**Sprint 1 Documents - AI Fitness Planner**

**Student Name: Yi Wei**

**Group: Group 2**

**Role: AI Agent Developer**

**Sprint Backlog**

Sprint 1 Goal: Create a working prototype of the AI plan generator.

What I Planned to Do:

Set up the basic Django website.

Connect the website to the Google Gemini AI.

Write detailed instructions (prompts) for the AI to generate good fitness plans.

Create a simple webpage with a button to generate the plan.

Make sure the plan displays correctly on the webpage.

Test the function with example user data.

What I Completed:

✅ All of the above tasks were completed successfully.

**Sprint Review**

What Was Built (The Demo):

I built a webpage for our fitness app. When you click the "Generate my own plan" button, it uses AI to create a personalized 4-week fitness and diet plan.

How It Works (Technical Summary):

The website is built with Django.

It uses the Google Gemini AI model.

I wrote a smart prompt that tells the AI to act as an expert trainer and create a plan based on user info like age, weight, and fitness goal.

Right now, the user profile is hardcoded (using example data) because the database is not ready yet.

The AI generates a very detailed plan with workouts and nutrition advice.

**Evidence of Progress:**

The server logs show that the website is running and successfully generating plans when the button is clicked. The AI returns a full plan, which proves the core function is working.

**Next Step:**

The next step is to work with the team to connect this AI function to the real user database and the main app.

**Sprint Retrospective**

**What Went Well:**

The AI integration worked perfectly on the first try.

The AI understands the prompts and creates high-quality, professional plans.

I finished a working prototype very quickly.

**What Could Be Improved:**

I should have talked to the backend team earlier about how to get user data.

I need to add more comments to my code so other teammates can understand it easily.

**Plan for Next Sprint (Sprint 2):**

Main Task: Connect the AI agent to the real database to use actual user profiles.

Other Tasks: Help integrate my AI function into the main mobile app.

图形用户界面, 应用程序

AI 生成的内容可能不正确。

图形用户界面, 应用程序

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表格

AI 生成的内容可能不正确。

图形用户界面, 文本, 应用程序

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