

Sprint 2 Plan

NutriFit

Sprint Completion Date: November 4, 2016

Revision Number: 1.0

Revision Date: October 20, 2016

Goal: The goal of this sprint is to allow users to enter what meals they eat, along with their workouts. They should also be able to view the total nutrition information associated with their meal. We are also planning on getting logging functionality completely finished for the exercise aspect of the application.

User Story 1

As someone who wants to lose weight, I want to be able to record my meals so I can keep track of what I eat.

Task 1: There needs to be an easy to use UI that allows the users to add and removes items from meals. Additionally, the user needs to be able view all of the meals that they have and be able to select meals for edit/delete/consumption. 15 Hours

Task 2: The app needs to keep track of what meals the user ate, when the user ate them, and the nutrition information associated with those meals. 10 hours

Total for User Story 1: 25 Hours

User Story 2

As someone working out, I want to be able to log the repetitions and amount of weight I use during each set of an exercise so that I can track the progression of my strength.

Task 1: There needs to be a page where the user can input their specific workout routine, specific to the users goals. The application will also recommend the weight and repetition based on past history for maximum results. This could take about 12 hours.

Task 2: In the exercise log, the user needs to be able to log the number of repetitions under the given set. This may take around 8-9 hours.

Total for User Story 2: 20 -24 Hours

User Story 3

As someone who wants to lose weight, I want to be able to see my caloric intake so I can better adjust my diet.

Task 1: Be able to sum up all of the nutrients in a meal. 2 hours

Task 2: Be able to look at what meals a user ate and use this data in order to graph their macronutrients for the previous day, week, and month. 5 hours

Total for User Story 3: 7 hours

User Story 4

As someone trying to gain muscle, I want to be able to monitor my food macronutrients so I can ensure that I am meeting my daily nutritional goals.

Task 1: Be able to sum up all of the nutrients in a meal. 2 hours

Task 2: Be able to look at what meals a user ate and use this data in order to graph their macronutrients for the previous day, week, and month. 5 hours

Total for User Story 4: 7 hours

User Story 5

As someone who wants to improve my health, I want to be able to see exactly how much calories and macronutrients I need.

Task 1: Calculate a user's Total Daily Energy Expenditure (TDEE).

Task 2: Calculate a user's required macronutrients.

Total for User Story 5:

User Story 6

As someone doing cardio, I want to be able to easily keep track of how much time I spend on an exercise.

Task 1: Allow switching from repetitions to time elapsed for certain exercises. 3 hours.

Total for User Story 6: 3 Hours

User Story 7

As someone working out, I want to be able to easily time my rest periods between sets.

Task 1: Display a timer/stopwatch in the workout tracker. 2 hours.

Total for User Story 7: 2 Hours

Team Roles:

Teghpreet Singh (PO)

James Kennedy (Co-PO)

Henry Pan (Scrum Master)

Matthew Deyell (Developer)

Maaz Siddiqui (Developer)

Initial Task Listing

Teghpreet Singh: User Story 1

James Kennedy: User Story 2

Henry Pan: User Story 2

Matthew Deyell: User Story 1

Maaz Siddiqui: User Story 1

Scrum Meetings

Tuesday 3:15 pm @ globes @ s&e

Thursday 3:15 pm @ globes @ s&e

Friday 1:15 in E-2, 256 [with TA]