Summary of what we discussed previously

MAIN IDEA -> We have developed a workout planner application designed to create personalized workout plans for our users enabling them to track their progress by logging changes throughout their fitness journey. Additionally, the app will allow users to input various aspects of their journey through caloric intake, food logging, journaling, exercise logging, and the ability to see their progress through a visual representation.

3 KEY POINTS FOCUSED ON

- The app features a user-friendly interface, designed to streamline navigation and provide an easy and seamless experience. Key sections, such as personalized workouts, food tracking, progress viewing, exercise tracking, and visual progress tracking, are easily accessible through a well-organized layout.

- Upon signing in and providing their information, users can track their progress by entering details about their workouts, such as duration, weight lifted and sets.

- The app generates a visual representation in the form of a graph to showcase their progress across their fitness journey.

- *See next page**

Big User Stories

1. **Title**: <u>Personalised</u> Workout Plan
   a. As a fitness enthusiast, I want to receive a personalised workout plan based on my fitness goals, experience, and available workout time, so I can achieve my fitness goals.
   Priority: High
   Time: 10 Story Points

2. **Title**: <u>Progress</u> Tracking
   a. As someone who is serious about reaching my fitness goals, I want to be able to track my progress and see how my workout plan and nutrition are affecting my results, so I can make necessary adjustments.
   Priority: High
   Time: 8 Story Points

3. **Title:** Exercise Tracker
   a. The old way of tracking what exercises I performed is by writing down in a book, I would write how many sets I've done, how many reps i've done and what weight i performed each exercise with. It is important for the app to have a feature which would do essentially the same thing.
   Priority: High
   Time: 5 story points

4. **Title:** <u>Calories</u>/Food intake tracker.
   a. As a user I would like to be able to track the food I take in to make sure I am reaching my daily goals and getting the proper amount of calories I need per day and spreading them out equally.
   Priority: High
   Time: 10 story points

5. **Title:** <u>Secure </u>Personal Information
   a. As a willing user of the Flexx app, personal information should be protected while using Flexx. My personal information should be prioritized so I can use Flexx without worrying about my data being compromised.
   Priority: High
   Time: 8 story points

Iteration 2 detailed user stories:

1. **Workout Database Entry** -
   a. The ability to save all inputted data into the database, giving users greater control and flexibility over their workout tracking process.
   Priority: High, **Time**: 7 story points.
2. **Database and Table Creation** -
   a. Creating all necessary databases and tables to store user information securely.
   Priority: High, **Time**: 5 story points.
3. **Easier Viewing** -
   a. Enhancing the user interface with scrolling functionality and better navigation options for an improved user experience.
   Priority: Medium, **Time**: 4 story points.
4. **Security of Information** -
   a. Storing and protecting user information to ensure privacy and peace of mind while using Flexx to achieve fitness goals.
   Priority: High, **Time**: 8 story points.
5. **Manual Calorie Tracking** - Allowing users to track their calorie intake manually for greater flexibility and control, promoting healthier eating habits and aiding weight management goals.
   Priority: Medium, **Time**: 4 story points.
6. **Easier Navigation & Aesthetics** -
   a. Improving the visual appeal and user-friendliness of the application to encourage regular use and maintenance of fitness routines.
   Priority: Low, **Time**: 2 story points.
7. **Database Entry for Goals** -
   a. The ability to enter an unlimited amount of goals and save them in a database for future use.
   Priority: High, **Time**: 8 story points
8. **Progress Bar Linked to Completed Tasks** -
   a. Providing users with a visual progress tracking system through a progress bar that changes when goals are marked as completed.
   Priority: Medium, **Time**: 3 story points
9. **Conditionals to Display Relevant Data** -
   a. Displaying only relevant workout types based on the selected muscle group to avoid confusion and ensure proper exercise selection.
   Priority: High, **Time**: 5 story points.
10. **Lockable Combo Box** -
    a. Disabling the workout type combo box until a muscle group is selected to ensure only relevant options are displayed.
    Priority: High, **Time**: 4 story points.
11. **Exercises Based on Muscle Group & Workout Type** - Recommending exercise amounts based on the selected muscle group and workout type to help users achieve their fitness goals.
    Priority: High, **Time**: 3 story points.

Iteration 3 detailed user stories:

1. **Workout Database Entry** -
   a. The ability to save all inputted data into the database, giving users greater control and flexibility over their workout tracking process.
   Priority: High, **Time**: 7 story points.
2. **Database and Table Creation** -
   a. Creating all necessary databases and tables to store user information securely.
   Priority: High, **Time**: 5 story points.
3. **Easier Viewing** -
   a. Enhancing the user interface with scrolling functionality and better navigation options for an improved user experience.
   Priority: Medium, **Time**: 4 story points.
4. **Security of Information** -
   a. Storing and protecting user information to ensure privacy and peace of mind while using Flexx to achieve fitness goals.
   Priority: High, **Time**: 8 story points.
5. **Manual Calorie Tracking** - Allowing users to track their calorie intake manually for greater flexibility and control, promoting healthier eating habits and aiding weight management goals.
   Priority: Medium, **Time**: 4 story points.
6. **Easier Navigation & Aesthetics** -
   a. Improving the visual appeal and user-friendliness of the application to encourage regular use and maintenance of fitness routines.
   Priority: Low, **Time**: 2 story points.
7. **Database Entry for Goals** -
   a. The ability to enter an unlimited amount of goals and save them in a database for future use.
   Priority: High, **Time**: 8 story points
8. **Progress viewing through graphs**-
   a. The user can see how their performance has improved overtime by a graph
   Priority: High, **Time**: 8 story points
9. **Progress Bar Linked to Completed Tasks** -
   a. Providing users with a visual progress tracking system through a progress bar that changes when goals are marked as completed.
   Priority: Medium, **Time**: 3 story points
10. **Conditionals to Display Relevant Data** -
    a. Displaying only relevant workout types based on the selected muscle group to avoid confusion and ensure proper exercise selection.
    Priority: High, **Time**: 5 story points.
11. **Lockable Combo Box** -
    a. Disabling the workout type combo box until a muscle group is selected to ensure only relevant options are displayed.
    Priority: High, **Time**: 4 story points.
12. **Exercises Based on Muscle Group & Workout Type** - Recommending exercise amounts based on the selected muscle group and workout type to help users achieve their fitness goals.

Priority: High, **Time**: 3 story points.