

# **Sprint 3 Plan**

## **NutriFit**

**Sprint Completion Date: November 23, 2016**

**Revision Number: 1.0**

**Revision Date: November 8, 2016**

**Goal:** The goal of this sprint is to allow users to scan a barcode and have the item scanned be added to the foods database. They should also be able to view the total nutrition information associated with all of their meals on a certain day. The edit meal activity should have an easy to use UI. The user should also be able to view their workout progress for a selected exercise or workout. The user should also have a tracker to guide them through a workout.

### **User Story 1**

As someone who wants to monitor my food and macronutrient intake, I want to be able to scan a food item's barcode and have that item be added to the food database.

**Task 1:** There needs to be a way to send a barcode number to a web server and receive the nutrition information back from that server. 4 hours.

**Task 2:** There needs to be a way to scan a barcode such that the barcode number is obtained.  
5 hours

**Total for User Story 1:** 9 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:** 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.

**Task 2:**

**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). 1 hour.

**Task 2:** Calculate a user's required macronutrients. 2 hours. Total

for User Story 5: 3 hours.

#### **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**

#### **User Story 8**

As someone working out, I want to be able to view a chart of my progress in amount of weight lifted over time for a selected exercise.

**Task 1:** Explore graphing libraries and choose appropriate design. 1 hour.

**Task 2:** Write work database function to retrieve all logs for a given exercise. 1-2 hours.

**Task 2:** Graph weight for all dates logged for a selected exercise. 2-3 hours.

Task 3: Generalize graph to show number of reps completed for each weight on the graph. 1-2 hours.

**Total for User Story 7: 4-5 Hours**

**Team Roles:**

Teghpreet Singh (PO)

James Kennedy (Co-PO)

Henry Pan (Developer)

Matthew Deyell (Developer)

Maaz Siddiqui (Scrum Master)

**Initial Task Listing**

Teghpreet Singh: User Story 1, User Story 3

James Kennedy: User Story 2, User Story 8

Henry Pan: User Story 2

Matthew Deyell: User Story 1, User Story 3

Maaz Siddiqui: User Story 8

**Scrum Meetings**

Monday 1:15 pm @ globes @ s&e

Wednesday 1:15 pm @ globes @ s&e

Friday 1:30 pm in E-2, 256 [with TA]