

Sprint 2 Plan

Product/Team name: Gym Essentials

Sprint Completion Date: 7/14/2023

Revision Number: 0

Revision Date: 7/06/2023

Goal:

The end goal of this sprint is to complete our app's main features: the workout tracker with rest timer, personal record tracker, and the fitness calculators.

User Stories:

- User Story 1: As an athlete, I want to quickly access all my workout plans, while also being able to track my rest times so that my session is more organized and planned.
 - Task 1: Handle UI for workout tracking (need to organize each workout based on individual exercises and their associated sets and reps)
 - Time estimate: 6 hour

 - Task 2: Handle UI and logic for built in rest timer
 - Time estimate: 5 hours

 - Task 3: Handle backend for adding and deleting workouts
 - Time estimate: 5 hours

 - Total time for user story 1: 16 hours
 - Total story points: 8

- User Story 2: As a bodybuilder, I want to calculate my daily caloric and protein intake needs so that my meals lead to completing my goals.
 - Task 1: Implement fitness calculator equations for caloric intake and handle UI (need to accept a user's input for height, weight, age, and activity level).
 - Time estimate: 3 hours

 - Task 2: Implement fitness calculator equations for protein intake and handle UI (need to accept a user's input for height, weight, age, and activity level).
 - Time estimate: 3 hours

 - Total time for user story 2: 6 hours
 - Total story points: 5

- User Story 3: As a Gym-Bro, I want a place to keep my personal records so that I can look back to it when I forget.
 - Task 1: Handle UI for adding and deleting Personal Records
 - Time estimate: 3 hours

 - Task 2: Handle Backend for adding and deleting Personal Records
 - Time Estimate: 3 hours

 - Total time for user story 2: 6 hours
 - Total story points: 8

Team Roles:

Product Owner: Daniel Choy

Scrum Master 1 & 2: Mathew Raju, Leon Feng

Developers: Courtney Wei, Morgan Lloyd, Shaunveer Gill

Initial task assignment:

Daniel Choy: 3.2, 1.3

Courtney Wei: 3.1, 1.2

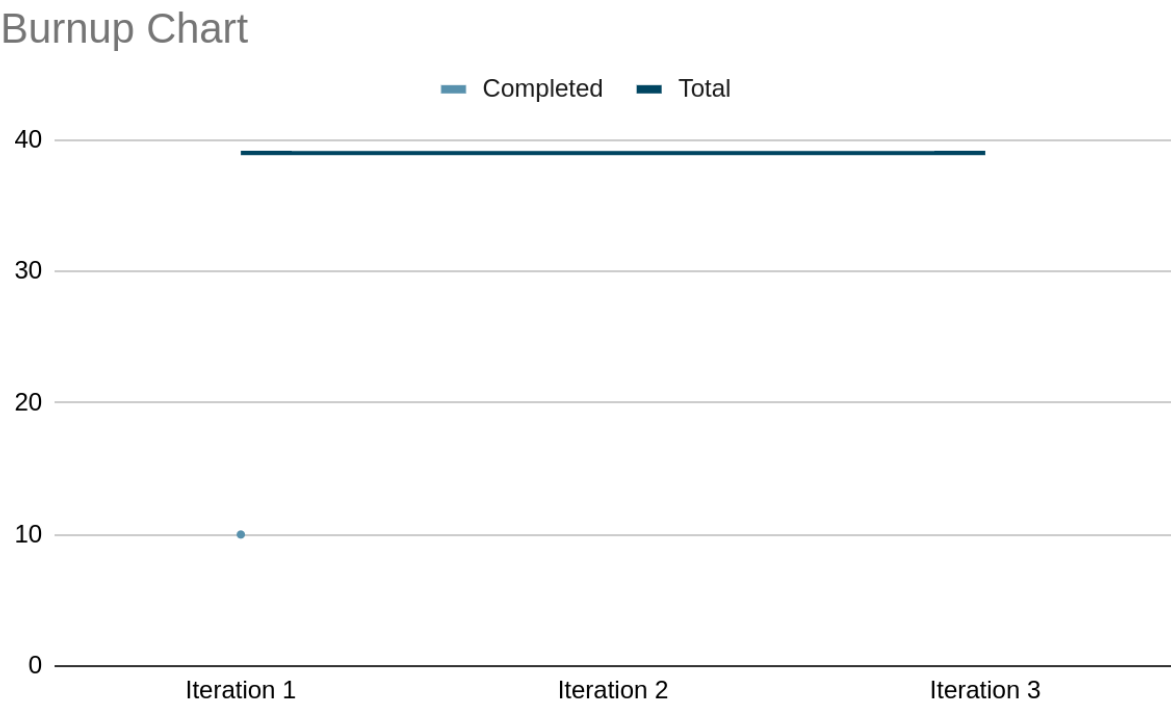
Morgan Lloyd: 2.1, 1.1

Leon Feng: 2.1, 1.3

Mathew Raju: 2.2, 1.2

Shaunveer Gill: 2.2, 1.1

Initial Burnup Chart:



Initial Scrum Board:

User Story	To-Do	In Progress	Done
Story 1		<div><div>- UI for workout lists</div><div>- UI and logic for rest timer</div><div>- Backend for workout lists</div></div>	
Story 2			<div><div>- Caloric intake calculator UI</div><div>- Protein intake calculator UI</div><div>- Backend data retrieval</div></div>
Story 3			<div><div>- PR list UI</div><div>- Backend data retrieval</div></div>

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Scrum Times:

- Meeting 1: Monday 2 pm in Mchenry
- Meeting 2: Wednesday 2 pm in Mchenry
- Meeting 3: Friday 2 pm in mchenry