Fitness Tracker

# **Business Requirement Specification**

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# **Introduction**

# 1.1 Document Purpose

# This document communicates the business requirements and scope for developing an e-Fitness Tracker System. The scope of this document is to define the functional and non-functional requirements, business rules, and other constraints for the fitness tracker application.

# 1.2 Project Background

# With the increasing focus on health and fitness, individuals are looking for ways to track and monitor their fitness goals. Currently, there is a need for a comprehensive and user-friendly fitness tracking system that can provide users with the ability to track their activities, set goals, monitor progress, and access personalized fitness plans.

# 1.3 Goals of the project

# The main objective of this project is to develop a web-based application that serves as a personal fitness tracker for individuals. The application should allow users to track their activities, set fitness goals, monitor progress, and provide personalized fitness plans and recommendations.

# 1.4 Customers and Stakeholders

# Customers:

# ◦ Individuals who want to track and monitor their fitness goals

# ◦ Health and fitness enthusiasts

# ◦ Personal trainers and fitness coaches

◦ Personal trainers and fitness coaches

# Stakeholders:

# ◦ Fitness industry

# ◦ Nutritionists

# ◦ Gym Supplement Providers

# ◦ Providers

# **Business Requirements Overview**

# Fitness Tracker System is a public web application.

# • Users will be able to set personalized fitness goals and monitor their progress towards achieving those goals.

# • The application will provide a library of exercise routines, workout plans, and video tutorials for users to follow.

# • Personal trainers and fitness coaches will have the ability to create and share customized fitness plans with their clients.

# **Functional Requirements Overview**

# The Fitness Tracker System consists of the following modules described below.

1. User registration and profile module
2. Activity tracking module(Member Module for pt 1, 2 & 3)
3. Goal setting and progress monitoring module
4. Exercise library and workout plans module
5. Personal trainer module
6. Dietician module
7. Admin module

# 3.1 User Registration and Profile Module

* The users could find what are pricing of different memberships.
* Users can register and create their own accounts and customize their profiles by providing personal information, fitness goals, and preferences.
* Fitness tracker provides the function which allows Users to purchase membership.
* He/she can browse different memberships.

# 3.2 Activity Tracking Module

# • The system will have the ability to track calories burned

# • The system will also be able to track weight and workout progress of the user.

# 3.3 Goal Setting and Progress Monitoring Module

# • Users will be able to set personalized fitness goals, such as weight loss, muscle gain, or running distance.

# • The system will provide visual representations of progress towards goals, including charts, graphs, and notifications.

# 3.4 Exercise Library and Workout Plans Module

# • The application will provide a library of exercise routines, workout plans, and video tutorials categorized by different fitness goals and target areas.

# • Users can select and follow pre-designed workout plans.

# 3.5 Personal Trainer Module

# • Personal trainers and fitness coaches will have access to a separate module where they can create and share customized fitness plans with their clients.

# • Trainers can track their clients' progress, provide feedback, and adjust plans accordingly.

# 3.6 Dietician Module

# • Dieticians will have access to a separate module where they can create and share customized diet plans with their clients.

# • Dieticians can track their clients' progress, provide feedback, and adjust plans accordingly.

# 3.7 Admin Module

* The admin module allows administrator to create, modify, and delete user accounts within the fitness tracker system.

# • Admin can add dieticians and trainers after verifying them.

# • Admin can terminate memberships of gym members.

# **Non-functional Requirements**

# The web application should have an intuitive and user-friendly interface, with a visually appealing design and easy navigation.

# The system should be able to handle many concurrent users and provide a responsive and smooth user experience.

# Users' data should be securely stored and protected, following standard security practices.

# The application should be compatible with a wide range of browsers.

# Performance metrics, such as response time and system uptime, should meet or exceed industry standards.

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