Release Plan
NutriFit
Release Date: November 23, 2016
Revision Number: 2.1
Revision Date: October 29, 2016

High level goals: The goal for this app is to allow users to record their diet and exercise routines in order to track their progress towards their fitness goals. Users will be able to quickly and easily log their meals and workouts, and the app will provide a convenient way to discover new meals and exercises that fit in with their program.

Sprint 1 :
[12 SP] As someone who wants to maintain a healthy diet, I want to be able to record my meals so I can keep track of what I eat.
[12 SP] As someone trying to exercise regularly, I want to be able to organize the exercise and workout routines that I usually do and save them for easy access when I want to record my workouts later.
 [24 SP total]

Sprint 2
[8 SP] As someone working out, I want to be able to log the repetitions and amount of weight I use for each exercise while I work out so that I can track the progression of my strength. [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.
[8 SP] As someone trying to maintain a healthy diet, I want to be able to monitor my food macronutrients so I can ensure that I am meeting my daily nutritional goals.
[8 SP] As someone doing a cardio, I want to be able to easily keep track of how much time I spend on an exercise.
[30 SP total]

Sprint 3
[8 SP] As someone working out, I want to be able to see an insightful visualization of my exercise progress over time.

[8 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.

[10 SP] As someone working out, I want to be able to discover new exercises that target a chosen muscle group.

[28 SP total]

Product Backlog

[4 SP] As someone working out, I want to be able to see a rest timer between my exercise sets so that I can precisely control my rest periods.

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

[6 SP] As someone trying to maintain a healthy diet, I want to be able to discover new foods that meet multiple nutrient requirements (i.e. "Low in Sodium and Sugar, High in Protein and Fiber").