

Release Plan

Repl

Rev. 0: 10/7/24

Rev. 1: 10/22/24

Rev. 2: 11/04/24

Rev. 3: 11/18/24

Rev. 4: 12/02/24

High Level Goals

(Summary)

- Create a new workout plan based on the gym's machines
 - Be able to save the machines to server database to localize gym
 - ~~◦ ++ AI builds a workout for users (optional)~~
- Be able to track fitness history
 - Log exercises (names, reps/weights/sets, notes)
- Be able to track ~~and remind any supplements used~~
 - ~~◦ Email notifications (email using external api)~~
 - ~~◦ Push notifications (app)~~
- ~~• Be able to visualize fitness progression~~
 - ~~◦ Bodyweight graph~~
 - ~~◦ Exercise weight graph~~
- Be able to set fitness goals
 - Set goals
 - See Previous Goals/completion
 - ~~◦ ++ AI Feedback on "Failed" goals (optional)~~
- ~~• Have challenges for the user to complete~~
 - ~~◦ App Wide challenges~~
 - ~~◦ Personalized challenges~~

User Stories for Release

- Sprint 1
 - 1. As a new fitness enjoyer, I should be able to log in, so that I can save my progress - 3
 - 2. As a gym-goer, I would like to be able to see/edit session history, so that I can see what I worked on last week - 3

- 3. As a gym-goer, I should be able to create a session, so that I can track my journey - 2
- Sprint 2
 - 1. As a gym-goer, I should be able to create a session , so that I can track my journey. - 2
 - 2. As a gym-goer, I would like to be able to see/edit session history, so that I can see what I worked on last week. - 2
 - 3. As a new gym member, I should be able to see the machines in my current gym, so that I know which gym to visit - 2
 - 4. As a local gym member, I should be able to add machine to a gym, so that what machines there'd be at that gym for my sessions - 2
- Sprint 3
 - 1. As a new gym member, I should be able to see the machines in my current gym, so that I know which gym to visit - 2
 - 2. As a local gym member, I should be able to add machine to a gym, so that what machines there'd be at that gym for my sessions - 2
 - 3. As a consistent athlete, I should be able to see graphs with my weight/sets/bodyweight progressions, so that I can see if I'm on track for my goals - 3
 - 4. As a consistent athlete, I should be able to set goals and see previous goals, so that I can plan out my progression - 3
- Sprint 4
 - 1. As a consistent athlete, I should be able to see graphs with my weight/sets/bodyweight progressions, so that I can see if I'm on track for my goals - 3
 - 2. As an athlete, I should be able to create/see previous lists of supplements + reminders, so that I don't forget anything. - 4

(Sanity check your release plan)

- Sprint 1:
 - total score = 8
- Sprint 2:
 - total score = 8
- Sprint 3:
 - total score = 10
- Sprint 4:
 - total score = 7
 - Should be used to bugfix and finalize remaining features
 - Potentially less time to work due to holiday
- Portions of the backlogs shouldn't take longer than 30 minutes per group member. Past 30 minutes will hinder the workflow of another member. Rather, after 30 minutes of being

stuck at a portion, the feature should be broken down/stopped so that another member can continue if need be.

Product backlog

The product backlog will be updated after each sprint

Highlighted = Finished

- Create a new workout plan based on the gym's machines
 - Be able to save the machines to server database to localize gym
 - Use OpenStreetMaps API to make gyms listed for a baseline
 - ++ AI builds a workout for users (optional)
- Be able to track fitness history
 - Log exercises (names, reps/weights/sets, notes)
- Be able to track and remind any supplements used
 - Email notifications (email using external api)
- Be able to visualize fitness progression
 - Bodyweight graph
 - Exercise weight graph
- Be able to set fitness goals
 - Set goals
 - See Previous Goals/completion
 - ++ AI Feedback on "Failed" goals (optional)