**1. Scope:**

The Fitness App is designed to cater to individuals seeking physical and mental well-being. It provides personalized exercise routines, customized diets, and motivational content, integrating fitness, nutrition, and mental health.

**2. General Description:**

a. Target Audience:

* Age Group: 18-60 years, covering beginners, fitness enthusiasts, and those focused on mental health.

b. Objectives:

* Tailored Workouts: Diverse workout options customizable to user preferences.
* Nutrition Plans: Personalized diet recommendations considering dietary needs.
* Motivational Content: Daily quotes and success stories for encouragement.

c. Constraints:

* Mobile-Only: Available on iOS and Android, excluding desktop.
* Internet Dependency: Some features require internet connectivity.
* App Store Policies: Adherence to guidelines of Apple App Store and Google Play Store.

**3. Functional Requirements:**

1. User Authentication:
   * Sign in/out with social media integration.
2. Profile Customization:
   * Set fitness goals and upload profile pictures.
3. Workout Routines:
   * Categories of workouts and customizable plans.
4. Diet Plans:
   * Personalized dietary suggestions and calorie tracking.
5. Motivational Content:
   * Daily quotes and success stories.
6. Progress Tracking:
   * Monitor weight and body measurements with graphical representation.
7. Social Sharing:
   * Share progress on social media platforms.

**4. Non-Functional Requirements:**

1. User Interface:
   * Intuitive navigation and quick feature access.
2. Load Time:
   * App loads within 3 seconds.
3. Data Security:
   * User data encryption for privacy.
4. Offline Availability:
   * Access essential features offline.
5. Multi-language Support:
   * Support for multiple languages.

**Use Case:** Rami Sets Fitness Goals

**Actor:** Rami

**Description:** Rami sets fitness goals to customize his workout and diet plans according to his preferences.

**Preconditions:**

* Rami is logged into the Fitness App.
* Rami is on the main app screen.

**Basic Flow:**

1. Rami taps on the "Profile" icon.
2. In the profile section, Rami selects "Set Fitness Goals."
3. The app displays options like weight loss, muscle gain, or general fitness improvement.
4. Rami chooses "Muscle Gain" as his fitness goal.
5. Rami confirms his choice.
6. The app saves Rami's goal and redirects him to the home screen, where personalized workout and diet plans are generated.

**Alternative Flow:**

* If Rami decides not to set specific goals:
  1. Rami exits the goal-setting screen.
  2. The app provides default workout and diet plans for overall fitness.

**Postconditions:**

* Rami's fitness goal is saved in his profile settings.
* App tailors workout and diet plans based on Rami's selected goal.

**Exceptions:**

* If there's a server error or connectivity issue:
  + App displays a friendly error message, suggesting Rami check his internet connection or try again later.