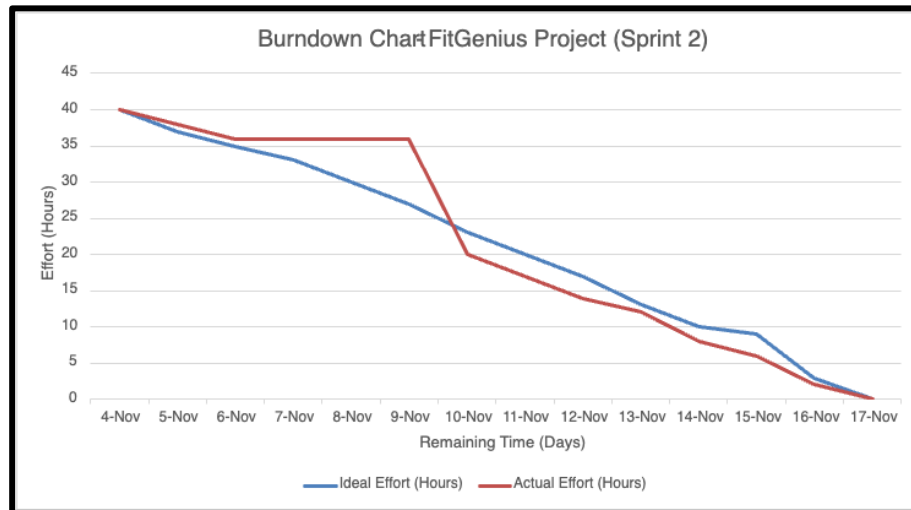# Comments on the Burndown Chart - FitGenius Project (Sprint 2)

First Week (4th–7th November):

- Plan Page Navigation Bar: Implemented consistent routing for users to navigate to the plan page where they can manage their exercise plans.
- Dropdown for Adding Exercises: Users can select and add exercises to their plan using a dropdown menu.
- Individual Exercise Deletion: Enabled functionality for users to delete individual exercises by clicking an "X" next to each exercise.
- Group Exercise Deletion: Users can delete all exercises for a specific muscle group by clicking the "X" on the right side of the selection box.
- Selected Exercises Display: Exercises selected by users are displayed at the bottom of the page for easy review.
- Exercise Details: Clicking on a selected exercise redirects the user to a new page featuring a GIF of the exercise along with a timer.

Second Week (8th–17th November):

- Exercise Intensity Levels: Developed functionality for users to select the intensity level for workouts:
- Clicking the Low intensity option on pages (LegPage, ChestPage, ArmPage, BackPage, or PlanPage) directs the user to a page displaying a 1-minute timer.
- Clicking the Medium intensity option on the same pages also redirects users to a 2-minute timer page.
- Clicking the High intensity option follows the same behavior, allowing users to view a 3-minute timer.
- Intensity Level Selection Design: The intensity level selection was centered and designed with clear options for Low, Medium, and High intensities.

Changes in Velocity:

As the sprint progressed, the team's velocity noticeably increased, following a pattern similar to Sprint 1. In both sprints, the initial week was dedicated to planning and laying the groundwork, while the second week saw a surge in productivity as the team executed the planned work.

Observations:

- **First Week Pace**: Similar to Sprint 1, the first week focused on foundational tasks such as navigation setup, dropdown creation, deletion options, and establishing exercise pages. This stage required detailed attention to ensure the base of the project was stable, resulting in slower progress.
- **Second Week Surge**: Consistent with Sprint 1, the second week witnessed a significant boost in work completed. The urgency to meet the sprint deadline drove the team to focus on advanced functionality, such as the intensity level options and their corresponding timers.

This pattern of planning followed by execution mirrors the workflow seen in Sprint 1. The ability to maintain a consistent velocity across sprints reflects the team's structured approach to sprint management. The execution in the second week allowed for the successful completion of planned features and alignment with sprint goals.