

## Release Plan - Workout Logger - Train Easy - 7/23/24 -1.0

- High level goals:

- Be able to store data locally

- Have a Weekly calendar screen

- w/ brief overview of goal of the day

- Clickable days for individual pages

- Input your exercise name, type of exercise (weight/cardio), and be able to save it

- Weights: Reps, weight

- Cardio: Time, distance

- User profile

- With information about yourself age height weight and name

- Personal records for workouts.

- User stories defining the scope of the release:

- o Sprint 1

- As a gym goer, I want to plan my weekly workouts with a calendar so that I can ensure I'm reaching my fitness goals.

- Create weekly calendar home screen
    - Make each day editable with a short goal for the day (ie. back, chest/triceps, rest)
    - Scrollable interface for readability
      - o Potentially have the current day of the week listed at the top?
    - Goal data is stored locally on device

- As a gym goer, I want to be able to tell people about this app so that I can possibly match workouts with them.

- Create a product name
    - Create a team name
    - Create a product logo

- o Sprint 2

- As a gym goer, I want the versatility and organization of adding my specific workouts by cardio and weights [13]

- Add the second screen
      - Weights and cardio tabs
      - Navbar to switch between screens
    - Input, store, and change workouts
      - Type of workout, reps, time, etc
      - Organized alphabetically or by frequency (?)

- As a gym goer, I want to see when I achieve a personal record [8]

- Indicate when a PR is inputted
      - Some sort of animation/visual feedback

- As a gym goer, I want the log to be accessible with the memory of past input [8]

- Able to tap on a day and see what workouts were done
      - Highlights days on the calendar when PRs were set

### o Sprint 3

As a gym goer, I would like a profile so that I can view my stats and get a general idea of my progress.[8]

- Creating a clickable profile section from anywhere on app
- Develop profile page with name, height, and weight.
  - Maybe a screen when a user opens app for the first time, gathers personal info

As a gym goer, I would like to see my milestones and records on my profile. [8]

- Develop personal record section on profile page.
- Display highest weights and reps under pr section
  - Central place to see all workouts

instead.

Sanity check your release plan.

The plan seems within the team's capacity. We all are not familiar with app development but we should be able to learn and implement the basic functionality of the project. We can all allocate enough time to complete the user stories. The work distribution seems fair for the team. There is enough time to learn about tasks and spikes.

•Product backlog:

Only thing that was left in the backlog was some bugs. And some quality of life features. Like a dropdown menu for the workouts that were completed.