

Release Plan

Product Name: Gym Essentials

Team Name: Gym Essentials

Release Name: Gym Essentials 1.0

Release Date: Jul 24, 2023

Revision Number: 02

Revision Date: July 18, 2023

High Level Goals:

- Be able to set up an account with personal information and a secure password
- Be able to login with an account and access my profile information
- Be able to navigate between different pages within the app to access all features.
- Be able to calculate a user's daily caloric intake based on their fitness and strength goals.
- Be able to calculate a user's daily protein intake based on their fitness and strength goals.
- Be able to track a user's personal records.
- Be able to track and design workout plans with built in rest timers.

Complete List of Sprints and User Stories:

- Sprint 1
 - Priority 1: User story 1.1, Login/Sign-Up [8 story points]
 - Priority 2: User story 1.2, Task Bar [2 story points]
- Sprint 2
 - Priority 1: User story 2.1, Workout List/Rest Timer [8 story points]
 - Priority 2: User story 2.2, Fitness Calculator [5 story points]
 - Priority 3: User story 2.3, Personal Record Tracker [8 story points]
- Sprint 3
 - Priority 1: User story 3.1, Motivational Notification System [3 story points]
 - Priority 2: User story 3.2, Predefined workout plans [5 story points]

Product Backlog:

- As a social gym-goer, I want to connect with friends on the app to share our personal records and instigate friendly competition.
- As a social gym-bro, I want to be able to share and see progress photos from friends for motivation.
- As an animal-loving gym go-goer, I want to have a cute virtual gym pet that will help motivate me to go to the gym.
- As a goal-oriented person, I want a place to list and track my daily, weekly, and yearly goals.
- As a runner, I want an app to track the time and distance I've run in a day/week/month/year.

