

# SOLUTION TO STANLEYS PROBLEM: RELEASE PLANNING

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## RELEASE PLANNING

Solution to stanleys problem: Release planning

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🕒 Tuesday, January 24, 2023 at 10:30:35 AM

## SPRINT 1

As an athlete, I want to enter weight and height information, so that I can use that information to track and calculate other health information.

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Priority: Must-have      Estimate: 3

🕒 Tuesday, January 24, 2023 at 10:38:19 AM

As an athlete, I want the application to track my weight, so that I can see my improvements.

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Priority: Must-have      Estimate: 5

🕒 Tuesday, January 24, 2023 at 11:06:25 AM

As an athlete, I want to enter exercise that I do, so that I can track my activity.

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Priority: Must-have      Estimate: 8

🕒 Tuesday, January 24, 2023 at 11:08:16 AM

As an athlete, I want to enter fitness goals, so that I have a goal to obtain.

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Priority: Must-have      Estimate: 2      Estimate: 3


🕒 Tuesday, January 24, 2023 at 11:10:48 AM

As an athlete, I want to enter fitness goals, so that I have a goal to obtain.

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Priority: Must-have

Estimate: 2

 Tuesday, January 24, 2023 at 11:11:09 AM


## SPRINT 2

As an athlete, I want to be able to enter what I eat for each meal, so that I can track my nutrition.

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Priority: Must-have

Estimate: 5


 Tuesday, January 24, 2023 at 11:12:24 AM

As an athlete, I want to link a coach to my account, so they can track my progress

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Priority: Must-have

Estimate: 8

 Tuesday, January 24, 2023 at 11:17:47 AM

As a coach, I want to see the height and weight information of my athletes, so that I can adjust their trainings and diets appropriately

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Priority: Must-have

Estimate: 5


 Tuesday, January 24, 2023 at 11:19:00 AM

As a coach, I want to see the height and weight information of my athletes, so that I can adjust their trainings and diets appropriately

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Should-have

Estimate: 2

 Tuesday, January 24, 2023 at 11:21:48 AM


## SPRINT 3

As a coach, I want to see the amount of exercise that my athletes are completing, so that I can see how much they are exercising

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Priority: Must-have

Estimate: 5

 Tuesday, January 24, 2023 at 11:23:19 AM

As a coach, I want to see what my athletes are eating, so that I can

determine if their diet is appropriate for their training

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Priority: Must-have

Estimate: 5

🕒 *Tuesday, January 24, 2023 at 11:23:30 AM*

As an athlete, I want to set a target weight, so that I have a weight goal to reach.

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Should-have

Estimate: 1

🕒 *Tuesday, January 24, 2023 at 11:31:19 AM*

As an athlete, I want the application to notify me if I am not meeting my fitness goals, so that I can stay on track to meeting my goals.

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Should-have

Estimate: 3

🕒 *Tuesday, January 24, 2023 at 11:52:24 AM*

As an athlete, I want the application to notify me if I am not meeting my dietary goals, so that I can stay on track to meeting my goals

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Should-have

Estimate: 3

🕒 *Tuesday, January 24, 2023 at 11:52:41 AM*

As an athlete, I want the application to notify me if I am not exercising frequently enough, so that I stay in shape.

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Estimate: 3

Should-have

🕒 *Tuesday, January 24, 2023 at 12:04:41 PM*

## SPRINT 4

As a coach, I want to see the fitness goals of my athletes, so that I can adjust their trainings to meet their goals

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Should-have

Estimate: 3

🕒 *Tuesday, January 24, 2023 at 12:09:07 PM*

As a coach, I want to see the dietary goals of my athletes, so that I can adjust their diet to meet their goals

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Should-have Estimate: 3

🕒 *Tuesday, January 24, 2023 at 12:09:16 PM*

As an athlete, I want to enter the amount of water I consume, so that I can track my hydration.

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Should-have Estimate: 3

🕒 *Tuesday, January 24, 2023 at 12:10:44 PM*

As an athlete, I want the application to calculate the amount of calories burned in a workout based on the activity and my body size, so that I know the results of my workout.

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Could-have Estimate: 5

🕒 *Thursday, January 26, 2023 at 6:14:55 PM*

As an athlete, I want the application to calculate a suggested amount of calories for each meal based on my height and weight, so I can adjust my diet accordingly

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Could-have Estimate: 3

🕒 *Tuesday, January 24, 2023 at 12:17:39 PM*

As an athlete, I want the application to calculate a suggested amount of water that I should consume based on my height and weight, so that I am accurately hydrating.

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Could-have Estimate: 2

🕒 *Tuesday, January 24, 2023 at 12:20:46 PM*

## BACKLOG

As an athlete, I want the application to calculate the amount of calories burned in a workout based on the activity and my body size, so that I know the results of my workout.

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Could-have Estimate: 5

🕒 *Thursday, January 26, 2023 at 6:20:08 PM*

As an athlete, I want the application to notify me if I am not meeting my suggested calorie intake, so that I am following my diet accurately

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Could-have

Estimate: 2

🕒 Thursday, January 26, 2023 at 6:24:28 PM

As an athlete, I want the application to notify me to remind me to drink water, so that I am constantly hydrating

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Could-have

Estimate: 3

🕒 Thursday, January 26, 2023 at 6:29:41 PM

As a coach, I want to see how much water my athletes are drinking, so that I can make sure they are hydrating appropriately

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Could-have

Estimate: 5

🕒 Thursday, January 26, 2023 at 6:30:01 PM

## DEPENDENCIES

US 9 and US 11

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🕒 Thursday, January 26, 2023 at 6:31:07 PM

US 15 and 16

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🕒 Thursday, January 26, 2023 at 6:31:17 PM

US 17 and 18

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🕒 Thursday, January 26, 2023 at 6:31:30 PM

US 14 and 23

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🕒 Thursday, January 26, 2023 at 6:31:43 PM

US 24 and 25

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🕒 Thursday, January 26, 2023 at 6:34:24 PM