

# Sprint 6 - FINAL

- 10.01 - 19.01
- active members:
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## Backlog items planned to be developed during this sprints

- Edit page
- Fitness instruments
- Bugs
- Articles page
- UI mockups

We almost finished everything we planned, but dropped the UI mockups.

## User stories

- *As a user with specific dietary restrictions, I want the ability to customize my meal preferences and filter recipes accordingly, so that the app provides relevant and suitable recipe recommendations.*
- *As a user interested in overall well-being, I want the app to provide educational articles and tips on topics such as mental health, stress management, and sleep, so that I can achieve a holistic approach to fitness.*
- *As a social fitness enthusiast, I want the ability to connect with fellow users, share my workout achievements, and to build a supportive community within the app so that I can foster motivation, exchange fitness tips, and collectively strive towards our health and wellness goals.*
- *As a user with specific fitness goals, I want the app to suggest personalized workout plans with a variety of exercises targeting different muscle groups, so that I have a well-rounded and effective fitness routine.*
- *As a fitness goal-setter, I want the app to estimate and regularly update my Total Daily Energy Expenditure (TDEE) based on my activity level and fitness goals, so that I can tailor my nutritional intake to support my specific objectives, whether it be weight loss, maintenance, or muscle gain.*

## Acceptance criterias

- to have TDEE calculators
- to have a variety of articles where users can comment and, therefore, interact with each other

## Sprint review

- we discussed during a meeting
- we almost did everything we planned to do
- we added a variety of articles
- we solved all bugs
- we gave up on some ideas (UI mockups, daily calories tracker etc.)

## Sprint retrospective

- we met and discussed, solved all bugs together
- the meeting went well, we did the final touches for the project

