**Sprint 4 Report**

**Product Name:** MuscleMinder

**Team Name:** FitTech Innovators

**Date Range:** May 21, 2024 to June 4, 2024

**Actions to Stop Doing**

* Overloading Sprints: Avoid taking on more user stories than the team's capacity can handle comfortably.
* Skipping Documentation: Ensure all changes are properly documented.

**Actions to Start Doing**

* Frequent Code Reviews: Do regular code reviews to catch bugs early and make sure coding standards are followed.
* User Feedback Sessions: Schedule regular sessions to get user feedback and use it with the development.

**Actions to Keep Doing**

* Daily Stand-ups: Continue having daily stand-up meetings to synchronize the team and address any blockers.
* Collaborative Planning: Collaborative sprint planning sessions to make sure all team members are aligned with sprint goals.
* Testing: Continue testing for each feature to ensure quality and reliability.

**Work Completed/Not Completed**

**Completed:**

* High Priority User Story 4.1 [5 points]: Users can now know if they are over/under-exerting themselves on certain days of the week based on their workout.
  + Task 4.1.1: Specified which workouts are in which split (push/pull/legs).
  + Task 4.1.2: Implemented a menu to input workout schedules for workout splits across days.
  + Task 4.1.3: Assigned each workout to its respective split and added the information to the database.
  + Task 4.1.4: Shifted the workout validation to work on the backend.
* Low Priority User Story 4.2 [5 points]: Users' workout information can now be stored to revisit their chosen plans at a later date.
  + Task 4.2.1: Added cookies to enable users to save their workout plans.

**Not Completed:**

- All planned user stories for this sprint were completed.

**Work Completion Rate**

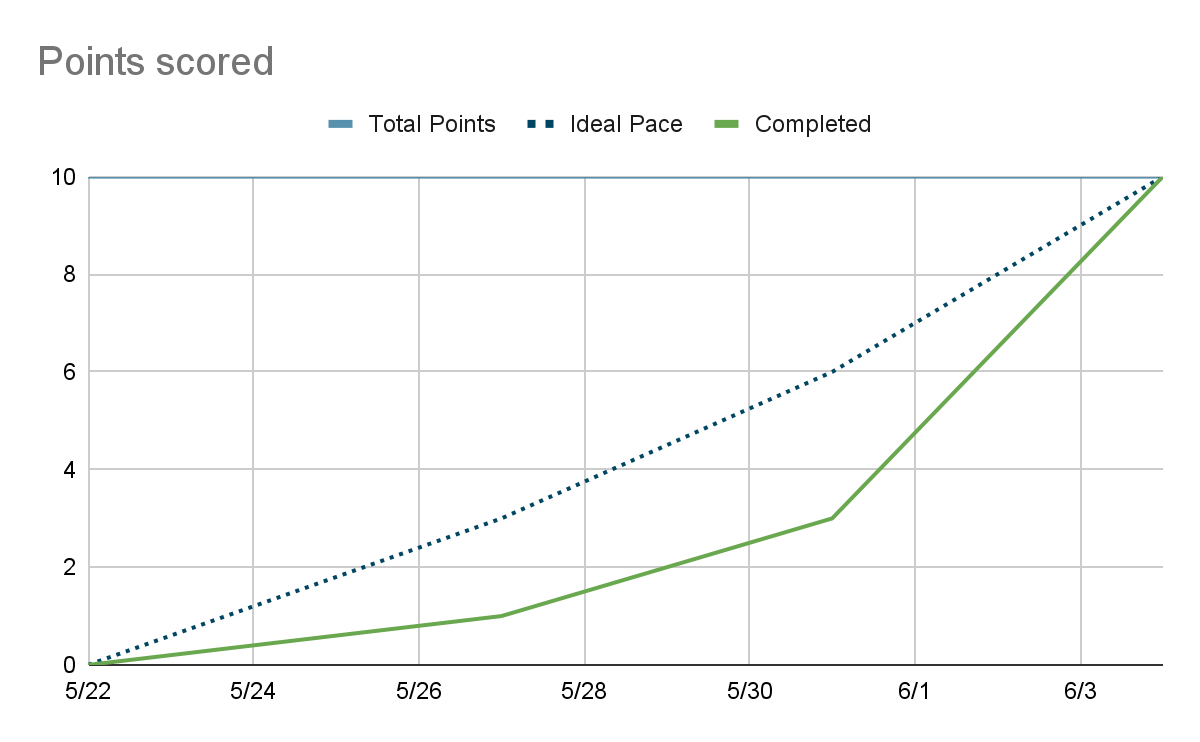
- **User Stories Completed During Previous Sprint:** 2

- **Total Number of Estimated Ideal Work Hours Completed During Sprint 3**: 40 hours

- **Total Number of Days During Sprint 3:** 14 days

- **Average User Stories/Day Over Sprints 1-3**: 0.143 stories/day

- **Average Ideal Work Hours/Day Over Sprints 1-3:** 2.86 hours/day

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