**Release Plan**

**Product:** GoLift

**Team Name:** Team Squat Squad

**Release Name:** Release

**Release Date:** July 26

Revision Two

**Revision Date:** July 18th

**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 a new user of technology, I would like an app that is user friendly.

As someone starting to workout, I would like to know more about my body type.

Sprint 2

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 record how many reps and rests I had taken previously to see my improvements.

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

Sprint 3

As someone who does not use a lot of technology, I want an easy to use app.

As a person that has never worked out before, I would like suggestions on what would help.

As a person that tends to choose apps based on how they look, I want an application that is aesthetically pleasing.

**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

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