SRS DOCUMENT

1. Product Overview:

To help people keeping themselves fit by providing them the fitness routines, diet suggestions and workout plans, etc. This app will be made user friendly as it will be used by college students, older people. age group 16-65.

2. Specific Requirements::

2.1 External Interface Requirements

2.1.1 User Interfaces:

- Registration Page: User information consisting of name, weight, age, height, email id, gender.

- Login Page: This process allow the authorized user to access the system.

- Home page: When user will open the app, he/she will see the dashboard giving him/her the information about his/her previous workouts, calories to burn on that day according to their selected fitness regime .Also the progress graph of weeks and months.

2.1.2 Hardware Interfaces :
For Mobile Phones:-

- Ram- above 500MB

- Memory - above 2GB

For Desktops:-

- Windows -above Windows 7

- A browser which supports HTML and Javascript

2.1.3 Software Interfaces:

- Android Version - above 5.0

- Operating system - We have chosen Windows operating system for its best support and user-friendliness.

- Database - To save the records of user progress, we have chosen PostgreSQL database.

2.1.4 Communcation Interfaces :

- This project supports all types of web browsers. We are using simple electronic forms for the registration forms for new gym members.

2.2 Software Product Features

2.2.1. New User Registration
1. Each user who is new to the application can opt to go through the process of registration.
2. If the user clicks on signin button, a registration form will be displayed to the user wherein the user has to provide the required details.
3. Once a user is registered,he just needs to login the next time he wishes to use the application.

2.2.2. Challenges
1. Theres an easy solution for time-strapped individuals: quick, calorie-torching, high-intensity workouts like the one below.
2. There is research to support that these short and intense workouts can help with fat loss, cardiovascular improvements, muscle gain and more, so even if youre busy, you can still squeeze in health-affirming fitness and see results.

2.2.3. Workout And Diet Plans
1. The system will provide a workout plan for the user on a weekly basis(Monday-Saturday).
2. The workout plan will include detailed information about the exercises to be performed and tutori- als for those exercises.
3. The system also provides a separate list of food items that would be rec- ommended to the user for breakfast, lunch, snacks and dinner for each day in a week(excluding Sunday) which the user can download.

2.2.4 Weekly Inputs And Report Generation
1. The users should provide various details: age, gender, allergies, height, weight, Body fat content (if the user does not know his/her BFC the system calculates it), daily routine, details about food habits on a weekly basis.
2. Using this the users progress can be tracked and accordingly a report can be generated which can be in the form of bar graphs/pie charts,etc.
3. Using this feature,it would be easy to track the progress of the user.
4. Also,if the user does not check his reports weekly,then a notification can be sent to keep the user updated.

2.2.5 Personal Chat Feature
1. In case a user is unable to achieve his/her goals or is not satisfied with his/her workout or diet plans then they can have a live chat session with the professional gym trainers or nutritionist.

2. The trainers can then suggest the changes to be made in their plans so that user can reach their target or goals.
3. This chat session will be open 24x7 and the users will get real-time response with minimal delay.

2.2.6 Q and A Forum
1. Any registered user can be a part of the forum wherein,they would be able to see FAQs and suggestions given to other users by trainers.
2. The users can post their questions as well and then wait for one of the trainer to respond.
3. They can also search questions related to their topic of interest.
4. Unlike the chat section,the forum section will be completely public,which means that the questions and answers can be viewed by any registered user.

2.3 Software System Attributes/Constraints

2.3.1 Reliability:-
As the system provide the right tools for discussion forum, problem solving it must be made sure that the system is reliable in its operations and for securing the sensitive details.

2.3.2 Availability:-
If the internet service gets disrupted while sending information to the server, the information can be send again for verification.

2.3.3 Security
1.The database of website should not store any password in plain text a hashed value has to be stored.
2.The details of each person should be kept secured in database so that no third party can access the user details.

2.3.4 Software Quality Attributes
1.The system should be reliable i.e. the details which are entered by user should be processed correctly and the system should be able to perform the function assigned to it.
2.The system will deliver outputs in a clear and well structured form which will be easy to interpret.

2.3.5 User Friendly Interface
1. The web page will be kept very user friendly and at the starting of the session a proper guideabout the system will be given to the user so that he can take full advantage of the service beingprovided.
2. Web page will be kept attractive with contents related to fitness goals so that the user feelstempted to visit the system again and again.

2.3.6 Design Constraints
The system has to be developed as a web application which should work with Firefox 5, Internet Explorer 8, Google Chrome 12. The chat feature should be supported by the system. The system should be developed using HTML5.

2.3.7 Performance Requirements
1.This system should remain accessible 24x7
2.Initially, at least 100 users should be able to access the system altogether at any given time.
3.The audio and video quality of the exercises should be managed such that they are understandable and takes less memory space.

2.4 Database Requirements
The system will require a database wherein the data of all the users will be maintained. The database will also store the workout and diet plans that will be suggested to the users.

The tables that would be required in our system are :-
1.User(name,email,age,username,password,etc.)
2.Questions(username,date,time,etc.)
3.Workout plan(usernamemonday,tuesday,etc.).
4.Diet plan(usernamemonday,tuesday,etc.).
5.Challenges(week no.,username,goal,etc.).
6.Report(week no.,username,goal,etc.).