

Sprint 1 Report

Actions to stop doing:

- The team should stop changing what the application can do because it results in unnecessary work and extra revisions of the sprint and release plans.
- The team should communicate what they do not like about the application sooner so that we can fix the problem as soon as possible and not just during sprint meetings.

Actions to start doing:

- The team should be better at estimating how long or difficult a story/task will take because we tend to overestimate how much work we can get done in one week.
- The team is doing great individually, however, if we worked together as a team more, we could have more work done.

Actions to keep doing:

- The team should continue with the quick responses through text messages; it helps to have questions answered quickly as possibly since we are not able to meet daily.
- Keep grinding and working bitches because if bitches be working we be doing*
- The team should continue being quick and efficient during sprint meetings because it saves time.

Work completed/not completed:

- As a new user of technology, I would like an app that is user friendly (*completed*)
- As someone starting to workout, I would like to know more about my body type (*completed*)

Work completion rate:

- *Number of user stories completed:* 2 user stories
- *Number of estimated ideal work hours completed:* About 15 hours
- *Number of days during the sprint period:* 7 days
- *Ideal number of stories/day:* About 1 story every 3 days
- *Ideal number of hours/day:* About 2 hour a day

Burnup Chart:

