**Task 6: Aasfa Saleem**

**Sprint backlog for a software project that is a Fitness company App using Scrum methodology:**

**Product Backlog:**

1. **User stories related to user authentication and profile creation:**

As a user, I want to be able to create an account in the app.

As a user, I want to be able to log in and log out of my account.

As a user, I want to be able to view and edit my personal information.

1. **User stories related to tracking fitness activities:**

As a user, I want to be able to track my workouts, including the type of exercise, duration, and intensity.

As a user, I want to be able to track my calorie intake and compare it with my burned calories.

As a user, I want to be able to set fitness goals and track my progress towards achieving them.

1. **User stories related to app usability and performance:**

As a user, I want the app to be user-friendly and intuitive to use.

As a user, I want the app to load quickly and respond to my inputs in real-time.

As a user, I want the app to work smoothly across different mobile devices and operating systems.

As a user, I want the app to have a visually appealing design that motivates me to use it regularly.

**Sprint Goal:**

The sprint goal is to develop a fully functional mobile application that meets the fitness company's requirements, User manuals and training materials for the fitness company's staff, Documentation of the project process and outcomes.

**Select User Stories:**

User story 1: As a user, I want to be able to create an account in the app easily and quickly, using my email address or social media account, so that I can start tracking my fitness activities and progress.

User story 2: As a user, I want to be able to log in and log out of my account securely, using a password or biometric authentication, so that my personal information is protected.

User story 3: As a user, I want to be able to view and edit my personal information, such as my name, age, gender, and fitness goals, so that the app can provide personalized recommendations and feedback.

User story 4: As a user, I want to be able to track my workouts by selecting the type of exercise, duration, and intensity, and see my progress over time in a visually appealing and informative way.

User story 5: As a user, I want to be able to track my calorie intake by scanning barcodes or entering food items manually, and compare it with my burned calories based on my activity level and fitness goals.

User story 6: As a user, I want to be able to set fitness goals, such as losing weight, building muscle, or improving endurance, and receive personalized recommendations and reminders to help me achieve them.

User story 7: As a user, I want the app to be user-friendly and intuitive to use, with clear and concise instructions and feedback, so that I can focus on my fitness journey without distractions or confusion.

User story 8: As a user, I want the app to load quickly and respond to my inputs in real-time, without lag or errors, so that I can stay motivated and engaged with my workouts.

User story 9: As a user, I want the app to work smoothly across different mobile devices and operating systems, without compatibility issues or crashes, so that I can use it wherever and whenever I want.

User story 10: As a user, I want the app to have a visually appealing design that motivates me to use it regularly, with a theme and color scheme that matches my personal style and preferences.

User story 11: As a fitness company staff member, I want user manuals and training materials for the app, so that I can effectively promote and support its use among our clients.

User story 12: As a project manager, I want documentation of the project process and outcomes, so that I can evaluate the project's success and identify areas for improvement in future sprints.

**Break Down User Stories**

Breakdown of user story 1: The app should allow users to sign up using their email address or social media account, and the process should be simple and intuitive.

Breakdown of user story 2: The app should provide secure login options such as password or biometric authentication, and users should be able to log out easily.

Breakdown of user story 3: The app should allow users to view and edit their personal information easily, and the information should be used to provide personalized recommendations and feedback.

Breakdown of user story 4: The app should allow users to track their workouts by selecting exercise type, duration, and intensity, and show their progress over time in an easy-to-understand format.

Breakdown of user story 5: The app should allow users to track their calorie intake by scanning barcodes or entering food items manually, and show how many calories they've burned based on their activity level and fitness goals.

Breakdown of user story 6: The app should allow users to set fitness goals, and provide personalized recommendations and reminders to help them achieve those goals.

Breakdown of user story 7: The app should be easy to use, with clear instructions and feedback, and without any confusing elements that may distract users from their fitness journey.

Breakdown of user story 8: The app should load quickly and respond to user inputs in real-time, without any lag or errors that may cause frustration or disengagement.

Breakdown of user story 9: The app should work smoothly across different mobile devices and operating systems, without any compatibility issues or crashes that may prevent users from accessing it.

Breakdown of user story 10: The app design must be modern and visually appealing, should have a theme and color scheme that can be personalized by the user, such as choosing from a selection of pre-made themes or creating their own color palette, The app's design should be consistent throughout all screens and features, The design should not hinder the usability of the app, such as making text difficult to read or buttons hard to find, The design should be tested with a sample of users to ensure that it is visually appealing and motivating to use.

Breakdown of user story 11: Create a user manual that outlines the features and functions of the app, Include screenshots or videos to demonstrate how to use the app, Develop training materials that provide guidance on how to effectively promote the app to clients, Ensure that the user manual and training materials are easily accessible to all staff members, Provide ongoing support and resources to staff members to ensure they feel confident using and promoting the app.

Breakdown of user story 12: Create a project plan that outlines the scope, timeline, and goals of the project, Document the progress of the project throughout the sprint, including any issues that arose and how they were resolved, Evaluate the success of the project at the end of the sprint, based on the goals and objectives set out in the project plan, Identify areas for improvement in future sprints, based on the outcomes of the current sprint, Share the project documentation with relevant stakeholders, including the development team, fitness company, and any other interested parties.

**Estimate Tasks:**

User story 1:

Design and implement user registration form (4 hours)

Implement email verification process (2 hours)

Implement social media authentication (4 hours)

Create user account database schema (2 hours)

Write unit tests for user registration process (2 hours)

User story 2:

Design and implement secure login form (4 hours)

Implement password encryption and storage (2 hours)

Implement biometric authentication (6 hours)

Write unit tests for login process (2 hours)

User story 3:

Design and implement user profile page (4 hours)

Implement data validation and sanitization (2 hours)

Implement profile editing functionality (4 hours)

Write unit tests for profile editing process (2 hours)

User story 4:

Design and implement workout tracking page (4 hours)

Implement exercise selection and logging functionality (6 hours)

Implement progress tracking and visualization (4 hours)

Write unit tests for workout tracking process (2 hours)

User story 5:

Design and implement calorie tracking page (4 hours)

Implement barcode scanning functionality (6 hours)

Implement manual food item entry functionality (4 hours)

Implement calorie calculation and comparison functionality (6 hours)

Write unit tests for calorie tracking process (2 hours)

User story 6:

Design and implement goal setting page (4 hours)

Implement goal selection and customization functionality (6 hours)

Implement personalized recommendation and reminder functionality (6 hours)

Write unit tests for goal setting process (2 hours)

User story 7:

Review and improve app usability and user interface (6 hours)

Write and update app user guide (4 hours)

Write and update app error messages and notifications (4 hours)

User story 8:

Optimize app performance and speed (6 hours)

Implement real-time input response functionality (4 hours)

Write performance tests and optimize accordingly (6 hours)

User story 9:

Test app compatibility with different mobile devices and operating systems (6 hours)

Debug and fix compatibility issues (4 hours)

Write and update app compatibility documentation (4 hours)

User story 10:

Design and implement visually appealing app theme and color scheme (8 hours)

Review and improve app design consistency (4 hours)

Implement user-customizable theme and color options (4 hours)

User story 11:

Write and design user manuals and training materials (10 hours)

Review and update user manuals and training materials (6 hours)

User story 12:

Write and design project documentation (12 hours)

Review and update project documentation (8 hours)

**Sprint Backlog:**

**Sprint 1:**

User story 1: Implement user account creation with email and social media login options (3 days)

User story 2: Implement secure login and logout functionality with password and biometric authentication options (2 days)

User story 7: Design and implement a user-friendly and intuitive interface with clear instructions and feedback (2 days)

**Sprint 2:**

User story 3: Implement personal information view and edit functionality to enable personalized recommendations and feedback (2 days)

User story 4: Implement workout tracking functionality with options for selecting exercise type, duration, and intensity, and display progress over time in a visually appealing way (4 days)

User story 5: Implement calorie tracking functionality with barcode scanning and manual entry options, and display comparisons with burned calories based on user's fitness goals and activity level (4 days)

**Sprint 3:**

User story 6: Implement fitness goal setting functionality with personalized recommendations and reminders (3 days)

User story 8: Optimize app performance for real-time responsiveness without lag or errors (2 days)

User story 9: Test and optimize app compatibility across different mobile devices and operating systems (2 days)

**Sprint 4:**

User story 10: Design and implement a visually appealing app interface with a customizable theme and color scheme (2 days)

User story 11: Create user manuals and training materials for the app to support its use among fitness company staff and clients (2 days)

User story 12: Document project process and outcomes for future evaluation and improvement (2 days)