

TEAM CONTACT LIST and MEETING TIMES

Team Name: Fit Trendz

Team Members & Contact List

1. Ashraf Sangi

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2. Jack Borah

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3. Kervin Francios

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4. Matthew Rockwood

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5. Nav Singh

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 - Phone: +1 (516) 303-3461
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Meeting Schedule

- **Daily Stand-up (15 minutes):**
 - Time: **10:00 PM**
 - Attendance: **Mandatory for all members**
 - **Weekly Planning & Coordination Meeting (1-2 hours):**
 - Day: **Sunday**
 - Time: **10:00 PM**
 - Attendance: **Mandatory for all members**
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Notes:

- All members must attend the scheduled meetings.
- Please notify the team in advance if you are unable to attend a meeting.
- Communication will primarily be through Discord, phone calls/messages, and email.