**Document Name:** Release Plan

**Product Name:** MuscleMinder

**Team Name:** FitTech Innovators (Qays Badri)

**Release Name:** MuscleMinder Launch

**Release Date**: 2024-06-07

**Revision Number:** 1

**Revision Date:** 2024-04-09

**High-Level Goals**

Visualize Your Workout: Users should be able to see a clear picture of their workout routine using MuscleMinder's virtual body map.

Track Every Muscle: The app will enable users to easily track which muscles they're targeting in their current workout routine.

Input Your Plan: Users can input their workout plan into the app.

Real-time Evaluation: MuscleMinder will check to ensure users are hitting all their muscle groups.

Interactive Interface: Users can explore a detailed anatomical model where each muscle is highlighted according to the exercises performed.

Learn Muscle Names: Hovering over any muscle will show its name for better understanding.

Discover New Exercises**:** Clicking on any muscle will reveal a comprehensive list of recommended workouts to effectively engage that muscle group.

Achieve Fitness Goals:MuscleMinder aims to help users reach their fitness goals through balanced muscle development.

**User Stories for the Release**

Sprint 1

* High Priority User Story 1.1 [13 points]: As a fitness enthusiast, I want to see a basic virtual body map so that I can get familiar with navigating my workout visually.
* Medium Priority User Story 1.2 [5 points]: As a user, I want to hover over muscles on the body map to see their names for educational purposes.

Sprint 2

* High Priority User Story 2.1 [13 points]: As a user, I want to input my workout plan so that the app can validate if it hits all muscle groups.

Sprint 3

* High Priority User Story 3.1 [8 points]: As a user, I want the app to suggest exercises when I select a muscle group so that I can effectively target that area.
* Medium Priority User Story 3.2 [5 points]: As a user, I want the ability to adjust my workout plan based on the app's recommendations for balanced muscle development.

Sprint 4

* High Priority User Story 4.1 [5 points]: As a user, I want to know if I am over/under-exerting myself on certain days of the week based on my workout.
* Low Priority User Story 4.2 [5 points]: As a user, I want to receive motivational quotes or tips after completing a workout to keep me inspired.

**Sanity Check**

Total Story Points:

55 points across 4 sprints.

Team Capacity:

Without any past experience to go on, let's play it safe and assume we can handle around 13-15 points per sprint. It's a bit of a stretch, but with some smart planning and maybe being a bit flexible with how complex we make things, I think we can pull it off.

Work Distribution:

We're going to start with the basics and then gradually up the ante, adding more sophisticated features and ways to engage with the app as we go. The first few sprints are all about nailing those essential functions and getting some feedback early on. This way, we can tweak and improve things in the later rounds based on what users tell us.

**Product Backlog**

Considered but Not Included:

Simple Workout Reminders: We're thinking of adding a feature to nudge you about your workouts.

User Feedback Collection: After you've been using the app for a week, we want to make it easy for you to tell us what you think, so we're considering a straightforward feedback form.

Advanced Personalization: To kick things off, we're looking at a simple way to suggest workouts based on what workouts you seem to like and do often.