**Exercice 3:**

**HADI CHEAYTO 221008.**

Subject D fitness app with workout diet and motivation.

**SRS document:**

Scope:

FitnessGo is a fitness application designed to help users achieve their fitness goals by providing workout and training plans supervised by professionnel trainers , dietitian and psychologist that have a role to give motivational support.

Target audience:

This application can target different audience that have different goals,It can target the people who are passionate about fitness and want to achieve their fitness goals, beginners people who are new in sports and fitness who need guidance on workout and fitness. Users who want to manage their weights and are looking to lose or gain weights in a healthy manner. health conscious and motivational seekers who prioritize a healthy lifestyle and need a daily inspiration and motivation to improve their overall health.

Objective:

After Defining the target audience we can make a general idea about what can the objective of fitnessGo can be and there are many, guidance people and providing them with personalized workout routine tailored to their fitness goal is one of this objective, also to offer dietary guidance, including meal plans and nutrition information, motivate and inspire people while achieving their goal is *also* an objective and to create a user-friendly environment that ensure a positive user experience.

Constraints:

despite of all this objective this application has some limitation, the application can’t be a substitute for professional medical advice especially that everything is made via the app so there is no a personal presence between the user and the coach or dietitian everything is happening online so maybe a misdiagnosis can happen from the dietitian and nutrition, misunderstanding some coach tips about many exercises or a misunderstand of some of the exercised provide to him can be practiced in a wrong way so the use can be exposed to injuries. Users with underlying health conditions should consult a healthcare provider before beginning any fitness or dietary program. This app can also have some technical constraint like the project will operate within a predefined budget and timeline , also a strict adherence are imposed to the data privacy and security regulations to protect user information.

Functional requirements:

This application contain many functional and non functional requirements first we will talk about the functional requirements , first of all the application will have an authentication and authorization functionality that are necessary for the app because it enable productivity and prevents unauthorized users from accessing.so the user will create an account and provide personal details and fitness goals, so users can update and edit profiles and edit their fitness objectives. Secondly a workout plan is a feature and a basic functionality in the app where a workout plans are prepared for each user based on his profile and fitness objectives A variety of workout routines, including strength training, cardio, flexibility, and more, Detailed exercise descriptions, video demonstrations are also prepared. Third functionality is the presence of a dietitian who well help in the dietary guidance and prepare a nutritional recommendation with grocery lists for the users based on his profiles and objectives.An important functionality present is data analytics where from these we make Data-driven insights, Charts , and graphs to visualize fitness and dietary based on user progress also this the data analytics help set goal and tracking to visualize progress and help the users to stay motivated. The last 2 functionality are reminders in the application as an option to help users to stick to their workout routine and the integration with wearable devices is also an option like smartwatches or fitness trackers that help to add data to the app.

Non functional requirements:

The non functional requirements are everything technically related to the app and there are many, The performance and the scalability is so important in any app where the app have quick response time per exemple so actions like open the app ,loading the workouts and tracking progress also it have a low latency response time, the app support and handle a big numbers of users without a drop in the performance. The security is also so important especially in this app because we are taking a lot of private informations from the users so this app is protected from any attacks so data is encrypted and protected against unauthorized access, a strong user authentication methodes ensure secure access and use of many protocole to secure data between the app and the server. The last non functional requirements in reliability the app is available and accessible to users with minimal downtime , the app try to minimize the disruptions of users by handling the errors and the app is provided with regular updates with bug fixes and new features.

SRS: software requirements specifications.

UML:

