ID	Type	Role	Description
FR1	Sign up and sign in	All	A user must be able to sign in to an authorized session and gain rights to log workouts and meals, create exercises, leave comments, and upload files.
FR2	Create/log workout	Athlete	The athlete should be able to create/log a workout consisting of a date, name, zero or more exercises, and notes. A visibility level (Public, Coach, or Private) must also be set. Each exercise will have one or more sets of some number of units (e.g., seconds, km, reps).
FR3	Upload images and video to workout	Athlete	The athlete should be able to be able to upload images and/or videos to their workouts.
FR4	Edit workout	Athlete	The athlete should be able to edit all details of their workouts after they have been created and saved.
FR5	View workout	All	The user should be able to view all of the details, files, and comments on workouts of sufficient visibility. For athletes, this means that the workout needs to be either their own or public. For coaches, this means that the workout is at least one of their athletes' non-private workouts OR the workout is public. For visitors, this means that the workout needs to be public.
FR6	Create exercise	All	The user should be able to create a new exercise both inside and outside of workouts. An exercise consists of a name, description, unit, duration, calories burned per minute and used muscle group.
FR7	Upload documents	Coach	The coach should be able to upload documents for each of his athletes.
FR8	View coach documents	Athlete	The athlete should be able to view all of the documents that the coach has uploaded for them
FR9	Leave comment	All	The athlete should be able to comment on their own workouts. The coach should be able to comment on their athletes' nonprivate workouts.
FR10	View list of own workouts	Athlete	The athlete should be able to view a list of all of their own work outs.
FR11	View list of athletes' workouts	Coach	The coach should be able to view a list of all of their athletes' workouts.
FR12	View all public workouts	All	The user should be able to view a list of all public workouts.
FR13	Filter workouts	All	The user should be able to filter out workouts from each of the aforementioned lists.
FR14	Sort workouts	All	The user should be able to sort workouts (e.g., by date or name).
FR15	View athletes	Coach	The coach should be able to view a list of all of their athletes.
FR16	Add athlete	Coach	The coach should be able to add another athlete by sending a request to that user.
FR17	Remove athlete	Coach	The coach should be able to remove athletes.
FR18	Accept/Decline coach offer	Athlete	The athlete should be able to accept/decline a coach's offer.
FR19	Set coach	Athlete	The athlete should be able to specify a coach.
FR20	Remove coach	Athlete	The athlete should be able to remove a user as their coach.
FR21	Register new user	All	The user should be able to register a new account with personal information, a username, e-mail address, and password.
FR22	Workout image gallery	All	The user should be able to press to enter a gallery view from the workout and see a gallery of the image files from the workout.
FR23	Delete gallery files	Athlete	The owner of the workout should be able to delete images from

			the gallery.
FR24	Create/log meal	Athlete	The athlete should be able to create/log a meal consisting of a date, name, calories and notes.
FR25	Upload files to meal	Athlete	The athlete should be able to be able to upload images and/or videos to their meals.
FR26	Edit meal	Athlete	The athlete should be able to edit all details of their meal after creating and saving it.
FR27	View meal	All	The user should be able to view all of the details and files on the meals.
FR28	Sort meals	All	The user should be able to sort meals by date or name