

# Project Release Plan

## Fitness App

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# Project Release Plan

## Fitness App

This project will serve as a nutrition and workout assistant to help users easily log and analyze their progress. The app also enables users to choose foods and workout plans to meet their fitness goals.

## Fitness App

### Sprint 1 User Stories:

- 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.
- 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.

## Fitness App

### Sprint 2 User Stories:

- 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.
- 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.
- As someone doing cardio, I want to be able to easily keep track of how much time I spend on an exercise.
- As someone working out, I want to be able to easily time my rest periods between sets.

## Fitness App

### Sprint 3 User Stories:

- As someone trying to get fit, I want to be able to find new foods and meals that meet my fitness goals.
- As someone working out, I want to be able to view and analyze my exercise progress over time.
- As someone working out, I want to be able to find new or alternative exercises that target a chosen muscle group.
- As someone working out, I want to be able to see how to properly perform an exercise so that I don't hurt myself.

## Fitness App



- Users can track meals with the Meal Log by adding food to the log, which will track/calculate caloric intake as well as macronutrients.
- With the Workout Tracker, users can track exercise sets and rest periods during their workout.

## Fitness App

- Not all team members have Android or database experience
- We may underestimate the time needed to make things work
- Coordinating different APIs

## Fitness App

- Android Studio
- Java/xml
- Firebase
- USDA Food Composition Database