Group Processes and Communications

The most important part of your project is Communication between group members. Past experience shows that communication breakdowns between group members is the most common cause of group failures, Our group communicates very well over discord. We don’t have meetings once a week we just talk every 2 weeks and collaborate our ideas. Communication is key with discord it helps us to communicate to each other. We communicate in a way of expressing ideas about the fitness app in which we all contribute too. Such as food diary meal plans and what kind of workouts there is to do for each day.