Sprint 4

- **30.11 - 8.12**
- **active members:**
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Backlog items planned to be developed during this sprints
- **Login and Register page**
- **Tables for the database**
- **Profile page**
- **Fitness instruments (the calculators) and to make a page for them**
- **Dashboard**

The items that are still in progress will be pushed for the next sprint. The dashboard planned at the beginning of spring has been eliminated, we are no longer doing it.

User stories
- *As a health-conscious user, I want the app to calculate and display my Body Mass Index (BMI) based on my profile information, so that I can better understand and monitor my overall body composition.*
- *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.*
- *As a new user, I want to create a profile by entering basic information like age, fitness level, and medical conditions to personalize my fitness journey.*
- *As a user, I want the flexibility to edit my profile at any time, allowing me to update details such as weight, height, and fitness goals.*

Acceptance criterias
- to have BMI and TDEE calculators
- to have a functional profile page that can be edited

Sprint review
- we discussed during an online meeting all planning we haven't finished yet

- most of the items we started are still in progress, so for the next sprint we have to work more
- the BMI is done, the TDEE is still in progress
- we also put in the backlog to do the *Articles page* for the next sprint

Sprint retrospective
- the online meeting went well, we communicated without any problems
- the only problem appeared when we tried to find an interval to meet and discuss; for the next sprint we'll try to organize better
- we did not organize our separate schedules as well when working on the project, so time management must be improved