# Introduction Methodology Agile Health Bracelet

In today's fast-paced world, health and fitness have become essential components of a well-rounded lifestyle. Wearable devices, such as health bracelets, have gained significant popularity due to their ability to track various health parameters and provide valuable insights. The development of such a device requires a structured approach to ensure its success. Agile methodology, with its iterative and incremental nature, is a widely adopted framework that promotes collaboration, flexibility, and adaptability throughout the project lifecycle. This essay explores how the discovery and requirements gathering phase aligns with the principles of agile methodology when developing a health bracelet.

Agile methodology is an iterative and incremental approach to software development that prioritizes adaptability, collaboration, and continuous improvement. Unlike traditional waterfall methods, agile methodologies emphasize customer collaboration, frequent feedback, and the delivery of working software in short development cycles called sprints. Agile projects are divided into phases, each with its specific objectives and deliverables.