

Log file (including meetings minutes, rationale behind changes on plan and big design decisions, any concern with the project or group members, task assignments, the development tasks per user story and the times originally allocated per development task and the actual time spent on each task)

Development Tasks:

Andrew -

Task : Exercise tracker

Estimated time: 2 weeks

Actual time: 1 week

Elyse -

Task: Progress Tracker

Estimated time: 8 days

Actual time: 4 days

Timi -

Task: Nutrition Tracker

Estimated time: 1 week

Actual time: 4 days

Ava -

Task: Login/Sign up Functionality

Estimated time: 7 Days

Actual time: 4.5 Days

Gurkirat -

Task: personalized workout maker

Estimated time: 6 days

Actual time: 5 days

Team Meetings:

****Throughout Iteration 1, group members would actively touch base with one another through a group chat, where we would periodically check-in on progress, concerns, tasks etc.**

Meeting #1:

Date: February 9th, 2023

Minutes: 1 hour and 30 minutes

Notes:

- Task allocation for each group member.
 - Page 1: Gurkirat
 - Page 2: Ava
 - Page 3: Andrew
 - Page 4: Elyse
 - Page 5: Timi
- Started creating a GUI using windowbuilder
 - Had some issues with the setup on mac laptops, which caused a few delays for implementation

Meeting #2:

Date: February 12th, 2023

Minutes: N/A

Notes:

- Finalised each group members topic for the pages
 - Page 1: Personalised workouts - Gurkirat
 - Page 2: Sign-in & Log-in system - Ava
 - Page 3: exercise tracking - Andrew
 - Page 4: Progress Tracker - Elyse
 - Page 5: Calorie Intake Tracker/Log - Timi

Meeting #3:

Date: February 15th, 2023

Minutes: 1 hour and 30 minutes

Notes:

- Updates on everyone's progress
- A few concerns about business logic test cases
- Updating Wiki to ensure end result would have
 - User guide
 - Architecture sketches
 - Modified planning doc etc

Planning Document: Rev 2

- Revised/Shortened Vision Statement:

Flexx is a personalised fitness app that offers workout plans tailored to users and their needs. Once signed up through our sign up system and logged in. The user then can enter their personal information, including their fitness goals, experience with fitness, time slots, with the ability to display personalised workout plans. Included with Flexx is a progress tracking feature, where users can then log their exercise time, intensity, weight usage, and other data. Flexx provides a simple solution for individuals to achieve their fitness goals.

- Revised Points Focused on:

Focusing on -

1. Exercise tracking:

Exercise tracking is used as it allows users to log and monitor their progress. By doing so, users can log their time, intensity, weights, and other data so users can easily track their progress over time.

2. Progress tracking:

Progress tracking is a key feature of the Flexx application as it allows users to see how they are progressing towards their goals.

3. Login/signup functionality:

With most applications the signup function is needed to create user accounts to store their personal information about their fitness goals and progress tracking data. This data will be used to provide proper personalised workout plans and progress over a general time.

4. Personalised workouts:

Personalised workouts is a central feature for the application as it allows users to receive workout plans for their individual workouts specifically targeting the muscle group wanting to work on.

5. Calorie tracking:

Calorie tracking is a key feature as it allows users to log and monitor their daily calorie and macros intake to achieve/monitor their fitness goals more efficiently.