

Name:	Check fitness progress from the past week
UCID:	UC01
Primary actors:	User
Supporting actors:	N/A
Related UC:	N/A
Pre-conditions:	The user has not yet checked their fitness progress from the past week
Post-conditions:	Fitness progress has not been altered, only viewed
Flow of events:	<ol style="list-style-type: none"> 1. User completed a week of courses 2. User clicks to view course progress 3. The user clicks to view the exercise details of the previous week 4. The application displays the data of the user in the last week 5. After the user browses, he can close and continue exercising
Alternative path:	N/A
Exceptions	If the user has not completed the one-week course, they cannot view it

Name:	Start custom workout
UCID:	UC02
Primary actors:	User
Supporting actors:	N/A
Related UC:	N/A
Pre-conditions:	The user did not start an exercise session
Post-conditions:	The application supports users to customize their own courses
Flow of events:	<ol style="list-style-type: none"> 1. User opens course list 2. No eligible courses 3. Decided to create a course that suits you 4. Users customize their own courses 5. Choose time and daily schedule 6. Click submit
Alternative path:	<ol style="list-style-type: none"> 1. During the exercise, users find that the current course is not suitable for them 2. The user chooses to delete the current course 3. Users choose to customize their own courses 4. The user selects the total course time and daily schedule 5. User clicks submit
Exceptions	The user-defined course exceeds the time limit, and an error will occur when submitting

Name:	Start preset training program
UCID:	UC03
Primary actors:	User
Supporting actors:	N/A
Related UC:	UC02
Pre-conditions:	The user is not currently in progress of a training program. A preset training program is currently available.
Post-conditions:	Training program function begins on the user's device.
Flow of events:	<ol style="list-style-type: none"> 1. The user clicks to start the selected course 2. The user prepares to warm up according to the video or text prompt 3. The user clicks to start and starts training according to the video 4. After the user completes the training, the system prompts that the user has completed today's plan 5. The user scored and completed the training
Alternative path:	N/A
Exceptions	The user needs to restart the exercise plan if he leaves halfway

Name:	Update user weight statistic
UCID:	UC04
Primary actors:	User
Supporting actors:	N/A
Related UC:	N/A
Pre-conditions:	The user already has their weight added to their profile.
Post-conditions:	User's weight is updated on their profile and their weight loss/gain is tracked.
Flow of events:	<ol style="list-style-type: none"> 1. The user has completed a certain training plan 2. The user's body data such as weight has changed 3. The user clicks on the update data to update his weight 4. The user deletes the previous data and fills in the current weight data 5. User clicks submit 6. System update data
Alternative path:	N/A
Exceptions	The data submitted by the user does not meet the data standards of the system

Name:	Add new workout program to schedule
UCID:	UC05
Primary actors:	User
Supporting actors:	N/A
Related UC:	N/A
Pre-conditions:	The user has sufficient space available for a new workout program on their schedule
Post-conditions:	New workout is added to the user's workout schedule/calendar. They are notified when the workout is scheduled to take place via a push notification.
Flow of events:	<ol style="list-style-type: none"> 1. During the exercise, the user finds something that is not suitable for him 2. User clicks to modify exercise plan 3. Users modify the exercise plan according to their own conditions 4. Some small details in the user modification plan 5. User modification is complete and click submit 6. System update data
Alternative path:	N/A
Exceptions	The user revises too much exercise plan, the course does not meet the requirements, and the system prompts an error

Name:	Delete a custom workout
UCID:	UC06
Primary actors:	User
Supporting actors:	N/A
Related UC:	UC03
Pre-conditions:	The user has a custom workout program available for deletion
Post-conditions:	The selected custom workout no longer is available on the user's list of custom workouts
Flow of events:	<ol style="list-style-type: none"> 1. The user has created a custom plan 2. After testing, users find that they are not suitable for them or the plan is biased 3. The user decides to delete the custom plan 4. User clicks on custom plan 5. Select delete and submit 6. The system receives and deletes the custom plan
Alternative path:	N/A
Exceptions	The user's custom plan has not been submitted, so it cannot be deleted