

Release Plan

Fitness App

Release Date: November 23, 2016

Revision Number: 1.0

Revision Date: October 4, 2016

High level goals: The goal for this app is to allow users to lose weight by monitoring their exercise and diet. Users will be able to log their meals and exercises and track their progress towards their fitness goals.

Sprint 1

[10 SP] 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.

[10 SP] 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.

Sprint 2

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

[6 SP] 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.

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

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

Sprint 3

[12 SP] As someone trying to get fit, I want to be able to find new foods and meals that meet my fitness goals.

[8 SP] As someone working out, I want to be able to view and analyze my exercise progress over time.

[11 SP] As someone working out, I want to be able to find new or alternative exercises that target a chosen muscle group.

[5 SP] As someone working out, I want to be able to see how to properly perform an exercise so that I don't hurt myself.

[13 SP] As a user, I want to be able to scan a food item's barcode and have that item be added to the database.

Product Backlog

None yet.