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## **Sprint 1 Progress Report - Mindfulness with Nature App**

### 1. Executive Summary

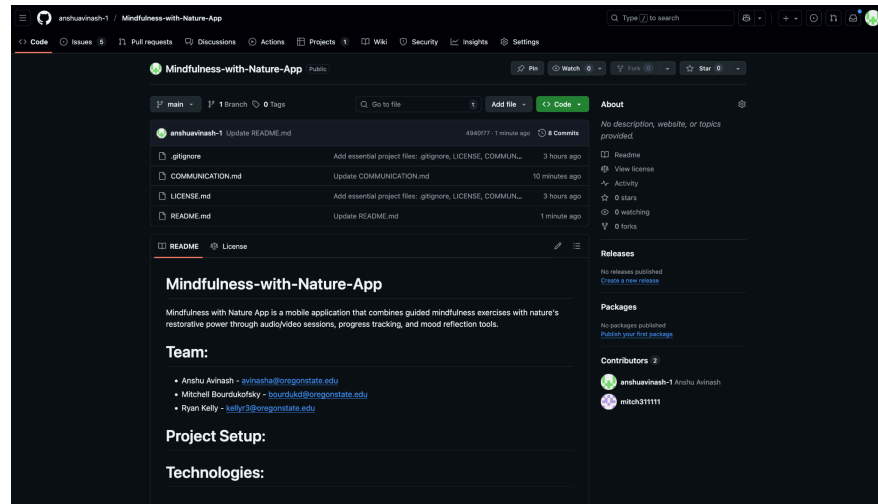
- Successfully created and configured GitHub repository [[link](#)].
- Established team communication on Discord.
- Project board is active with 5 initial task in backlog.
- Scheduled bi-weekly meetings for Tuesday at 4:15 pm PST

### 2. Communication Plan

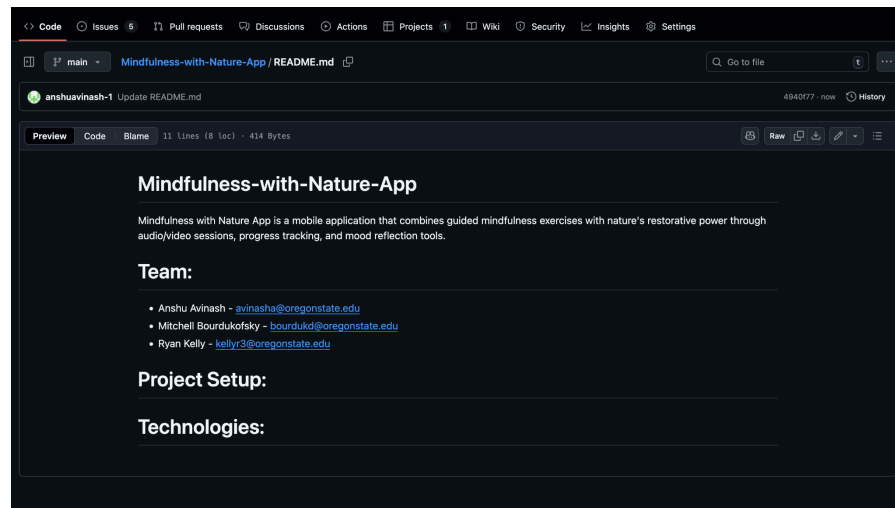
Channel	Usage	Owner	Expected response time	Recurring Meetings (Day/Time)
Discord	Primary async/sync communication	Entire Team, TA	<12 hours	Friday, 5pm, Thursday, 5:20pm
Outlook	Escalation and formal updates	Entire Team	<24 hours	N/A
Zoom	Synchronous meetings	Meeting Lead	N/A	Tuesday, 4:15pm

### 3. Repo Screenshots:

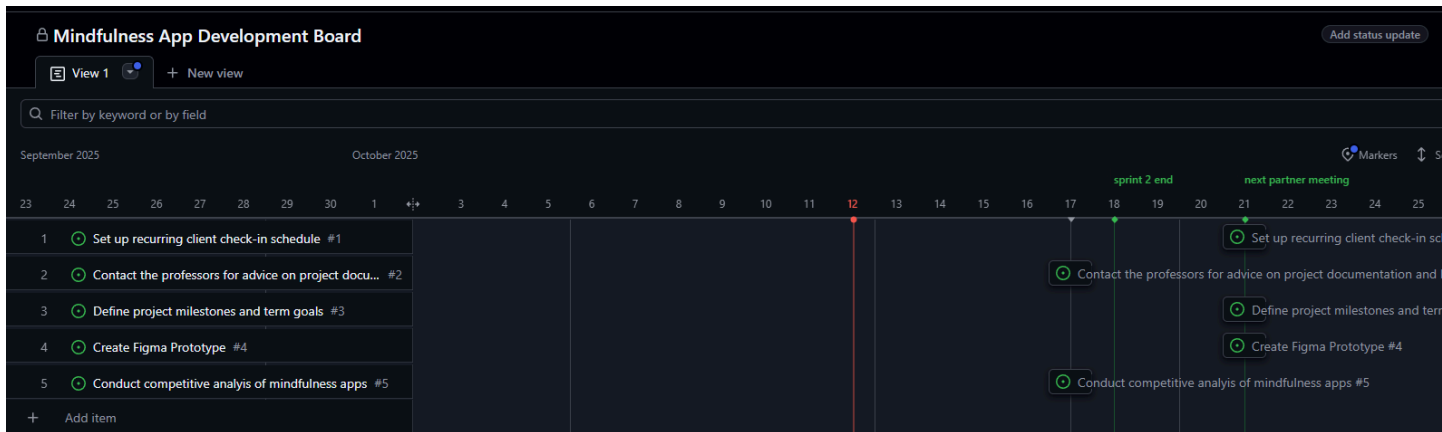
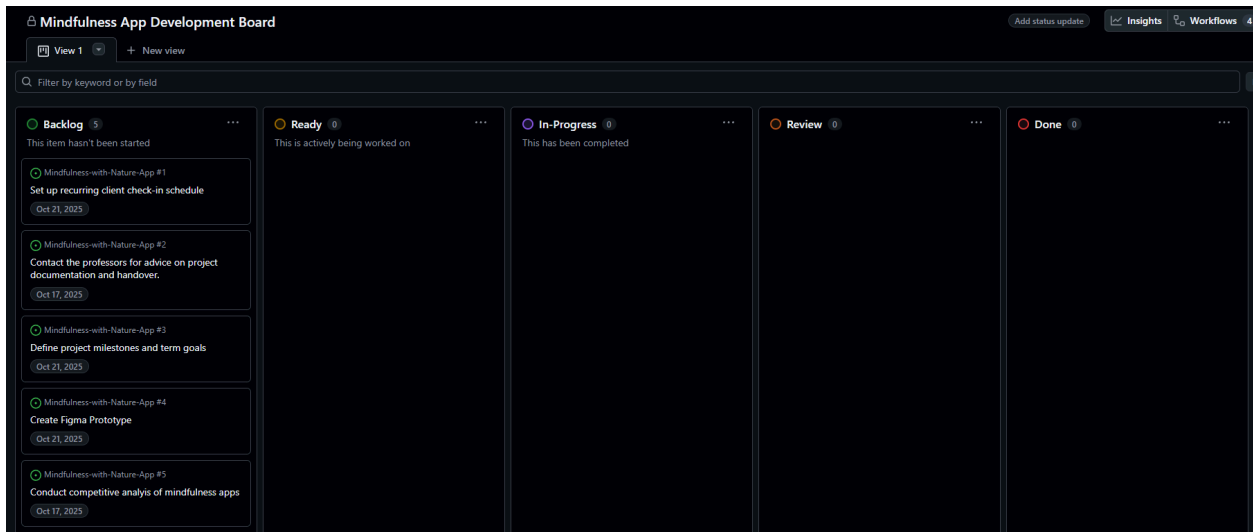
- Repository overview



- README Content



## 4. PM Rails Snapshot



## 5. Branching and Reviews

- Default branch: "main"
- Future workflow: Will use "feature/\*" branches with PR reviews when app development begins.
- Once "feature/\*" has been completed, submit a Pull Request.
- Pull Requests will require at least 1 review from a different teammate to be merged.
- Once the Pull Request has been reviewed, the feature can be merged.