

## **FitLife - Personal Fitness & Workout Tracker**

### **Group Members:**

Zohaib Hassan (22i-0800)

Fahad Faisal (22i-0817)

## 1. User Registration & Profile

**User Story 1.1:** As a new user, I want to create an account so that I can access my fitness dashboard.

**Acceptance Criteria:**

- Registration form with personal details collection
- Email verification system
- Success confirmation message
- Dashboard access after successful registration **Priority:** High **Estimate:** 8 story points

**User Story 1.2:** As a user, I want to log in using Google/Facebook so that I can sign in quickly.

**Acceptance Criteria:**

- Social login buttons for Google and Facebook
- User data synchronization from social accounts
- Error handling for failed social logins
- Redirect to dashboard after successful login **Priority:** Medium **Estimate:** 5 story points

**User Story 1.3:** As a user, I want to edit my profile so that I can update my fitness information.

**Acceptance Criteria:**

- Profile editing interface with form fields
- Save and cancel buttons
- Validation for input fields
- Success confirmation message **Priority:** High **Estimate:** 5 story points

**User Story 1.4:** As a user, I want to input my weight, height, and fitness goals so that I get personalized recommendations. **Acceptance Criteria:**

- Form for physical metrics (height, weight)
- Goal selection interface (weight loss, muscle gain, etc.)

- BMI calculation display
- Save functionality for fitness profile **Priority:** High **Estimate:** 5 story points

## 2. Workout Tracking

**User Story 2.1:** As a user, I want to log my workouts so that I can track my progress. **Acceptance Criteria:**

- Workout entry form with exercise selection
- Sets, reps, and weight input fields
- Duration tracking functionality
- Save button for workout entries **Priority:** High **Estimate:** 8 story points

**User Story 2.2:** As a user, I want to view my previous workout history so that I can analyze my performance. **Acceptance Criteria:**

- List view of previous workouts
- Filter options by date and workout type
- Details view for each workout session
- Export option for workout data **Priority:** High **Estimate:** 5 story points

**User Story 2.3:** As a user, I want to categorize my workouts (e.g., cardio, strength) so that I can organize my training. **Acceptance Criteria:**

- Predefined workout categories
- Custom category creation option
- Category selection in workout log
- Category filter in workout history **Priority:** Medium **Estimate:** 3 story points

**User Story 2.4:** As a user, I want to get reminders for my scheduled workouts so that I stay consistent. **Acceptance Criteria:**

- Workout scheduling functionality
- Notification system for reminders
- Custom reminder timing options
- Toggle for enabling/disabling reminders **Priority:** Medium **Estimate:** 5 story points

## 3. Calorie Tracking & Diet Management

**User Story 3.1:** As a user, I want to log my meals so that I can track my calorie intake. **Acceptance Criteria:**

- Meal entry form with food search functionality
- Calorie calculation display
- Meal categorization (breakfast, lunch, dinner, snacks)

- Daily calorie summary **Priority:** High **Estimate:** 8 story points

**User Story 3.2:** As a user, I want the system to suggest diet plans based on my fitness goals so that I eat healthy. **Acceptance Criteria:**

- AI-based diet plan generation
- Customization options for dietary preferences
- Nutritional information display
- Save and print functionality **Priority:** High **Estimate:** 8 story points

#### 4. AI-Based Recommendations

**User Story 4.1:** As a user, I want to receive AI-generated workout plans so that I get the best exercises for my goals. **Acceptance Criteria:**

- Personalized workout plan generation
- Plan based on user goals and fitness level
- Exercise variety inclusion
- Option to accept or modify plan **Priority:** High **Estimate:** 8 story points

**User Story 4.2:** As a beginner, I want the system to suggest easy workouts so that I don't get overwhelmed. **Acceptance Criteria:**

- Beginner-friendly workout suggestions
- Proper form instructions
- Gradual difficulty progression
- Option to rate workout difficulty **Priority:** High **Estimate:** 5 story points

#### 5. Trainer/Coach Interaction

**User Story 5.1:** As a user, I want to chat with a fitness trainer so that I can get professional guidance. **Acceptance Criteria:**

- In-app chat functionality with trainers
- Trainer listing and selection interface
- Message history preservation
- File/image sharing capabilities **Priority:** High **Estimate:** 8 story points

**User Story 5.2:** As a user, I want to book online coaching sessions so that I can improve my training. **Acceptance Criteria:**

- Session booking calendar
- Payment processing for sessions
- Confirmation notification
- Session cancellation option **Priority:** Medium **Estimate:** 8 story points

## 6. Progress & Analytics

**User Story 6.1:** As a user, I want to see my weight progress chart so that I can track my improvements. **Acceptance Criteria:**

- Visual graph of weight changes over time
- Date range selection
- Goal reference line
- Data point details on hover **Priority:** High **Estimate:** 5 story points

**User Story 6.2:** As a user, I want to get weekly progress reports so that I stay motivated. **Acceptance Criteria:**

- Automated weekly report generation
- Performance metrics visualization
- Comparison with previous weeks
- Email delivery option **Priority:** Medium **Estimate:** 5 story points

## 7. Community & Challenges

**User Story 7.1:** As a user, I want to join fitness challenges so that I stay motivated. **Acceptance Criteria:**

- Challenge listing page
- Challenge details view
- Join button functionality
- Progress tracking for active challenges **Priority:** Medium **Estimate:** 5 story points

**User Story 7.2:** As a user, I want to compete with friends so that I can stay accountable. **Acceptance Criteria:**

- Friend invitation system
- Competition creation interface
- Real-time leaderboard
- Winner notification **Priority:** Medium **Estimate:** 5 story points

## 8. Social Features

**User Story 8.1:** As a user, I want to share my fitness achievements on social media so that I can inspire others. **Acceptance Criteria:**

- Social sharing buttons for achievements
- Customizable sharing message
- Integration with major social platforms
- Privacy control options **Priority:** Low **Estimate:** 3 story points

**User Story 8.2:** As a user, I want to follow other users so that I can stay connected with my fitness community. **Acceptance Criteria:**

- User search functionality
- Follow/unfollow buttons
- Activity feed of followed users
- Privacy settings for profile visibility **Priority:** Low **Estimate:** 5 story points

## 9. Reminders & Notifications

**User Story 9.1:** As a user, I want to receive reminders for workouts and meals so that I don't forget them. **Acceptance Criteria:**

- Configurable notification system
- Multiple reminder channels (email, push)
- Custom scheduling options
- Quick actions from notifications **Priority:** Medium **Estimate:** 5 story points

## 10. Security & Settings

**User Story 10.1:** As a user, I want to change my password so that I can keep my account secure.

**Acceptance Criteria:**

- Password change form
- Current password verification
- Password strength requirements
- Success confirmation message **Priority:** High **Estimate:** 3 story points

**User Story 10.2:** As an admin, I want to manage user accounts so that I can remove inactive users.

**Acceptance Criteria:**

- Admin dashboard with user listing
- User activity statistics
- Account deletion functionality
- Bulk action capabilities **Priority:** Medium **Estimate:** 5 story points