

### sprint 5

1. What do I want to learn or understand better? Consider e.g. teamwork, Scrum, agile processes, technologies etc?

I want to understand javascript better to produce cool functionality within the frontend of our webapp

2. What is my contribution towards the team's deliveries? How can I help my team do better next sprint?

I implemented some of login functionality and fixed some bugs. The team has a pretty good idea about what we are gonna do this week but of course if someone asks for help I will of course everything I can within my ability.

3. Changes/improvements from last week's reflection?

The team has come a lot further this week with the implementation of our backend and frontend

### sprint 4

4. What do I want to learn or understand better? Consider e.g. teamwork, Scrum, agile processes, technologies etc?

I want to understand the SQL integration within flask better. I am already comfortable with databases but this is a new way of working with the for me and its something id like to get better at.

5. What is my contribution towards the team's deliveries? How can I help my team do better next sprint?

I have created the backend code for sql but need to integrate it this week. The sprint did not go as expected for the team as a lot of it met set backs during coding as well as issues after a git request.

6. Changes/improvements from last week's reflection?

The integration of the teams different goals have been easier this week.

### sprint 3

1. What do I want to learn or understand better? Consider e.g. teamwork, Scrum, agile processes, technologies etc?

In addition to increasing my python and design skills i want advance my webbuilding skills, more specifically storing history and tracking progress, to do this we want to implement sessions to start with which i have researched but need practice with in our use case to understand better.

2. What is my contribution towards the team's deliveries? How can I help my team do better next sprint?

I have continued upon last weeks code, to increase functionality with CSS, HTML and javascript. I think my sql knowledge will absolutely come in handy soon, which with my industry experience in programming auxilliary functions for databases.

### 3. Changes/improvements from last week's reflection?

The division of tasks has become easier to implement as more user stories have been implemented.

#### Sprint 2 individual reflection

### 1. What do I want to learn or understand better? Consider e.g. teamwork, Scrum, agile processes, technologies etc?

We have decided as a group to further research ways to save user data and history, we will start by looking at sessions but SQL is the further step in this. In addition I want learn more about HTML/CSS and javascript.

### 2. What is my contribution towards the team's deliveries? How can I help my team do better next sprint?

I have applied KPI in form of weight on our user stories. To track the teammembers deliveries. I think my SQL knowledge will come in handy when we reach that stage.

### 3. Changes/improvements from last week's reflection?

With the use of pair programming i have and another teammate has implemented vital code for the calculation of water intake.

#### Sprint 1 individual reflection

- What do I want to learn or understand better?

Ideally id like to become more proficient in my python programming abilities as well as gaining a better understanding of agile concepts in real use cases. As a group we'd like to develop a GUI in python, this matches well with gaining more proficiency in python on a personal level.

- How can I help someone else, or the entire team, to learn something new?

We as a team that all teammembers should individually research development of python GUIs, i hope my individual research will help the team gain another perspective in the upcoming sprints.

- What is my contribution towards the team's use of Scrum?

I helped in creation of user stories.

- What is my contribution towards the team's deliveries?

I created the initial codebase in the repository, without this, the delivery of our initial product would not have been possible.