

Workout Companion

Description

The workout companion is the digital assistant to help gym attendees keep track of the time spent at the gym and work done using workout machines or weights.

Project details

- Category: General
- Difficulty:
- Suggested stack: Not specified
- Approval status: Approved

Target users

Gym Member

Gym Employee

System Administrator

Tags

MVP, Notes, Optional

User Stories

Create Account

As a gym member, I can create an account and add personal profile information so that I can use the system.

Profile information should include:

- name, email, photo, workout goals, and workout profile.

Add Employees

As a system administrator, I can add gym employees so that they have access to the system.

A gym employee has all of the information that a gym member also has.

Login

As a user, I can log into the system so that I have access to the functionality that I have permissions for.

Edit Profile Information

As a user, I need to be able to edit my profile information as my goals change.

Gym Check-In / Check-Out

As a gym member, I can check-in and out of the gym so that I can see how long I have

spent at the gym and which days I visited.

As a gym employee, I can check a gym member in and out of the system so that they are given credit if they forget their mobile phone.

Gym Equipment Log Usage

As a gym member, I can scan and log my use of the equipment.

Equipment usage should include

- workout/machine
- date/time
- of reps (and weight each for each rep)

Gym Equipment Receive Assistance

As a gym member, I can receive detailed assistance (through picture, video, or animation) of proper usage for gym equipment.

View Workout Metrics

As a gym member, I can view generated data of all my workouts and gym sessions.

This list includes:

- time spent at gym
- equipment used (with data regarding weights and reps).

As a gym employee, I can view the workout metrics for any gym member so that they can be motivated.

Gym Employee - View Machine Metrics

As a gym employee, I can view generated data of all equipment used in the gym for a given month so that I can determine what are the most & least used machines.

View Schedule

As a gym member, I can view the upcoming schedule of classes offered at the gym.

Gym Member View Visit Metrics

As a gym member, I can see metrics that show how long I have visited a gym, on which days, and my average visit duration so that I can see if I am committing enough time to working out.

1-Time Login

As a user, I need the system to support 1-time login so that I don't need to repeatedly login while I use the app at the gym.

QR Code Scanner

As a gym member, I can use my phone to scan a QR code so that I can receive instruction

and assistance with my workout.

Manage Schedule

As a gym employee, I can update the new schedule that gym members see so that they can sign up for new classes.

Register for Class

As a gym member, I can register for a class that shows up on the gym schedule so that my spot is reserved.