# Release Plan

**Product:** GoLift
**Team Name:** Team Squat Squad
**Release Name:** Release 1
**Release Date:** July 26
Revision One
**Revision Date:** July 5th

**High-level goals:** Be able to make an application that will plan workout schedules and diet plans. To track progress and sharing routines done with friends. Anonymously puts results into chart so others can compare to those that have similar build.

**User Stories for release:**

Sprint 1
As someone who wants to have a healthier lifestyle, I want something that could help me get into the habit of being healthier

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

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

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

Sprint 2
As an athlete, I want to be able to see how much I've improved with my workout regimen and maybe give suggestions on how I can improve

As someone who works out with multiple people, I want to be able to share I have planned throughout the week with others

As a trainer, I want to see the progress of my trainees and see if they are keeping up with their workouts

Sprint 3
As a person focusing on cardio, I want to compare my times with others my build

As a runner, I want to compare my times with other runners my age

**Product backlog:**

Rejected Goals: Track vitals throughout the day. Keeps track of sleep schedule. Keeps track of steps taken. Suggesting recipes with the diet plan.

Rejected Sprints:
As someone who doesn't regularly work out, I want to walk ten thousand steps every day
As a swimmer, I want something that could plan out routines that could help me improve my swimming times
As someone who wants to start dieting, I want something that could suggest recipes I could use to lose weight
As an athlete, I want something that could tell me when I am at a certain heart rate when I work out