

Sprint 5

- 15.12 - 23.12
- active members:
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 - Patrascu Adrian
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Backlog items planned to be developed during this sprint

- Tables for the database
- Profile page
- Fitness instruments (the calculators) and to make a page for them
- Edit page
- Articles page
- Landing page
- UI mockups

We did some of the items from the last sprint. The **fitness instruments** are still in review. The rest of the items that are still in progress will be pushed for the next sprint. We haven't started working on the **landing page** and **UI mockups** yet.

User stories

- *As a user with dietary preferences, I want the web app to provide a variety of meals and to be able to find my preferences based on my fitness goals and nutritional needs, so that I can maintain a balanced and healthy diet.*
- *As a beginner in fitness, I want access to instructional articles with clear demonstrations and explanations, so that I can learn proper techniques and avoid injuries.*
- *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 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 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 a functional page where the users can find different fitness related articles
- to have the TDEE calculator
- to have a functional profile page that can be edited

Sprint review

- we discussed what was left to do
- we did some of the things remained from the last sprint and also tried to do what we planned for this one, but some of them even stayed untouched
- for the next sprint we have to do the rest of the project (what is in progress, what we haven't started yet and final touches)

Sprint retrospective

- the online meeting went well; this time we organized better
- a big plus is the fact that we were all present during this meeting too

