Sprint 3 Report

Actions to stop doing:

* The team should stop working individually because if we worked together as a team more, we could have more work done.
* The team should stop not responding to text messages quicker because communication is very important in making this group work.

Actions to start doing:

* The team should start responding to text messages in order to make things run more efficiently and get things done on time.
* The team should start working as a team more so that we could get more work done.
* The team should start looking over the Sprint Plan, Report, etc. so that there are no unnecessary errors.

Actions to keep doing:

* The team was able to finalize what the application does and did not change what the app does. We should continue this because it helped us set goals and got rid of unnecessary work and extra revisions.
* The team should continue making good estimations on how long or difficult a story/task will take. This helped us estimate what member can get done.
* The team should continue being quick and efficient during sprint meetings because it saves time.

Work completed/not completed:

* As someone who wants to have a healthier lifestyle, I want something that could help me get into the habit of being healthier *(completed)*
* `As a person who focuses on lifting, I want to record how many reps and rests I had taken previously to see my improvements *(completed)*
* As someone watching their weight, I want to see the amount of calories I have been consuming *(completed)*

Work completion rate:

* *Number of user stories completed:* 3 user stories
* *Number of estimated ideal work hours completed:* About 20 hours
* *Number of days during the sprint period:* 7 days
* *Ideal number of stories/day:* About 1 story every 2 days
* *Ideal number of hours/day:* About 3 hours a day

Burnup Chart

