

# **Sprint 1 Plan**

**Product:** GoLift

**Team Name:** Team Squat Squad

**Release Name:** Release 1

**Sprint Completion Date:** July 9

Revision One

**Revision Date:** July 5

**Goal:** Design layout for the app, implement account creation and login functionality, and decide on the app functionality

## **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 can manage accounts (2 points)

Make an app that can take in and save user information (2 points)

*As a person who focuses on lifting, I want to know how many reps and rests I should take for maximum gains*

Make multiple workout plans for different goals (3 points)

Assign work out plans based on certain characteristics (1 point)

*As someone watching their weight, I want something that could help me plan my diet*

Make multiple diet plans for different goals (3 points)

Assign diet plans based on certain characteristics (1 point)

*As a student, I want something that could help me fit exercise into my busy schedule*

Split plans into a weekly schedule (1 point)

Make an user friendly app (3 points)

## **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 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 can manage accounts (2 points)

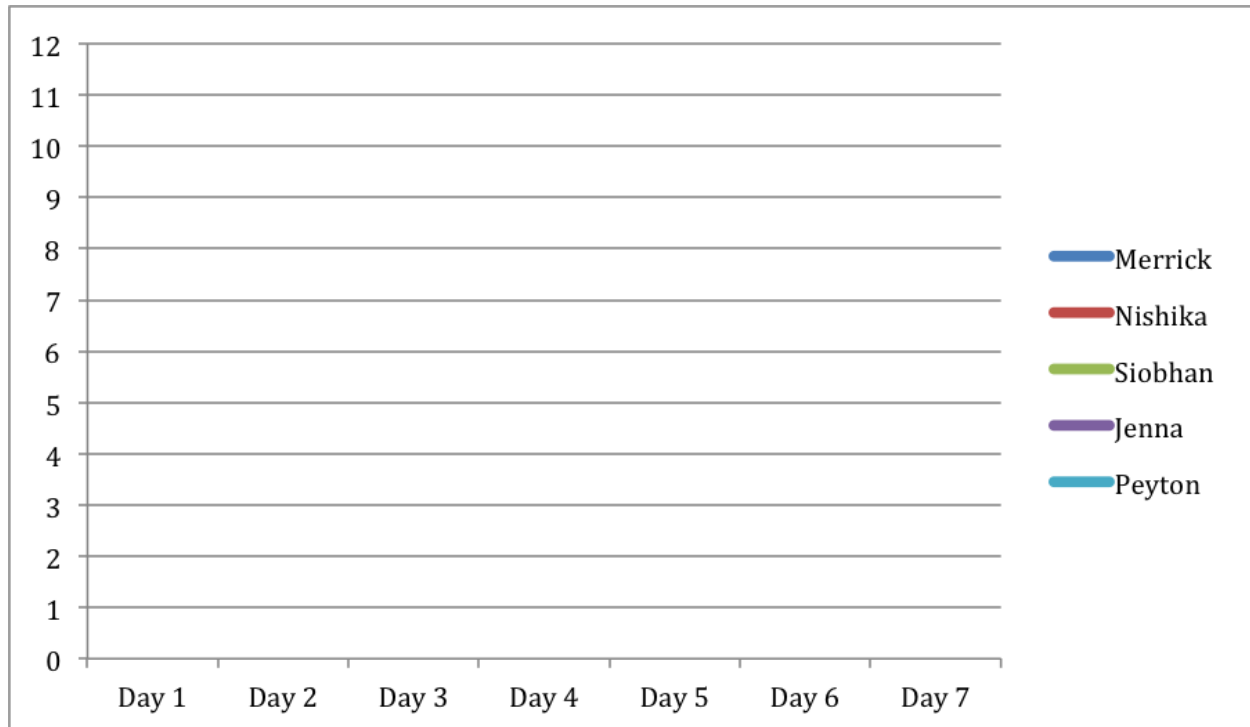
Nishika Tripathi: *As someone watching their weight, I want something that could help me plan my diet*, Make multiple diet plans for different goals (3 points)

Siobhán O'Shea: *As a person who focuses on lifting, I want to know how many reps and rests I should take for maximum gains*, Make multiple workout plans for different goals (3 points)

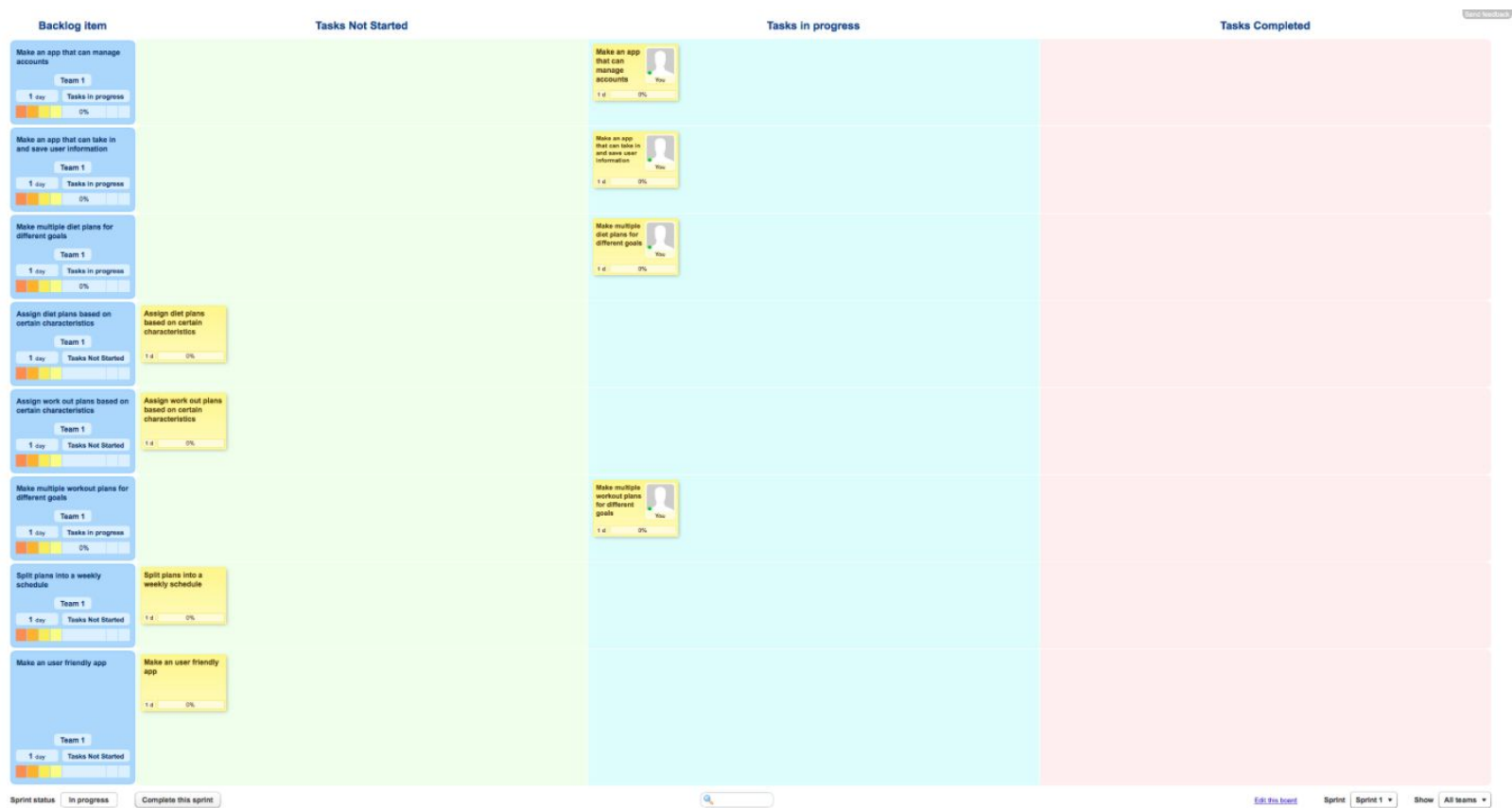
Jenna Wu: *As someone watching their weight, I want something that could help me plan my diet*, Assign diet plans based on certain characteristics (1 point)

Peyton Fonck: *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 can take in and save user information (2 points)

### Initial Burnup Chart:



### Initial Scrum Board



## Scrum Times

Monday 4:30

Wednesday 4:30

Thursday 12:30