

**Sprint Review #2**

**LiftingPal**

**Sprint Review Report**

**Sprint 2**

**Version 1**

**November 7, 2018**

**Software Engineer**

**Angel Chang**

**Abhi Inuganti**

**Robert Rozin**

**Andrew McLaren**

**Drew Kozak**

**Prepared for**

**CS 1530**

**Fall 2018**

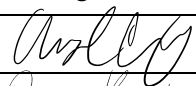

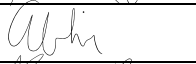
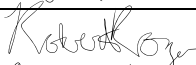

# University of Pittsburgh

## Revision History

Date	Description	Author	Comments
11/7/18	Version 1.0	Team	First Revision

## Document Approval

The following Software Requirements Specification has been accepted and approved by the following:

Signature	Printed Name	Title	Date
	Angel Chang	Software Eng.	11/7/2018
	Drew Kozak	Software Eng	11/7/2018
	Abhi Inuganti	Software Eng	11/7/2018
	Robert Rozin	Software Eng	11/7/2018
	Andrew McLaren	Software Eng	11/7/2018

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# 1. Introduction

For Sprint two, we took on more story points than we did during the first sprint because we had more time to focus on bigger aspects of the project. Along with that, most of the tasks we have left are larger and require more than just basic front end work. We implemented our MacroNutrient Calculator, with full functionality because the algorithms that help generate those results require less research than some of the algorithms we plan on implementing later on. Those algorithms will be what generates the actual workout blocks to give to the user. The same goes for the social media aspect of our project. Most of the backend work was less demanding than what is to come. Overall our sprint was successful and we were able to complete all of the work we planned. Which is very good news because it shows even when taking on more points we were able to handle the workload. There were few roadblocks that were quickly resolved and as a team we were able to work together and help each other fully complete our tasks.

## 2. Specific Goals

This section should include specific stories planned for the Sprint:

### 2.1 Story Name & Number

Implement MacroNutrient Calculator Functionality

#### 2.1.1 Story Description:

Create functionality for the macronutrient calculator. Calculator should correctly take user input for age, weight, height, gender, body fat and activity level. This input is then used to calculate the user's total daily energy expenditure and gives an estimated number of calories, fats, proteins, and carbohydrates suggested for users that want to lose weight, maintain weight, or gain weight.

#### 2.1.2 Story Acceptance Criterion

The page displays user inputs for age, weight, height, gender, activity level, and body fat percentage. The calculate button determines numbers for calories, fats, proteins, and carbohydrates for losing weight, maintaining weight, and gaining weight.

#### 2.1.3 Story Dependencies

This story is dependent on a functional front-end implementation of the macronutrient calculator.

#### 2.1.4 Story Challenges

It was difficult to design an algorithm that would change dependent on the user's goals. The numbers would be different depending on the user's weight goals.

#### 2.1.5 Story Assigned to

Angel Chang

#### 2.1.6 Story Points

3

#### 2.1.7 Status: Completed or not

Complete

### 2.2 Story Name & Number

Implement PreBlock Questionnaire

#### 2.2.1 Story Description:

The PreBlock Questionnaire covers everything required to make the first lifting block. It asks about current injuries, weak points, extra available equipment, and more. All of the gathered information is put together to create a block through the program maker class.

#### 2.2.2 Story Acceptance Criterion

Each question will be displayed on the page, one at a time, until the user answers all of them.

#### 2.2.3 Story Dependencies

This story has no dependencies.

#### 2.2.4 Story Challenges

It was a lot of questions to ask a new lifter, so a lot of work was involved in not only creating each question, but also the storage requirements involved for a user. Connecting the front-end to the back-end requires a lot of versatility and strong functionality of the database to make sure the answers will yield the correct workout blocks and that the questions are clearly defined for people not familiar with weightlifting.

#### 2.2.5 Story Assigned to

Robert Rozin and Drew Kozak

#### **2.2.6 Story Points**

5

#### **2.2.7 Status: Completed or not**

Complete

### **2.3 Story Name & Number**

Implement Macronutrient Calculator Page

#### **2.3.1 Story Description:**

The Macronutrient Calculator Page should display to the user a number of possible inputs that are necessary for the user to enter to get their personal results. The Macronutrient Calculator Page should then correctly display the results of the computation of the macronutrient calculator after it takes in the user's age, weight, height, etc. The results will be the user's total daily energy expenditure and an estimated amount of calories, fats, proteins, and carbohydrates will be suggested for users who need to either lose weight, maintain weight, or gain weight.

#### **2.3.2 Story Acceptance Criterion**

The page should display valid user inputs and the following results that are calculated from the user inputs tailored to the needs of the user.

#### **2.3.3 Story Dependencies**

None.

#### **2.3.4 Story Challenges**

The main difficulty was designing a nice and clean front-end implementation for the calculator that would correctly take in the inputs, and work properly with our underlying functionality that was written for the implementation of the calculator.

#### **2.3.5 Story Assigned to**

Abhi Inuganti

#### **2.3.6 Story Points**

3

#### **2.3.7 Status: Completed or not**

Completed

### **2.4 Story Name & Number**

Implement Social Media Page

#### **2.4.1 Story Description:**

Create and format the social media page

#### **2.4.2 Story Acceptance Criterion**

A page has been formatted and set up to be connected with the databases when the databases have been finished

#### **2.4.3 Story Dependencies**

This story has no dependencies

#### **2.4.4 Story Challenges**

The biggest challenge was formatting the page so that it looks and feel like a usable social media platform. There isn't a ton of backend functionality that is needed so the most work was put into formatting the page.

#### **2.4.5 Story Assigned to**

Andrew McLaren

#### **2.4.6 Story Points**

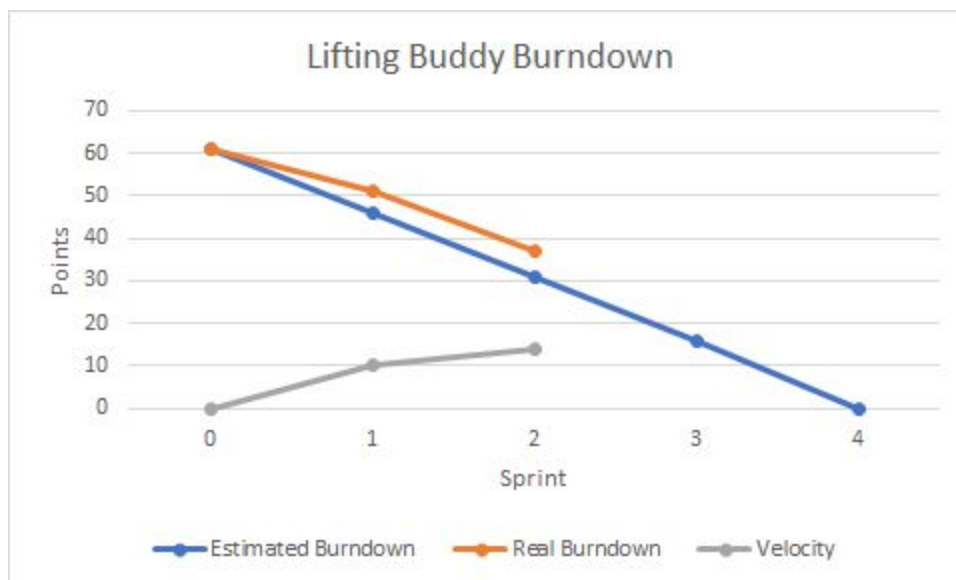
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#### **2.4.7 Status: Completed or not**

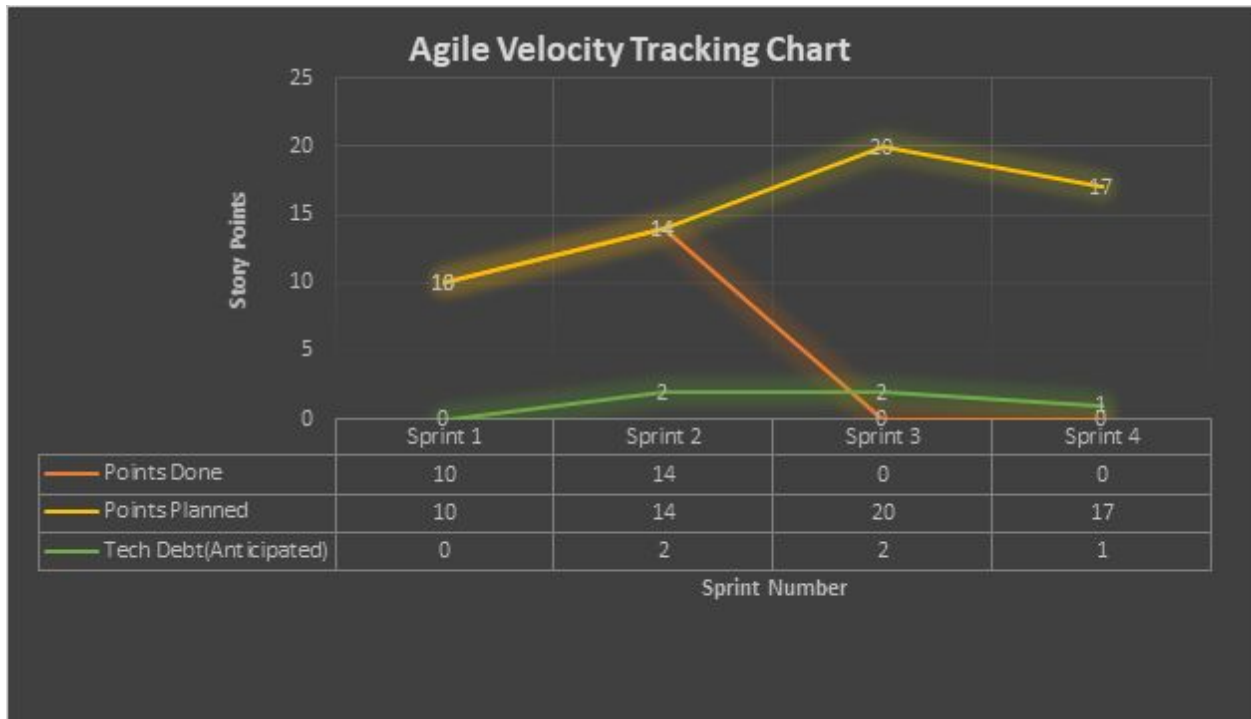
Completed

### 3. Analytics

#### 3.1 Sprint/Product Burndown Chart



### 3.2 Sprint Velocity Chart



## 4. Conclusion

In conclusion, during this sprint we have continued to work on our goals from our front-end implementation of our product. As of this sprint, we have successfully finished the big point stories that we were not able to complete last term. We have successfully completed the functionality and frontend implementation of our MacroNutrient calculator. We have completed our pre-block questionnaire, and implemented our social media component of our product. As of this sprint we have completed a total of fourteen points, which is a big improvement from our implementation of smaller stories last sprint due to time constraints. For the next sprint, we expect to be continuing to work on the remaining frontend features while placing a major focus on developing our backend implementations for our product which will take up the majority of the next sprint. Despite the relative increase in our workload during this sprint we have managed to finish off our goals in a timely manner. Our group considers this to be a relatively successful sprint.