

SPRINT PLANNING: User can use the app for

adopting a healthy lifestyle. The user will select the package and give his/her preferences

regarding the food items which will be taken in

consideration for generating the daily diet plan.

The progress report can be requested after

following the diet plans for few days and updating

the information. This App will do self comparison

and provide the user the progress report. The

feedback can also be taken from the users for

further improvements in the ap

PRODUCT BACKLOG: Identify potential problems that might occur in budget, schedule and staffing. It also includes project complexity, project size and degree of structural uncertainty.

WORKING PRODUCT INCREMENTAL: WE have used the incremental model as it combines elements of linear and parallel process flows. It generates working software quickly and early during the software lifecycle. This model is more flexible and less costly to change scope and requirements. It is easier to test and debug during a smaller iteration. In this model, the customers can respond to each built. Also, functionality can be refined and expanded in the later stages in the later software releases. The user can visualize the software before the completion of the entire project in order to evaluate and provide feedback.

SPRINT REVIEW: It is an online application having artificial intelligence about human nutritional needs and diets. The user registers them on the app by providing the essential details like name, email, phone number, weight, height, medical history and eating habits. After registering, the user gets a choice to select the package and further can proceed to the payment process. Based on the personal and medical details, the user gets well- constructed diet plans along with light exercises that must be followed in the routine for better health. An e-mail or message notification is sent to the customer as soon as the payment is processed.



SPRINT RETROSPECTIVE: Nowadays pregnant women are looking for a new tool to find lifestyle information in pregnancy, as well as health information in digital format. It is known that most people have a mobile phone or internet access, which increase the access to information and can help the preconception care of couples. The reproductive and pregnancy outcomes are affected by the obesity and lifestyle of mother and father and can damage the next generations as well as bring consequences in later life. The electronic health (eHealth) a intended to be used to improve behavioral changes and preserve healthy nutrition and lifestyle by a personalized and individual feedback