

F.I.T. Buddy

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Vision Statement

F.I.T. Buddy is a fitness app which is designed to generate workouts catered to your goals and availability / preferences. On sign up/account creation you will answer certain questions to build your profile and fitness plan. F.I.T. Buddy will create custom workouts for each week based on these questions and plan around you and your body type to help get you into shape. On top of this F.I.T. Buddy will have a portion for your diet as well as that is more important to your fitness journey than even the working out part. F.I.T. buddy however will NOT create full length diets for the user just give a general idea of calories that need to be eaten in a day, with consideration of their workout and physical information, as well as give ideas of different foods the user should be eating to fulfill their macronutrients and caloric requirements. F.I.T. Buddy will also have a BMI calculator, max lift estimator, and workout options for those who don't have a gym membership or the ability to go to one. Along with the workouts there will be pictures to help describe the motions which one needs to do to properly do the workout and there will be pictures of the food examples as previously stated. The main screen will display nutritional information(macronutrients you should eat and total calories you should eat with a drop down menu under each macronutrient for good examples of foods to fulfill those) and calories burned based on your stylized workout. The next "tab" is the workout tab which displays your daily workout and the ability to generate another one if you don't like that one/want to hit a different muscle group as well as drop downs for each exercise which displays the proper way to do the workout. Types of questions for profile building: weight, height, amount of time per day to workout, amount of times per week you can workout, goal weight, history of lifting, and maxes(if history of lifting is high enough).

Requirements

A discussion of what your application is required to have in functionality. It should identify user roles and goals/actions, and what the key features of the app should be.

Actor	Goal
User	Create an account
User	View fitness page(generate workouts)
User	View main page(see macronutrient info, calorie count, calories burned, and BMI)
User	Edit details of account
User	Reset information
Me	Edit accounts(remove, reset, add)
Me	Create main page
Me	Create login page
Me	Create signup page
Me	Create fitness page
Me	Create extra info page

Product Backlog

This will be updated throughout the semester as new PBIs are added, larger items are broken into smaller ones, and completed items removed.

Story ID	Story	Story Points (in est. hours)	Priorit y	Status
1.1	Be able to login with correct credentials, warn user on bad input, reset password button	3	1	scrapped
1.2	Reset password button and Popup on bad user info input	2	1.5	scrapped
2.1	Create an account and establish the email/username & password into DB	3	2	scrapped
2.2	Input user info (height, weight, goals, access to gym, amount of time to go to gym, etc)	4	2.5	done
3.1	Be able to edit your user info (change pass, change physical info / goals)	4	3	todo
4.1	Displays the macronutrients information as well as calories burned from your workout and calories you should eat and BMI	10	4	todo
5.1	Displays your workout for the day with the option to cycle through to a different style of workout as well as show max lift info and ideal weights for specific lifts	10	5	todo
6.1	Bug report, email contact for more info, and version details	3	6	todo

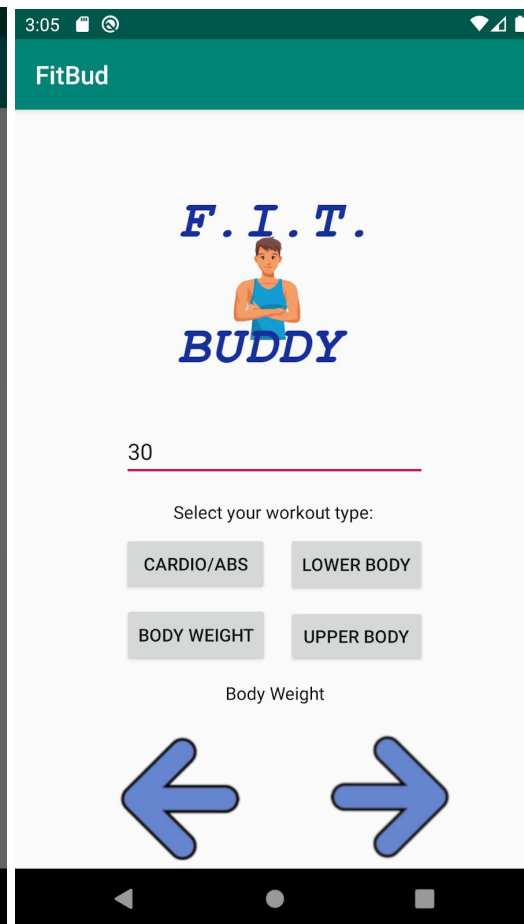
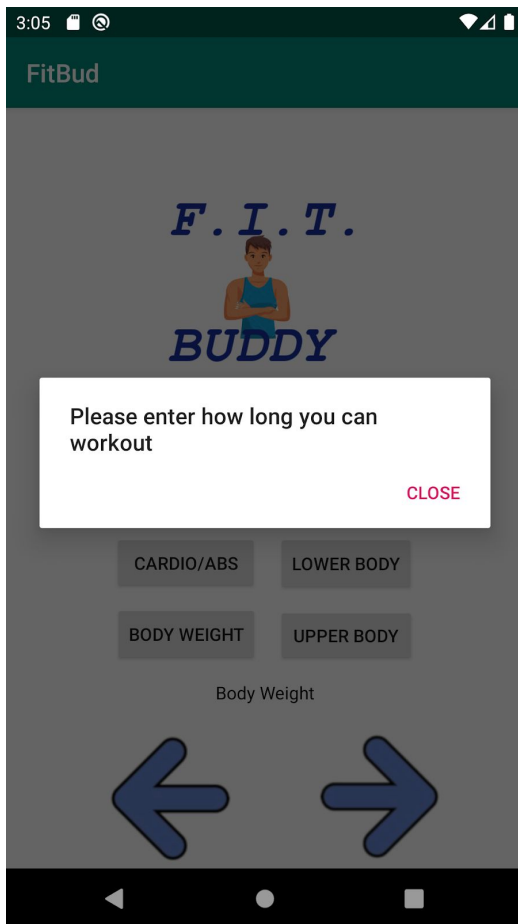
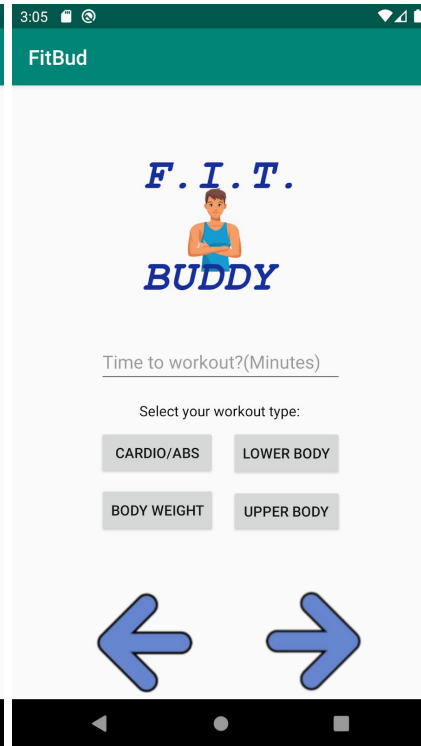
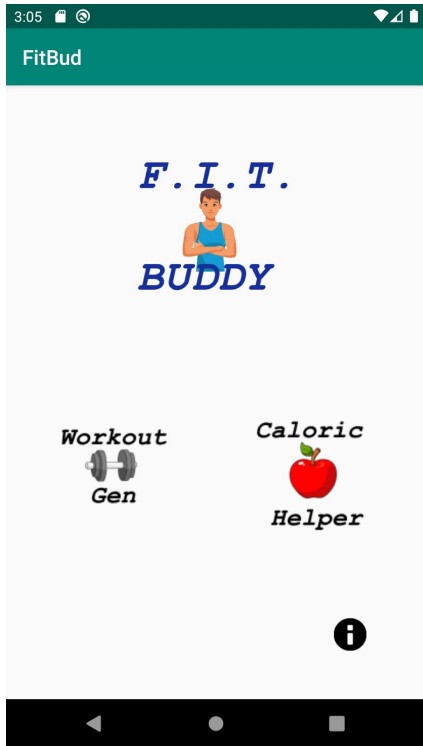
Sprint #1

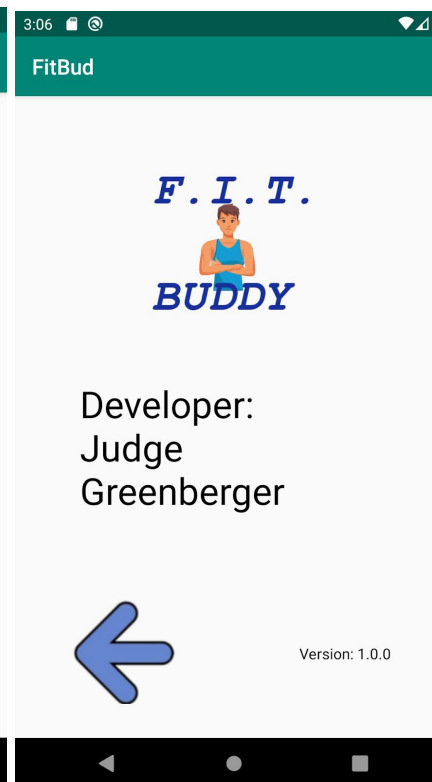
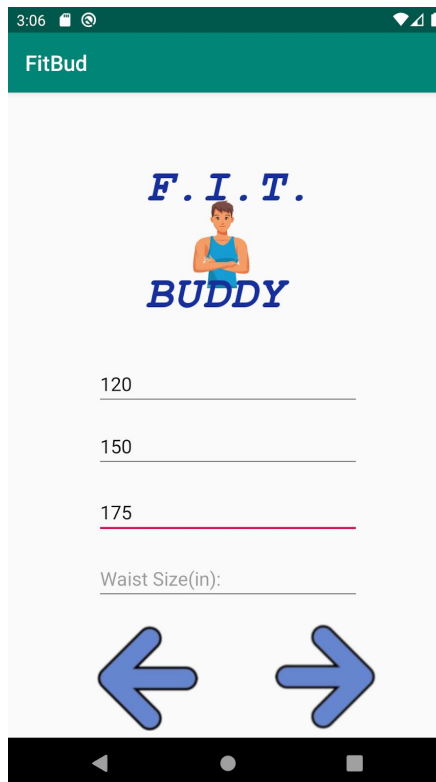
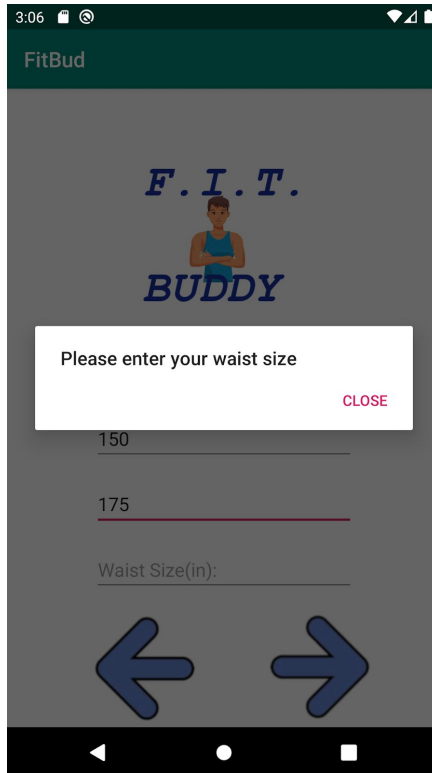
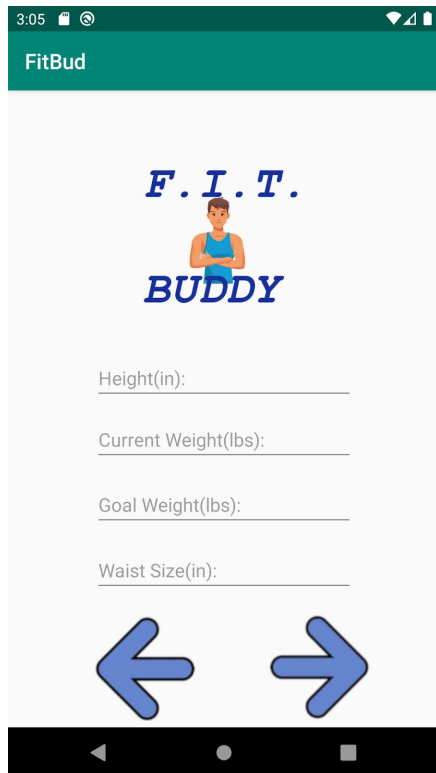
Sprint Backlog

Story ID	Story / Task	Estimated Hours	Actual Hours
1.1	Log on screen	2	2
2.1	Input user info (height, weight, goals, access to gym, amount of time to go to gym, etc)	4	6
3.1	Edit button on main page to lead to user info page	1	2
2.2	Different info page based on login selection choice	2	3

Review

[Screenshots, etc go here. This is where you discuss the product, describing what was done this sprint (potentially shippable product increment) and what was planned for the sprint but was not done.]





Retrospective

[This is where you discuss the process. What went well (and are you planning to do more of that?) What didn't go so well (and do you have a way to do less of that)? What changes are you planning to make in how you plan & carry out the next sprint?]

I decided to scrap the idea of having a login page and user account creation as for the scope of the project it really wasn't needed and turned out to be more of a hassle than what it was worth. With that said I made a user decision homepage with the info button, caloric helper button, and a fitness helper button. Each one leads to its specific function in which the user inputs his/her information that I need to be able to generate a calorie goal for the day as well as macros and generate a specific workout for the user. I plan on continuing down this path and making the calorie display page first as I think that will be the harder of the two so it will be good getting it out of the way.

Sprint #2

Sprint Backlog

Story ID	Story / Task	Estimated Hours	Actual Hours
3.1	Edit personal info	3	
4.1	Macronutrient display	6	
4.2	Display food types for goal	4	
4.3	Display calorie totals on day	5	

Review

[Screenshots, etc go here. This is where you discuss the product, describing what was done this sprint (potentially shippable product increment) and what was planned for the sprint but was not done.]

Retrospective

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Sprint #3

Sprint Backlog

Story ID	Story / Task	Estimated Hours	Actual Hours

Review

[Screenshots, etc go here. This is where you discuss the product, describing what was done this sprint (potentially shippable product increment) and what was planned for the sprint but was not done.]

Retrospective

[This is where you discuss the process. What went well (and are you planning to do more of that?) What didn't go so well (and do you have a way to do less of that)? What changes are you planning to make in how you plan & carry out the next sprint?]

Sprint #4

Sprint Backlog

Story ID	Story / Task	Estimated Hours	Actual Hours

Review

[Screenshots, etc go here. This is where you discuss the product, describing what was done this sprint (potentially shippable product increment) and what was planned for the sprint but was not done.]

Retrospective

[This is where you discuss the process. What went well (and are you planning to do more of that?) What didn't go so well (and do you have a way to do less of that)? What changes are you planning to make in how you plan & carry out the next sprint?]

Sprint #5

Sprint Backlog

Story ID	Story / Task	Estimated Hours	Actual Hours

Review

[Screenshots, etc go here. This is where you discuss the product, describing what was done this sprint (potentially shippable product increment) and what was planned for the sprint but was not done.]

Retrospective

[This is where you discuss the process. What went well (and are you planning to do more of that?) What didn't go so well (and do you have a way to do less of that)? What changes are you planning to make in how you plan & carry out the next sprint?]

Sprint #6

Sprint Backlog

Story ID	Story / Task	Estimated Hours	Actual Hours

Review

[Screenshots, etc go here. This is where you discuss the product, describing what was done this sprint (potentially shippable product increment) and what was planned for the sprint but was not done.]

Retrospective

[This is where you discuss the process. What went well (and are you planning to do more of that?) What didn't go so well (and do you have a way to do less of that)? What changes are you planning to make in how you plan & carry out the next sprint?]