# User Scenarios

## Gym tracking

Jason is a full time engineer who works from 10am to 5pm. He has been eating unhealthy foods lately, and spent most of time seating on a chair for work, so he decides to start going to the gym in his apartment. Before he goes to the gym, he creates a different workout schedule for each day. Although he has different workout for each day, he aims to reuse the workout schedule, so he does not worry about creating a new workout schedule for next week. Jason gets up at 7am every day, and he has a specific workout schedule for each day. He likes keep things organized and tries to follow plans exactly as planned. He wants to record a list of different exercises, track how many laps he does for each exercise, and see how much he improved on every exercise.

## Sleep Tracking

Chelsea, a working grad student in her mid twenties is often tired due to lack of sleep. She currently works as a TA, takes a few classes and is writing a thesis before her graduation. Due to her tight schedule, her sleeping cycle is very inconsistent and always wakes up still feeling very fatigued. She works efficiently at night, so she often works until 3am. She desires to find out how she can make sure she gets enough sleep and create a consistent sleeping habit. All she wants to do is recording a time she goes to bed and a time she wakes up. She wants to track her sleeping pattern and make sure she is getting at least 6 hours of sleep every day.

## Grocery to do list

Heather, 28 year old woman working for multiple jobs, lives in a two bed apartment with her roommate. She always go shopping with her roommate and they have a long list of things they need to buy because they always cook for themselves. Heather always writes down a list of grocery items, and gets a confirmation from her roommate. She wants to keep track of all the items she needs to buy from the grocery store. It is often difficult for her to remember while juggling two jobs. She needs to be reminded of all the things she needs to buy while she is at the grocery store, and wants to delete an item from the list after putting it into a cart.