ATHLETIC APP RELEASE PLAN

USER ID	USER STORY	DEPENDENCIES	SEQUENCE	PRIORITY	RISK	POINTS	SPRINT
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.	-	1	High	Low	3	Sprint 1
5	As an athlete, I want to enter exercise that I do, so that I can track my activity.	-	2	High	High	8	Sprint 1
19	As an athlete, I want to link a coach to my account, so they can track my progress	-	3	High	High	8	Sprint 1
2	As an athlete, I want the application to track my weight, so that I can see my improvements.	-	4	High	Low	5	Sprint 2
15	As an athlete, I want to enter fitness goals, so that I have a goal to obtain.	-	5	High	Moderate	2	Sprint 2
16	As an athlete, I want to enter dietary goals, so that I have a goal to obtain.	-	6	High	Moderate	2	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.	16,	7	High	Moderate	5	Sprint 2
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	19, 1	8	High	Moderate	5	Sprint 2
21	As a coach, I want to see the amount of exericse that my athletes are completing, so that I can see how much they are exercising	19, 5	9	High	Moderate	5	Sprint 3
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	19, 8	10	High	Moderate	5	Sprint 3
3	As an athlete, I want to set a target weight, so that I have a weight goal to reach.	2,	11	Medium	Low	1	Sprint 3
24	As a coach, I want to see the fitness goals of my atheletes, so that I can adjust their trainings to meet their goals	15, 16, 3	12	Medium	Low	3	Sprint 3
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	16,	13	Medium	Low	3	Sprint 3
7	As an athlete, I want the application to notify me if I am not exercising frequently enough, so that I stay in shape.	5,	14	Medium	Moderate	3	Sprint 3
9	As an athlete, I want to enter the calories for the food I eat, so that I know how much I am consuming.	8,	15	Medium	Moderate	2	Sprint 4
12	As an athlete, I want to enter the amount of water I consume, so that I can track my hydration.	-	16	Medium	Moderate	3	Sprint 4
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.	5, 15	17	Medium	Moderate	3	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.	16,	18	Medium	Moderate	3	Sprint 4
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.	1, 2, 5	19	Low	Low	5	Sprint 4
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.	1, 2, 3	20	Low	Moderate	2	Sprint 4
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.	9, 16	21	Low	Moderate	2	Sprint 4

PRODUCT BACKLOG

USER ID	USER STORY
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.
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.
14	As an athlete, I want the application to notify me to remind me to drink water, so that I am constantly hydrating.
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

DONE BY JCYL