Sprint 1 Plan

Team Description

Roles

Product Owner: Mackenzie Hamlett
Scrum Master: Tolga Yildiz

Links

GitHub Repository: link
Pivotal Tracker Board: link
Slack:
- Invite link
- General link

Customer Meetings

Thursday February 1st, 2024 at 2:30pm on Zoom

Summary

Our customer Sheena has expressed a need for the Healthy Behaviors Challenge application to have a more personalized experience for the instructors and clients; we met with Niki Ritchey, the main stakeholder in the application, who expressed the customer's interest in adding a workout tracking page where the client can add their daily workouts per exercise, allowing the instructor to assign custom tailored workout plans to individual clients, displaying a day streak the client has kept on track of their goals (drink 8oz of water, workout, 10k+ steps, etc.), and updating the user interface to work with mobile devices.

Our stakeholder, Niki, provided to us the order of priority the customer has in terms of updating the Healthy Behaviors challenge as follows: creating the workout tracking page with client history, the streak tracker which independently tracks workout and diet logs, and given we have time within our timebox to update the UI to mobile friendly with a nice design.

User Stories:

Feature 1: Workout Tracking Page

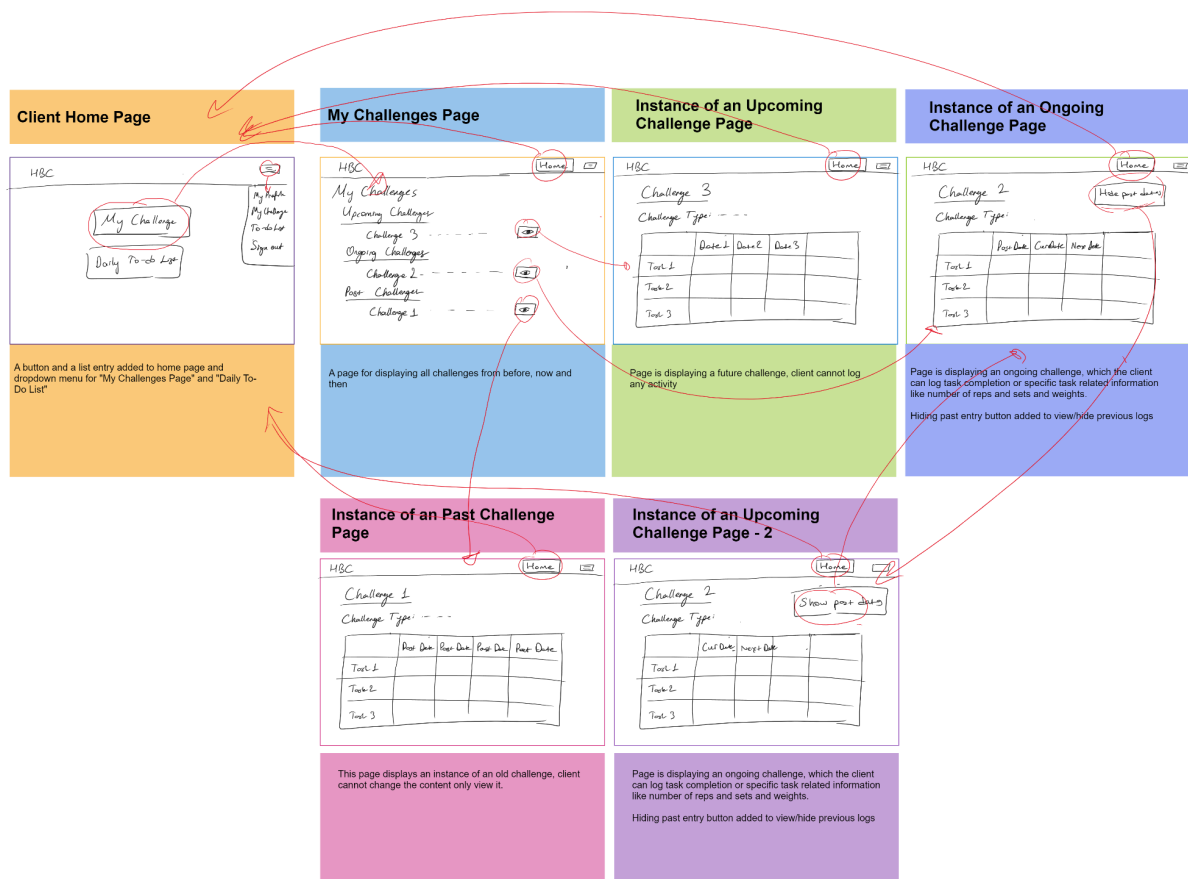### Story 1: UI: Workout Challenge Tracker Tab Design
Point Estimate: 5

> **As a** client
> **So that I** tab in to log my daily workout
> **I want to** see the workouts I have logged up to 3 weeks back

Description:

- Add new tab to homepage in Healthy Behavior Challenge that directs user to a workout log page
- Add "back to home" button
- Display columns for workout history

Story 2: UI: Workout Tracker Tab Entry Implementation

Point Estimate: 5

As a client
So that I can log my daily workout
I want to log and view workout history I have completed

Description:
- Implement table for client to enter their workouts, weights, reps, etc and view previous history
- Add bootstrap for user friendly design

Story 3: UI: Workout Tracker Tab Display Past Workout History
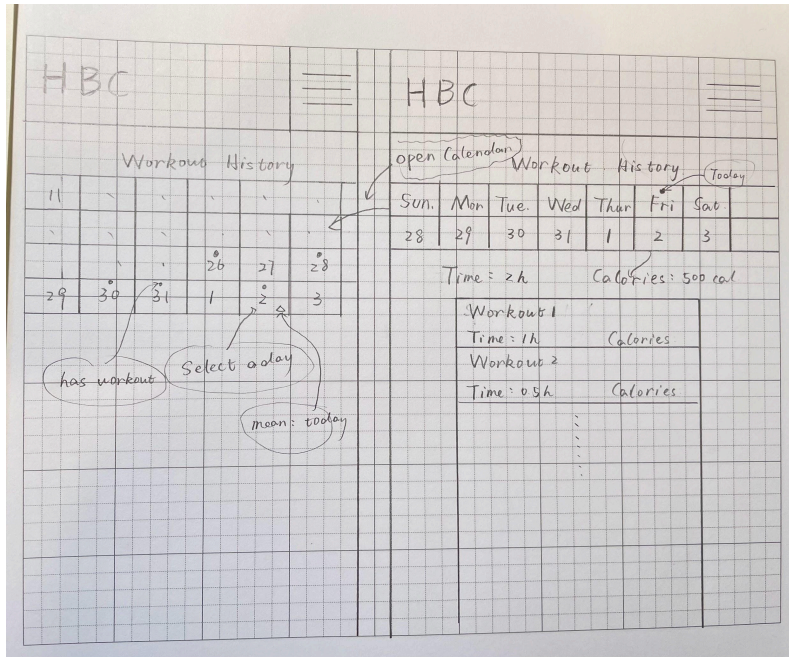
Point Estimate: 8

As a client
So that I can view workout history I have completed
I want to click on the calendar, select a specific day, and view the challenges I completed on that day.

Description:
- Link Firebase/ dynamo database to the healthy behavior tracker
- Populate workout history tracking table with correlating client data from past weeks

Lo Fi Mockup

Story 4: UI: Instructor Facing Challenge Tab Part 1
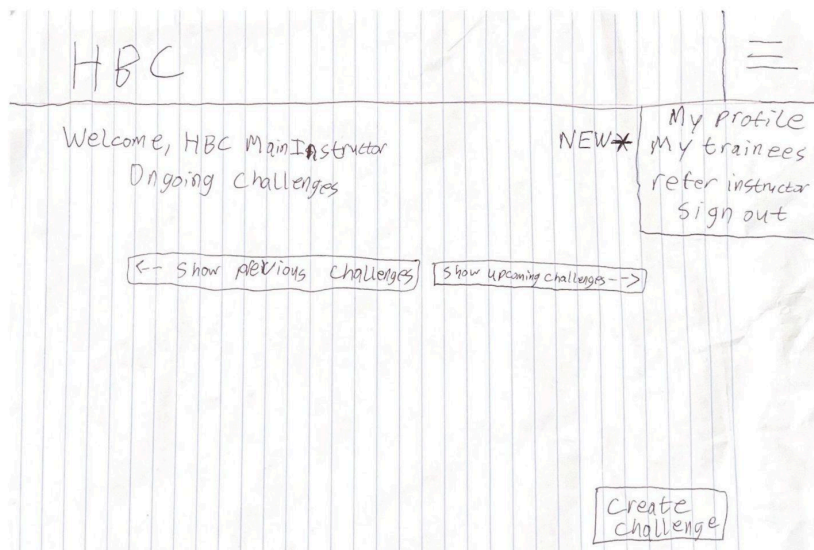
Point Estimate: 3

As an instructor

So that I can easily manage all trainees I have

I want to click a link on dashboard that takes me to new page listing my trainees

<u>Description:</u>
- Create link to new page to view information about all trainees
- Allow instructor to view trainees without selecting challenge

Lo Fi Mockup

Story 5: UI: Instructor Facing Challenge Tab Part 2
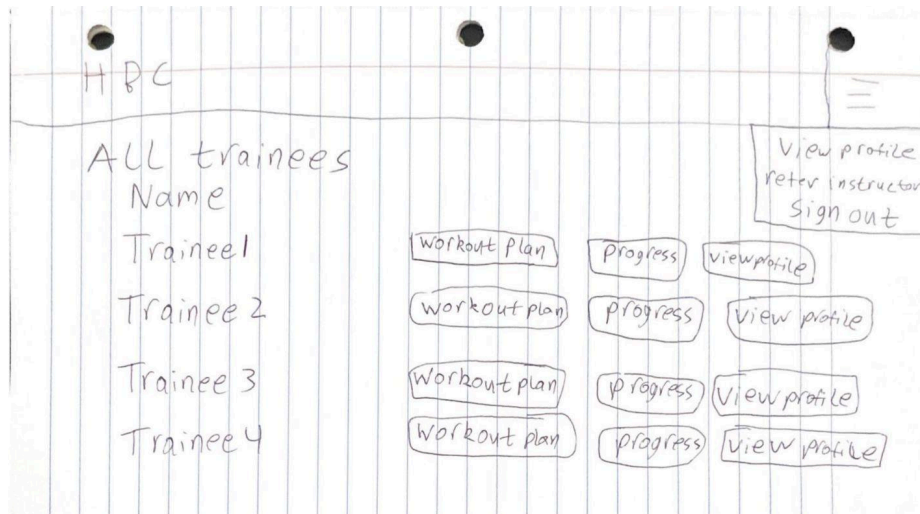
Point Estimate: 8

As an instructor

So that I can easily manage all trainees I have

I want to see all trainees I have on the new page

Description:
- Create new page to view information about all trainees

Lo fi Mockup

Story 6: UI: Instructor Facing Challenge Tab Part 3

Point Estimate: 8

As an instructor

So that I can easily manage all trainees I have

I want to click on trainee and view completed tasks and progress

Description:
- Instructors can click on trainees to see information on their progress, view trainee profiles, and manage their workout plans.

WEEK 3 ← →

CLIENT 1

CHALLENGE 1   S M T W T F S

CHALLENGE 2

CLIENT 2

CHALLENGE 1

CHALLENGE 2

. . . .

CLIENT 1

PERFECT DAY: 98%   CURRENT STREAK: 37 DAYS   LONGEST: 37 DAYS

← WEEK 1 →

CHALLENGE 1   S M T W T F S

CURRENT STREAK:

LONGEST STREAK:

TOTAL

CHALLENGE 2

CURRENT STREAK:

LONGEST STREAK:

TOTAL:

Story 7: Store Tracking Data From User Input

Point Estimate: 8

    As a client

    So that I can check my previous weeks workouts

    I want to be able to access my history

Description:
- Research best implementation for storing user data
- Implement database (maybe dynamo DB I use Aws often) to store previous workouts

Story 8: Retrieve User Tracking Data
Point Estimate: 8

As an Instructor
So that I can check clients challenge progress
I want to be able to access client challenge history

Description:
- Research best implementation for retrieving user data
- Implement GET call from previous workouts database

Story 9: Backlog: UI Redesign
Point Estimate: 13

As a user
So that I can utilize the healthy behavior application
I want to have a user friendly interface

Description:
- Research best implementation a UI redesign based on lo-fi mockups
- Implement lo-fi mockups using tools based on research (bootstrap, patternfly, pure… etc)

Story 10: Backlog: SPIKE: Mobile Friendly UI
Point Estimate: 3

As a user
So that I can utilize the healthy behavior application on a mobile device
I want to use a mobile device for view the Healthy Behavior Challenge

Description:
- Research best approach for making Healthy Behaviors mobile friendly

Story 11: Backlog: Dropdown Week Selection
Point Estimate: 3

As a user
So that I can utilize the healthy behavior application on a mobile device
I want to use a mobile device for view the Healthy Behavior Challenge

Description:

- Research best approach for making Healthy Behaviors mobile friendly

User Interface

Client Provided Tracker Page Vision:

WEEKS 1-8				WEEK 1					
PUSH & BUTT & Abs	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Warm up: 3x10 a) Banded/PVC Pass throughs b) Push ups c) Glute Bridges d) FLR's									
Incline BB Press (Warm-up)	12		10		4				
Incline BB Press	10		10		10				
BB Flat Press	10		10		10				
Seated DB OH Press	10		10		10				
DB Lateral Raise	10		10		10				
BB Hip Thrust	10		10		10				
Ab Circut (no breaks)									
- Kneeling Pallof Hold	30sec		30sec		30sec				
- Reverse Crunches	10		10		10				
- Super Crunch	10		10		10				
PULL & ABS	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
Warm up: 30sec on/10 sec off									
a) Inchworms b) Banded Pull aparts c) Punter's Kick									
BB Deadlift (Warm-up)	12		10		4				
BB Deadlift	10		10		10				
BB Bent Over Row	10		10		10				
Lat Pull Downs	10		10		10				
DB Rear Delt Fly	10		10		10				
Abs Circuits	3								
- Kneeling Pallof Hold	30sec		30sec		30sec				
- Leg Raises	10		10		10				
- Super Crunch	10		10		10				
LEGS & BUTT	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	
a) air squat b) Moblility moutain climbers c) sit ups									
BB Squat (Warm-up)	12		10		4				
BB Squat	10		10		10				
Leg Press	10		10		10				
KB Romanian Deadlift	10		10		10				
BB Hip Thrust	10		10		10				

Sprint backlog

Sprint Goal: Getting the requested stories from the customer implemented, some of the stories they shared are already implemented but we are not sure whether the functionality of these stories are working as expected. For this sprint we want to make sure that things are implemented as requested and get the UI implementation more in line with the client request.

Which Stories are being pulled in:
- Story 1: UI: Workout Challenge Tracker Tab Design
- Story 7: Store Tracking Data
- Story 4: UI: Instructor Facing Challenge Tab Part 1
- Story 8: Retrieve User Tracking Data

Story Assignment:
- Client UI: Story 1: Tolga Yildiz, Fizza Ali
- Client Functionality: Story 7: Francis, Mackenzie
- Instructor UI: Story 4: Jakob Kirby, Chenxin Li
- Instructor Functionality: Story 8: Michael Chiu

Improvement Strategy Document

        Our goal is to enhance and optimize the existing codebase, ensuring a seamless experience for both Instructors and Trainees while introducing new features that align with the evolving needs of our users; in the realm of workout history and more personalized data for the client. The improvements will cover user interface redesign, mobile responsiveness, addition of personalized workout plans, workout tracker, and improved instructor-client interaction.

Enhancements for Instructors:

1. Personalized Workout Plans:
    - Introduce a new tab in the interface for Instructors to create and manage personalized workout plans for their clients.
    - Enable Instructors to assign specific plans to individual trainees based on their fitness goals and preferences.

2. Workout Tracker:
    - Implement a workout tracker that updates the streak for each logged workout, providing a visual representation of the client's progress.
    - Include a time progress feature, allowing clients to track the duration of their workouts over time.

3. User Interface Revamp:
    - Enhance the overall user interface to make it more intuitive and user-friendly.
    - Streamline navigation and improve the layout for easy access to key features.
    - Incorporate a modern design aesthetic to enhance the visual appeal.

4. Mobile-Friendly App:
    - Optimize the application for mobile devices, ensuring a seamless experience for users on various screen sizes.
    - Implement responsive design principles to adapt the layout for smaller screens, improving accessibility.

Enhancements for Trainees:

1. Improved Task Management:
    - Allow trainees to create and update their daily tasks, with the ability to mark tasks as complete for the current day..
    - Provide a clear display of tasks for a selected date (or week), enhancing the user's ability to manage their fitness routine effectively.

2. Streak and Weekly Report:
    - Enhance the streak feature to motivate trainees by visually representing their consistent engagement in workouts.

- Introduce a comprehensive weekly report that tracks and displays the trainee's performance and achievements over the course of a week.

Implementation Plan:
1. Phase 1: Backend Infrastructure:
    - Update the backend to support the new features, including personalized workout plans, workout tracker, and improved data storage for task management.
    - Create streak tracker for workouts and diet plans for clients to see how many days in a row they have achieved their goals

2. Phase 2: Instructor-Centric Features:
    - Implement the personalized workout plan creation and assignment functionality for Instructors.
    - Integrate the workout tracker to update streaks and time progress for clients.

3. Phase 3: User Interface Revamp:
    - Redesign the user interface to improve the overall user experience for both Instructors and Trainees.
    - Optimize the application for mobile devices, ensuring responsiveness across various screen sizes.

4. Phase 4: Trainee-Centric Features:
    - Enhance task management for Trainees, enabling them to effectively plan and track their daily workouts.
    - Implement streak and weekly report features to provide valuable insights into their fitness journey.

Testing and Deployment:
1. Conduct thorough testing at each phase to identify and rectify any bugs or issues aiming for at least 80% code coverage
2. Deploy updates incrementally to minimize disruption for existing users.
3. Collect user feedback and make necessary adjustments based on real-world usage.