

User Requirements

Fitness Express

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1a. Purpose of the Product

Fitness Express is a web browser based application that provides a platform for designing exercise routines, tracking exercise progress and tracking dietary intake.

The development of this software originated as a project in the Human Computer Interaction 500 class at State University of New York, Oswego, under the tutelage of Dr. Songmei Han. The goal of the project was to understand and apply the interactive design process.

1b. Goal of the project

The goal of the project is to design, prototype and build a computer application that will assist people with meeting their exercise and dietary goals. It is hoped that this program will contribute to the good health of its users by removing obstacles to achieving their health and nutrition objectives.

2. Client, customer and other stakeholders

2a. Client

The client is Dr. Han.

2b. Customer

The customer is the average person who exercises or is interested in exercising. The customer might also be interested in tracking and improving their dietary intake.

3. Users of the product

3a. Users

The users of this product will be people with an interest in improving their health through exercise and nutrition.

The user need not have much technical ability but must have access to a computer. This computer can be any computer in any location as long as it has web browser software and a connection to the internet.

The user should be willing to spend a small amount of time providing some basic information about themselves. They should be able to list the exercises and routines that they intend to do and might also want to enter their daily dietary intake.

3b. Users prioritized

Key users of this software are people who already exercise. They are people with a desire to maintain a good level of health.

Secondary users are people who are interested in starting an exercise routine. They must be motivated such that they are willing to invest some time in setting up a routine and tracking their progress. They might also be interested in tracking their nutritional needs and intake.

Other users include occasional exercisers. This software should make it easy to see their progress and might help to motivate them to exercise more often.

4. Mandated Constraints

4a. Solution constraints

Product must be implemented with tools available to students. This includes the web architecture available at the school (Tomcat) and as well as computer languages (java).

4b. Implementation Environment

The available infrastructure includes PCs running Windows XP, Sun computers running Sun OS 5.10, Tomcat webserver, jsp and java.

4c. How long do the developers have to build the system?

The system must be completed by the end of the semester on December 6, 2005. This provides approximately one month for design and coding.

5. Scope of the product

5a. Use case list

See appendix D in Final Report

6. Functional and Data Requirements

6a. Functional Requirements

See appendix A

7. Look and feel requirements

7a. The interface

The program will be available via the internet and will run in any web browser.

7b. The style of the product

The program will provide a simple web interface with standard web GUI controls.

8. Usability Requirements

8a. Ease of use

The product should be easy for the average adult, with little computer experience, to use.

8b. Personalization and internationalization requirements

8c. Ease of learning.

The product should be easy for the average adult, with little computer experience, to learn.

9. Scalability requirements

9a. Expected physical environment

The product will be used in homes and perhaps in the gym.

9b. Expected technological environment

The product shall run on any browser.

10. Security Requirements

10a. Access requirements

Access to the system will be password protected.

10b. Privacy requirements

The product shall make its user aware of its information practices before collection data from them.

The product shall notify customers of changes to its information policy.

The product will allow access to personal data only to those with the correct credentials.

Appendix A

Requirement #: 1

Event/use case #: 1.2,1.3.2.1

Description: The users need a way to record their exercise after they are done

Rationale: This will help them keep track of their achievements and compare to expectation

Source: questionnaire

Fit Criterion: Exercise can be entered and retrieved

Customer Satisfaction: 1 Customer Dissatisfaction: 5

Dependencies: Questionnaire Conflicts:

Supporting Materials: Questionnaire

History:

Requirement #: 2

Event/use case #: 1.1

Description: The users want reminders for missed exercises

Rationale: The users want to know if they've neglected certain exercises for certain periods of time

Source: questionnaire

Fit Criterion: Users are notified if they haven't entered a historical entry for an exercise within a pre-defined time period

Customer Satisfaction: 1 Customer Dissatisfaction: 5

Dependencies: Questionnaire Conflicts:

Supporting Materials: Questionnaire

History:

Requirement #: 3

Event/use case #: 2.2

Description: The users want to create exercise routines

Rationale: The users want to be able to combine exercises into routines

Source: questionnaire

Fit Criterion: Users can group exercises into routines

Customer Satisfaction: 2 Customer Dissatisfaction: 4

Dependencies: Questionnaire Conflicts:

Supporting Materials: Questionnaire

History:

Requirement #: 4

Event/use case #: 2.3

Description: The users want to schedule workouts

Rationale: The users want to enter dates for exercise routines

Source: questionnaire

Fit Criterion: Users can enter routines on a calendar

Customer Satisfaction: 2 Customer Dissatisfaction: 4

Dependencies: Questionnaire Conflicts:

Supporting Materials: Questionnaire

History:

Requirement #: 5

Event/use case #: 2.4

Description: The users want to graph exercise progress

Rationale: The users want to be able to see their progress graphically.

Source: questionnaire

Fit Criterion: Users can generate a graph of their progress

Customer Satisfaction: 2 Customer Dissatisfaction: 4

Dependencies: Questionnaire Conflicts:

Supporting Materials: Questionnaire

History: