Sprint 3 - Reflection
- **What do I want to learn or understand better?**

This week i'm a little disappointed with my effort, i do believe i could have done a bit better preparing for the sprint. But there is still time left and i do believe that i could learn a bit more so we get a full working backend by the end of sprint 4. So next week, i would like to learn more about SQL and how we can use it with our app and i also want to learn more about how can further improve our overall product.

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

This week i feel like i learned a lot from my teammates so for the next sprint i would really like to implement SQL and then present what i did during our team meeting so i can teach what i did and then we can all implement different functionality using the same basis.

- **What is my contribution towards the team deliveries? How can i help my team do better next sprint?**

Next sprint I can help by implementing SQL and then teaching how I did it. This sprint i contributed by actively participating during our meeting and partly implementing a beginning to a login system.

- **Changes/Improvements from last weeks reflection?**

I would like to put a few more solo hours so i can really learn about SQL and actually implement something before the meeting itself so that can later be expanded by the team, it's more valuable that something is finished and tested so the method can be taught out thus helping me provide value to the team. So thats a big improvement i want to do until next week.

Sprint 2 - Reflection
- **What do I want to learn or understand better?**

Reflecting on what i wrote last week i'm pretty happy about learning some tools that helped create a GUI during this weeks iteration. It proved fruitful when we decided to code since we managed to create a GUI pretty easily with help from what we learned. Next week i would really like to learn some SQL and more about flask so further improvements can be made to our product.

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

Me being prepared for our programming sessions helps the team since we can achieve better things in a shorter amount of time. Anytime i find a useful source i share it with the rest so we are all on the same page.

- **What is my contribution towards the team deliveries? How can i help my team do better next sprint?**

Being prepared proved fruitful so I'm doing the same thing next week. Learn about SQL and how to use it with Flask and hopefully we can implement the next sprint without any issues.

- **Changes/Improvements from last weeks reflection?**

Currently i don't think i need to make any changes regarding my approach. Don't fix what aint broken.

Sprint 1 - Reflection
- **What do I want to learn or understand better?**

As a group we decided that everyone should learn how to create a GUI in python.

So in Sprint 2 i would like to learn a lot about how to create GUI components so that i could help the team in future sprints with adding the different concepts we have in mind.

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

Since i have never created a GUI in python hopefully i can find some good resources that give me valuable information that i can share with the team in the upcoming meeting that we will have on Monday.

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

I helped with creating some User stories and planning what we should do.

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

This week i helped by researching about optimal water intake when it comes to regular water intake but also how things like training or substances like caffeine affects the amount of water you should be drinking. I used this information to create a minimum viable product that handles the users inputs so they could get a good rough estimation on how much they should drink.