate between periods using previous/next controls.
	- System displays activity distribution as a donut chart.
	- User can switch distribution mode:
	  • Time spent (hours)
	  • Number of sessions
	  • RPE Cognitive
	  • RPE Physical
	- Chart updates dynamically when distribution mode changes.
	- User can open color-code settings.
	- User can assign a custom color to each sport.
	- "Other sports" category is displayed when applicable.
	- User can save color customizations.
	- Detailed breakdown (time, percentage) is displayed per sport.

	- If no data exists for the selected period, an empty-state message is shown.
Code	
Feature Name	Synchroniser avec Health Connect (Consent / permissions)
Description	Allow users to grant the application permission to read step count data via Health Connect (or equivalent health data provider).
Actor	Athlete
Priority	High
Acceptance Criteria	- If the user has not granted permissions yet, the app displays a consent screen explaining why step data is needed (privacy notice included). - User can confirm consent by tapping "J'ai lu et j'accepte". - Upon consent, the app triggers the OS/provider permission flow to grant access to step data. - If the user declines permissions, the app keeps the widget accessible but shows an empty-state (no step values) and allows retry. - Step data is used only for in-app tracking and is not shared with third parties as stated in the consent copy.
Code	
Feature Name	Nombre de pas (Widget – suivi des pas)
Description	Allow users to view their step count and progress versus a daily step goal across Today / Week / Month timeframes.
Actor	Athlete (primary), Coach (if coach-mode includes athlete self-view)
Priority	Medium
Acceptance Criteria	- User can access the "Nombre de pas" widget from Mes statistiques (statistics list). - The widget displays step data in three tabs: Aujourd'hui, Semaine, Mois. - The widget shows the current step count for the selected timeframe (e.g., ring + value). - The widget shows the daily goal and a progress indicator (e.g., "8416 / 10 000 pas" with progress bar). - If step data is unavailable (not authorized / no data), the UI displays an empty-state message and a clear call-to-action.
Code	
Feature Name	Nombre de pas – vue "Aujourd'hui"

Description	Display today's steps and progress to the daily goal.
Actor	Athlete
Priority	High

Acceptance Criteria	- When **Aujourd'hui** tab is selected, the widget shows:
	  - Today's total steps (numeric value).
	  - A circular progress indicator (ring) proportional to goal completion.
	  - The daily goal progress text (e.g., "8416 / 10 000 pas").
	- The widget updates when new step data is received (foreground refresh or next sync).
	- If today's steps exceed the goal, the UI still displays the full value and a "100%+" style progress (or a capped ring) without breaking layout.

Code	
Feature Name	Nombre de pas – modifier l'objectif quotidien
Description	Allow users to set/update their daily step goal.
Actor	Athlete
Priority	Medium

Acceptance Criteria	- User can tap "Modifier mon objectif" to open the goal editor.
	- The goal editor displays a large numeric target (e.g., "15 000") with a slider/selector to adjust the value.
	- User can confirm changes by tapping "Valider".
	- After validation, the updated goal is reflected:
	  - On the Aujourd'hui progress bar and ring.
	  - On Semaine and Mois screens wherever the daily goal indicator is displayed.
	- The app validates the goal value:
	  - Prevents empty/invalid values.
	  - Enforces a reasonable min/max range (product-defined; default example: 1,000–50,000 steps).
	- If saving fails (network/storage error), the app shows an error message and keeps the previous goal.

Code	
Feature Name	Nombre de pas – vue "Semaine"
Description	Allow users to view step totals over a selected week.
Actor	Athlete
Priority	Medium

Acceptance Criteria	- When **Semaine** tab is selected, the widget shows:
	  - A week range label (e.g., "Du 14 avril au 20 avril").
	  - A bar chart of daily step totals for the week.
	  - The daily goal progress component (goal + progress bar) for the current day (as shown in design).
	- User can navigate to previous/next week via arrows.
	- If a day has no data, the chart displays a 0/empty bar while keeping axis alignment.
	- The chart remains readable on small devices (no overlapping labels; scrolling or abbreviated labels if needed).

Code	
Feature Name	Nombre de pas – vue "Mois"
Description	Allow users to view step totals over a selected month.
Actor	Athlete
Priority	Medium

Acceptance Criteria	- When **Mois** tab is selected, the widget shows:
	  - The selected month label (e.g., "Avril").
	  - A month calendar view highlighting days with available step data.
	  - The daily goal progress component (goal + progress bar) for the selected day (or today by default).
	- User can navigate to previous/next month via arrows.
	- Selecting a day updates the displayed step count context (e.g., day selection state).
	- If no data exists for the month, the UI displays an empty-state while still allowing month navigation.

Code	
Feature Name	Nombre de pas – erreurs & états limites
Description	Ensure robust behavior for missing data, permission issues, and sync failures.
Actor	Athlete
Priority	High

Acceptance Criteria	- If permissions are revoked after previously being granted, the widget returns to the consent/empty-state and offers re-enable.
	- If the health provider is unavailable/not installed, the app provides guidance to install/enable it (platform-specific).
	- If data retrieval fails (timeout/API error), the app:
	  - Shows a non-blocking error message.
	  - Keeps the last known values (if any) with a "last updated" concept if available.

	- Loading states are displayed while fetching step data (skeletons/spinners) without blocking navigation.
Code	
Feature Name	Suivi de poids (Weight Tracking)
Description	Allow users to view, add, and edit their weight measurements over time via a chart and an editable history list.
Actor	Athlete
Priority	Medium

Acceptance Criteria	- User can access the Suivi de poids widget from the Statistics/Widgets area.
	- The widget displays a weight trend chart for the selected time range.
	- User can switch chart time ranges: 1M, 6M, 1A, Tout.
	- Selecting a time range refreshes both the chart and the history list to match the same period.
	- User can tap Aujourd'hui to quickly focus the view on the current date (if relevant to the selected range).
	- The widget displays a Historique list of weight entries (value + date) in reverse chronological order.
	- User can tap Ajouter un poids to open the "Ajoute une nouvelle mesure de poids" modal.
	- In the add modal, user can input:
	  • Poids (numeric) with kg unit displayed
	  • Jour de la pesée (date picker)
	- The system validates weight input:
	  • Weight must be a valid number
	  • Weight must be > 0
	  • If the value is out of allowed range, an error message is displayed and submission is blocked.
	- The system prevents adding an entry without a date.
	- User can submit the add modal by tapping Ajouter.
	- On successful creation:
	  • The new entry appears in Historique
	  • The chart is updated accordingly
	  • The modal is closed
	- User can edit an existing weight entry from Historique (via the edit icon).
	- When editing an entry, the system allows updating weight and/or date and applies the same validations as creation.
	- On successful update:
	  • The edited entry is updated in Historique
	  • The chart is updated accordingly
	- If no weight data exists for the selected time range, the widget displays an explicit empty state (e.g., "Aucune donnée enregistrée") and still provides access to Ajouter un poids.

	- If a network or sync error occurs during create/update, the system shows a clear error message and the user's changes are not silently lost.
Code	
Feature Name	Volume d'entraînement (Widget)
Description	Allow users to visualize their training volume over time based on completed sessions.
Actor	Athlete
Priority	Medium
Acceptance Criteria	- User can access the "Volume d'entraînement" widget from the statistics section. - User can switch between time ranges: Week, Month, and Year. - The chart displays total training duration aggregated per selected period. - Weekly view shows daily bars with duration labels. - Monthly view shows day-by-day aggregation within the selected month. - Yearly view shows month-by-month aggregation. - User can navigate between periods using previous/next controls. - Chart updates dynamically when the selected time range changes. - If no data exists for a period, an empty-state message is displayed.
Code	
Feature Name	Temps d'activité
Description	https://www.figma.com/design/IHebumUD4vxDCjlyF0uEKd/Figma-Kaptrain?node-id=3034-31746&t=W0kLHZPw4TRZX9hK-4
Actor	
Priority	
Acceptance Criteria	
Code	
Feature Name	
Description	
Actor	
Priority	
Acceptance Criteria	

Code	
Feature Name	
Description	
Actor	
Priority	
Acceptance Criteria	
Code	
Feature Name	
Description	
Actor	
Priority	
Acceptance Criteria	
Code	
Feature Name	
Description	
Actor	
Priority	
Acceptance Criteria	
Sub Scope	**Bibliothèque**
Code	
Feature Name	Lib Ex-Overview
Description	Provide athletes with access to the exercise library from the bottom navigation, allowing them to browse, search, and filter exercises.
Actor	Athlete
Priority	High
Acceptance Criteria	- The Library tab is accessible from the bottom navigation. - The "Exercises" section is displayed by default when entering the Library.

	- The screen loads a list or grid of available exercises.
Code	
Feature Name	Lib Ex-List View
Description	Allow users to browse all exercises in a structured list or grid layout.
Actor	Athlete
Priority	High
Acceptance Criteria	- Exercises are displayed with a thumbnail, name, and key indicators. - The user can scroll through the list smoothly. - The system supports both list and grid layouts if enabled. - The total number of results is displayed.
Code	
Feature Name	Lib Ex-Search
Description	Enable users to search for exercises by name or keyword.
Actor	Athlete
Priority	High
Acceptance Criteria	- A search input is visible at the top of the exercises list. - The user can enter text to filter exercises in real time. - Search results update dynamically based on the entered keyword. - An empty state is displayed if no results match the search.
Code	
Feature Name	Lib Ex-Filter By Sport
Description	Allow users to filter exercises by sport or discipline.
Actor	Athlete
Priority	Medium
Acceptance Criteria	- Sport filter chips (e.g., Running, Cycling, Hyrox) are displayed. - The user can select one or multiple sports. - The exercise list updates according to selected sports. - Selected filters are visually highlighted.
Code	
Feature Name	Lib Ex-Favorites
Description	Allow users to mark exercises as favorites for quick access.

Actor	Athlete
Priority	Medium
Acceptance Criteria	- A favorite (heart) icon is visible on each exercise card. - The user can add or remove an exercise from favorites. - Favorited exercises are accessible via a "Favorites" filter. - Favorite state persists across sessions.
Code	
Feature Name	Lib Ex-Sorting
Description	Allow users to sort exercises by predefined criteria.
Actor	Athlete
Priority	Low
Acceptance Criteria	- A "Sort by" option is available. - The user can sort exercises alphabetically (A–Z, Z–A). - The exercise list updates immediately after sorting.
Code	
Feature Name	Lib Ex-Detail View
Description	Provide detailed information for a selected exercise.
Actor	Athlete
Priority	High
Acceptance Criteria	- Tapping an exercise opens the Exercise Detail screen. - The detail screen displays a video or visual demonstration. - The exercise description is clearly visible. - Targeted muscle groups are displayed using tags or visuals.
Code	
Feature Name	Lib Ex-Instructions
Description	Display step-by-step instructions for performing an exercise correctly.
Actor	Athlete
Priority	High
Acceptance Criteria	- An "Instructions" tab is available on the exercise detail screen. - Instructions are displayed in ordered steps. - Content is readable on small screens without horizontal scrolling.

Code	
Feature Name	Lib Ex-Metadata
Description	Show exercise metadata such as equipment and themes.
Actor	Athlete
Priority	Medium
Acceptance Criteria	- Required equipment (e.g., kettlebell) is displayed. - Exercise themes (e.g., strength, yoga) are visible. - Metadata is presented consistently across exercises.
Code	
Feature Name	Lib Ex-Navigation
Description	Ensure smooth navigation between Library and other app sections.
Actor	Athlete
Priority	Medium
Acceptance Criteria	- The user can return to the exercise list from the detail view. - Bottom navigation remains accessible at all times. - Navigation state is preserved when switching tabs.
Code	
Feature Name	Open Exercise Filters
Description	Allow Athletes to open the filters panel from the Exercise Library.
Actor	Athlete
Priority	High
Acceptance Criteria	- Athlete can open the Filters screen from the Exercise Library. - The Filters screen displays categories: Sports, Thématiques, Matériels, Muscles. - Athlete can navigate back to the Exercise Library without applying filters.
Code	
Feature Name	Filter Exercises by Sports
Description	Allow Athletes to filter exercises based on selected sports.
Actor	Athlete

Priority	High
Acceptance Criteria	- Athlete can view a list of available sports. - Athlete can select one or multiple sports. - Selected sports are visually highlighted. - Applying the filter updates the exercise list accordingly. - Athlete can clear selected sports using "Tout effacer".
Code	
Feature Name	Filter Exercises by Thématiques
Description	Allow Athletes to filter exercises by training thematics and body zones.
Actor	Athlete
Priority	Medium
Acceptance Criteria	- Athlete can select one or more thematics. - Athlete can select body zones (e.g. Membres inférieurs, Core). - Athlete can apply or reset the selected thematics. - Exercise results update based on selected thematics.
Code	
Feature Name	Filter Exercises by Matériels
Description	Allow Athletes to filter exercises based on required equipment.
Actor	Athlete
Priority	Medium
Acceptance Criteria	- Athlete can view a grid of available equipment. - Athlete can select "Sans matériel" or multiple equipment types. - Selected equipment is clearly indicated. - Applying the filter refreshes the exercise list.
Code	
Feature Name	Filter Exercises by Muscles (List & Body Map).
Description	Allow Athletes to filter exercises by targeted muscles using list or body map.
Actor	Athlete
Priority	Medium
Acceptance Criteria	- Athlete can switch between List view and Corps humain view. - Athlete can select one or multiple muscles. - Selected muscles are highlighted in both views.

	- Applying the filter updates exercises based on targeted muscles.
Code	
Feature Name	Séance du jour (Session of the day)
Description	(waiting confirmation for entry point) https://www.figma.com/design/IHebumUD4vxDCjlyF0uEKd/Figma-Kaptrain?node-id=4699-106284&t=ERoX4zuwcDmnjhqR-4
Actor	
Priority	
Acceptance Criteria	
Code	
Feature Name	Reset Exercise Filters
Description	Allow Athletes to reset all applied exercise filters.
Actor	Athlete
Priority	Low
Acceptance Criteria	- Athlete can reset all filters using "Tout effacer". - All selected filters are cleared. - Exercise list returns to the unfiltered state.
Code	
Feature Name	View Programmes Library
Description	Allow users to browse all available training programmes in the Library.
Actor	Athlete
Priority	High
Acceptance Criteria	- User can access the Programmes section from the Library tab. - The system displays a list of available programmes. - Each programme shows key information (title, level, duration, frequency). - User can scroll through the list of programmes. - User can select a programme to view its details.
Code	
Feature Name	View Purchased Programmes
Description	Allow users to view programmes they have already purchased.

Actor	Athlete
Priority	High
Acceptance Criteria	- User can view a "Mes achats" section. - The system displays only programmes purchased by the user. - Each purchased programme shows its current status (not started, in progress, completed). - User can access a purchased programme's detail page.
Code	
Feature Name	View Programme Details
Description	Allow users to view detailed information about a training programme.
Actor	Athlete
Priority	High
Acceptance Criteria	- User can open a programme detail screen. - The system displays programme description, level, duration, and session frequency. - The system displays programme objectives. - The system displays required equipment (if applicable). - The system displays the coach or programme author.
Code	
Feature Name	Purchase a Programme
Description	Allow users to purchase a paid training programme.
Actor	Athlete
Priority	High
Acceptance Criteria	- User can initiate the purchase of a programme. - The system displays the programme price clearly. - User can select a payment method. - The system validates payment information before confirmation. - Upon successful payment, the programme is added to the user's purchased programmes.
Code	
Feature Name	Confirm Programme Payment
Description	Confirm a successful programme payment and provide next actions.
Actor	Athlete

Priority	High
Acceptance Criteria	- The system displays a payment confirmation screen. - The system confirms that the programme is unlocked. - User can navigate back to the home screen. - User can navigate directly to the purchased programme.
Code	
Feature Name	Start a Programme
Description	Allow users to start a purchased programme.
Actor	Athlete
Priority	Medium
Acceptance Criteria	- User can start a purchased programme. - The system marks the programme as "in progress". - The system schedules programme sessions in the user's agenda. - The system allows the user to resume the programme later.
Code	
Feature Name	Restart a Programme
Description	Allow users to restart a previously completed programme.
Actor	Athlete
Priority	Low
Acceptance Criteria	- User can restart a completed programme. - The system resets programme progress. - The system updates the agenda with new sessions. - Previous completion history remains accessible.
Code	
Feature Name	Access Programme from Agenda
Description	Allow users to access programme sessions directly from the Agenda.
Actor	Athlete
Priority	Medium
Acceptance Criteria	- Programme sessions appear in the Agenda. - User can open a programme session from the Agenda. - The system links the session to the correct programme. - Session status updates correctly after completion.

Sub Scope	Agenda
Code	
Feature Name	Agenda (Calendar & Session Overview)
Description	Allow athletes and coaches to view, navigate, and manage scheduled training sessions through a calendar-based agenda.
Actor	Athlete, Coach
Priority	High

Acceptance Criteria	- User can access the Agenda from the bottom navigation.
	- Agenda displays a monthly calendar view by default.
	- Current day is visually highlighted in the calendar.
	- Days containing scheduled sessions show visual indicators.
	- User can navigate between months.
	- User can return to the current date using an "Aujourd'hui" action.
	- Selecting a date displays the list of sessions scheduled for that day.
	- Each session card displays:
	  - Session name
	  - Sport or thematic type
	  - Coach name
	- User can tap a session to access session details.
	- If no session exists for a selected date, an empty state is displayed.
	- Floating action button (+) is visible to create a new session.

Code	
Feature Name	Create Training Session
Description	Allow coaches to create and schedule a new training session from the agenda.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can initiate session creation from the Agenda using the (+) button. - Creation flow is presented as a step-by-step process. - Coach can select a thematic category (e.g., Sports, Mobility & Stretching). - Coach can select one or more sports. - Coach can add a custom sport if not listed. - Coach can define session date and start/end time. - System validates that end time is after start time. - Coach can enter a session name. - Coach can add one or more training blocks to the session. - Each block can be edited after creation.

	- Coach can remove a block before validation. - Coach can validate and save the session. - Upon validation, the session appears in the Agenda on the selected date. - User receives visual confirmation that the session has been created.
Code	
Feature Name	Création de bloc de séance
Description	Allow Coaches to create and configure a training block within a session, including intensity reference, exercises, and parameters.
Actor	Coach
Priority	High
Acceptance Criteria	- Coach can add a new block from the session creation flow. - Coach can view the block title, description, and training objective. - Coach can select an intensity reference (e.g. %RM, %FC Max, %PMA, %FTP, %VMA, RPE). - If an intensity reference is selected, related configuration fields are displayed. - Coach can configure intensity using time or distance depending on the reference type. - Coach can select a training zone and percentage range when applicable. - Coach can view reference tables (e.g. VMA zones and target speeds). - Coach can add one or more exercises to the block. - Coach can search and filter exercises when associating them to the block. - Coach can associate exercise videos to the block. - Coach can save the block and return to the session overview. - Saved blocks are displayed in the session with their configured exercises and intensity.
Code	
Feature Name	Modification de séance
Description	Allow users to modify an existing training session, including its metadata, blocks, and associated exercises.
Actor	Athlete, Coach
Priority	High
Acceptance Criteria	- User can access the session modification screen from the Agenda. - User can edit the session title. - User can view the list of existing training blocks.

	- User can add a new training block to the session.
	- User can edit an existing training block.
	- User can delete an existing training block.
	- User can modify session metadata:
	  • Sport / thematic
	  • Date
	- User can expand or collapse additional information.
	- User can save changes to the session.
	- System persists all modifications after saving.
	- User can delete the entire session.
	- System requires confirmation before deleting a session.
	- After deletion, the session is removed from the Agenda.
	- User is redirected back to the Agenda after successful save or deletion.

Code	
Feature Name	Suppression de séance
Description	Allow users to delete an existing training session from the agenda.
Actor	Athlete, Coach
Priority	High
Acceptance Criteria	- User can initiate session deletion from the session edit screen. - A delete icon is visible on each training block and at session level. - System displays a confirmation modal before deletion. - Confirmation modal clearly indicates that deletion is irreversible. - User can cancel deletion and return to the edit screen. - Upon confirmation, the session is removed from the agenda. - Deleted session no longer appears in daily, weekly, or monthly views. - System updates agenda data immediately after deletion.
Code	
Feature Name	Types de séances
Description	Allow users to view, execute, and complete different types of training sessions depending on their origin: individual, personal, programme, or programmation.
Actor	Athlete
Priority	High
Acceptance Criteria	- User can access a session from the Agenda regardless of its type. - System displays the session type clearly (Individualisée, Perso, Programme, Programmation). - Each session displays structured blocks (Échauffement, Travail

	principal, Récupération). - User can expand or collapse each block. - Exercises associated with each block are displayed with video previews. - User can add a personal note to the session. - User can mark a block as completed. - Completion status is visually updated in real time. - User can mark the entire session as "J'ai terminé". - Completed sessions display effort indicators (RPE Physique & Cognitif) when applicable. - For programme sessions, system displays programme name, week, and session index. - Navigation back to Agenda preserves session completion state.
Code	
Feature Name	Historique de Notes
Description	Allow users to view the history of personal notes associated with their training sessions, grouped by sport and session date.
Actor	Athlete, Coach
Priority	Medium
Acceptance Criteria	- User can access the "Historique de mes notes" screen from the agenda or session context. - Notes are grouped by sport. - Each sport section can be expanded or collapsed. - Each session displays its date. - Notes are grouped by training block (e.g. Échauffement, Étirements). - Each note shows its content and creation date. - If no notes exist for a session, the session is still listed without notes. - Scrolling allows viewing older notes. - Back navigation returns the user to the previous agenda screen.
Code	
Feature Name	Timer de séance
Description	Allow athletes to start, configure, pause, resume, and complete different types of training timers (Chronomètre, Minuteur, EMOM, AMRAP, Tabata, Personnalisé) directly from a session or from the home screen.
Actor	Athlete
Priority	High
Acceptance Criteria	- Athlete can open the timer from an Agenda session or from the Home screen.

	- Athlete can choose a timer type: Chronomètre, Minuteur, EMOM, AMRAP, Tabata, or Personnalisé. - For configurable timers (Tabata, Personnalisé): - Athlete can set effort duration. - Athlete can set rest duration. - Athlete can set number of rounds. - System validates timer parameters before starting. - Athlete can start the timer with a visible countdown. - System displays current phase (effort / rest), remaining time, and current round. - Athlete can pause and resume the timer at any time. - Athlete can stop the timer and is asked for confirmation before closing. - When all rounds are completed, system displays a completion screen. - Athlete can terminate the timer manually after completion. - Timer state is preserved if the athlete navigates back to the session. - Only one active timer can run at a time. - Starting a new timer prompts confirmation to replace the current one.
Code	
Feature Name	Agenda- End- Session - Fin de séance
Description	Allow users to complete a training session by entering duration and subjective effort feedback (RPE), in order to enrich training analysis and history.
Actor	Athlete
Priority	High
Acceptance Criteria	- User is prompted to complete the end-of-session flow after finishing a session or timer. - User can input the actual duration of the session using a circular selector. - User can proceed to the next step after confirming the session duration. - User can evaluate the session using a general perceived effort slider. - User can optionally provide written feedback about how the session felt. - User can evaluate Physical RPE (RPE Physique) on a scale from no effort to maximal effort. - User can evaluate Cognitive RPE (RPE Cognitif) on a scale from no effort to maximal effort. - User can submit the evaluation and save the session feedback. - User can choose "Remplir plus tard" to skip the evaluation without blocking navigation. - System stores duration and RPE data linked to the completed session.

	- Completed session is marked as finished in the agenda and history.
Sub Scope	**Profil**
Code	
Feature Name	Profile-Overview
Description	Provide the user with a centralized Profile screen allowing access to personal training data, preferences, and shortcuts to key profile-related features.
Actor	Athlete
Priority	High
Acceptance Criteria	- The Profile screen is accessible from the bottom navigation bar. - The user's avatar, name, and role are displayed at the top of the screen. - The Profile screen summarizes key information and provides navigation to detailed sections.
Code	
Feature Name	Profile My Sports
Description	Allow the user to view and manage their selected sports preferences.
Actor	Athlete
Priority	Medium
Acceptance Criteria	- A "Mes sports" entry is visible in the Profile menu. - The user can access a detailed view listing their selected sports. - The system reflects the sports chosen during onboarding or later updates.
Code	
Feature Name	Mes sports
Description	Waiting for MD (https://www.figma.com/design/IHebumUD4vxDCjlyF0uEKd/Figma-Kaptrain?node-id=5804-181902&t=ERoX4zuwcDmnjhqR-4)
Actor	
Priority	
Acceptance Criteria	
Code	

Feature Name	
Description	
Actor	
Priority	
Acceptance Criteria	
Code	
Feature Name	Messagerie
Description	The Messagerie feature enables direct communication between an athlete and their coach within the mobile application. It is designed to support contextual, continuous coaching feedback linked to training, recovery, and performance.
Actor	Athlete
Priority	High
Acceptance Criteria	- One-to-one chat between athlete and coach - Real-time message exchange - Message history persistence - Input field with send action - Distinct visual styles for sent vs received messages
Code	
Feature Name	Mon Coach
Description	The Mon Coach feature allows an athlete to view their current coach and optionally connect to a coach using an invitation code.
Actor	Athlete
Priority	
Acceptance Criteria	- Display current coach information - Invitation code input - Coach connection workflow
Code	
Feature Name	Blessure (Injury) - View Injuries List
Description	Allow users to view a list of all declared injuries with their current status.
Actor	Athlete

Priority	High
Acceptance Criteria	- Display all injuries (active and treated). - Show injury name, status (En cours / Soignée), and start date. - User can access injury detail from the list. - Empty state is shown when no injury exists.
Code	
Feature Name	Add Injury – Step 1: Select Injury Area
Description	Allow the user to select the injured body area via list or human body view.
Actor	Athlete
Priority	High
Acceptance Criteria	- User can switch between List and Human Body views. - Selecting a body part highlights it visually. - Only one injury area can be selected per injury. - User must select an area to proceed.
Code	
Feature Name	Add Injury – Step 2: Injury Date
Description	Allow the user to define when the injury started.
Actor	Athlete
Priority	High
Acceptance Criteria	- User can select a date using a date picker. - Date cannot be in the future. - Step cannot be skipped.
Code	
Feature Name	Add Injury – Step 3: Injury Description
Description	Allow the user to describe the injury and define its status.
Actor	Athlete
Priority	High
Acceptance Criteria	- User can input injury name. - User can describe how the injury occurred. - User can select injury status: En cours or Soignée. - Injury is saved upon validation.

Code	
Feature Name	View Injury Detail
Description	Allow users to consult detailed information about an injury.
Actor	Athlete
Priority	High
Acceptance Criteria	- Display injury name, description, date, and status. - Show highlighted body area. - Provide action to mark injury as treated. - Provide edit option.
Code	
Feature Name	Edit Injury
Description	Allow users to modify an existing injury.
Actor	Athlete
Priority	High
Acceptance Criteria	- User can edit injury name, description, status, and body area. - Changes are saved only after confirmation. - Updated data is reflected immediately.
Code	
Feature Name	Delete Injury
Description	Allow users to permanently delete an injury.
Actor	Athlete
Priority	High
Acceptance Criteria	- User can trigger deletion from injury edit screen. - Confirmation modal is required. - Injury is permanently removed after confirmation. - Deleted injury no longer appears in the list.
Code	
Feature Name	Mes Records
Description	Allow users to view, add, edit, and delete their personal performance records across different sports and disciplines in order to track long-term progress.

Actor	Athlete
Priority	High
Acceptance Criteria	Entry Point : - Profile tab → Mes records
Code	
Feature Name	Records Overview
Description	Display a categorized list of all recorded performances by sport.
Actor	Athlete
Priority	High
Acceptance Criteria	- User can access the Records screen from Profile. - Records are grouped by sport (e.g. Musculation, Crossfit, Aviron, Hyrox). - Each sport displays the number of records saved. - Selecting a sport opens the list of exercises for that sport. - If no record exists for a sport, an "Aucun record" label is shown.
Code	
Feature Name	Records Listing & Sorting
Description	Allow users to browse and sort records within a selected sport.
Actor	Athlete
Priority	High

Acceptance Criteria	- User can view records grouped by exercise (e.g. Développé couché, Squat).
	- Each exercise shows the latest recorded value.
	- User can open a sort modal.
	- Sorting options include:
	  - Derniers records ajoutés
	  - Ordre alphabétique (A → Z)
	  - Ordre alphabétique (Z → A)
	  - Sous-catégorie (if applicable)
	- Selected sorting is applied immediately.

Code	
Feature Name	Record Detail View
Description	Display the detailed history of a specific exercise record.
Actor	Athlete

Priority	High

Acceptance Criteria	- User can open a record detail screen by selecting an exercise.
	- A performance graph is displayed over time.
	- Historical records are listed with:
	  - Value (kg / time)
	  - Date
	- User can recenter the graph to default zoom.
	- A CTA **Ajouter un record** is visible.

Code	
Feature Name	Add New Record (Flow)
Description	Allow users to add a new record using a guided multi-step flow.
Actor	Athlete
Priority	High

Acceptance Criteria	- User can start the flow via **Ajouter un record**.
	- Step 1: User selects a sport.
	- Step 2: User selects an exercise.
	- Step 3: User enters record data:
	  - Weight (kg) for strength-based sports
	  - Time (hh:mm:ss or mm:ss) for endurance sports
	- User selects a record date.
	- Validation button is disabled until required fields are completed.
	- Record is saved successfully and appears in history.

Code	
Feature Name	Edit Existing Record
Description	Allow users to update an existing record entry.
Actor	Athlete
Priority	High
Acceptance Criteria	- User can open edit mode from a record detail screen. - User can modify the value and date. - Changes are saved after confirmation. - Updated record is reflected in graph and list.
Code	
Feature Name	Delete Record
Description	Allow users to permanently delete a record.
Actor	Athlete

Priority	High
Acceptance Criteria	- User can initiate deletion from record detail. - A confirmation modal is displayed. - Modal explains deletion is irreversible. - User can cancel or confirm deletion. - Confirmed deletion removes record from history and graph.
Code	
Feature Name	Sport-Specific Input Handling
Description	Adapt record input fields based on sport type.
Actor	Athlete
Priority	High
Acceptance Criteria	- Strength sports use weight input (kg). - Endurance sports use time-based input. - Input format adapts to sport requirements. - Units follow user preferences (from Settings).
Code	
Feature Name	Empty States
Description	Handle empty or first-time usage scenarios.
Actor	Athlete
Priority	High
Acceptance Criteria	- Empty record lists display a friendly empty state. - CTA to add a first record is visible. - No graph is shown if no data exists.
Code	
Feature Name	Accès aux paramètres
Description	Allow users to access and navigate all application settings.
Actor	Athlete
Priority	High
Acceptance Criteria	- User can access Settings from the main navigation. - Settings sections are clearly grouped (Profile, Training, Application, Legal). - Back navigation returns user to the previous screen. - Settings are loaded with current user values.

Code	
Feature Name	Gestion du profil
Description	Allow users to view and update their personal profile information.
Actor	Athlete
Priority	High
Acceptance Criteria	- User can edit first name and last name. - User can update date of birth. - User can select gender (Femme, Homme, Non binaire). - User can update height and weight. - User can select practice level (Débutant → Expert). - User can toggle wheelchair mode. - Changes are not saved until user taps "Enregistrer les modifications". - Success feedback is shown after saving. - Validation prevents empty mandatory fields.
Code	
Feature Name	Photo de profil
Description	Allow users to update and crop their profile picture.
Actor	Athlete
Priority	Medium
Acceptance Criteria	- User can tap avatar to change profile photo. - User can select a photo from device. - User can crop and reposition the image. - User can cancel or confirm photo changes. - Confirmed photo replaces previous avatar.
Code	
Feature Name	Suppression du compte
Description	Allow users to permanently delete their account.
Actor	Athlete
Priority	High
Acceptance Criteria	- User can access "Supprimer mon compte" from profile. - A confirmation modal explains irreversible action. - User can cancel deletion. - User must explicitly confirm deletion. - Account and associated data are deleted after confirmation.

Code	
Feature Name	Ressenti & suivi de forme
Description	Allow users to configure how wellness and effort feedback is collected.
Actor	Athlete
Priority	Medium
Acceptance Criteria	- User can choose global RPE or physical + cognitive RPE. - Selection is saved per user. - User can enable or disable daily wellness prompt. - Recommended option is highlighted by default.
Code	
Feature Name	Déconnexion
Description	Allow users to log out from the application.
Actor	Athlete
Priority	High
Acceptance Criteria	- User can initiate logout from Settings. - Confirmation modal is displayed. - User can cancel logout. - Confirmed logout redirects to login screen.
Code	
Feature Name	Unités de mesure
Description	Allow users to select preferred measurement units.
Actor	Athlete
Priority	Medium
Acceptance Criteria	- User can select weight unit (kg or lbs). - User can select height unit (cm or ft/in). - Selection is persisted and applied across the app. - Changes require explicit save.
Code	
Feature Name	Langue de l'application
Description	Allow users to change application language.
Actor	Athlete

Priority	Medium
Acceptance Criteria	- User can select French or English. - Only one language can be active. - Language change is applied immediately after save.
Code	
Feature Name	Support & informations légales
Description	Provide access to legal documents and support contact.
Actor	Athlete
Priority	Low
Acceptance Criteria	- User can view Conditions d'utilisation. - User can view Politique de confidentialité. - User can access support phone number. - User can send support email via default mail app.
Code	
Feature Name	Sécurité – Mot de passe
Description	Allow users to update their account password.
Actor	Athlete
Priority	High
Acceptance Criteria	- User can enter current password. - User can enter and confirm a new password. - Password must meet minimum length requirements. - Error is shown if confirmation does not match. - Password visibility can be toggled. - Success message is displayed after update.
Code	
Feature Name	Notifications
Description	Notifications screen allows users to view, manage, and acknowledge system and coach-related notifications.
Actor	Athlete
Priority	High
Acceptance Criteria	- Display notifications in reverse chronological order - Show unread indicator (dot) - Show relative timestamps (e.g. 1h, Hier, 28/04)

	- Allow marking all notifications as read - Persist read/unread state per user
Code	
Feature Name	
Description	
Actor	
Priority	
Acceptance Criteria	
Code	
Feature Name	Mes données physiologiques
Description	This screen allows users to manage their **physiological reference data**, which is used to personalize training zones, intensity percentages, and in-session calculations.
Actor	Athlete
Priority	
Acceptance Criteria	**To be discussed / subject to validation**
Code	
Feature Name	Add / Edit Measurement
Description	The user can manage their **physiological reference data.**
Actor	Athlete
Priority	
Acceptance Criteria	**To be discussed / subject to validation**
Sub Scope	**Upgrade Plan - Mobile**
Code	
Feature Name	Upgrade Plan – Subscription Presentation
Description	Allow users to discover, compare, and subscribe to the Kaptrain Premium plan from the mobile application.
Actor	Athlete

Priority	High
Acceptance Criteria	- User can scroll through all Premium benefits. - User can switch between Monthly and Annual plans. - Selected plan is visually highlighted. - Free trial information is always visible.
Code	
Feature Name	Plan Selection
Description	User can select a billing frequency (Monthly or Annual).
Actor	Athlete
Priority	High
Acceptance Criteria	- Only one plan can be selected at a time. - Price and billing details update instantly on selection change. - Selected plan is persisted until checkout.
Code	
Feature Name	Payment Method Selection
Description	
Actor	Athlete
Priority	High
Acceptance Criteria	- User can select exactly one payment method. - Credit card fields validate format and completeness. - Apple Pay triggers native Apple Pay flow. - Invalid or incomplete payment information blocks continuation.
Code	
Feature Name	Subscription Checkout
Description	
Actor	Athlete
Priority	High
Acceptance Criteria	- "Start free trial" button is enabled only when plan and payment method are valid. - Successful checkout redirects user back to Profile or Home. - User Premium badge is updated instantly. - Error message is displayed if payment fails.

Code	
Feature Name	Subscription State & UX
Description	
Actor	Athlete
Priority	High
Acceptance Criteria	- Premium features unlock immediately after subscription. - UI reflects correct subscription state after app restart. - Subscription restoration works via App Store restore flow.

F. Constraints

F.1 Timeline

15 December 2025 until 15 March 2025

F.2 Technology or integration limitations

- **CMS:** Next.js 16, Shadcn UI, TypeScript
- **Mobile Application:** React Native (Expo), TypeScript
- **Payment Gateway:** Stripe
- **Backend & Database:** Supabase

G. Acceptance & Sign-Off

By signing below, all parties confirm that this document accurately defines the project scope and requirements.

Name	Role	Signature	Date
Enguerrand Aucher (President)	Client		
Jalil Taibi (President)	Service Provider		

Output of this document:

This Requirement Specification acts as a **legal scope agreement** between the client and the service provider. Any change to the scope after approval must follow a formal change management process.