



Sprint Summary (18th November to 1st December)

Week 1 (18th–24th November): Planning and Foundational Development

User Feedback on Exercises or Routines (Story Point: 3, Priority: Medium)

Acceptance Criteria:

- 1) Users can add comments to the exercises page featuring a GIF and a timer by clicking a 'Submit Comment' button.
- 2) Added comments are displayed at the bottom of the page.
- 3) Users can delete comments by clicking the 'Delete' button.
- 4) Comments persist even after reloading the page.

Development Status:

- Successfully implemented UI and backend functionality to handle comments.
- Focus was on ensuring smooth CRUD (Create, Read, Update, Delete) operations.

Recommended Sets and Repetitions for Exercises (Story Point: 4, Priority: High)

Acceptance Criteria:

- Beginner mode: 3 sets of 10 reps.
- Intermediate mode: 4 sets of 12 reps.
- Expert mode: 5 sets of 15 reps.

Development Status:

- Integrated set-and-rep recommendations for different expertise levels.
- Adjusted UI to dynamically reflect the chosen expertise level.

Beginner Mode with Extra Guidance (Story Point: 2, Priority: Medium)

Acceptance Criteria:

1) Selecting the 'Beginner' expertise level for any leg, chest, arm, or back exercise provides detailed instructions via a popup.

Development Status:

- Popup implementation completed.
- Detailed instructions were written and validated for accuracy.

Week 2 (25th November to 1st December): Execution and Advanced Features

Delete Saved Plans (Story Point: 5, Priority: High)

Acceptance Criteria:

- 1) Users can delete previously saved plans from the database using a 'Delete' button.
- 2) Validation ensures that only plans with at least one exercise per muscle group can be saved.

Development Status:

- Backend and UI integration completed for deleting plans.
- Implemented validation to ensure plans meet minimum criteria before saving.

Team Demo Video (Story Point: 1, Priority: Low)

Development Status:

- Created a recording to demonstrate features from Sprint 1.
- Highlighted key features such as timers, exercise plans, and navigation improvements.

Velocity Changes and Observations

First Week (18th–24th November):

- Planning phase dominated this week. The team focused on foundational tasks like implementing comments, feedback functionality, and recommendations for beginner users. Story points during this week were smaller but critical to ensuring a strong base for the advanced features in Week 2.

Second Week (25th November to 1st December):

- Productivity surged in this phase, similar to Sprint 1 and 2. More advanced features like deleting plans and creating demo videos were completed with high efficiency. Collaboration improved as the team addressed challenges collaboratively.

Graph Reflection:

The burndown chart reflects this two-week pattern. The first week shows slower progress, reflecting planning and groundwork tasks. The second week has a steeper decline as complex features were rapidly executed. This consistency across sprints highlights the team's strong planning and execution balance.