PRIME WELLNESS

A Health and Fitness App

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Article I. Introduction

Section 1.01 Description of the customer

(a) Main characteristics of the customer or sponsoring organization

1) **Name and Mission**: Solid Bodies is a health and fitness start-up based in Hialeah, Florida with a mission to provide a system of accountability and tangible results in the personal health goals of their clients.
2) **Size and Scope:** The organization is a small fitness start-up run by a small team consisting of owner-operators, and support staff. They have one gym location in Hialeah, Florida where they offer personal training and nutrition services.
3) **Experience**: The Solid Bodies gym has been servicing their community for many years, although the owner-operators have extensive personal experience and prior professional experience in fitness and nutrition services.
4) **Goals and Objectives:** The objective is to scale the organization's premium service model by offering a proprietary health and fitness web application with the goal of allowing their clients to track their fitness progress, nutritional progress, view hours of operation, view the event calendar, and schedule appointments directly through the application.

(b) Demographics of typical users

1) **Age:** Late teens to seniors.
2) **Gender:** All genders.
3) **Languages:** English and Spanish.
4) **Location:** The Hialeah, Florida location.
5) **Health Status:** Healthy individuals.
6) **Technical Literacy:** The expectation is that the gym's clients have basic technical literacy and are accustomed to modern web applications with user-friendly interfaces.

(c) Main characteristics of the application

(i) What is the background of the project idea? What is the problem?

Background: The organization offers personal training, nutrition services, and routine events. Their tiered premium service models offer a certain amount of personal training sessions per month, nutritional counseling by appointment, and routine events included in the cost of the particular tier. Non-premium users pay a regular fee for access to gym equipment and are charged extra for other services on a per-session basis. The organization seeks to entice customers into their premium services.

Problem: At this time, use of these services requires inefficient and clumsy coordination on behalf of the support staff and their premium clients. They seek to expand their premium services with a web application that offers their clients fitness and nutritional progress tracking and appointment scheduling. The web application may also double as a hub to view information about the gym and its planned events.

(ii) How is it different from what already exists?

This application is proprietary and mainly intended for clients of the Solid Bodies organization. The application may be used as a standalone health and fitness tracker by the user, but also as a tool for the organization to support clients on their journey.

(iii) What are the implications of the application?

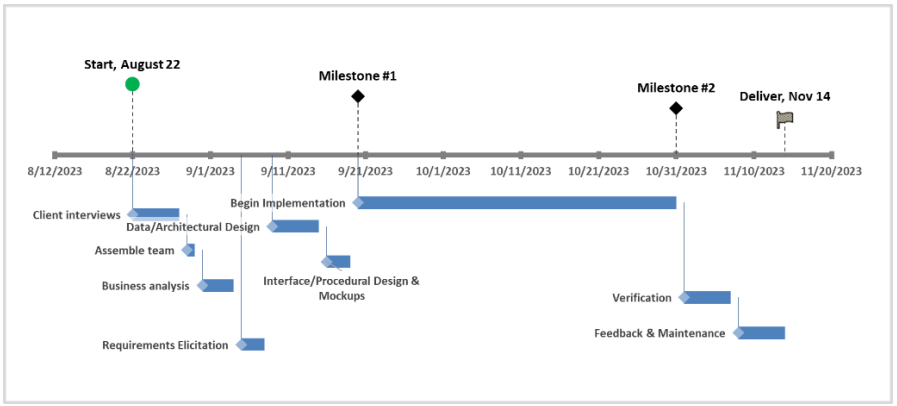
Users may organize their health and fitness in one place while the organization broadens the scope of their business with improved tooling and positive client experiences.

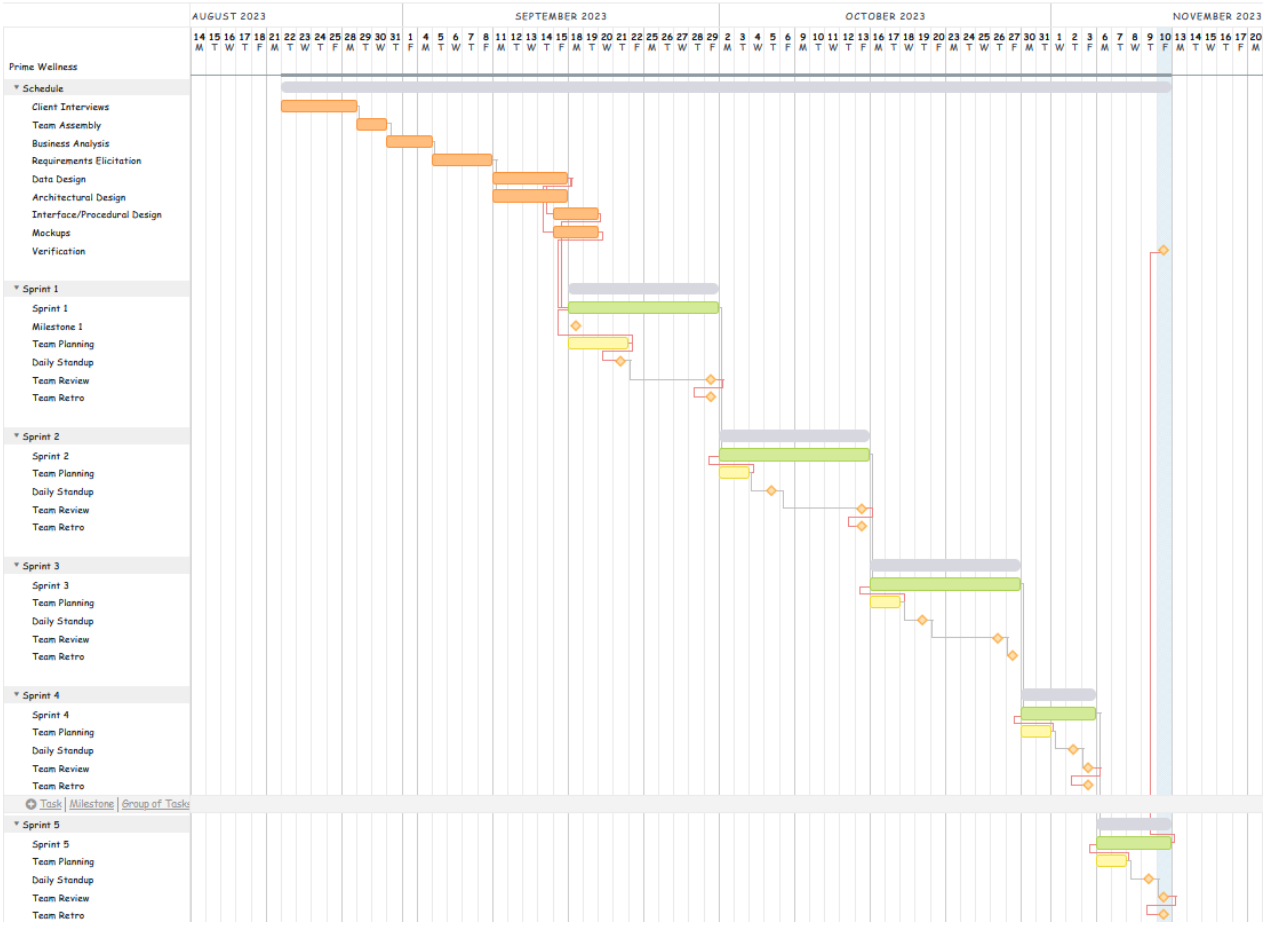
(d) Other important contextual issues and external constraints

1) Users are a mixed population of English and Spanish speakers.
2) The userbase has differing levels of experience with technology.
3) The application should work across various devices and platforms.
4) Security measures should be in place to protect personal data.
5) Funding is limited.

(e) Proposed schedules for the application

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weekend	Sprint Planning	Daily Standup	Daily Standup	Daily Standup	Sprint Review & Retrospective	Weekend





(f) Description of the team

1) Isaac Meza: Scrum master
2) Raul Acosta: Product Owner
3) Roberto Di Bari: Development team
4) Edwin Arrechavala: Development team
5) Andress Vizcaino Seolin: Development team
6) Amarise Rodriguez: Development team

Section 1.02 Our motivation for selecting this project

(a) Team's expertise in the area

Our team members are passionate about enterprise systems, health, and fitness. Many of the team members are committed to progressing their fitness goals and have an interest in exploring the intersection of technology and software systems with their diverse software development experience.

(b) How this might be useful in our career

This project will provide insight into the software development lifecycle using scrum and provide an opportunity to design a system that may be implemented in functional code based on the extensive analysis performed throughout the project.

Article II. Requirements

Section 2.01 Definition of requirements elicitation

Requirements elicitation is the initial stage of a broader requirement engineering model and may differ for each team or project. In summary, it is an iterative process conducted by reviewing similar existing software systems, conducting client interviews, gathering user feedback, and discussing task requirements with shareholders. In this way, the team can effectively define the software's requirements for development.

Section 2.02 Our requirements elicitation process

Our team's process is based on a general model of requirements elicitation. Initially, client interviews are conducted to understand their general requirements, using stories or scenarios to relate to real-life situations they typically encounter. Similar requirements are then gathered into groups. Careful attention is paid to conflicting requirements, where the team negotiates with the clients and prioritizes requirements as necessary. Finally, the group of requirements is documented for the team.

Section 2.03 Five major features for our project

User registration and user profiles: Users can register with their personal information and manage their profiles.

User notifications: Users will receive automatic notifications or reminders or appointments, events, changes to their profile, and progress updates.

Appointment scheduling: Users will be able to make appointments for personal training, nutrition counseling, and RSVP for events.

Progress tracking: Users will be able to track their fitness or nutrition progress, including adding information about their status, or trainers/counselors may alter information for the user as they complete sessions.

Event calendar: Users will be able to view past and upcoming events at the facility, including classes or planned changes.

Section 2.04 User Stories

Story Number/ID: 1

Title: Create a user profile

Description: As a new gym member, I want to create a user profile so that I can access the gym's online services.

Acceptance Criteria:

AC #	Given	When	Then
1	As a new gym member	I want to create a user profile	I should be prompted for my name, password, and email.
2	As a new gym member	I want to create a user profile	My data should be securely stored.
3	As a new gym member	I want to create a user profile	I should receive information if my registration was successful or not.

Story Number/ID: 2

Title: Gym trainer and client profiles

Description: As a gym trainer, I want to view the profiles of my clients to better understand their fitness needs and progress.

Acceptance Criteria:

AC #	Given	When	Then
1	As a gym trainer	I want to view my client's profile	I should be able to search and access specific clients.
2	As a gym trainer	I want to view my client's profile	Profiles should display goals, progress, and contact information.
3	As a gym trainer	I want to view my client's profile	Profiles should be restricted to authorized individuals.

Story Number/ID: 3

Title: Nutritionist and client profiles

Description: As a nutritionist, I want to access client profiles to tailor nutritional advice based on their goals and dietary preferences.

Acceptance Criteria:

AC #	Given	When	Then
1	As a nutritionist	I want to view my client's profile	Profile data should include dietary restrictions and preferences.
2	As a nutritionist	I want to view my client's profile	Profile data should include nutritional goals.
3	As a nutritionist	I want to view my client's profile	I should have the ability to send personalized nutrition plans.

Story Number/ID: 4

Title: Quick registration

Description: As a user, I want to link my social media profiles for quick registration and profile setup.

Acceptance Criteria:

AC #	Given	When	Then
1	As a user	I want to register	I should see options to register using social media accounts.
2	As a user	I want to register	User profiles should link to the connected social media accounts.
3	As a user	I want to register	Clicking on a social media icon should initiate a registration process.

Story Number/ID: 5

Title: Upgrade to premium

Description: As a non-premium member, I want to upgrade my profile to access advanced features and services.

Acceptance Criteria:

AC #	Given	When	Then
1	As a non-premium member	I want to upgrade my profile	Non-premium members should see an option to upgrade within their profiles.
2	As a non-premium member	I want to upgrade my profile	The upgrade process should include payment and subscription options.
3	As a non-premium member	I want to upgrade my profile	Upgraded profiles should unlock premium features and services.

Story Number/ID: 6

Title: Profile picture

Description: As a user, I want to upload a profile picture so that others can recognize me.

Acceptance Criteria:

AC #	Given	When	Then
1	As a user	I want to upload a profile picture	I should find an option to upload a profile picture.
2	As a user	I want to upload a profile picture	Supported image formats and size limits should be specified.
3	As a user	I want to upload a profile picture	Profile pictures should display on the user's profile page.

Story Number/ID: 7

Title: Input measurements

Description: As a user, I want to input my measurements on my profile to track changes over time.

Acceptance Criteria:

AC #	Given	When	Then
1	As a user	I want to input my measurements on my profile	Measurements should include weight, height, body fat percentage, etc.
2	As a user	I want to input my measurements on my profile	Historical measurement data should be stored and visible in the profile.
3	As a user	I want to input my measurements on my profile	My profile should track changes over time.

Story Number/ID: 8

Title: Fitness milestones

Description: As a user, I want to add my fitness achievements and milestones to my profile for motivation.

Acceptance Criteria:

AC #	Given	When	Then
1	As a user	I want to add my fitness achievements to my profile	I should have a section to add fitness achievements and milestones to my profile.
2	As a user	I want to add my fitness achievements to my profile	Achievements could include completed marathons, weight loss goals, personal records, etc.
3	As a user	I want to add my fitness achievements to my profile	Achievements should be viewable by other users or kept private as per the user's preference.

Story Number/ID: 9

Title: Client's session data

Description: As a gym trainer, I want to add my client's session data to their profile for tracking.

Acceptance Criteria:

AC #	Given	When	Then
1	As a gym trainer	I want to add my client's session data to their profile	I should have an option to edit their profile as an authorized user.
2	As a gym trainer	I want to add my client's session data to their profile	Session data can be recorded and linked to the progress tracker.
3	As a gym trainer	I want to add my client's session data to their profile	Historical session data is stored and can be displayed to authorized users.

Story Number/ID: 10

Title: Emergency contact information

Description: As the gym manager, I want to collect emergency contact information in user profiles for safety reasons.

Acceptance Criteria:

AC #	Given	When	Then
1	As the gym manager	I want to collect emergency contact information	User profiles should include sections for emergency contact information.
2	As the gym manager	I want to collect emergency contact information	Users should be prompted to provide emergency contact details during registration.
3	As the gym manager	I want to collect emergency contact information	Contact information should be accessible to authorized staff.

Story Number/ID: 11

Title: Welcome Notification

Description: As a new user, I want to receive a welcome notification when I complete my registration, so that I feel acknowledged.

Acceptance Criteria:

AC #	Given	When	Then
1	As a new user	I want to receive a welcome notification	The system should send an email notification with a warm welcome message upon successful registration.
2	As a new user	I want to receive a welcome notification	The email should include a brief introduction to the platform's features.
3	As a new user	I want to receive a welcome notification	Users should receive the email within 5 minutes of registration.

Story Number/ID: 12

Title: Upcoming classes

Description: As a user, I want to receive notifications about upcoming fitness classes, so that I can plan my attendance.

Acceptance Criteria:

AC #	Given	When	Then
1	As a user	I want to receive notifications about upcoming fitness classes	Users should receive notifications about scheduled fitness classes.
2	As a user	I want to receive notifications about upcoming fitness classes	Notifications should include the class name, date, time, and location.
3	As a user	I want to receive notifications about upcoming fitness classes	Notifications should be sent 24 hours before the class, but the timeframe is adjustable by the user.

Story Number/ID: 13

Title: Training session requests

Description: As a fitness trainer, I want to receive notifications when a user requests a training session, so I can confirm or reschedule.

Acceptance Criteria:

AC #	Given	When	Then
1	As a fitness trainer	I receive notifications that a user requests a training session	Trainers should receive real-time notifications when a user requests a training session.
2	As a fitness trainer	I receive notifications that a user requests a training session	Notifications should provide options to accept, decline, or reschedule the request.
3	As a fitness trainer	I receive notifications that a user requests a training session	Notifications should include the user's name, requested time, and session details.

Story Number/ID: 14

Title: Scheduled counseling sessions

Description: As a nutritionist, I want to send users notifications about scheduled counseling sessions, so they remember their appointments.

Acceptance Criteria:

AC #	Given	When	Then
1	As a nutritionist	I want to send users notifications	Nutritionists should be able to schedule counseling sessions and send notifications to users.
2	As a nutritionist	I want to send users notifications	Notifications should include the session date, time, and a link to join the session.
3	As a nutritionist	I want to send users notifications	Users should receive notifications 24 hours before the scheduled session.

Story Number/ID: 15

Title: Fitness progress

Description: As a gym member, I want to receive notifications about my fitness progress, so I can stay motivated and track my achievements.

Acceptance Criteria:

AC #	Given	When	Then
1	As a gym member	I want to receive notifications about my fitness progress	Users should receive weekly fitness progress notifications summarizing their achievements.
2	As a gym member	I want to receive notifications about my fitness progress	Notifications should include metric data.
3	As a gym member	I want to receive notifications about my fitness progress	Users should have the option to customize these notifications.

Story Number/ID: 16

Title: Notify of event details

Description: As an event organizer, I want to send notifications to registered event attendees, so they have event details.

Acceptance Criteria:

AC #	Given	When	Then
1	As an event organizer	I want to send notifications to registered event attendees	Event organizers should be able to send notifications to all registered attendees.
2	As an event organizer	I want to send notifications to registered event attendees	Notifications should include event date, time, location, and any special instructions.
3	As an event organizer	I want to send notifications to registered event attendees	Notifications should be sent 24 hours before the event and one hour before it starts.

Story Number/ID: 17

Title: Important system-wide notifications

Description: As a gym manager, I want to send system-wide notifications for important updates or announcements, so all users stay informed.

Acceptance Criteria:

AC #	Given	When	Then
1	As a gym manager	I want to send system-wide notifications	Administrators should have the authority to send system-wide notifications.
2	As a gym manager	I want to send system-wide notifications	Notifications should appear prominently on the user's dashboard.
3	As a gym manager	I want to send system-wide notifications	Users should see the notification upon logging in and be able to dismiss it.

Story Number/ID: 18

Title: Customize notifications

Description: As a user, I want to customize notification preferences in my profile, so I can choose the types of notifications I receive.

Acceptance Criteria:

AC #	Given	When	Then
1	As a user	I want to customize notification preferences	Users should find an option to customize notification preferences in their profiles.
2	As a user	I want to customize notification preferences	Preferences should include categories like fitness, nutrition, and events.
3	As a user	I want to customize notification preferences	Users should receive notifications only for the categories they have selected.

Story Number/ID: 19

Title: Premium expiration date

Description: As a gym member, I want to receive a notification when my premium membership is about to expire, so I can renew it in a timely manner.

Acceptance Criteria:

AC #	Given	When	Then
1	As a gym member	My premium membership is about to expire	Users with expiring premium memberships should receive a renewal notification.
2	As a gym member	My premium membership is about to expire	Notifications should include the membership expiration date and a link to renew.
3	As a gym member	My premium membership is about to expire	Notifications should be sent one week before the membership expires.

Story Number/ID: 20

Title: Birthday notifications

Description: As a gym manager, I want to send birthday notifications with special offers or discounts for services, so I can celebrate my customer's fitness journey.

Acceptance Criteria:

AC #	Given	When	Then
1	As a gym manager	I want to send birthday notifications with special offers	Users should have the option to provide their birthdate in their profiles.
2	As a gym manager	I want to send birthday notifications with special offers	The system should send birthday notifications on the user's birthdate.
3	As a gym manager	I want to send birthday notifications with special offers	Birthday notifications should include special offers or discounts.

Story Number/ID: 21

Title: Personal training appointments

Description: As a gym member, I want to schedule a personal training session, so that I can work with a trainer at my convenience.

Acceptance Criteria:

AC #	Given	When	Then
1	As a gym member	I want to schedule a personal training session	Users should be able to select a date and time for their training session.
2	As a gym member	I want to schedule a personal training session	The schedule should include session times, client names, and session types.
3	As a gym member	I want to schedule a personal training session	Changes to the schedule should be reflected in real-time.

Story Number/ID: 22

Title: Availability for sessions

Description: As a nutritionist, I want to set my availability for counseling sessions, so clients can book appointments when it suits them.

Acceptance Criteria:

AC #	Given	When	Then
1	As a nutritionist	I want to set my availability for counseling sessions	Nutritionists should have a user-friendly interface to set their availability.
2	As a nutritionist	I want to set my availability for counseling sessions	Availability changes should be reflected immediately in the scheduling system.
3	As a nutritionist	I want to set my availability for counseling sessions	Clients should see the updated availability when booking sessions.

Story Number/ID: 23

Title: Organizing events and classes

Description: As an event organizer, I want to schedule gym events and classes, so members can plan their attendance in advance.

Acceptance Criteria:

AC #	Given	When	Then
1	As an event organizer	I want to schedule gym events and classes	Event organizers should have a feature to schedule gym events and classes.
2	As an event organizer	I want to schedule gym events and classes	Schedules should include event names, dates, times, and locations.
3	As an event organizer	I want to schedule gym events and classes	Members should receive event notifications after scheduling.

Story Number/ID: 24

Title: Assisting with scheduling issues

Description: As a gym manager, I want to view and manage all scheduled appointments, so I can assist with any scheduling issues.

Acceptance Criteria:

AC #	Given	When	Then
1	As a gym manager	I want to view and manage all scheduled appointments	Administrators should have access to an overview of all scheduled appointments.
2	As a gym manager	I want to view and manage all scheduled appointments	The system should allow administrators to reschedule or cancel appointments when necessary.
3	As a gym manager	I want to view and manage all scheduled appointments	Changes made by administrators should trigger notifications to the affected parties.

Story Number/ID: 25

Title: View time slots

Description: As a user, I want to see the available time slots of my preferred trainer before booking a session, so I can align my schedule with theirs.

Acceptance Criteria:

AC #	Given	When	Then
1	As a user	I want to see the available time slots of my preferred trainer	Users should access the calendars of trainers they wish to book.
2	As a user	I want to see the available time slots of my preferred trainer	The system should display the trainers' available time slots.
3	As a user	I want to see the available time slots of my preferred trainer	Users should be able to book sessions directly from the trainer's calendar.

Story Number/ID: 26

Title: Rescheduling

Description: As a user, I want to reschedule my session to a different time or date, so I can adapt to changes in my schedule.

Acceptance Criteria:

AC #	Given	When	Then
1	As a user	I want to reschedule my session	Users should have the option to reschedule sessions.
2	As a user	I want to reschedule my session	The system should display available time slots for rescheduling.
3	As a user	I want to reschedule my session	Users should receive confirmation emails for the rescheduled sessions.

Story Number/ID: 27

Title: Recurring appointments

Description: As a personal trainer, I want to set recurring appointments with clients, so they have a consistent schedule.

Acceptance Criteria:

AC #	Given	When	Then
1	As a personal trainer	I want to set recurring appointments with clients	Personal trainers should be able to schedule recurring appointments (e.g., weekly, bi-weekly).
2	As a personal trainer	I want to set recurring appointments with clients	Recurring appointments should be reflected in the client's schedule.
3	As a personal trainer	I want to set recurring appointments with clients	Clients should be able to cancel or reschedule each recurring appointment.

Story Number/ID: 28

Title: Appointment reports

Description: As a gym manager, I want to generate appointment reports for trainers and nutritionists, so I can assess scheduling efficiency and client engagement.

Acceptance Criteria:

AC #	Given	When	Then
1	As a gym manager	I want to generate appointment reports	Administrators should have access to a reporting feature for appointments.
2	As a gym manager	I want to generate appointment reports	Reports should include data on booked sessions, cancellations, and rescheduled appointments.
3	As a gym manager	I want to generate appointment reports	The system should allow for data export and analysis.

Story Number/ID: 29

Title: Training session availability

Description: As a personal trainer, I want to set my availability for training sessions, so clients can book appointments when it suits them.

Acceptance Criteria:

AC #	Given	When	Then
1	As a personal trainer	I want to set my availability for training sessions	Trainers should have the option to set their availability.
2	As a personal trainer	I want to set my availability for training sessions	Availability changes should be reflected immediately in the scheduling system.
3	As a personal trainer	I want to set my availability for training sessions	Clients should see the updated availability when booking sessions.

Story Number/ID: 30

Title: Session types

Description: As a user, I want to book sessions for different training types, so I can have a diverse workout routine.

Acceptance Criteria:

AC #	Given	When	Then
1	As a user	I want to book sessions for different training types	Users should be able to choose from a variety of training types (e.g., strength, cardio, yoga).
2	As a user	I want to book sessions for different training types	The system should show available sessions for the selected training type.
3	As a user	I want to book sessions for different training types	Users should receive confirmations with session details and requirements.

Story Number/ID: 31

Title: Log workout sessions

Description: As a user, I want to log my workout sessions, so I can monitor my progress over time.

Acceptance Criteria:

AC #	Given	When	Then
1	As a user	I want to log my workout sessions	Users should be able to enter details of their workout sessions, including date, type, duration, and intensity.
2	As a user	I want to log my workout sessions	The system should display cumulative statistics, such as total hours spent exercising.
3	As a user	I want to log my workout sessions	Users should be able to view their workout history and progress charts.

Story Number/ID: 32

Title: View progress of clients

Description: As a fitness trainer, I want to view and analyze the progress of my clients, so I can adjust their workout plans as needed.

Acceptance Criteria:

AC #	Given	When	Then
1	As a fitness trainer	I want to view and analyze the progress of my clients	Trainers should access a list of their clients and their progress records.
2	As a fitness trainer	I want to view and analyze the progress of my clients	The system should provide summary statistics, such as weight changes, strength gains, or improved endurance.
3	As a fitness trainer	I want to view and analyze the progress of my clients	Trainers should be able to add notes and recommendations based on the progress.

Story Number/ID: 33

Title: Track dietary & weight data

Description: As a nutritionist, I want clients to track their dietary choices and weight, so I can provide personalized guidance for their nutrition goals.

Acceptance Criteria:

AC #	Given	When	Then
1	As a nutritionist	I want clients to track their dietary choices and weight	Users should be able to record their daily dietary choices and weight.
2	As a nutritionist	I want clients to track their dietary choices and weight	The system should calculate nutritional data, such as calorie intake.
3	As a nutritionist	I want clients to track their dietary choices and weight	Nutritionists should have access to detailed logs of clients' food consumption.

Story Number/ID: 34

Title: Parent access to tracking data

Description: As a parent, I want to track my child's fitness progress and nutrition, so I can ensure their well-being and development.

Acceptance Criteria:

AC #	Given	When	Then
1	As a parent	I want to track my child's fitness progress and nutrition	Parents should be able to enter their child's fitness activities, such as sports or workouts.
2	As a parent	I want to track my child's fitness progress and nutrition	The system should provide insights into the child's growth and health metrics.
3	As a parent	I want to track my child's fitness progress and nutrition	Parents should receive recommendations based on the child's progress.

Story Number/ID: 35

Title: Tracking event participation

Description: As an event organizer, I want to track attendance and participation in fitness classes and events, so I can improve event planning.

Acceptance Criteria:

AC #	Given	When	Then
1	As an event organizer	I want to track attendance and participation	Event organizers should have a feature to mark attendance for each event.
2	As an event organizer	I want to track attendance and participation	The system should generate reports on event participation and attendance trends.
3	As an event organizer	I want to track attendance and participation	Notifications should be sent to users who attended events to track feedback.

Story Number/ID: 36

Title: Set specific goals

Description: As a user, I want to set specific fitness goals, such as weight loss or muscle gain, so I can track my progress towards these goals.

Acceptance Criteria:

AC #	Given	When	Then
1	As a user	I want to set specific fitness goals	Users should be able to define and specify fitness goals, including target weights or strength achievements.
2	As a user	I want to set specific fitness goals	The system should provide a dashboard that displays progress towards these goals.
3	As a user	I want to set specific fitness goals	Users should receive achievement notifications when they reach their goals.

Story Number/ID: 37

Title: Visualizing progress

Description: As a user, I want to visualize my progress through charts and graphs, so I can gain insights into my fitness and nutrition trends.

Acceptance Criteria:

AC #	Given	When	Then
1	As a user	I want to visualize my progress	Users should have access to visuals of their progress data, such as graphs.
2	As a user	I want to visualize my progress	The system should allow users to customize the metrics displayed.
3	As a user	I want to visualize my progress	Users should be able to export the charts and graphs for records.

Story Number/ID: 38

Title: Trends across the user base

Description: As an administrator, I want to generate reports on overall fitness and nutrition trends across the user base, so I can assess the platform's impact.

Acceptance Criteria:

AC #	Given	When	Then
1	As an administrator	I want to generate reports on overall fitness and nutrition trends across the user base	Administrators should have access to a reporting feature with aggregate progress data.
2	As an administrator	I want to generate reports on overall fitness and nutrition trends across the user base	Reports should include statistics on weight changes, workout types, nutrition habits, and more.
3	As an administrator	I want to generate reports on overall fitness and nutrition trends across the user base	The system should allow data export and trend analysis.

Story Number/ID: 39

Title: Privacy settings

Description: As a user, I want to set privacy settings for my progress tracking data, so I can control who can view my fitness and nutrition information.

Acceptance Criteria:

AC #	Given	When	Then
1	As a user	I want to set privacy settings for my progress tracking data	Users should be able to define privacy settings for their progress data.
2	As a user	I want to set privacy settings for my progress tracking data	Privacy settings should include options for sharing with trainers, nutritionists, or specific contacts.
3	As a user	I want to set privacy settings for my progress tracking data	The system should ensure that data is protected.

Story Number/ID: 40

Title: Compare progress

Description: As a user, I want to compare my fitness progress with that of friends, so we can motivate each other and celebrate achievements.

Acceptance Criteria:

AC #	Given	When	Then
1	As a user	I want to compare my fitness progress with friends	Users should be able to connect with friends on the platform and share their progress data.
2	As a user	I want to compare my fitness progress with friends	The system should provide a social feed displaying friends' achievements and milestones.
3	As a user	I want to compare my fitness progress with friends	Users should be able to like, comment, and send encouraging messages to friends.

Story Number/ID: 41

Title: Event calendar

Description: As a gym member, I want to view the upcoming fitness classes on the event calendar, so I can plan my workouts and attend the classes I'm interested in.

Acceptance Criteria:

AC #	Given	When	Then
1	As a gym member	I want to view the upcoming fitness classes	Users should be able to access the event calendar.
2	As a gym member	I want to view the upcoming fitness classes	The calendar should display upcoming fitness classes with details like date, time, location, and instructor.
3	As a gym member	I want to view the upcoming fitness classes	Users can click on an event to view additional information.

Story Number/ID: 42

Title: Creating new fitness classes

Description: As a personal trainer, I want to schedule and add new fitness classes to the event calendar, so I can plan my sessions and notify members.

Acceptance Criteria:

AC #	Given	When	Then
1	As a personal trainer	I want to schedule and add new fitness classes	Trainers should have access to a feature for creating new fitness classes.
2	As a personal trainer	I want to schedule and add new fitness classes	The system should allow trainers to specify class details, such as date, time, capacity, and location.
3	As a personal trainer	I want to schedule and add new fitness classes	Trainers should receive notifications when members register for their classes.

Story Number/ID: 43

Title: Promote special events

Description: As an event organizer, I want to promote special events, such as workshops and seminars, on the event calendar, so I can attract participants and provide event details.

Acceptance Criteria:

AC #	Given	When	Then
1	As an event organizer	I want to promote special events	Event organizers should be able to add events to the calendar, including titles, and descriptions.
2	As an event organizer	I want to promote special events	The system should display a separate category for special events.
3	As an event organizer	I want to promote special events	Event details should include registration links or RSVP options.

Story Number/ID: 44

Title: Event approval

Description: As a gym manager, I want to review and approve events added to the calendar, so I can ensure event quality and relevance.

Acceptance Criteria:

AC #	Given	When	Then
1	As a gym manager	I want to review and approve events	Administrators should have access to event submissions for review.
2	As a gym manager	I want to review and approve events	The system should provide options for approving or rejecting event additions.
3	As a gym manager	I want to review and approve events	Approved events should be displayed on the calendar.

Story Number/ID: 45

Title: Filter events

Description: As a user, I want to filter events on the calendar by type, location, and date, so I can quickly find events that match my preferences.

Acceptance Criteria:

AC #	Given	When	Then
1	As a user	I want to filter events on the calendar	Users should be able to select filter options, such as event type (e.g., yoga, strength training), location, and date range.
2	As a user	I want to filter events on the calendar	The system should display filtered results based on user selections.
3	As a user	I want to filter events on the calendar	Users can clear filters and reset the calendar view.

Story Number/ID: 46

Title: List of registered participants

Description: As an event organizer, I want to see a list of registered participants for each class on the event calendar, so I can prepare accordingly and know who to expect.

Acceptance Criteria:

AC #	Given	When	Then
1	As an event organizer	I want to see a list of registered participants	Trainers should access a participant list for each of their scheduled classes.
2	As an event organizer	I want to see a list of registered participants	The list should include participant names, profile pictures, and contact information.
3	As an event organizer	I want to see a list of registered participants	Trainers can send pre-class messages or reminders to participants.

Story Number/ID: 47

Title: Synchronize calendars

Description: As a personal trainer, I want to synchronize my personal calendar with the event calendar to avoid scheduling conflicts and double bookings.

Acceptance Criteria:

AC #	Given	When	Then
1	As a personal trainer	I want to synchronize my personal calendar with the event calendar	Trainers should have the option to sync their personal calendars (e.g., Google Calendar, Outlook) with the event calendar.
2	As a personal trainer	I want to synchronize my personal calendar with the event calendar	The synchronization should prevent trainer availability during their scheduled classes.
3	As a personal trainer	I want to synchronize my personal calendar with the event calendar	Trainers can receive event reminders through their synced calendars.

Story Number/ID: 48

Title: Event reviews and ratings

Description: As a user, I want to see event reviews and ratings by other participants, so I can choose the best fitness classes and workshops.

Acceptance Criteria:

AC #	Given	When	Then
1	As a user	I want to see event reviews and ratings by other participants	Users should be able to read and submit event reviews and ratings.
2	As a user	I want to see event reviews and ratings by other participants	Reviews should include feedback on class content, instructor quality, and overall experience.
3	As a user	I want to see event reviews and ratings by other participants	The system should display an average rating for each event.

Story Number/ID: 49

Title: Event preferences

Description: As a user, I want to set event preferences, so I can receive personalized event recommendations and set filters that match my preferences.

Acceptance Criteria:

AC #	Given	When	Then
1	As a user	I want to set event preferences	Users should have a profile feature to set event preferences, such as preferred fitness types and event locations.
2	As a user	I want to set event preferences	The system should use these preferences to recommend relevant events.
3	As a user	I want to set event preferences	Users can opt to filter based on their preferences.

Story Number/ID: 50

Title: Different views

Description: As a user, I want the event calendar to display upcoming events in a monthly view, so I can plan my fitness activities for the entire month.

Acceptance Criteria:

AC #	Given	When	Then
1	As a user	I want the event calendar to display upcoming events	Users should have the option to switch between daily, weekly, and monthly calendar views.
2	As a user	I want the event calendar to display upcoming events	The monthly view should show event summaries for each day.
3	As a user	I want the event calendar to display upcoming events	Users can click on a day to view event details for that date.

Section 2.05 Software requirements specification

(a) External interface requirements

1) Integration with email services for email verification, integration with social media for linking profiles.
2) Integration with email notification services and push notification services.
3) Calendar integration with popular calendar apps, email notifications for event changes.
4) Data synchronization with fitness trackers, wearable devices, and nutrition apps.
5) Integration with personal calendar applications, e-mail, and push notifications for event updates.

(b) Functional Requirements

1) User Registration and User Profiles:

a) Validate the format of user inputs (email and password requirements).
b) Send confirmation emails for user registration.
c) Provide an option for users to edit their profiles.
d) Handle errors in case of registration failure.

2) User Notifications:

a) Allow users to set notification preferences.
b) Send notifications in real-time based on user preferences and event changes.
c) Provide an option to view and clear notifications.
d) Handle cases of notification delivery failure.

3) Appointment Scheduling:

a) Validate event creation inputs (date, time availability, capacity limits).
b) Allow users to register for events.
c) Manage event participant lists.
d) Handle event rescheduling and cancellations.

4) Progress Tracking:

a) Accept user inputs for fitness and nutrition data.
b) Visualize progress data on charts and graphs.
c) Provide goal tracking and achievement rewards.
d) Offer sharing options for progress data.

5) Event Calendar:

a) Allow users to filter events based on user preferences.
b) Display events based on filter settings.
c) Synchronize with personal calendar applications.
d) Handle event change notifications and user RSVPs.

(c) Non-functional requirements

1) User Registration and User Profiles:
   a) Registration confirmation emails should be sent promptly.
   b) User profiles should load quickly, even with many user profiles.
   c) The system should handle a high volume of simultaneous user registrations.
2) User Notifications:
   a) Notifications should be delivered in near real-time.
   b) The system should handle a high volume without significant delays.
   c) Notification logs should be accessible without performance issues.
3) Appointment Scheduling:
   a) Event creation and registration processes should be responsive.
   b) The system should support concurrent operations.
   c) Event rescheduling and cancellation processes should be swift.
4) Progress Tracking:
   a) Progress data visualizations should load promptly.
   b) The system should handle large datasets of fitness and nutrition data efficiently.
   c) Sharing and social features should be responsive.
5) Event Calendar:
   a) The calendar should load quickly and display events efficiently.
   b) Synchronization with personal calendars should be timely.
   c) Event change notifications should be sent without significant delays.

(d) Design constraints

1) The system should be designed to be responsive and mobile-friendly.
2) It should be compatible with various web browsers and mobile devices.
3) The database should be designed to handle high volume efficiently.
4) Security measures should be in place to protect user data.

Article III. Design

Section 3.01 Definition of design

Software design is the iterative process by which an engineer makes decisions about the requirements, functions, structure, and transfer of data in a software system. Once the model has been established, the engineer uses it as a reference to implement the system. The design phase is especially important for the coordination of teams working on large projects for clients.

Section 3.02 Our design process

Overall, a combination of design patterns would best benefit this project:

1) **The Model-View-Controller Pattern:** Ideal for user registration and profiles, user notifications, and progress tracking. It provides clear separation of systems, making the application modular and maintainable.
   a) **User Registration and Profiles:** Model handles user data, View displays profiles, and Controller manages interactions.
   b) **User Notifications:** Controller handles notification logic, Model manages notification data, and View displays notifications.
   c) **Progress Tracking:** Model stores fitness and nutrition data, Controller processes progress, and View displays visualizations.

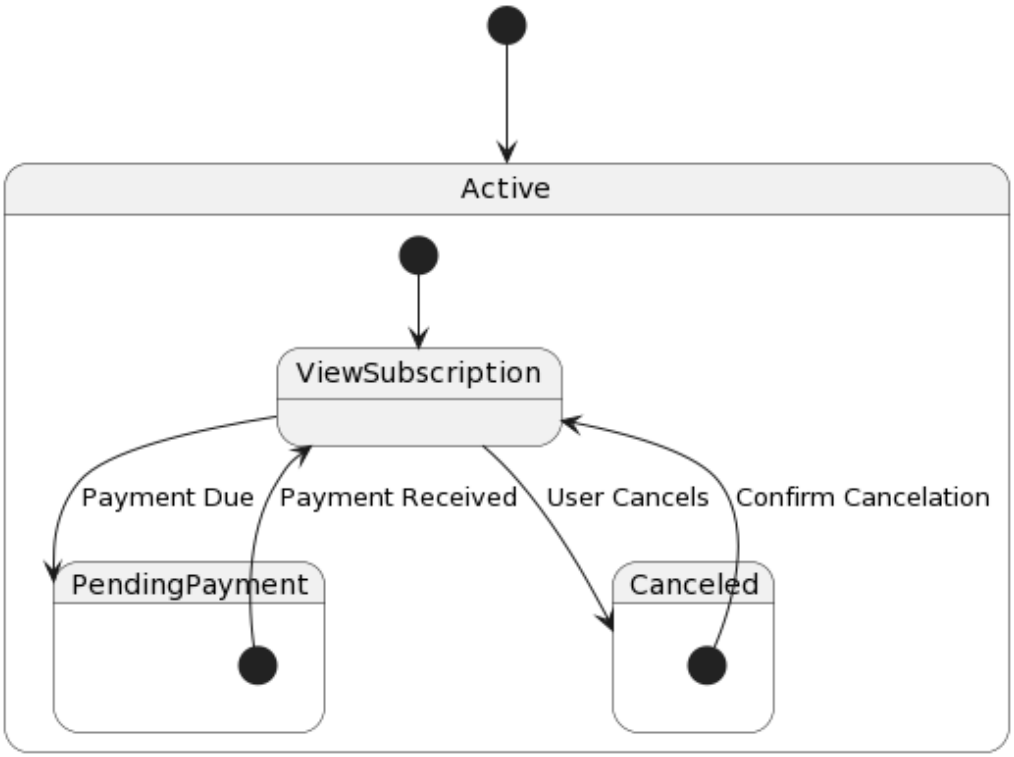
2) **RESTful API Pattern:** This pattern is crucial for the nutritional services that require interaction with external services or data sources. It ensures efficient data retrieval and synchronization by allowing the app to create endpoints for fetching nutritional data from external sources.

3) **Observer Pattern:** This pattern is essential for real-time updates, benefiting features like User Notifications and Event Calendar.
   a) **User Notifications:** The Observer Pattern notifies users in real-time about changes, updates, or important information.
   b) **Event Calendar:** Users can subscribe to events or categories, and the Observer Pattern informs them of any calendar changes or updates.

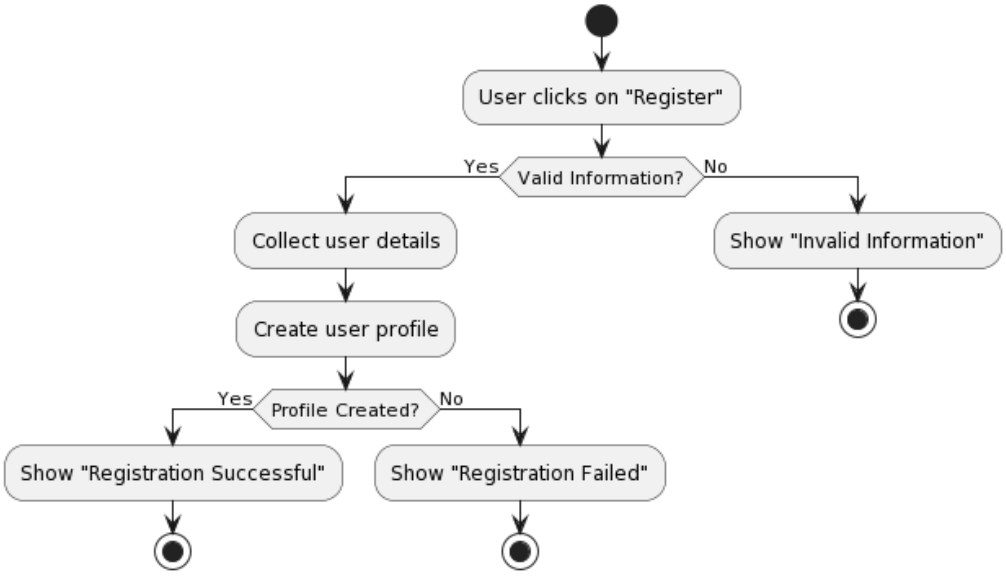
Section 3.03 Demonstrations of the design

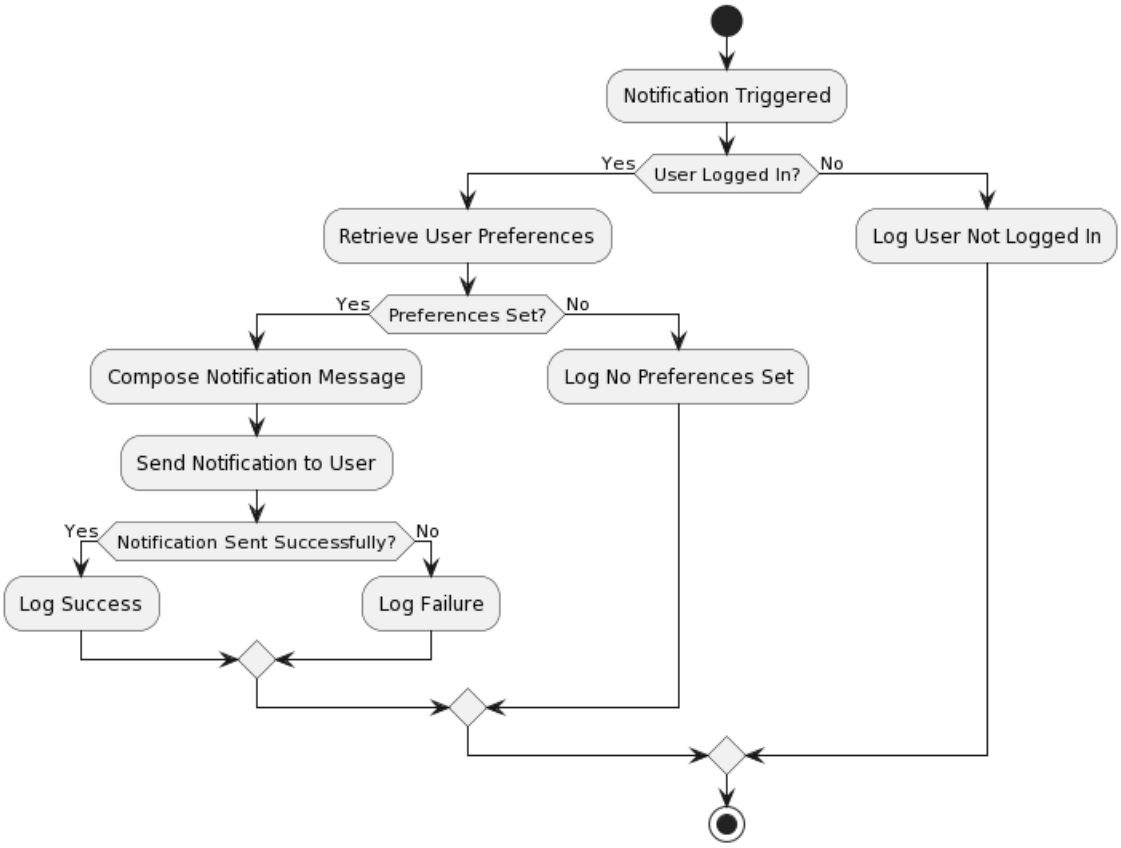
(a) Use cases

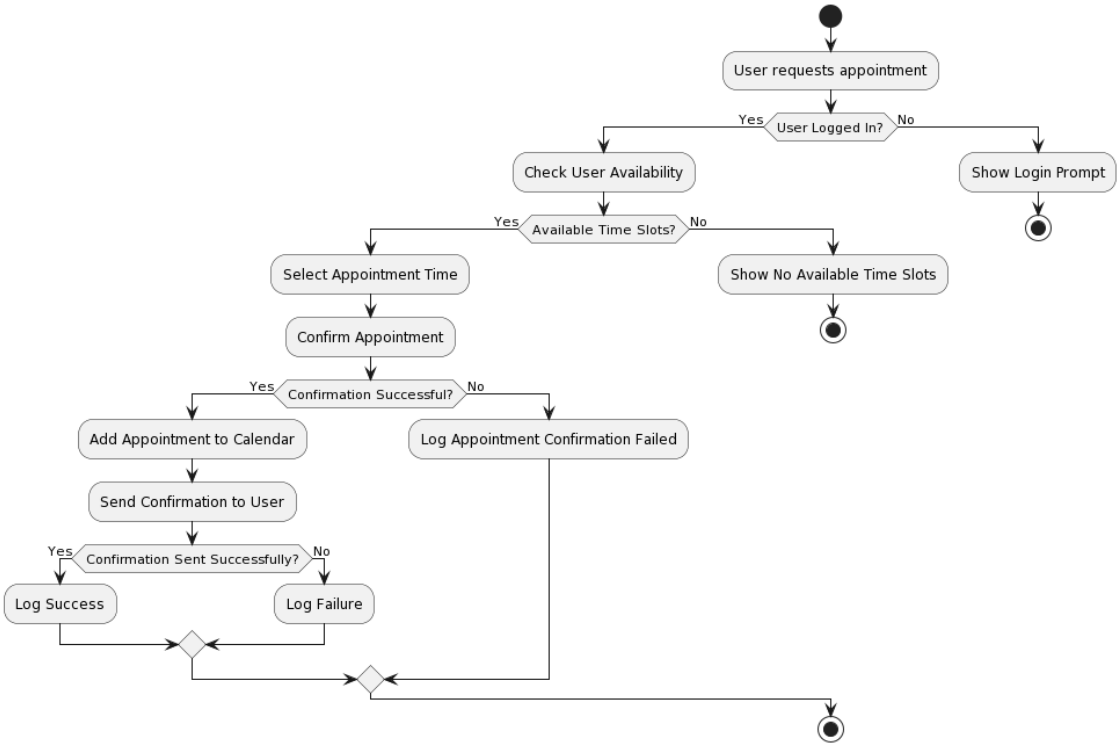
(b) State diagrams



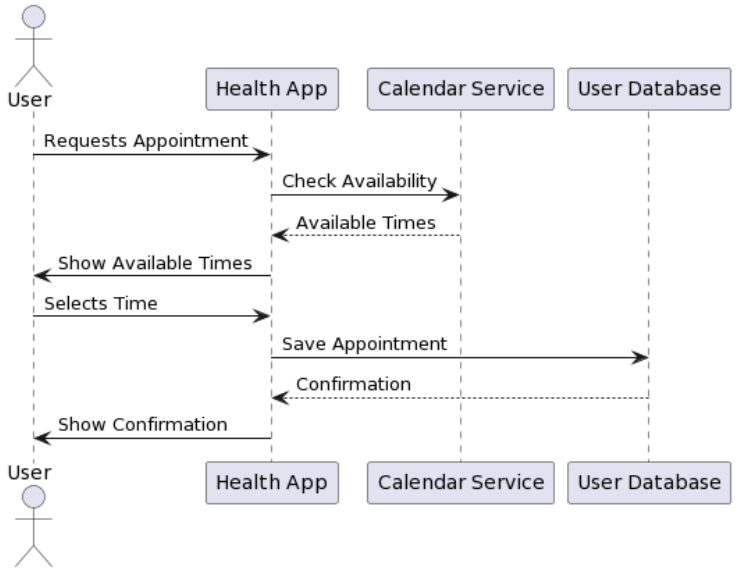
(c) Flow Charts

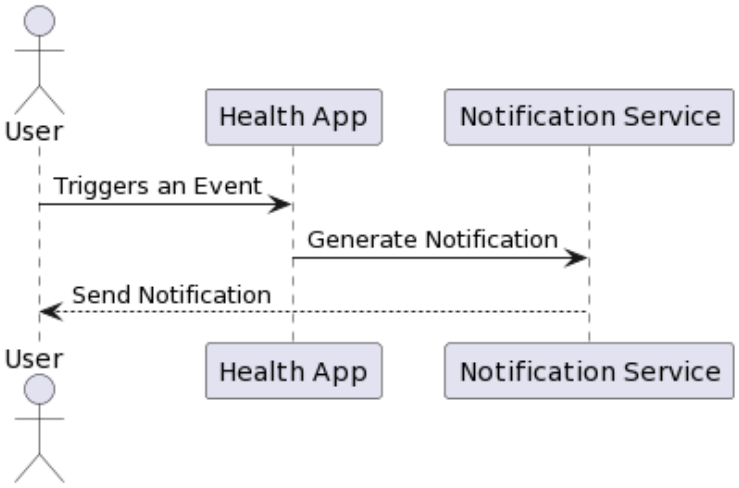


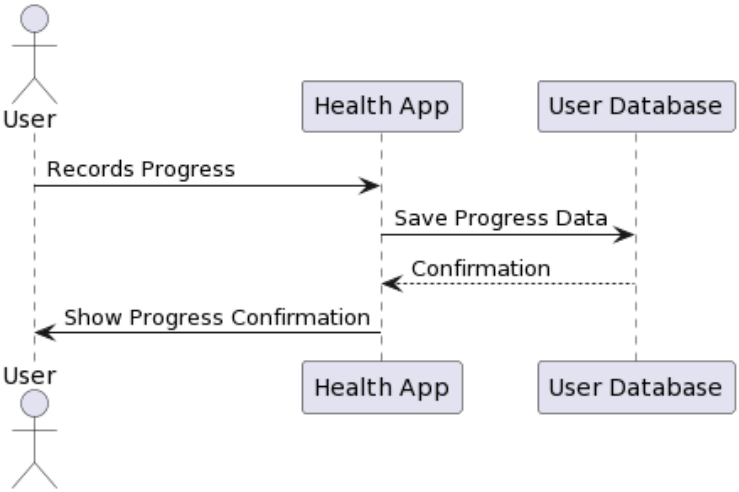

Notification Triggered
User Logged In?
Yes
No
Retrieve User Preferences
Log User Not Logged In
Preferences Set?
Yes
No
Compose Notification Message
Log No Preferences Set
Send Notification to User
Notification Sent Successfully?
Yes
No
Log Success
Log Failure


User requests appointment
User Logged In?
Yes
No
Check User Availability
Show Login Prompt
Available Time Slots?
Yes
No
Select Appointment Time
Show No Available Time Slots
Confirm Appointment
Confirmation Successful?
Yes
No
Add Appointment to Calendar
Log Appointment Confirmation Failed
Send Confirmation to User
Confirmation Sent Successfully?
Yes
No
Log Success
Log Failure

(d) Sequence diagrams

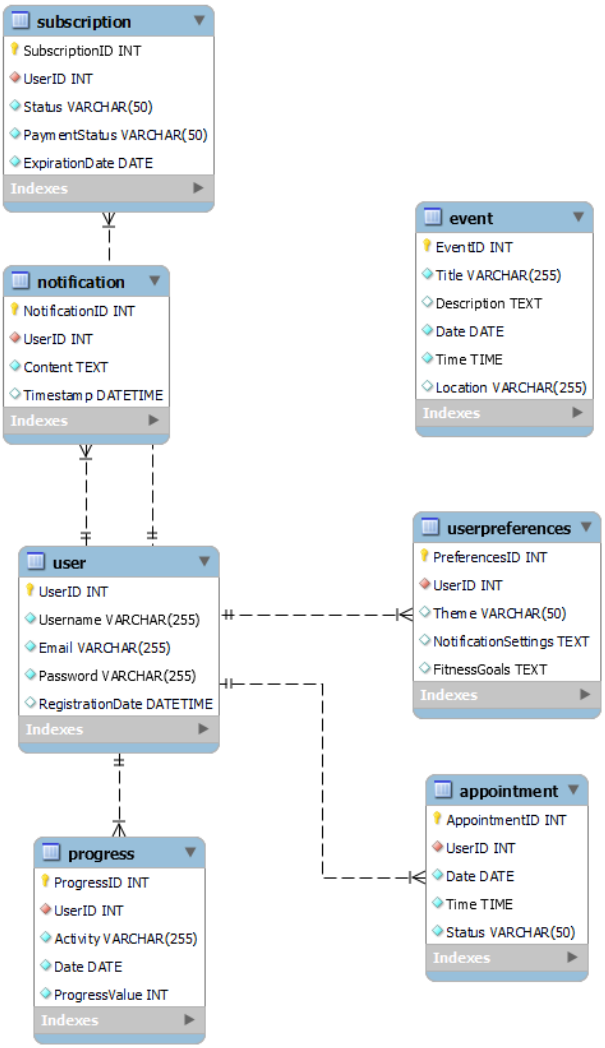




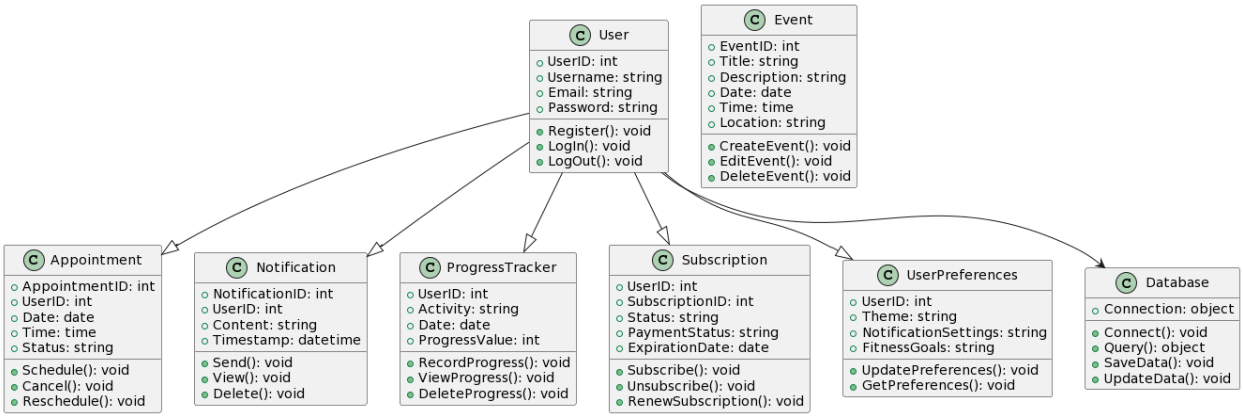


Section 3.04 Design process attributes

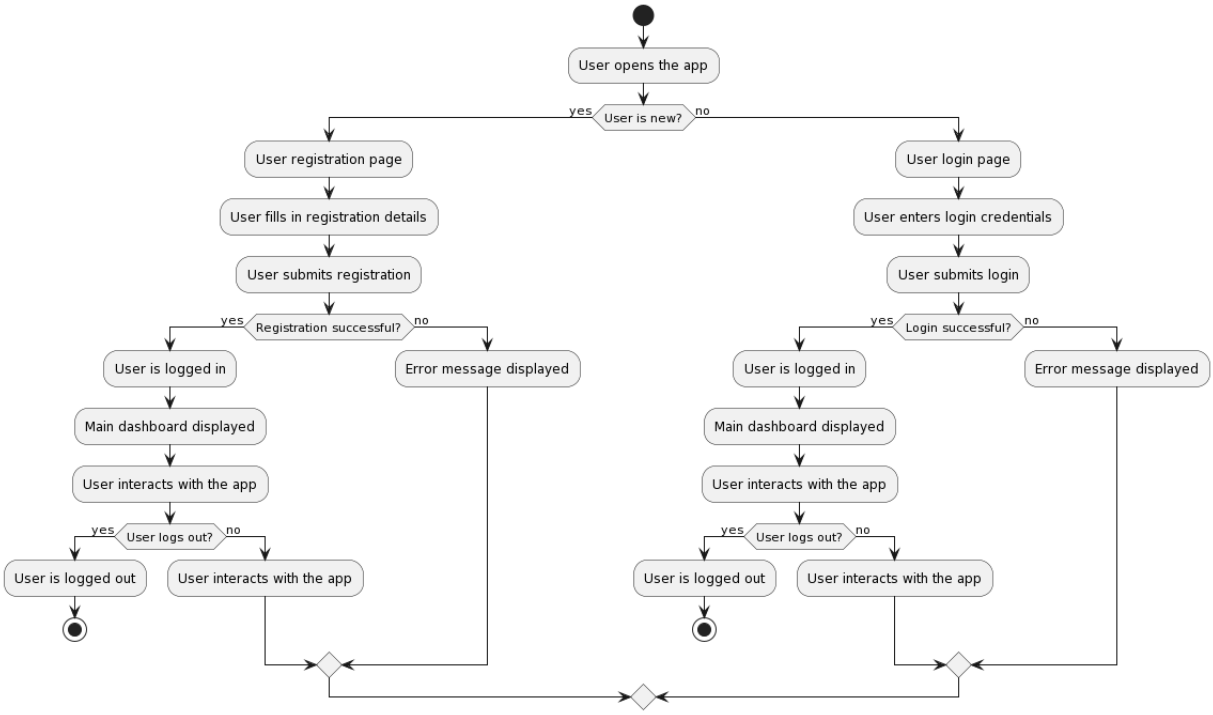
(a) Data design



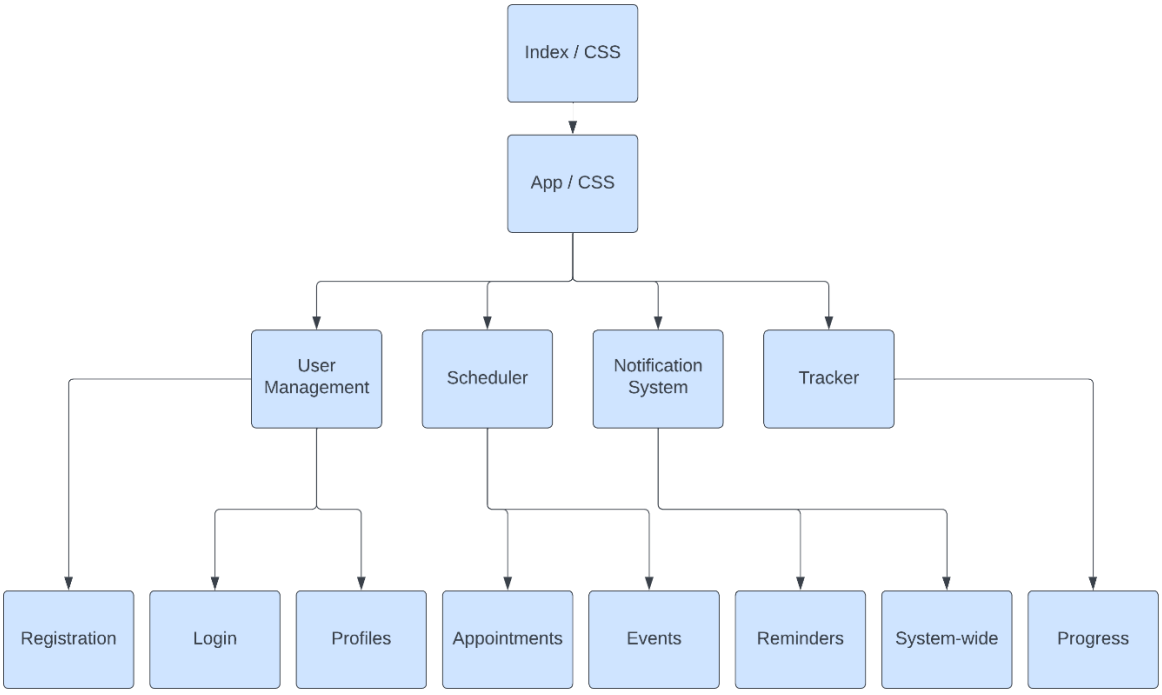
(b) Architectural design



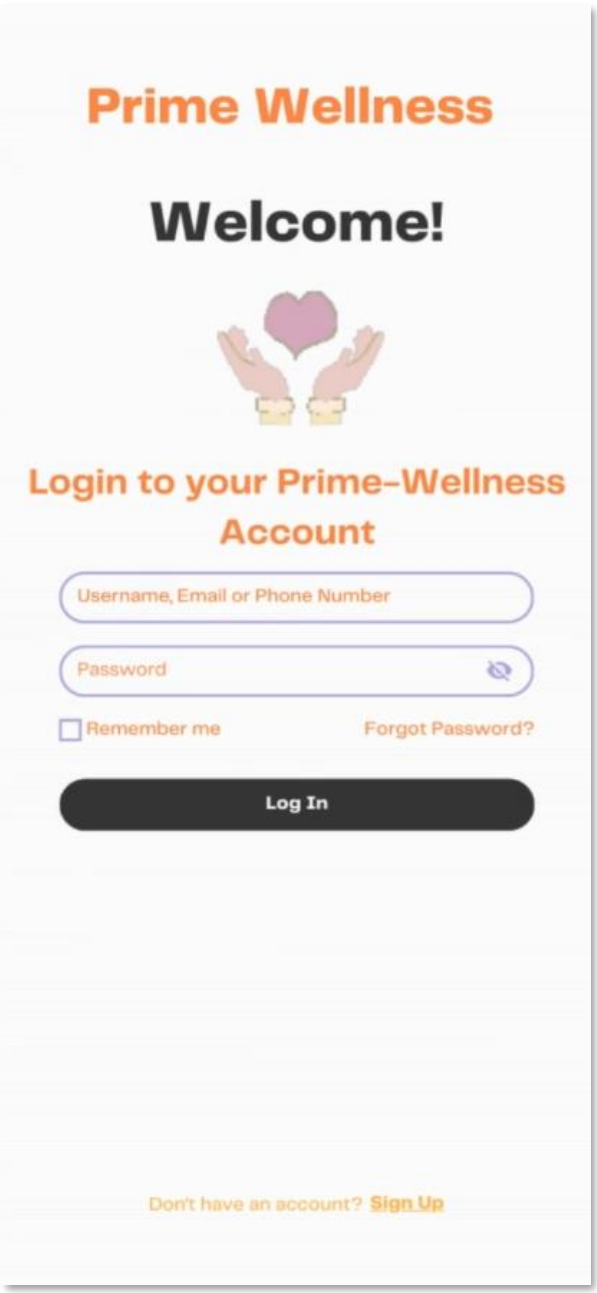
(c) Interface design

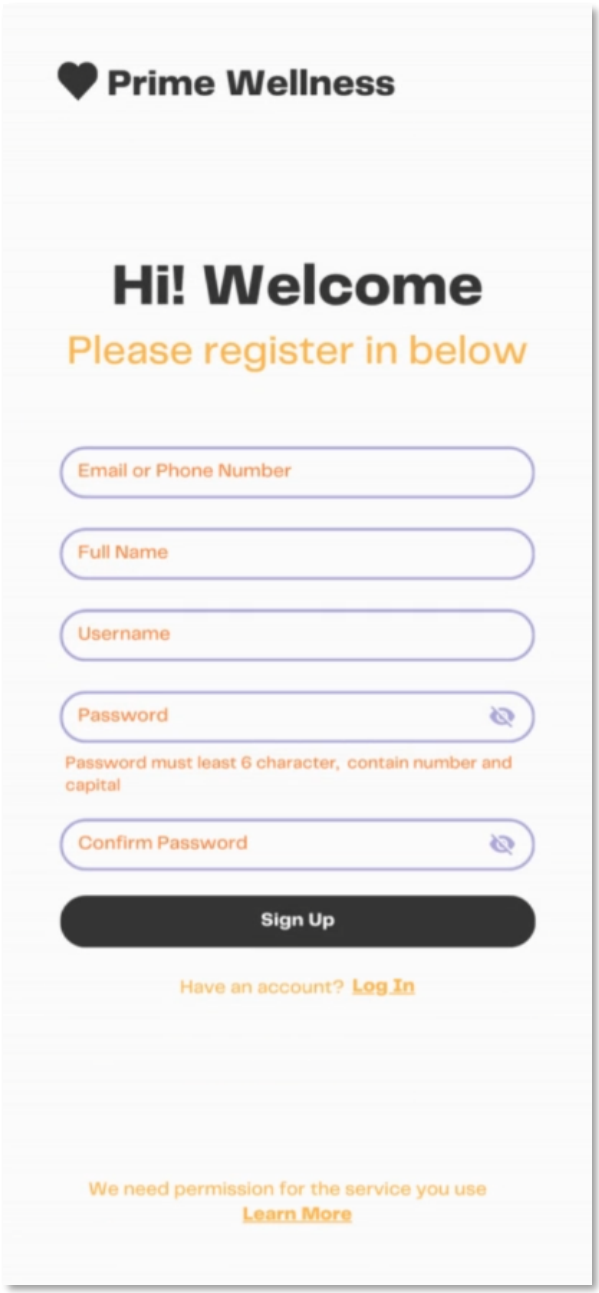


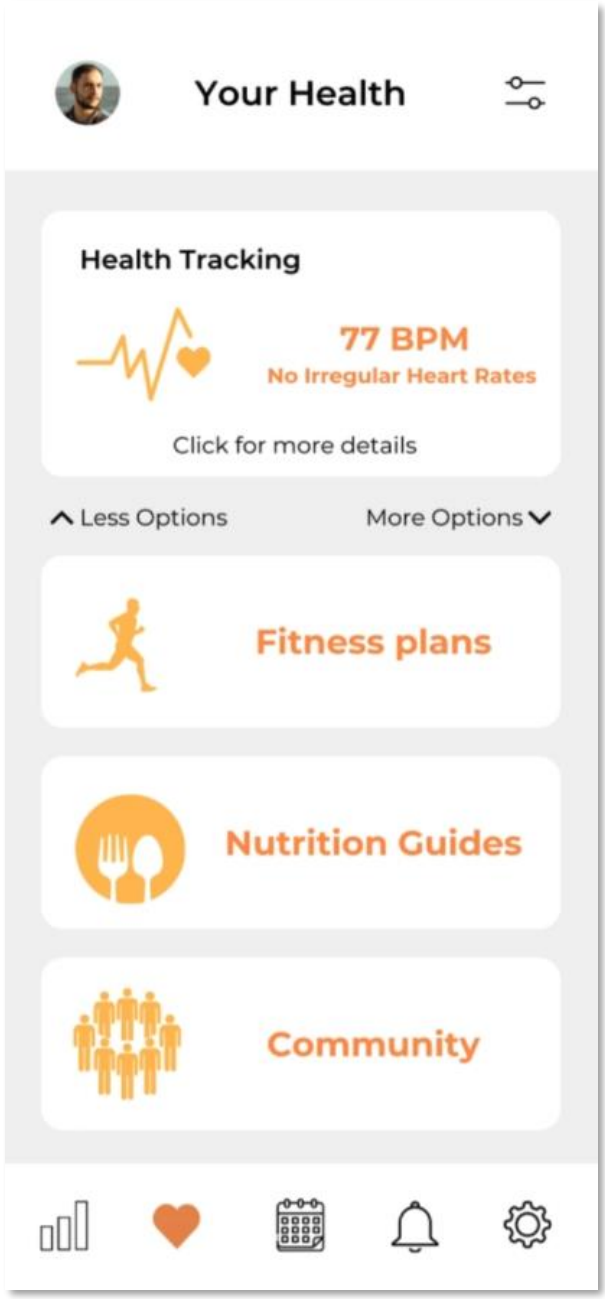
(d) Procedural design



(e) Screen mockups.






Your Health
Health Tracking
77 BPM
No Irregular Heart Rates
Click for more details
Less Options
More Options
Fitness plans
Nutrition Guides
Community

Section 3.05 Rationale Management

(a) The issues that were addressed

1) **Data security:** Due to the nature of personal data being stored in the application, security was a major concern. Not only is financial information stored on the application, but body measurements and performance metrics are stored that may be accessed by individuals other than the account owner. Attention was paid to the process of authorizing users and protecting against unauthorized individuals.
2) **User experience:** The sponsoring organization serves a multi-cultural population from a broad range of ages. Therefore, the technical experience of the demographic using the application may vary widely. Particular attention was paid to promoting a good user experience for this demographic.
3) **Compatibility:** It is important to the product owner that users are not isolated from the services offered on the application due to having older devices. The application should function properly and maintain its pleasant user interface throughout a broad range of devices and platforms.
4) **Content management:** The processes involved in managing and updating content were thoroughly discussed. It was important to entice users to the premium services offered on the application without providing unnecessary features that add little to no value.

(b) The alternatives that were considered

1) **Data security:**
   a) Implement end-to-end encryption.
   b) Perform regular security audits.
2) **User experience:**
   a) Implement user-centered design principles.
   b) Maintain consistency across design elements.
3) **Compatibility:**
   a) Create as a progressive web application.
   b) Use cross-platform frameworks.
4) **Content Management:**
   a) Create a set of core features and avoid fluff.
   b) Negotiate with the product owner to low value features.

(c) The decisions that were made to resolve the issues

1) **Data security:** Allow the user to dictate who is an authorized viewer of their profile.
2) **User-experience:** Follow familiar design standards and maintain consistency throughout.
3) **Compatibility:** Create a web application using cross-compatible frameworks.
4) **Content Management:** Negotiate a set of the most valuable core features.

(d) The criteria used to guide decisions

The development this application relied on a set of core criteria to guide decision-making. User-centered design places emphasis on the user's preferences and needs, ensuring an intuitive user experience. Data security and privacy are non-negotiable, safeguarding sensitive data through an authorized user system was required. Cross-platform compatibility extends the app's reach, functioning seamlessly on various devices. Content management promotes an engaging user experience that entices users to the sponsoring organization’s premium service models. These criteria shape an application that prioritizes user satisfaction, data security, accessibility, and a personalized user experience.

(e) The debate developers went through to reach a decision

Team meetings were held regularly to discuss the pros, cons, and issues encountered throughout the development process. The team prioritized negotiations that allowed valuable ideas to remain relevant while eliminating low value ideas that would become a poor use of resources.

Article IV. Implementation

Section 4.01 SCRUM methodology

Team Planning

Sprint #: 1

Date: 09/18/2023

Product Owner: Raul Acosta

Scrum master: Isaac Meza

Team: 3

Stories for this Sprint

Story ID	Story Title	Status	Assigned To	Estimate
1	As a new gym member, I want to create a user profile so that I can access the gym's online services.	Pending	Roberto Di Bari	N/A
2	As a gym trainer, I want to view the profiles of my clients to better understand their fitness needs and progress.	Pending	Edwin Arrechavala	N/A
3	As a nutritionist, I want to access client profiles to tailor nutritional advice based on their goals and dietary preferences.	Pending	Andress Vizcaino Seolin	N/A
4	As a user, I want to link my social media profiles for quick registration and profile setup.	Pending	Amarise Rodriguez	N/A
5	As a non-premium member, I want to upgrade my profile to access advanced features and services.	Pending	Roberto Di Bari	N/A
6	As a user, I want to upload a profile picture so that others can recognize me.	Pending	Edwin Arrechavala	N/A
7	As a user, I want to input my measurements on my profile to track changes over time.	Pending	Andress Vizcaino Seolin	N/A
8	As a user, I want to add my fitness achievements and milestones to my profile for motivation.	Pending	Amarise Rodriguez	N/A
9	As a gym trainer, I want to add my client's session data to their profile for tracking.	Pending	Roberto Di Bari	N/A
10	As the gym manager, I want to collect emergency contact information in user profiles for safety reasons.	Pending	Edwin Arrechavala	N/A

Sprint Goal: User registration and creation of user profiles will be completed during this sprint.

Total Estimated Velocity: N/A

Daily Standup

Sprint #: 1

Date: 09/21/2023

Product Owner: Raul Acosta

Scrum master: Isaac Meza

Team member 1: Roberto Di Bari

What I did Yesterday: Story # 1, 5

What I am going to do Today: Story # 9

Impediments: Ensuring the security and privacy of client session data in the profile system.

Team member 2: Edwin Arrechavala

What I did Yesterday: Story # 2

What I am going to do Today: Story # 6, 10

Impediments: Implementing a profile picture feature under file size limits, and storage constraints.

Team member 3: Andress Vizcaino Seolin

What I did Yesterday: Story # 3

What I am going to do Today: Story # 3, 7

Impediments: Allowing users to input and track measurements requires user-friendly interfaces.

Team member 4: Amarise Rodriguez

What I did Yesterday: Story # 4, 8

What I am going to do Today: Story # 4, 8

Impediments: Quick registration via social media involves smooth authentication.

Team Review

Sprint #: 1

Date: 09/29/2023

Product Owner: Raul Acosta

Scrum master: Isaac Meza

Stories Completed in Sprint

Story ID	Story Title	Status	Assigned To	Estimate
1	As a new gym member, I want to create a user profile so that I can access the gym's online services.	Complete	Roberto Di Bari	N/A
2	As a gym trainer, I want to view the profiles of my clients to better understand their fitness needs and progress.	Complete	Edwin Arrechavala	N/A
3	As a nutritionist, I want to access client profiles to tailor nutritional advice based on their goals and dietary preferences.	Complete	Andress Vizcaino Seolin	N/A
4	As a user, I want to link my social media profiles for quick registration and profile setup.	Complete	Amarise Rodriguez	N/A
5	As a non-premium member, I want to upgrade my profile to access advanced features and services.	Complete	Roberto Di Bari	N/A
6	As a user, I want to upload a profile picture so that others can recognize me.	Complete	Edwin Arrechavala	N/A
7	As a user, I want to input my measurements on my profile to track changes over time.	Complete	Andress Vizcaino Seolin	N/A
8	As a user, I want to add my fitness achievements and milestones to my profile for motivation.	Complete	Amarise Rodriguez	N/A
9	As a gym trainer, I want to add my client's session data to their profile for tracking.	Complete	Roberto Di Bari	N/A
10	As the gym manager, I want to collect emergency contact information in user profiles for safety reasons.	Complete	Edwin Arrechavala	N/A

Were the all the sprint goals achieved? Yes

Total Velocity: N/A

Team Retro

Sprint #:1

Date: 09/29/2023

Scrum master: Isaac Meza

What went well? All user stories were completed.

What didn't go well? Inefficient use of time.

How can we improve? Improve time management and collaboration.

Action Items:

Item	Assigned to	Due on
N/A	N/A	N/A

Team Planning

Sprint #: 2

Date: 10/02/2023

Product Owner: Raul Acosta

Scrum master: Isaac Meza

Team: 3

Stories for this Sprint

Story ID	Story Title	Status	Assigned To	Estimate
11	As a new user, I want to receive a welcome notification when I complete my registration, so that I feel acknowledged.	Pending	Andress Vizcaino Seolin	N/A
12	As a user, I want to receive notifications about upcoming fitness classes, so that I can plan my attendance.	Pending	Amarise Rodriguez	N/A
13	As a fitness trainer, I want to receive notifications when a user requests a training session, so I can confirm or reschedule.	Pending	Roberto Di Bari	N/A
14	As a nutritionist, I want to send users notifications about scheduled counseling sessions, so they remember their appointments.	Pending	Edwin Arrechavala	N/A
15	As a gym member, I want to receive notifications about my fitness progress, so I can stay motivated and track my achievements.	Pending	Andress Vizcaino Seolin	N/A
16	As an event organizer, I want to send notifications to registered event attendees, so they have event details.	Pending	Amarise Rodriguez	N/A
17	As a gym manager, I want to send system-wide notifications for important updates or announcements, so all users stay informed.	Pending	Roberto Di Bari	N/A
18	As a user, I want to customize notification preferences in my profile, so I can choose the types of notifications I receive.	Pending	Edwin Arrechavala	N/A
19	As a gym member, I want to receive a notification when my premium membership is about to expire, so I can renew it in a timely manner.	Pending	Andress Vizcaino Seolin	N/A
20	As a gym manager, I want to send birthday notifications with special offers or discounts for services, so I can celebrate my customer's fitness journey.	Pending	Amarise Rodriguez	N/A

Sprint Goal: The notification system should be completed during this sprint.

Total Estimated Velocity: N/A

Daily Standup

Sprint #: 2

Date: 10/05/2023

Product Owner: Raul Acosta

Scrum master: Isaac Meza

Team member 1: Roberto Di Bari

What I did Yesterday: Story #13

What I am going to do Today: Story #17

Impediments: Response to session requests might be hindered.

Team member 2: Edwin Arrechavala

What I did Yesterday: Story #14

What I am going to do Today: Story #18

Impediments: Customizable notification preferences might encounter complexities.

Team member 3: Andress Vizcaino Seolin

What I did Yesterday: Story #11, 15

What I am going to do Today: Story #19

Impediments: Prompt welcome notifications may face challenges in real-time synchronization

Team member 4: Amarise Rodriguez

What I did Yesterday: Story #12, 16

What I am going to do Today: Story #20

Impediments: Notifications for fitness classes might face challenges

Team Review

Sprint #: 2

Date: 10/13/2023

Product Owner: Raul Acosta

Scrum master: Isaac Meza

Stories Completed in Sprint

Story ID	Story Title	Status	Assigned To	Estimate
11	As a new user, I want to receive a welcome notification when I complete my registration, so that I feel acknowledged.	Complete	Andress Vizcaino Seolin	N/A
12	As a user, I want to receive notifications about upcoming fitness classes, so that I can plan my attendance.	Complete	Amarise Rodriguez	N/A
13	As a fitness trainer, I want to receive notifications when a user requests a training session, so I can confirm or reschedule.	Complete	Roberto Di Bari	N/A
14	As a nutritionist, I want to send users notifications about scheduled counseling sessions, so they remember their appointments.	Incomplete	Edwin Arrechavala	N/A
15	As a gym member, I want to receive notifications about my fitness progress, so I can stay motivated and track my achievements.	Complete	Andress Vizcaino Seolin	N/A
16	As an event organizer, I want to send notifications to registered event attendees, so they have event details.	Complete	Amarise Rodriguez	N/A
17	As a gym manager, I want to send system-wide notifications for important updates or announcements, so all users stay informed.	Complete	Roberto Di Bari	N/A
18	As a user, I want to customize notification preferences in my profile, so I can choose the types of notifications I receive.	Complete	Edwin Arrechavala	N/A
19	As a gym member, I want to receive a notification when my premium membership is about to expire, so I can renew it in a timely manner.	Complete	Andress Vizcaino Seolin	N/A
20	As a gym manager, I want to send birthday notifications with special offers or discounts for services, so I can celebrate my customer's fitness journey.	Complete	Amarise Rodriguez	N/A

Stories NOT Completed in Sprint

Story ID	Story Title	Status	Assigned To	Estimate
14	As a nutritionist, I want to send users notifications about scheduled counseling sessions, so they remember their appointments.	Incomplete	Edwin Arrechavala	N/A

Were the all the sprint goals achieved? No

Total Velocity: N/A

Team Retro

Sprint #: 2

Date: 10/13/2023

Scrum master: Isaac Meza

What went well? The team used their resources well throughout the sprint.

What didn't go well? Not all goals were completed during the sprint.

How can we improve? Verify requirements and increase feedback.

Action Items:

Item	Assigned to	Due on
As a nutritionist, I want to send users notifications about scheduled counseling sessions, so they remember their appointments.	Edwin Arrechavala	10/20/2023

Team Planning

Sprint #: 3

Date: 10/16/2023

Product Owner: Raul Acosta

Scrum master: Isaac Meza

Team: 3

Stories for this Sprint

Story ID	Story Title	Status	Assigned To	Estimate
21	As a gym member, I want to schedule a personal training session, so that I can work with a trainer at my convenience.	Pending	Roberto Di Bari	N/A
22	As a nutritionist, I want to set my availability for counseling sessions, so clients can book appointments when it suits them.	Pending	Edwin Arrechavala	N/A
23	As an event organizer, I want to schedule gym events and classes, so members can plan their attendance in advance.	Pending	Andress Vizcaino Seolin	N/A
24	As a gym manager, I want to view and manage all scheduled appointments, so I can assist with any scheduling issues.	Pending	Amarise Rodriguez	N/A
25	As a user, I want to see the available time slots of my preferred trainer before booking a session, so I can align my schedule with theirs.	Pending	Roberto Di Bari	N/A
26	As a user, I want to reschedule my session to a different time or date, so I can adapt to changes in my schedule.	Pending	Edwin Arrechavala	N/A
27	As a personal trainer, I want to set recurring appointments with clients, so they have a consistent schedule.	Pending	Andress Vizcaino Seolin	N/A
28	As a gym manager, I want to generate appointment reports for trainers and nutritionists, so I can assess scheduling efficiency and client engagement.	Pending	Amarise Rodriguez	N/A
29	As a personal trainer, I want to set my availability for training sessions, so clients can book appointments when it suits them.	Pending	Roberto Di Bari	N/A
30	As a user, I want to book sessions for different training types, so I can have a diverse workout routine.	Pending	Edwin Arrechavala	N/A

Sprint Goal: Appointment scheduling items are prioritized during this sprint.

Total Estimated Velocity: N/A

Daily Standup

Sprint #: 3

Date: 10/19/2023

Product Owner: Raul Acosta

Scrum master: Isaac Meza

Team member 1: Roberto Di Bari

What I did Yesterday: Story # 21

What I am going to do Today: Story # 25, 29

Impediments: Setting trainer availability might encounter issues.

Team member 2: Edwin Arrechavala

What I did Yesterday: Story # 14, 22

What I am going to do Today: Story # 26, 30

Impediments: Completing user story 14 from the previous sprint.

Team member 3: Andress Vizcaino Seolin

What I did Yesterday: Story # 23

What I am going to do Today: Story # 27

Impediments: Setting recurring appointments could involve challenges.

Team member 4: Amarise Rodriguez

What I did Yesterday: Story # 24

What I am going to do Today: Story # 28

Impediments: Generating appointment reports requires good data analyzation techniques.

Team Review

Sprint #: 3

Date: 10/20/2023

Product Owner: Raul Acosta

Scrum master: Isaac Meza

Stories Completed in Sprint

Story ID	Story Title	Status	Assigned To	Estimate
21	As a gym member, I want to schedule a personal training session, so that I can work with a trainer at my convenience.	Complete	Roberto Di Bari	N/A
22	As a nutritionist, I want to set my availability for counseling sessions, so clients can book appointments when it suits them.	Complete	Edwin Arrechavala	N/A
23	As an event organizer, I want to schedule gym events and classes, so members can plan their attendance in advance.	Complete	Andress Vizcaino Seolin	N/A
24	As a gym manager, I want to view and manage all scheduled appointments, so I can assist with any scheduling issues.	Complete	Amarise Rodriguez	N/A
25	As a user, I want to see the available time slots of my preferred trainer before booking a session, so I can align my schedule with theirs.	Complete	Roberto Di Bari	N/A
26	As a user, I want to reschedule my session to a different time or date, so I can adapt to changes in my schedule.	Complete	Edwin Arrechavala	N/A
27	As a personal trainer, I want to set recurring appointments with clients, so they have a consistent schedule.	Incomplete	Andress Vizcaino Seolin	N/A
28	As a gym manager, I want to generate appointment reports for trainers and nutritionists, so I can assess scheduling efficiency and client engagement.	Complete	Amarise Rodriguez	N/A
29	As a personal trainer, I want to set my availability for training sessions, so clients can book appointments when it suits them.	Incomplete	Roberto Di Bari	N/A
30	As a user, I want to book sessions for different training types, so I can have a diverse workout routine.	Complete	Edwin Arrechavala	N/A

Stories NOT Completed in Sprint

Story ID	Story Title	Status	Assigned To	Estimate
27	As a personal trainer, I want to set recurring appointments with clients, so they have a consistent schedule.	Incomplete	Andress Vizcaino Seolin	N/A
29	As a personal trainer, I want to set my availability for training sessions, so clients can book appointments when it suits them.	Incomplete	Roberto Di Bari	N/A

Were the all the sprint goals achieved? No

Total Velocity: N/A

Team Retro

Sprint #: 3

Date: 10/27/2023

Scrum master: Isaac Meza

What went well? User stories were well defined.

What didn't go well? Not all user stories were completed during the sprint.

How can we improve? Reduce overly ambitious goals.

Action Items:

Item	Assigned to	Due on
As a personal trainer, I want to set recurring appointments with clients, so they have a consistent schedule.	Andress Vizcaino Seolin	11/03/2023
As a personal trainer, I want to set my availability for training sessions, so clients can book appointments when it suits them.	Roberto Di Bari	11/03/2023

Team Planning

Sprint #: 4

Date: 10/30/2023

Product Owner: Raul Acosta

Scrum master: Isaac Meza

Team: 3

Stories for this Sprint

Story ID	Story Title	Status	Assigned To	Estimate
31	As a user, I want to log my workout sessions, so I can monitor my progress over time.	Pending	Andress Vizcaino Seolin	N/A
32	As a fitness trainer, I want to view and analyze the progress of my clients, so I can adjust their workout plans as needed.	Pending	Amarise Rodriguez	N/A
33	As a nutritionist, I want clients to track their dietary choices and weight, so I can provide personalized guidance for their nutrition goals.	Pending	Roberto Di Bari	N/A
34	As a parent, I want to track my child's fitness progress and nutrition, so I can ensure their well-being and development.	Pending	Edwin Arrechavala	N/A
35	As an event organizer, I want to track attendance and participation in fitness classes and events, so I can improve event planning.	Pending	Andress Vizcaino Seolin	N/A
36	As a user, I want to set specific fitness goals, such as weight loss or muscle gain, so I can track my progress towards these goals.	Pending	Amarise Rodriguez	N/A
37	As a user, I want to visualize my progress through charts and graphs, so I can gain insights into my fitness and nutrition trends.	Pending	Roberto Di Bari	N/A
38	As an administrator, I want to generate reports on overall fitness and nutrition trends across the user base, so I can assess the platform's impact.	Pending	Edwin Arrechavala	N/A
39	As a user, I want to set privacy settings for my progress tracking data, so I can control who can view my fitness and nutrition information.	Pending	Andress Vizcaino Seolin	N/A
40	As a user, I want to compare my fitness progress with that of friends, so we can motivate each other and celebrate achievements.	Pending	Amarise Rodriguez	N/A

Sprint Goal: The progress tracking is to be implemented during this sprint.

Total Estimated Velocity: N/A

Daily Standup

Sprint #: 4

Date: 11/02/2023

Product Owner: Raul Acosta

Scrum master: Isaac Meza

Team member 1: Roberto Di Bari

What I did Yesterday: Story #29, 33

What I am going to do Today: Story # 37

Impediments: Working on current sprint stories while completing unfinished stories from the previous sprint.

Team member 2: Edwin Arrechavala

What I did Yesterday: Story # 34

What I am going to do Today: Story # 38

Impediments: Creating data pipelines for viewing and analyzing client progress.

Team member 3: Andress Vizcaino Seolin

What I did Yesterday: Story #27, 31

What I am going to do Today: Story #35, 39

Impediments: Assisting with previously incomplete stories.

Team member 4: Amarise Rodriguez

What I did Yesterday: Story # 32

What I am going to do Today: Story # 36, 40

Impediments: Implementing consent checks prior to sharing fitness progress with friends.

Team Review

Sprint #: 4

Date: 11/03/2023

Product Owner: Raul Acosta

Scrum master: Isaac Meza

Stories Completed in Sprint

Story ID	Story Title	Status	Assigned To	Estimate
31	As a user, I want to log my workout sessions, so I can monitor my progress over time.	Complete	Andress Vizcaino Seolin	N/A
32	As a fitness trainer, I want to view and analyze the progress of my clients, so I can adjust their workout plans as needed.	Complete	Amarise Rodriguez	N/A
33	As a nutritionist, I want clients to track their dietary choices and weight, so I can provide personalized guidance for their nutrition goals.	Complete	Roberto Di Bari	N/A
34	As a parent, I want to track my child's fitness progress and nutrition, so I can ensure their well-being and development.	Complete	Edwin Arrechavala	N/A
35	As an event organizer, I want to track attendance and participation in fitness classes and events, so I can improve event planning.	Complete	Andress Vizcaino Seolin	N/A
36	As a user, I want to set specific fitness goals, such as weight loss or muscle gain, so I can track my progress towards these goals.	Complete	Amarise Rodriguez	N/A
37	As a user, I want to visualize my progress through charts and graphs, so I can gain insights into my fitness and nutrition trends.	Complete	Roberto Di Bari	N/A
38	As an administrator, I want to generate reports on overall fitness and nutrition trends across the user base, so I can assess the platform's impact.	Complete	Edwin Arrechavala	N/A
39	As a user, I want to set privacy settings for my progress tracking data, so I can control who can view my fitness and nutrition information.	Complete	Andress Vizcaino Seolin	N/A
40	As a user, I want to compare my fitness progress with that of friends, so we can motivate each other and celebrate achievements.	Complete	Amarise Rodriguez	N/A

Were the all the sprint goals achieved? Yes

Total Velocity: N/A

Team Retro

Sprint #: 4

Date: 11/03/2023

Scrum master: Isaac Meza

What went well? All user stories were completed.

What didn't go well? Unexpected changes sometimes led to delays.

How can we improve? Improve time management.

Action Items:

Item	Assigned to	Due on
N/A	N/A	N/A

Team Planning

Sprint #: 5

Date: 11/06/2023

Product Owner: Raul Acosta

Scrum master: Isaac Meza

Team: 3

Stories for this Sprint

Story ID	Story Title	Status	Assigned To	Estimate
41	As a gym member, I want to view the upcoming fitness classes on the event calendar, so I can plan my workouts and attend the classes I'm interested in.	Pending	Roberto Di Bari	N/A
42	As a personal trainer, I want to schedule and add new fitness classes to the event calendar, so I can plan my sessions and notify members.	Pending	Edwin Arrechavala	N/A
43	As an event organizer, I want to promote special events, such as workshops and seminars, on the event calendar, so I can attract participants and provide event details.	Pending	Andress Vizcaino Seolin	N/A
44	As a gym manager, I want to review and approve events added to the calendar, so I can ensure event quality and relevance.	Pending	Amarise Rodriguez	N/A
45	As a user, I want to filter events on the calendar by type, location, and date, so I can quickly find events that match my preferences.	Pending	Roberto Di Bari	N/A
46	As an event organizer, I want to see a list of registered participants for each class on the event calendar, so I can prepare accordingly and know who to expect.	Pending	Edwin Arrechavala	N/A
47	As a personal trainer, I want to synchronize my personal calendar with the event calendar to avoid scheduling conflicts and double bookings.	Pending	Andress Vizcaino Seolin	N/A
48	As a user, I want to see event reviews and ratings by other participants, so I can choose the best fitness classes and workshops.	Pending	Amarise Rodriguez	N/A
49	As a user, I want to set event preferences, so I can receive personalized event recommendations and set filters that match my preferences.	Pending	Roberto Di Bari	N/A
50	As a user, I want the event calendar to display upcoming events in a monthly view, so I can plan my fitness activities for the entire month.	Pending	Edwin Arrechavala	N/A

Sprint Goal: The event calendar feature and remaining incomplete items will be finalized.

Total Estimated Velocity: N/A

Daily Standup

Sprint #: 5

Date: 11/09/2023

Product Owner: Raul Acosta

Scrum master: Isaac Meza

Team member 1: Roberto Di Bari

What I did Yesterday: Story # 41, 45

What I am going to do Today: Story # 49

Impediments: Setting personalized event preferences might encounter obstacles.

Team member 2: Edwin Arrechavala

What I did Yesterday: Story # 42, 46

What I am going to do Today: Story # 50

Impediments: Displaying events in a monthly view might face challenges in presenting information clearly.

Team member 3: Andress Vizcaino Seolin

What I did Yesterday: Story # 43

What I am going to do Today: Story # 47

Impediments: Assisting the team with completing user stories.

Team member 4: Amarise Rodriguez

What I did Yesterday: Story # 44

What I am going to do Today: Story # 48

Impediments: Assisting team members with difficult user stories prior to delivery date.

Team Review

Sprint #: 5

Date: 11/10/2023

Product Owner: Raul Acosta

Scrum master: Isaac Meza

Stories Completed in Sprint

Story ID	Story Title	Status	Assigned To	Estimate
41	As a gym member, I want to view the upcoming fitness classes on the event calendar, so I can plan my workouts and attend the classes I'm interested in.	Complete	Roberto Di Bari	N/A
42	As a personal trainer, I want to schedule and add new fitness classes to the event calendar, so I can plan my sessions and notify members.	Complete	Edwin Arrechavala	N/A
43	As an event organizer, I want to promote special events, such as workshops and seminars, on the event calendar, so I can attract participants and provide event details.	Complete	Andress Vizcaino Seolin	N/A
44	As a gym manager, I want to review and approve events added to the calendar, so I can ensure event quality and relevance.	Complete	Amarise Rodriguez	N/A
45	As a user, I want to filter events on the calendar by type, location, and date, so I can quickly find events that match my preferences.	Complete	Roberto Di Bari	N/A
46	As an event organizer, I want to see a list of registered participants for each class on the event calendar, so I can prepare accordingly and know who to expect.	Complete	Edwin Arrechavala	N/A
47	As a personal trainer, I want to synchronize my personal calendar with the event calendar to avoid scheduling conflicts and double bookings.	Complete	Andress Vizcaino Seolin	N/A
48	As a user, I want to see event reviews and ratings by other participants, so I can choose the best fitness classes and workshops.	Complete	Amarise Rodriguez	N/A
49	As a user, I want to set event preferences, so I can receive personalized event recommendations and set filters that match my preferences.	Complete	Roberto Di Bari	N/A
50	As a user, I want the event calendar to display upcoming events in a monthly view, so I can plan my fitness activities for the entire month.	Complete	Edwin Arrechavala	N/A

Were the all the sprint goals achieved? Yes

Total Velocity: N/A

Team Retro

Sprint #:5

Date: 11/10/2023

Scrum master: Isaac Meza

Team: 3

What went well? All stories were finalized on time for delivery.

What didn't go well? Unforeseen technical challenges.

How can we improve? More collaboration between team members.

Action Items:

Item	Assigned to	Due on
N/A	N/A	N/A

Article V. Verification

Section 5.01 Definition of verification

Software verification is the process of assessing whether a software system, as implemented, aligns with specified requirements. It involves inspection and testing to ensure that each feature of the software behaves as intended. In essence, it addresses the question of "Are we building the right product?" by confirming that the software meets its specifications. This encompasses various testing methodologies, including unit testing, integration testing, and system testing, to catch and correct discrepancies between the expected and actual behavior of the software. Ultimately, software verification is a necessary phase in the software development life cycle, contributing to the creation of high-quality software.

Section 5.02 Our verification process

The verification process for Prime Wellness involves an inspection and comparison of each software component to the specifications. Test cases have been created to assess the system's functionality. Tests for user profiles and premium upgrades ensure that users can use the platform's features. The verification extends to features like appointment scheduling, notification customization, and event planning, ensuring these functionalities work as intended. Through testing, we aim to confirm that the software behaves as expected in various scenarios, meeting user stories and adhering to project requirements.

Section 5.03 Test-cases

(a) User Profile Management:

(i) Test Case - Profile Creation:

Scenario: A new user registers on the app.

Expected Result: User successfully creates a profile with all required information.

(ii) Test Case - Profile Update:

Scenario: An existing user updates their profile information.

Expected Result: The changes are reflected accurately.

(iii) Test Case - Social Media Integration:

Scenario: User links their social media profiles during registration.

Expected Result: Integration is successful, and user details are displayed correctly.

(b) Appointment Scheduling:

(i) Test Case - Session Booking:

Scenario: A user books a personal training session.

Expected Result: Successfully scheduled, and both users/trainers receive notifications.

(ii) Test Case - Availability Setting:

Scenario: A trainer sets their availability for sessions.

Expected Result: Availability is accurate, and users can book sessions in available slots.

(iii) Test Case - Conflict Resolution:

Scenario: Two users try to book the same session slot.

Expected Result: Application prevents double-booking.

(c) Notification System:

(i) Test Case - Notification Preferences:

Scenario: User customizes their notification preferences.

Expected Result: User receives notifications according to the chosen preferences.

(ii) Test Case - Event Notifications:

Scenario: User subscribes to fitness classes and events.

Expected Result: User receives timely notifications for upcoming events.

(d) Fitness Tracking:

(i) Test Case - Progress Input:

Scenario: User inputs fitness measurements.

Expected Result: Data is accurate and reflected in the user's progress tracking.

(ii) Test Case - Goal Setting:

Scenario: User sets specific fitness goals.

Expected Result: App tracks goals, providing updates and achievements.

(e) Security and Privacy:

(i) Test Case - Data Encryption:

Scenario: User inputs sensitive health data.

Expected Result: Data is encrypted and securely stored.

(ii) Test Case - Access Control:

Scenario: A user tries to access another user's profile.

Expected Result: Access is restricted, ensuring privacy and data security.

Section 5.04 Traceability between the test-cases and specifications

Scenario	Requirements	Test Case	Status
User Profile Management	• Validate the format of user inputs (email and password requirements). • Send confirmation emails for user registration. • Provide an option for users to edit their profiles.	• A new user registers on the app. • An existing user updates their profile information. • User links their social media profiles during registration.	Pass
Appointment Scheduling	• Validate event creation inputs (date, time availability, capacity limits). • Allow users to register for events. • Manage event participant lists. • Handle event rescheduling and cancellations.	• A user books a personal training session. • A trainer sets their availability for sessions. • Two users try to book the same session slot.	Pass
Notification System	• Allow users to set notification preferences. • Send notifications in real-time based on user preferences and event changes. • Provide an option to view and clear notifications. • Handle cases of notification delivery failure.	• User customizes their notification preferences. • User subscribes to fitness classes and events. • User receives notification when subscribed. • User attempts to clear notifications.	Pass
Fitness Tracking	• Accept user inputs for fitness and nutrition data. • Visualize progress data on charts and graphs. • Provide goal tracking and achievement rewards. • Offer sharing options for progress data.	• User inputs fitness measurements. • User sets specific fitness goals. • User views charts and graphs. • User shares progress with friends.	Pass
Event Calendar	• The calendar should load quickly and display events efficiently. • Synchronization with personal calendars should be timely. • Event change notifications should be sent without significant delays.	• User opens calendar interface. • User attempts to synchronize with personal calendar. • User initiates an action that prompts a notification.	Pass

Article VI. Lessons learned

Section 6.01 What did we learn?

This project taught us a lot about working together. We learned that choosing a project everyone is excited about helps keep us motivated. Seeing the project go through different stages showed us how software is developed. We also realized that making decisions, like what features to include, is tricky but important. It's like a balancing act between having unique features and keeping things manageable. Managing our time and schedule was challenging but taught us to be flexible. Overall, it was a great experience, and we now know more about teamwork and how software projects come to life.