

## Health Monitoring Guide by Humayra Ferdous

SPRINT 1					
US #	USER STORY	PRIORITY	RISK	STORY POINTS	DEPENDENCY
US 5	As an athlete, I want to enter exercise that I do, so that I can track my activity.	Must Do	High	8	None
US 19	As an athlete, I want to link a coach to my account, so they can track my progress	Must Do	High	8	None
US 15	As an athlete, I want to enter fitness goals, so that I have a goal to obtain.	Must Do	Moderate	2	None
US 16	As an athlete, I want to enter dietary goals, so that I have a goal to obtain.	Must Do	Moderate	2	None
Total Story Points for Sprint 1				20	

SPRINT 2					
US #	USER STORY	PRIORITY	RISK	STORY POINTS	DEPENDENCY
US 1	As an athlete, I want to enter weight and height information, so that I can use that information to track and calculate other health information.	Must Do	Low	3	None
US 2	As an athlete, I want the application to track my weight, so that I can see my improvements.	Must Do	Low	5	US 1
US 8	As an athlete, I want to be able to enter what I eat for each meal, so that I can track my nutrition.	Must Do	Moderate	5	US 16
US 20	As a coach, I want to see the height and weight information of my athletes, so that I can adjust their trainings and diets appropriately	Must Do	Moderate	5	US 19 and US 1
Total Story Points for Sprint 2				18	

SPRINT 3					
US #	USER STORY	PRIORITY	RISK	STORY POINTS	DEPENDENCY
US 21	As a coach, I want to see the amount of exercise that my athletes are completing, so that I can see how much they are exercising	Must Do	Moderate	5	US 19 and US 5
US 22	As a coach, I want to see what my athletes are eating, so that I can determine if their diet is appropriate for their training	Must Do	Moderate	5	US 19 and US 8
US 17	As an athlete, I want the application to notify me if I am not meeting my fitness goals, so that I can stay on track to meeting my goals.	Should Do	Moderate	3	US 15
US 18	As an athlete, I want the application to notify me if I am not meeting my dietary goals, so that I can stay on track to meeting my goals.	Should Do	Moderate	3	US 16
US 7	As an athlete, I want the application to notify me if I am not exercising frequently enough, so that I stay in shape.	Should Do	Moderate	3	US 5
US 3	As an athlete, I want to set a target weight, so that I have a weight goal to reach.	Should Do	Low	1	US 1 and US 2
Total Story Points for Sprint 3				20	

SPRINT 4					
US #	USER STORY	PRIORITY	RISK	STORY POINTS	DEPENDENCY
US 12	As an athlete, I want to enter the amount of water I consume, so that I can track my hydration.	Should Do	Moderate	3	
US 9	As an athlete, I want to enter the calories for the food I eat, so that I know how much I am consuming.	Should Do	Moderate	2	US 8
US 24	As a coach, I want to see the fitness goals of my athletes, so that I can adjust their trainings to meet their goals	Should Do	Low	3	US 15 and US 19
US 25	As a coach, I want to see the dietary goals of my athletes, so that I can adjust their diet to meet their goals	Should Do	Low	3	US 16 and US 19
US 10	As an athlete, I want the application to calculate a suggested amount of calories for each meal based on my height and weight, so I can adjust my diet accordingly.	Could Do	Low	3	US 1, US 2, US 8, US 9 and US 16
US 6	As an athlete, I want the application to calculate the amount of calories burned in a workout based on the activity and my body size, so that I know the results of my workout.	Could Do	Low	5	US 5
Total Story Points for Sprint 4				19	

Product Backlog					
US #	USER STORY	PRIORITY	RISK	STORY POINTS	DEPENDENCY
US 13	As an athlete, I want the application to calculate a suggested amount of water that I should consume based on my height and weight, so that I am accurately hydrating.	Could Do	High	2	US 1 and US 12
US 14	As an athlete, I want the application to notify me to remind me to drink water, so that I am constantly hydrating.	Could Do	Moderate	3	US 12
US 4	As an athlete, I want the application to calculate how many pounds per week I should lose, so that I can see if I'm on track with my weight goals.	Could Do	Moderate	2	US 1, US 2 and US 3
US 11	As an athlete, I want the application to notify me if I am not meeting my suggested calorie intake, so that I am following my diet accurately.	Could Do	Moderate	2	US 16 and US 18
US 23	As a coach, I want to see how much water my athletes are drinking, so that I can make sure they are hydrating appropriately	Could Do	Moderate	5	US 12
Total Story Points for Product Backlog				14	