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| Phase | Description | Estimated completion date | Actual completion date |
| **1** | Read Google’s Material Design documentation | 9/6/16 |  |
| **2** | Complete UI prototype | 9/10/16 |  |
| **3** | Complete functional specifications | 9/16/16 |  |
| **4** | Complete design document | 9/23/16 |  |
| **5** | Code class structure | 9/30/16 |  |
| **6** | Code UI | 10/7/16 |  |
| **7** | Code cardio activity | 10/14/16 |  |