System Requirements Specification (SRS)

fictional mobile app that allows users to track their fitness goals

# Introduction

The Mobile App for Tracking Fitness Goals is a mobile application that allows users to set and track their fitness goals, including weight loss, muscle gain, and overall health and wellness. The app will provide users with tools and resources to help them reach their goals, including a calorie tracker, exercise planner, and progress tracker. The app will be available on both iOS and Android devices.

# Objectives and Goals

* Provide users with a simple and intuitive way to set and track their fitness goals.
* Offer a range of tools and resources to help users reach their goals, including a calorie tracker, exercise planner, and progress tracker.
* Enable users to track their progress and see their progress over time.

# User Needs and Requirements

* The app must be easy to use and navigate, with a clean and user-friendly interface.
* The app must be able to track and store a variety of different types of fitness goals, including weight loss, muscle gain, and overall health and wellness.
* The app must be able to track and store a wide range of data points, including calorie intake, exercise routine, and progress measurements.

# Constraints and Assumptions

The app will be developed for iOS and Android devices, with a focus on the latest technology.