Product Name: Total Fitness App

Team Name: Total Fitness inc.org.gov.edu.eu.uk

Date: 5/31/2023

Actions to Stop Doing

1. We need to avoid adding new functionality and focus on deploying our app.
2. We need to focus on following and keeping track of our tasks in trello. If we have extra time, we should not work extra work, but we should prioritize the work that you have already been assigned for, and make it better first. Then we can think about adding more stuff to our web application.

Actions to Start Doing

1. We need to make sure that firebase only contains the data we need and no redundant tables.
2. We need to being incorporating unit tests into our code base
3. Need to being looking towards the future of the project like deploying and scaling
4. Maybe, we should have a tiny demo of what our application actually does.
5. In addition to the regular standup meetings, it would be beneficial to arrange more group collaboration sessions. By focusing our collective efforts on specific tasks, we have the potential to find solutions more quickly compared to relying solely on communication through discord, which can sometimes be time-consuming and inefficient.
   1. Like the issue with our user homepage and user profile page.

Actions to Keep Doing

1. Our team has consistently demonstrated excellent attendance at meetings. Thus far, not a single member has failed to attend our in-person gatherings. It is crucial that we maintain this level of commitment to ensure the project's continued advancement.
2. We need to continue developing various user stories for the project. Our progress in establishing the frontend of the website has been good so far, and there is always room for further improvement. Despite that, we are currently in a satisfactory position (maybe a little bit behind, but it is bearable). Furthermore, we can begin implementing additional recommendations derived from user feedback, such as incorporating nutritional information for users who wish to focus on bulking or building muscle.

Work Completed/not Completed

* Team Worked
  + Batu helped Julio on the backend, and tried to find the best API on nutrition that we are possible to get.
  + Nick worked on the user profile page, and helped Julio on linking the firebase. Also, he learned how to deploy correctly.
  + Julio worked on firebase and tried to sync all the pages within one user database. So, it is easily accessible.
  + Vaibhav worked on firebase and fixed the UI on the calendar.
  + Phudis worked on the UI in general.

User Stories Completed

* [3.1] As a user, I want to be able to create and keep track of workouts[5 point][7 hours]
* [3.2] As a user, I want to be able to enter a meal[5 Points][7 hours]
* [3.3] As a user, I want to see what core features of nutrition/workout I can use if I were to sign up[1 point][1hour]
* [3.6] As a user, I want to share why I want to sign up for the app[3 points][1 hour]
* [3.7] As a user, I want all the pages that I click on to have the same constant or relative theme[5 points][1 hours]
* [3.8] As a user, I want to be able to track my progress for my nutrition intake[1 points][3 hours]
* [3.12] As a user, I want to be able to track my progress for my workout regime[1 points][3 hours]
* [3.14] As a user, I want to know what muscle group I should exercise to obtain a certain health goal[3 points][10 hours]

User Stories Not Completed

* [3.4] As a user, I want to be able to have a tiny demo of someone using the workout page.[3 points][3 hours]
* [3.5] As a user, I want to be able to have a tiny demo of someone using the homepage.[3 points][3 hours]
* [3.9] As a user, I want to be able to add as many meals as I want[1 points][3 hours]
* [3.10] As a user, I want to be able to see mindful suggestions if I take in too much of one macronutrient or too less[2 points][5 hours]
* [3.11] As a user, I want to know what I can or can’t eat if I want to obtain a specific health goal[3 points][10 hours]
* [3.13] As a user, I would like to see some sort of bar graph or line graph to see my progress[2 point][5 hours]

Work Completion rate:

Estimated Work Hours

Standups 1.5 hr

Weekly Teams Meetings 2 hr

TA Meetings 2 hr

Group Work 8 hr

Individual Work ~5 hr per member per week

Worked Days

Over the past two weeks members worked together for the following days

Monday

Tuesdays

Thursdays

Stories per day

* 1.5 user stories completed
* 25-30 hrs estimated work hours
* 14 day sprint
* Ideally worked for for like 2.5hrs for 14 days
* Avg user stories per day is 0.1728

Total Burnup Chart

The Red Line was meant to be Completed.

