Sprint 2 Plan

Product: GoLift
Team Name: Team Squat Squad
Release Name: Release 2
Sprint Completion Date: July 18
Revision One
Revision Date: July 12

Goal: Make application that records workouts and food intake, make suggestions for workout and diet plans based on body type

Tasks:

As someone who wants to have a healthier lifestyle, I want something that could help me get into the habit of being healthier

      Make an app that gives an example workout plan for user's body type (1 point)
      Make an app that gives example diet plans and a suggested intake for user's body type (1 point)

As a person who focuses on lifting, I want to record how many reps and rests I had taken previously to see my improvements

      Make an app that can take in exercises done, reps and time (2 point)

As someone watching their weight, I want to see the amount of calories I have been consuming

      Make an app that can take in food intake and records calories (2 point)

Team Roles:
Merrick Swaffar: (Product Manager)
Nishika Tripathi: (Scrum Master)
Siobhán O'Shea: (Scrum Master)
Jenna Wu: (Team - designer)
Peyton Fonck: (Team - developer)

Initial Task Assignment:
Merrick Swaffar: *As someone watching their weight, I want to see the amount of calories I have been consuming,* Make an app that can take in food intake and records calories (2 point)
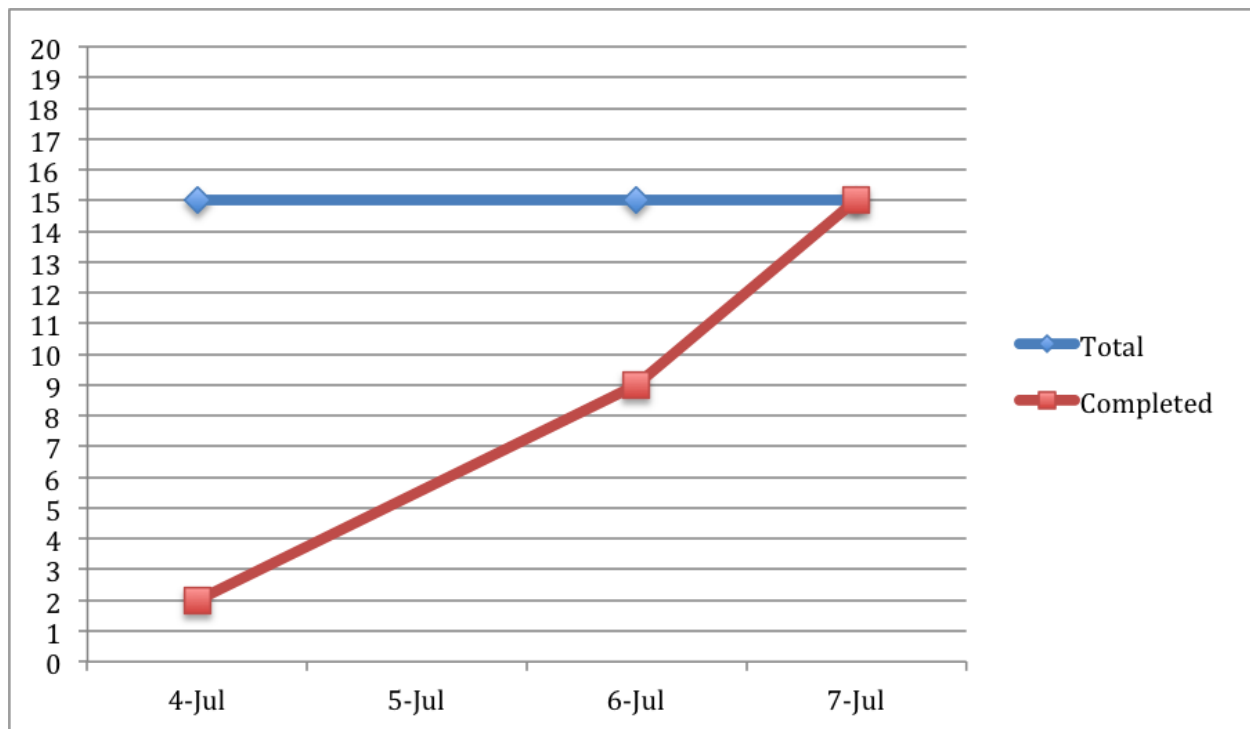
Nishika Tripathi: *As someone who is watching his/her own diet, I want something that could suggest what to eat based on my needs,* Make an app that gives example diet plans and a suggested intake for user's body type (1 point)

Siobhán O'Shea: *As someone who is just beginning to workout, I want something that could suggest what to work out based on my needs*, Make an app that gives an example workout plan for user's body type (1 point)

Jenna Wu: *As a person who focuses on lifting, I want to record how many reps and rests I had taken previously to see my improvements,* Make an app that can record exercises done, reps and sets(2 point)

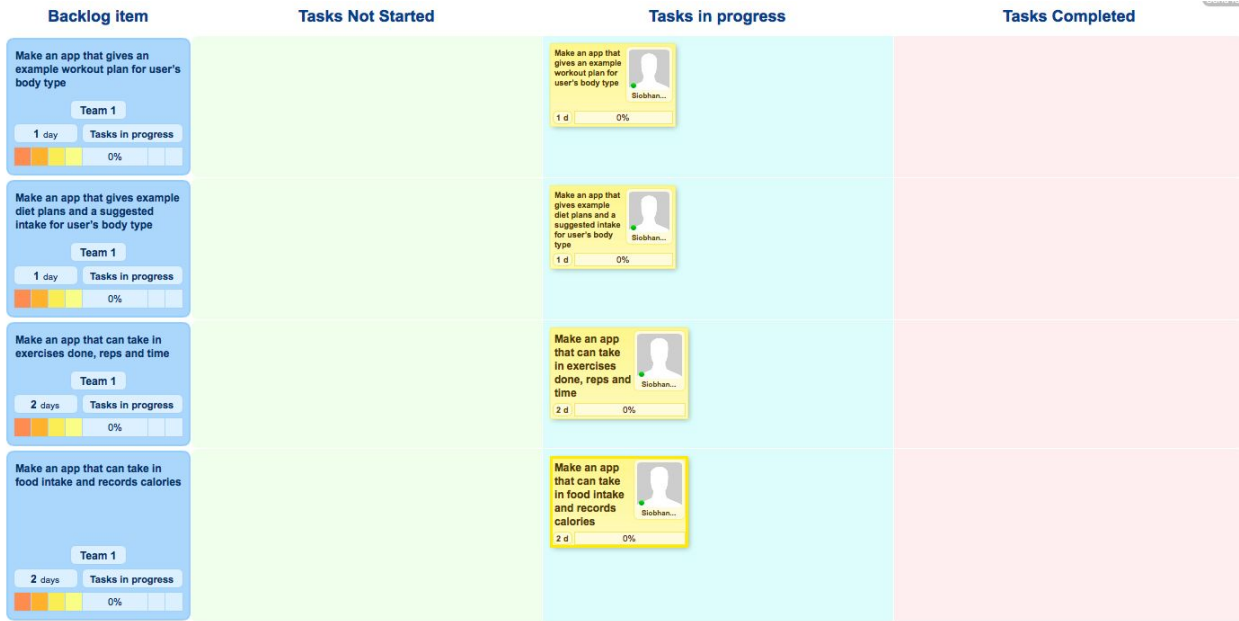Peyton Fonck: *As a person who focuses on lifting, I want to record how many reps and rests I had taken previously to see my improvements,* Make an app that can record exercises done, reps and sets(2 point)

Initial Burnup Chart:

Initial Scrum Board

Backlog item	Tasks Not Started	Tasks in progress	Tasks Completed
Make an app that gives an example workout plan for user's body type Team 1 1 day · Tasks in progress 0%		Make an app that gives an example workout plan for user's body type · Siobhan... 1 d · 0%	
Make an app that gives example diet plans and a suggested intake for user's body type Team 1 1 day · Tasks in progress 0%		Make an app that gives example diet plans and a suggested intake for user's body type · Siobhan... 1 d · 0%	
Make an app that can take in exercises done, reps and time Team 1 2 days · Tasks in progress 0%		Make an app that can take in exercises done, reps and time · Siobhan... 2 d · 0%	
Make an app that can take in food intake and records calories Team 1 2 days · Tasks in progress 0%		Make an app that can take in food intake and records calories · Siobhan... 2 d · 0%	

Scrum Times
Monday 4:30
Wednesday 4:30 (meeting with TA)
Thursday 12:30