Rough Estimation of Word Count: 9000 Words

# Acknowledgements

# Abstract

# 1 Introduction - 700

## 1.1 Background - 200

## 1.2 Objectives - 200

## 1.3 Deliverables - 200

## 1.4 Report Overview - 100

# 2 Method of Approach - 200

# 3 Legal, Social and Ethical – 650

## 3.1 Social Issues - 200

## 3.2 Legal Issues -200

## 3.3 Ethical Issues - 200

# 4 Project Management – 1100

## 4.1 Methods of Project Management - 100

## 4.2 Project Management technologies - 100

## 4.3 GitHub - 200

## 4.4 Trello -200

## 4.5 Sprints -300

## 4.6 DevOps/Development Pipeline- 200

# 5 Requirements - 650

## 5.1 Functional Requirements - 200

## 5.2 User Requirements - 200

## 5.3 Time Management - 200

# 6 Research - 450

## 6.1 Fitness App - 200

## 6.2 Technologies - 200

# 7 System Architecture and Design - 2400

## 7.1 Planning documents - 200

## 7.2 UML - 200

## 7.3 ERD - 200

## 7.4 PID - 100

## 7.5 User Stories - 100

## 7.6 Risk Assessment - 100

## 7.7 Interactive Storyboard - 300

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## 7.8 Technologies - 1100

### 7.8.1 SQL - 200

### 7.8.2 Web API/azure - 200

### 7.8.3 Insomnia - 200

### 7.8.4 Xamarin - 200

### 7.8.5 Third Party Technologies - 200

# 8 Development - 2500

## 8.1 Sprint Planning - 300

## 

## 8.2 Sprint 1 - 400

## 8.3 Sprint 2 - 400

## 

## 8.4 Sprint 3 - 300

## 

## 8.5 Sprint 4 - 300

## 

## 8.6 Sprint 5 - 300

## 

## 8.7 Sprint 6 - 200

## 

## 8.8 Sprint 7 - 200

# 9 Testing - 600

## 9.1 User Testing - 200

## 9.2 UX Testing - 200

## 9.3 Insomnia - 200

# 10 Project Post-Mortem – 600

## 10.1 What Went Well - 200

## 10.2 What Didn’t Go Well - 200

## 10.3 What Would Be Changed? - 200

# 11 Conclusion - 200

# 12 References

# 13 Appendices