**Sprint 1 Review and Retrospective**

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**Objective Summary:**

The goal of sprint 1 is for the group to set a foundation for a health and wellness management app called HealthTrack. The key features include fitness tracking for activities like workouts and calorie burning, nutrition tools for calorie tracking, monitoring vital health metrics such as heart rate and sleep patterns, access to a library of conditioning resources including articles and guided sessions, and community support through forums and challenges for motivation and guidance.

**Outcomes:**

***1. App Development:***

After completing Sprint 1, we have established a foundation for the app, with a welcome page, login page, account creation page, home page, which includes a functional navigation bar leading to the four crucial features: calories (Nutrition Tools), tracker (Fitness & Biometrics Tracking), workouts (Conditioning Resources), and community (Community Support). All pages are function and properly set up according to requirements. All requirements from pre-sprint were satisfied and implemented correctly.

***2. Documents & Diagrams:***

Alongside with the app development progress, we have made a detailed document going in depth about the crucial requirements for the app development process. MVVM Architecture is the key structure of our app. We use Trello as our project management tool to allocate tasks and responsibilities among team members. Scrum meetings are set after every lecture session for conveniency and to keep check on our progress. The document also lists out our Domain Model Nouns to identify the classes and attributes needed for the app. Finally, a Domain Model Diagram and a Use Case Diagram is included for visualization.

**Retrospective:**

Our team members cooperate and communicate effectively and efficiently. Requests, assists were fulfilled in an appropriate time frame. No conflicts amongst members of the team, discussions were conducted with consideration for all team members. Teammates are flexible and are able to and willing to accommodate each other. Discussions were conducted formally with all team member presented for peak efficiency.