Group Information

- Product Name:
  Pending

- Team Name:
  The High Five

- Release Name:
  Is it done yet?

- Release Date:
  Monday March 1st 2021

- Deploy Date:
  Monday March 8th 2021

- Revision Number:
  1.0

1 High Level Goals

Upon release the {Name Pending} application will allow a user to create and save a custom profile which will be used to build and track the users workouts. Workouts will consist of a series of exercises that are defined by name, number of repitions and weight. The application will be able to suggest adjustments of the workouts based on the previous user performance to maximize them gainz!

2 User Stories

The High Five uses a 10 point scale to determine story points. Each sprint, we commit to completing 10 points of stories.

- Sprint 1:

Story	Story Points
As a User I want to create a profile	4
As a User I want to login	2
SPIKE: Create Name for Application	1
SPIKE: Initial Commit	1
SPIKE: Design Login Page	2

- Sprint 2:

Story	Story Points
As a User, I want to see pre-made workouts	6
As a User, I want to select pre-made workouts	1
As a User, I want an interface to navigate to different areas of the app	2
SPIKE: Design Workout Page	.5
SPIKE: Design Exercise Page	.5

- Sprint 3:

Story	Story P
As a User, I want the application to track my workout progress/accomplishments	2
As a User, I want to see body/workout statistics generated by the app	3
As a User, I want to have the application suggest workout adjustments	2
As a User, I want transfer information from one device to another	3

- Sprint 4:

Story	Story Points
As a User, I want to see a selection of available exercises	1
As a User, I want to compile exercises into a workout	1
As a User, I want to share a custom workout	2
As a User, I want to see community created workouts	3
As a User, I want to be able to rate community created workouts	2