

HEALTH MONITORING APP: REALEASE PLAN

| USER ID | USER STORY | PRIORITY | RISK | STORY POINTS | DEPENDENCIES |
|----------|---|----------|------|--------------|--------------|
| SPRINT 1 | | | | | |
| 5 | As an athlete, I want to enter exercise that I do, so that I can track my activity. | Must Do | High | 8 | |
| 19 | As an athlete, I want to link a coach to my account, so they can track my progress | Must Do | High | 8 | |
| 1 | As an athlete, I want to enter weight and height information, so that I can use that information to track and calculate other health information. | Must Do | Low | 3 | |
| | | | | 19 | |

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| SPRINT 2 | | | | | |
| 8 | As an athlete, I want to be able to enter what I eat for each meal, so that I can track my nutrition. | Must Do | Moderate | 5 | |
| 20 | As a coach, I want to see the height and weight information of my athletes, so that I can adjust their trainings and diets appropriately | Must Do | Moderate | 5 | 19, 1 |
| 21 | As a coach, I want to see the amount of exercise that my athletes are completing, so that I can see how much they are exercising | Must Do | Moderate | 5 | 19, 5 |
| 22 | As a coach, I want to see what my athletes are eating, so that I can determine if their diet is appropriate for their training | Must Do | Moderate | 5 | 19, 8 |
| | | | | 20 | |

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| SPRINT 3 | | | | | |
| 15 | As an athlete, I want to enter fitness goals, so that I have a goal to obtain. | Must Do | Moderate | 2 | 1 |
| 16 | As an athlete, I want to enter dietary goals, so that I have a goal to obtain. | Must Do | Moderate | 2 | |
| 2 | As an athlete, I want the application to track my weight, so that I can see my improvements. | Must Do | Low | 5 | 1 |
| 7 | As an athlete, I want the application to notify me if I am not exercising frequently enough, so that I stay in shape. | Should Do | Moderate | 3 | 5 |
| 9 | As an athlete, I want to enter the calories for the food I eat, so that I know how much I am consuming. | Should Do | Moderate | 2 | 8 |
| 12 | As an athlete, I want to enter the amount of water I consume, so that I can track my hydration. | Should Do | Moderate | 3 | |
| 17 | As an athlete, I want the application to notify me if I am not meeting my fitness goals, so that I can stay on track to meeting my goals. | Should Do | Moderate | 3 | 15 |
| | | | | 20 | |

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|----------|---|-----------|----------|----|---------|
| SPRINT 4 | | | | | |
| 18 | As an athlete, I want the application to notify me if I am not meeting my dietary goals, so that I can stay on track to meeting my goals. | Should Do | Moderate | 3 | 16 |
| 24 | As a coach, I want to see the fitness goals of my athletes, so that I can adjust their trainings to meet their goals | Should Do | Low | 3 | 19, 15 |
| 25 | As a coach, I want to see the dietary goals of my athletes, so that I can adjust their diet to meet their goals | Should Do | Low | 3 | 19, 16 |
| 3 | As an athlete, I want to set a target weight, so that I have a weight goal to reach. | Should Do | Low | 1 | 2 |
| 6 | As an athlete, I want the application to calculate the amount of calories burned in a workout based on the activity and my body size, so that I know the results of my workout. | Could Do | Low | 5 | 5, 1 |
| 10 | As an athlete, I want the application to calculate a suggested amount of calories for each meal based on my height and weight, so I can adjust my diet accordingly. | Could Do | Low | 3 | 1 |
| 11 | As an athlete, I want the application to notify me if I am not meeting my suggested calorie intake, so that I am following my diet accurately. | Could Do | Moderate | 2 | 8, 9, 6 |
| | | | | 20 | |

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|---------|--|----------|----------|----|----------|
| BACKLOG | | | | | |
| 14 | As an athlete, I want the application to notify me to remind me to drink water, so that I am constantly hydrating. | Could Do | Moderate | 3 | 12 |
| 4 | As an athlete, I want the application to calculate how many pounds per week I should lose, so that I can see if I'm on track with my weight goals. | Could Do | Moderate | 2 | 15, 1, 2 |
| 23 | As a coach, I want to see how much water my athletes are drinking, so that I can make sure they are hydrating appropriately | Could Do | Moderate | 5 | 19, 12 |
| 13 | As an athlete, I want the application to calculate a suggested amount of water that I should consume based on my height and weight, so that I am accurately hydrating. | Could Do | High | 2 | 1, 12 |
| | | | | 12 | |