

Release Plan

Cab302 Software Development

Team: Dream Team

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Release Plan For MVP - Fitness Tracker App

The first version will include the most critical features that are essential for the app to be functional and valuable to the users. This version will focus on features that allow users to create and manage workout routines.

Release Plan for Version 1.0: Must-Have Features

Account Creation

- *User Story:* As a user, I want to have an account so that I can access my workout logs from multiple different devices.
- *Priority:* Must have
- *Reason:* Fundamental for users to access their data across devices and ensure the app's utility.

Daily Workout Creation

- *User Story:* As a fitness user, I want to quickly create a daily workout plan so that I can stay on track with my fitness goals.
- *Priority:* Must have
- *Reason:* This feature enables users to start using the app by creating a customized workout.

Create an Exercise

- *User Story:* As a user, I want to add a new exercise to my workout plan so that I can tailor my fitness routine based on my needs.
- *Priority:* Must have
- *Reason:* Customization is crucial for users with varied fitness goals.

Delete an Exercise

- *User Story:* As a user, I want to delete an exercise from my workout plan if I no longer plan to do it due to injury or other reasons.
- *Priority:* Must have
- *Reason:* Users should have control over their workout plans and easily modify them when necessary.

Body Part Selection for Workouts

- *User Story:* As a fitness user, I want to select specific body parts for my workout so that I can target these areas effectively.
- *Priority:* Must have

- *Reason:* Allows for more focused and personalized workout plans.

Quick Body Part Workout Search

- *User Story:* As a fitness user, I want to quickly find exercises for specific body parts so that I can save time in selecting the right workout.
- *Priority:* Must have
- *Reason:* Efficient searching improves the overall user experience.

Daily Workout Overview

- *User Story:* As a fitness user, I want to see an overview of my planned workouts for the day so that I know what exercises I need to complete.
- *Priority:* Must have
- *Reason:* This provides users with a clear structure for their workout sessions.

Workout History and Progress Review

- *User Story:* As a fitness user, I want to see a history of my past workouts so that I can analyze my progress.
- *Priority:* Must have
- *Reason:* Tracking progress is essential for users to stay motivated and measure improvement.

Release Plan for Version 1.1: Should-Have Features

This release will focus on features that enhance the user experience but are not critical for the core functionality of the MVP.

Workout Reminders

- *User Story:* As a fitness user, I want to receive reminders for my workouts so that I stay consistent with my routine.
- *Priority:* Should have
- *Reason:* Helps users stay on track with their workout plans, increasing user engagement.

Timing Rest Between Workouts

- *User Story:* As a fitness user, I want to have a timer for my rest periods between exercises so that I can manage my time efficiently and avoid overreacting.
- *Priority:* Should have
- *Reason:* Useful for ensuring proper pacing and workout effectiveness.

Workout Routine Session Timer

- *User Story:* As a fitness user, I want to have a timer for my overall workout session so that I can manage my workout within a specific timeframe.
- *Priority:* Could have (added to version 1.1 as part of overall timing improvements)
- *Reason:* It provides additional time management, ensuring users complete workouts within their planned schedule.

Save Workout Template

- *User Story:* As a fitness user, I want to save my workout template so that I can reuse it for future sessions.
- *Priority:* Could have (shifted into 1.1 due to value in saving user time)
- *Reason:* Saves users from manually inputting the same workout routine, offering convenience.

Release Plan for Version 2.0: Could-Have Features

This release will include more advanced features to promote user engagement and long-term goals.

Goal Setting

- *User Story:* As a powerlifter, I want to set a goal for a personal record in an exercise so that I know how close or far I am from the goal.

- *Priority:* Could have
- *Reason:* Setting personal fitness goals motivates users to keep using the app and improve over time.

Social Sharing

- *User Story:* As a fitness user, I want to share my workout progress and achievements with my friends or coach so that I can get feedback or encouragement.
- *Priority:* Could have
- *Reason:* Social engagement can increase user retention, adding value to the app through community building.


Track Fitness Metrics (Health Stats)

- *User Story:* As a fitness user, I want to track health and fitness metrics (e.g., weight, BMI, body fat percentage, hydration levels) so that I can monitor my progress over time.
- *Priority:* Could have
- *Reason:* Users will appreciate a comprehensive view of their fitness progress beyond workouts, making the app more holistic.

Account Login with Multiple Device Access

- *User Story:* As a user, I want to access my workout logs from multiple devices so that I can view my progress across all devices.
- *Priority:* Could have
- *Reason:* This feature adds flexibility and improves the user experience by ensuring their data is synchronized.

User Story and Sprint Plan

 User Stories CAB302