

# Product Backlog

## 1. User Registration and Authentication:

- As a new user, I want to register securely with my email so that I can access personalized features and track my progress securely.
- **INVEST:**
  - **Independent:** Can be developed independently of other stories.
  - **Negotiable:** Details can be negotiated based on security requirements.
  - **Valuable:** Essential for user engagement and data security.
  - **Estimable:** Effort can be estimated based on common practices for user registration and authentication.
  - **Small:** Implementing user registration and authentication can be broken down into manageable tasks.
  - **Testable:** Test cases can be created to verify successful user registration and authentication.

## 2. Weight Management Journeys:

- As a user committed to achieving a specific weight goal, I want to choose my weight management journey (Weight Loss or Weight Gain) so that the app can tailor my experience and provide accurate calorie goals.
- **INVEST:**
  - **Independent:** Can be developed independently of other stories.
  - **Negotiable:** Details can be negotiated based on User choice.
  - **Valuable:** Essential to ensure a better user experience based on their choice.
  - **Estimable:** Effort can be estimated based on common practices.
  - **Small:** This requirement seems relatively small as it involves capturing and storing the user's choice of weight management journey.
  - **Testable:** Test cases can be created once the implementation completes.

## 3. Personalized Meal Plans:

- As a user with specific dietary needs and weight goals, I want the app to generate personalized daily meal plans for breakfast, lunch, and dinner so that I can easily follow a structured and customized diet plan.
- **INVEST:**

- **Independent:** Can be developed independently of other stories, but can depend on user registration and weight management journey selection.
- **Negotiable:** Details can be negotiated based on user expectations and the complexity of generating personalized meal plans.
- **Valuable:** Highlights a key feature for users following a precise journey.
- **Estimable:** Effort can be estimated based on the complexity of generating meal plans.
- **Small:** Implementation focuses more on plans generation.
- **Testable:** Test cases can be created once the implementation completes.

#### 4. Custom Food Selection:

- As a user with unique taste preferences or dietary restrictions, I want the ability to customize my meal plans by selecting specific foods so that I can enjoy meals that align with my preferences and needs.
- **Independent:** Can be developed independently of other stories, but can depend on user registration and weight management journey selection.
- **Negotiable:** Details, such as the user interface for food selection, the range of available food choices, and how customization integrates with the overall meal plan, can be negotiated based on user taste preferences.
- **Valuable:** Allowing users to customize their meal plans is a valuable feature as it empowers users to align their plans with unique taste preferences and dietary restrictions.
- **Estimable:** Effort can be estimated based on the current choices available in the database.
- **Small:** The focus of the implementation is on providing the necessary ingredients or food choices for the user.
- **Testable:** Test cases can be created once the implementation completes.

#### 5. Recipes and Cooking Guidance:

- As a user looking for assistance in meal preparation, I want the app to provide detailed recipes and cooking guidance for each meal so that I can confidently prepare nutritious meals that contribute to my weight goals.
- **INVEST:**

- **Independent:** The provision of detailed recipes and cooking guidance can be developed independently but may depend on user registration, personalized meal plans, and custom food selection.
- **Negotiable:** Details, such as the depth of recipe information, the inclusion of cooking tips, can be negotiated based on user expectations.
- **Valuable:** Providing detailed recipes and cooking guidance is valuable as it assists users in preparing nutritious meals.
- **Estimable:** The team can estimate the effort required to create a database of detailed recipes, develop a user-friendly interface, and integrate it with the meal planning system.
- **Small:** The focus of the implementation is presenting the information to the user in a user-friendly way.
- **Testable:** Test cases can be created once the implementation completes.

## 6. Progress Tracking:

- As a user committed to my weight management journey, I want the app to track my progress over time, including weight changes and calorie consumption, so that I can monitor my achievements and adjust my plan if necessary.
- **INVEST:**
  - **Independent:** Progress tracking can be developed independently but may depend on user registration, personalized meal plans, and the implementation of the weight management journey.
  - **Negotiable:** Details, such as the frequency of progress updates, the presentation of progress data, can be negotiated based on user expectations.
  - **Valuable:** Providing detailed recipes and cooking guidance is valuable as it assists users in preparing nutritious meals.
  - **Estimable:** The team can estimate the effort required to develop a system that collects and displays weight and calorie data over time.
  - **Small:** The focus of the implementation is on presenting progress data to the user in a clear and visually informative way.
  - **Testable:** Test cases can be created once the implementation completes.

## 7. Nutritional Insights:

- As a user seeking to make informed choices about my nutrition, I want the app to offer nutritional insights and visual breakdowns of daily calorie distribution and macronutrient ratios so that I can better understand and optimize my dietary habits.
- **INVEST:**
  - **Independent:** Providing nutritional insights can be developed independently but may depend on user registration, personalized meal plans, and the implementation of the weight management journey.
  - **Negotiable:** Details, such as the depth of nutritional insights, can be negotiated based on user preferences.
  - **Valuable:** Providing nutritional insights helps users to keep up with their journeys and make the right decisions.
  - **Estimable:** The team can estimate the effort required to develop a system to display nutritional insights in a friendly way.
  - **Small:** The focus of the implementation is on presenting nutritional insights in a clear and visually informative way.
  - **Testable:** Test cases can be created once the implementation completes.

## 8. Community and Support:

- As a user looking for motivation and support in my journey, I want to connect with a community of users, share experiences, and access support from nutritionists and experts so that I can stay motivated.
- **INVEST:**
  - **Independent:** The capability to access support, share experiences can be developed independently but may depend on user registration, personalized meal plans, and the implementation of the weight management journey.
  - **Negotiable:** Details, such as the features available in the community and the level of expertise, can be negotiated based on user preferences.
  - **Valuable:** As it keeps the user motivated to not give up on their journey.
  - **Estimable:** The team can estimate the effort required to develop a system capable of allowing users to interact with each other and have access to expertise when needed.
  - **Small:** The focus of the implementation is on enabling all users to share their experiences and access support in a clear and visually informative way.
  - **Testable:** Test cases can be created once the implementation completes.

## 9. Mealtime Reminders:

- As a user managing a busy schedule, I want to set reminders for consistent meal schedules, and receive notifications to prompt me to log my meals and celebrate milestones so that I can stay disciplined and track my progress effectively.
- **INVEST:**
  - **Independent:** The ability to set reminders, receive notifications, and celebrate milestones can be developed independently but may depend on user registration, personalized meal plans, and the implementation of the weight management journey.
  - **Negotiable:** Details, such as the frequency and format of reminders, the integration with other app features, and user preferences for customization, can be negotiated.
  - **Valuable:** Mealtime reminders are valuable as they help users maintain consistent meal schedules, stay disciplined, and track their progress effectively.
  - **Estimable:** The team can estimate the effort required to develop a system capable of allowing users to interact with each other and have access to expertise when needed.
  - **Small:** The focus of the implementation is on providing a straightforward and customizable reminder system for users.
  - **Testable:** Test cases can be created once the implementation completes.

## 10. Data Security and Privacy:

- As a user entrusting personal information to the app, I want assurance that my data is encrypted and stored securely so that I can use the app with confidence in the protection of my privacy.
- **INVEST:**
  - **Independent:** Can be developed independently as it involves the security and privacy aspects of the application.
  - **Negotiable:** Details, such as the encryption algorithms and storage mechanisms, can be negotiated based on security requirements.
  - **Valuable:** Ensures user trust by providing assurance that personal data is encrypted and stored securely.
  - **Estimable:** The effort required to implement robust data security measures can be estimated.
  - **Small:** Implementation focuses on ensuring data security and privacy.

- **Testable:** Test cases can be created to verify data security and privacy measures.

#### 11. Performance:

- As a user, I want the app to provide responsive performance, particularly during the generation of meal plans and analysis of progress data, so that I can efficiently use the app without delays.
- **INVEST:**
  - **Independent:** Can be developed independently as it focuses on the performance aspects of the application.
  - **Negotiable:** Details, such as optimizing algorithms and data structures, can be negotiated based on performance requirements.
  - **Valuable:** Ensures a responsive user experience, particularly during the generation of meal plans and analysis of progress data.
  - **Estimable:** The effort required to optimize performance can be estimated based on common practices.
  - **Small:** Implementation focuses on ensuring responsive performance.
  - **Testable:** Test cases can be created to verify the application's responsiveness.

#### 12. Scalability:

- As a user, I want the platform to be scalable to accommodate a growing user base and data, so that I can continue to use the app without performance degradation as more users join.
- **INVEST:**
  - **Independent:** Can be developed independently as it addresses the scalability of the platform.
  - **Negotiable:** Details, such as scaling strategies and technologies, can be negotiated based on scalability requirements.
  - **Valuable:** Ensures the platform can accommodate a growing user base and data without performance degradation.
  - **Estimable:** The effort required to implement scalable architecture can be estimated.
  - **Small:** Implementation focuses on ensuring scalability.
  - **Testable:** Test cases can be created to verify the platform's scalability.

#### 13. Usability and User Experience:

- As a user, I want the app's design to be intuitive and user-friendly, ensuring a consistent experience across different devices and platforms, so that I can easily navigate and utilize the features.
- **INVEST:**
  - **Independent:** Can be developed independently as it focuses on the usability and user experience aspects of the application.
  - **Negotiable:** Details, such as the user interface design and interaction patterns, can be negotiated based on usability requirements.
  - **Valuable:** Ensures the app's design is intuitive and user-friendly, providing a consistent experience across different devices and platforms.
  - **Estimable:** The effort required to enhance usability and user experience can be estimated.
  - **Small:** Implementation focuses on improving usability and user experience.
  - **Testable:** Test cases can be created to evaluate the application's usability and user experience.

#### 14. Preferences:

- As a user in a global community, I want the app to support multiple languages and units of measurement so that I can use the app in my preferred language and measurement units.
- **INVEST:**
  - **Independent:** Can be developed independently as it involves supporting multiple languages and units of measurement.
  - **Negotiable:** Details, such as language options and measurement units, can be negotiated based on user preferences.
  - **Valuable:** Provides a personalized experience for users in a global community by supporting their preferred language and measurement units.
  - **Estimable:** The effort required to implement language and unit preferences can be estimated.
  - **Small:** Implementation focuses on supporting multiple languages and units of measurement.
  - **Testable:** Test cases can be created to verify language and unit preference settings.

#### 15. Documentation and Support:

- As a user seeking assistance and clarification, I want the app to provide comprehensive user guides and support channels so that I can easily access information and help when needed.

– **INVEST:**

- **Independent:** Can be developed independently as it focuses on providing comprehensive user guides and support channels.
- **Negotiable:** Details, such as the format of user guides and available support channels, can be negotiated based on user expectations.
- **Valuable:** Ensures users can easily access information and help when needed.
- **Estimable:** The effort required to develop user guides and support mechanisms can be estimated.
- **Small:** Implementation focuses on providing clear documentation and accessible support channels.
- **Testable:** Test cases can be created to verify the effectiveness of user guides and support systems.

**16. Future-Proofing:**

- As a user invested in the app for the long term, I want the app to be built with flexibility for future enhancements and expansion, such as the addition of new features and a growing database of foods and recipes, so that I can continue to benefit from an evolving and improving product.

– **INVEST:**

- **Independent:** Can be developed independently as it addresses the flexibility for future enhancements and expansion.
- **Negotiable:** Details, such as the nature of future enhancements and the expansibility of the system, can be negotiated based on future requirements.
- **Valuable:** Provides assurance that the app is built with flexibility to accommodate new features and a growing database.
- **Estimable:** The effort required to future-proof the app can be estimated.
- **Small:** Implementation focuses on building a flexible and extensible architecture.
- **Testable:** Test cases can be created to verify the app's adaptability to future enhancements.