

# GoWorkout - Scrum Meeting Documentation

## Team Members

- **Peter Safwat** - 231001577
  - **Kerolos Wageh** - 231001117
  - **Bavly Ramy** - 231000910
  - **Karim Ahmed** - 231001537
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## Sprint Overview

**Project Name:** GoWorkout

**Sprint Duration:** 4 Weeks

**Sprint Goal:** Develop a fully functional fitness web application with user authentication, calorie calculator, and training programs

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## Sprint Planning Meeting

**Date:** Week 1 - Day 1

**Duration:** 2 hours

## Sprint Backlog

Task ID	Task Description	Assigned To
#1	Create MySQL database schema for users table	Peter Safwat
#2	Build calorie calculator UI	Kerolos Wageh
#3	Implement session management	Bavly Ramy
#4	Develop calorie calculator and profile functionality	Peter Safwat
#5	Design homepage and styling	Kerolos Wageh
#6	Build training programs page and create diagrams	Bavly Ramy
#7	Implement authentication pages and testing	Karim Ahmed

## Sprint Goals

1. Complete frontend pages with responsive design
  2. Setup MySQL database with proper schema
  3. Implement backend API with Express.js
  4. Develop and execute comprehensive testing
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## Daily Scrum Meeting #1

**Date:** Week 1 - Day 2

**Time:** 10:00 PM

**Duration:** 2 hours

### What did you do yesterday?

- **Peter Safwat:** Started working on MySQL database setup and table schema design
- **Kerolos Wageh:** Began creating the homepage structure and navigation
- **Bavly Ramy:** Researched session management best practices
- **Karim Ahmed:** Reviewed authentication requirements and signup form design

### What will you do today?

- **Peter Safwat:** Complete database schema and test connection with Node.js
- **Kerolos Wageh:** Continue working on index page and start CSS styling
- **Bavly Ramy:** Implement sessionStorage for user authentication state
- **Karim Ahmed:** Create login and signup HTML pages

### Any blockers?

- **Peter Safwat:** Need to confirm password encryption approach
  - **Kerolos Wageh:** None
  - **Bavly Ramy:** None
  - **Karim Ahmed:** Waiting for database schema completion
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## Daily Scrum Meeting #2

**Date:** Week 1 - Day 5

**Time:** 10:00 PM

**Duration:** 2 hours

### What did you do yesterday?

- **Peter Safwat:** Completed MySQL database setup with users table
- **Kerolos Wageh:** Finished homepage design and started server code connection
- **Bavly Ramy:** Implemented session management in script.js
- **Karim Ahmed:** Created login and signup pages with form validation

### What will you do today?

- **Peter Safwat:** Start working on calorie calculator functionality
- **Kerolos Wageh:** Connect frontend to backend server
- **Bavly Ramy:** Begin training programs page development
- **Karim Ahmed:** Test authentication flow and fix any bugs

### Any blockers?

- **All:** None reported
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## Daily Scrum Meeting #3

**Date:** Week 2 - Day 3

**Time:** 10:00 PM

**Duration:** 2 hours

### What did you do yesterday?

- **Peter Safwat:** Implemented calorie calculator with BMR formula
- **Kerolos Wageh:** Completed server code and database connection
- **Bavly Ramy:** Created training programs structure with three levels
- **Karim Ahmed:** Modified min and max password length validation

## **What will you do today?**

- **Peter Safwat:** Work on profile page functionality
- **Kerolos Wageh:** Finish styling the entire website
- **Bavly Ramy:** Add workout details for each program level
- **Karim Ahmed:** Start creating test cases for all functions

## **Any blockers?**

- **Bavly Ramy:** Need feedback on training program content
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## **Daily Scrum Meeting #4**

**Date:** Week 3 - Day 2

**Time:** 10:00 PM

**Duration:** 2 hours

## **What did you do yesterday?**

- **Peter Safwat:** Completed profile functions in script.js
- **Kerolos Wageh:** Finished styling the whole website
- **Bavly Ramy:** Created class, use case, and sequence diagrams
- **Karim Ahmed:** Wrote unit tests for calorie calculator and program display

## **What will you do today?**

- **Peter Safwat:** Test profile page with different user scenarios
- **Kerolos Wageh:** Review and optimize CSS for mobile responsiveness
- **Bavly Ramy:** Finalize training programs page and test navigation
- **Karim Ahmed:** Continue testing and create test.js file

## **Any blockers?**

- **All:** None reported
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## Daily Scrum Meeting #5

**Date:** Week 3 - Day 5

**Time:** 10:00 PM

**Duration:** 2 hours

### What did you do yesterday?

- **Peter Safwat:** Tested and debugged profile page functionality
- **Kerolos Wageh:** Optimized website styling for all screen sizes
- **Bavly Ramy:** Completed training programs with all workout details
- **Karim Ahmed:** Finished comprehensive testing suite

### What will you do today?

- **Peter Safwat:** Review and merge calorie branch to main
- **Kerolos Wageh:** Merge styling changes and resolve conflicts
- **Bavly Ramy:** Merge training-programs branch to main
- **Karim Ahmed:** Merge register branch and final testing

### Any blockers?

- **Team:** Need to coordinate merge conflicts
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## Daily Scrum Meeting #6

**Date:** Week 4 - Day 2

**Time:** 10:00 PM

**Duration:** 2 hours

### What did you do yesterday?

- **Peter Safwat:** Merged calorie branch successfully
- **Kerolos Wageh:** Resolved merge conflicts in main branch
- **Bavly Ramy:** Merged training-programs branch
- **Karim Ahmed:** Completed integration testing

## What will you do today?

- **Peter Safwat:** Final review of backend API endpoints
- **Kerolos Wageh:** Cross-browser testing
- **Bavly Ramy:** Review all diagrams and documentation
- **Karim Ahmed:** Start writing project documentation

## Any blockers?

- **All:** None reported
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## Sprint Review Meeting

**Date:** Week 4 - Day 5

**Duration:** 1 hour

## Completed Work

### Frontend Pages ✓

- Homepage (index.html) with hero section and navigation
- Login page with authentication form
- Signup page with validation
- Calorie calculator page with input fields
- Training programs page with three levels
- Profile page with user information display

### Database Setup ✓

- MySQL database created with users table
- Proper schema with ID, firstName, secondName, username, password
- Connection established between Node.js and MySQL

### Backend API ✓

- Express.js server setup with CORS and JSON parsing

- POST /signup endpoint for user registration
- POST /login endpoint for authentication
- GET /user/:username endpoint for profile retrieval
- SQL injection prevention with parameterized queries

## Testing

- Unit tests for calorie calculator
- Unit tests for program display
- Integration tests for signup → login → profile flow
- Manual testing with browser

## Demonstration

- Live demo of user registration and login
- Calorie calculator demonstration with sample inputs
- Training programs display for different fitness levels
- Profile page showing user information

## Stakeholder Feedback

- Application meets all functional requirements
- UI is clean and user-friendly
- Password validation ensures basic security
- Training programs are well-structured

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## Key Metrics

### Code Contributions

- **Total Commits:** 80+
- **Branches Created:** 4 (main, calorie, register, training-programs)

## Code Statistics

- **Frontend Files:** 6 HTML files, 1 CSS file, 1 JavaScript file
  - **Backend Files:** 1 server.js file
  - **Test Files:** 1 test.js file
  - **Lines of Code:** ~600+ lines
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## Conclusion

The GoWorkout project sprint was completed successfully with all planned features delivered. The team demonstrated excellent collaboration, adhered to Agile principles with daily scrums, and maintained high code quality standards. All four milestones (Frontend Pages, Database Setup, Backend API, Testing) were achieved on schedule.

The project is production-ready and meets all initial requirements for a functional fitness web application.