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Final Report

Healthy Behavior Challenge

Summary

The 'Healthy Behavior Challenge' app serves as a helpful guide for individuals striving for better health, assisting both those putting in the effort (trainees) and those providing guidance (gym instructors). Instructors act as captains, leading everyone through challenges, managing participants, and overseeing progress – essentially, they are the leaders of the app, offering personalized advice to ensure each person receives the right support.

For trainees, using the app is like having a personal coach in their pocket. Daily, they receive a tailored to-do list with tasks suitable for their fitness level and goals. The app sends reminders to keep them on track, and as tasks are completed, it tracks their progress. It displays streaks for tasks and best days, acting as a fitness journal that highlights achievements and suggests improvements. The app also empowers instructors by providing insights into everyone's performance and tracking progress week by week. This information helps instructors maintain motivation among participants, fostering a sense of community within the fitness family. It goes beyond exercises, aiming to create a friendly atmosphere. Trainees can reflect on their journey, observe their progress, and instructors can celebrate victories with them. In essence, the 'Healthy Behavior Challenge' app is a reliable companion that makes wellness enjoyable, emphasizing that the journey to health is more rewarding when shared. It serves as a personal cheerleader, supporting individuals in becoming the healthiest versions of themselves.

User Stories

1. User Login

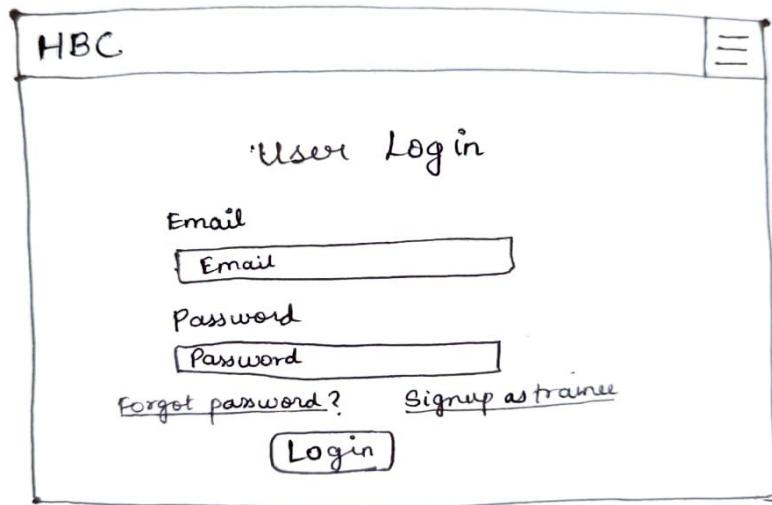
Feature: Login for users

As a user

I want to login using email and password

To access my account in the app

Lo-fi Mockup:



Details:

User Sign in

Email

Enter your email

Password

Enter your password

[Forgot your password?](#)

[New User? Sign Up As Trainee](#)

A user who is already registered can log into the system by providing the correct email address and the password. Once logged in, they will land up on the home page and see a message 'You have successfully signed in'. In case they enter an incorrect email or password, and try to login, they'll see an error 'Incorrect email or password. Please try again.'. Once logged in, the user will not be able to login again unless they log out of the system.

Points: 8

Breakdown:

- Frontend - 2
- Backend - 3
- Tests - 3

We gave more points to user stories in the first iteration as we were just getting started with development on Ruby on Rails, Rspec and Cucumber and we gave a buffer for initial problems we might encounter and learnings.

Implementation status : Completed

2. Instructor Signup

Feature: Signup for instructor

As an instructor

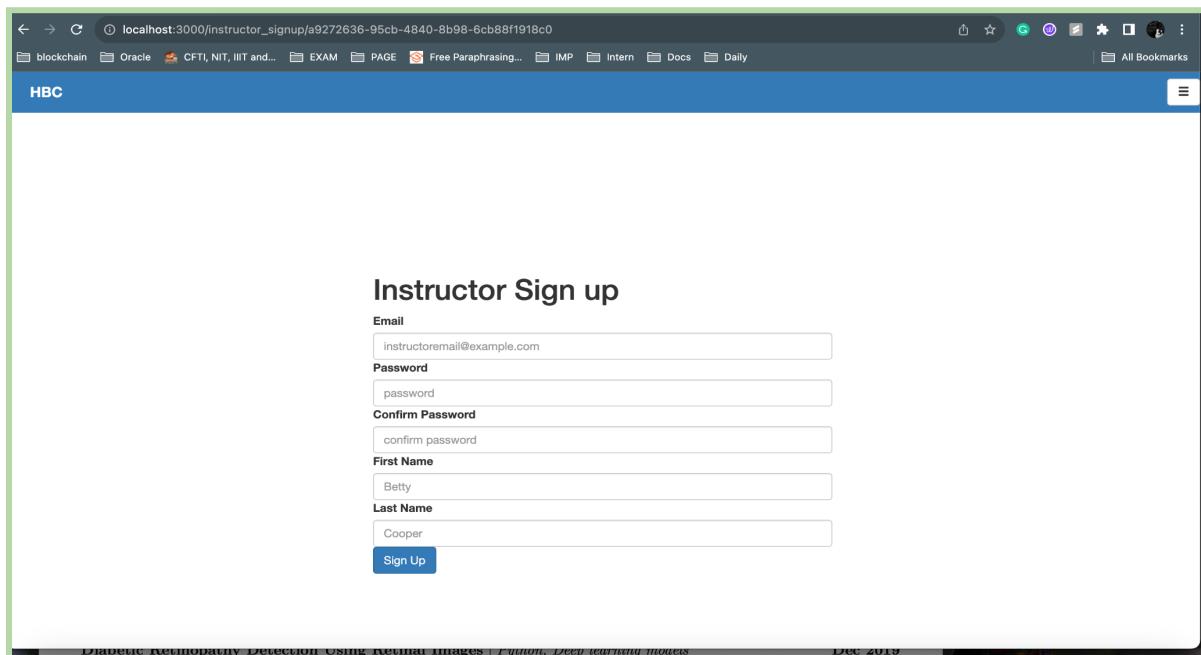
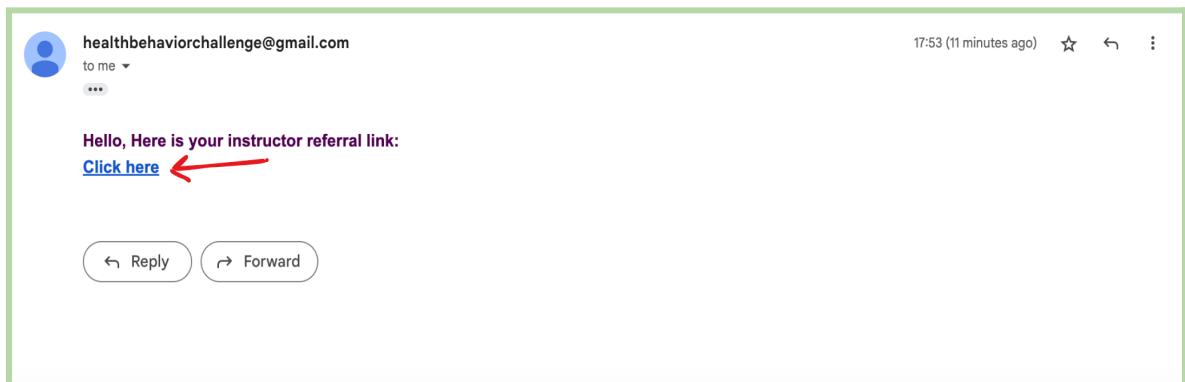
I want to signup using name, email and password and land up on homepage

To access the application

Lo-fi Mockup

The hand-drawn mockup shows a rectangular form with a header 'HBC' on the top left and a menu icon on the top right. The title 'Instructor Sign up' is centered above five input fields. Each field has a label to its left and a horizontal input line below it. The labels are: 'Email', 'password', 'confirm password', 'first name', and 'last name'. At the bottom of the form is a single button labeled 'Sign Up'.

Details:



When an existing instructor refers to a new instructor via email, the recipient receives an email containing a referral link. Clicking the link redirects them to an instructor sign-up page. After entering essential information (email, password, first name, last name) and clicking "Sign Up," three scenarios can unfold. If sign-up succeeds, they are logged in. If there are errors like password mismatch, invalid email, or empty details, the instructor page is re-displayed for corrections.

Points: 8

Breakdown:

- Frontend - 2
- Backend - 3
- Tests - 3

We gave more points to user stories in the first iteration as we were just getting started with development on Ruby on Rails, Rspec and Cucumber and we gave a buffer for initial problems we might encounter and learnings.

Implementation status : Completed

3. Trainee Signup

Feature: Signup for Trainee

As a trainee

I want to signup using name, email and password and land up on homepage

To access the application

Lo-fi Mockup:

A hand-drawn lo-fi mockup of a mobile application interface. At the top, there is a header bar with the letters "HBC" on the left and a menu icon (three horizontal lines) on the right. Below the header, the title "Trainee Signup" is centered. The main form area contains six input fields: "Full name", "Email", "Password", "Password confirmation", "Height", and "Weight". Below these fields is a large rectangular button labeled "(Sign up)". At the bottom of the form, there is a link "Already a user? Sign in".

Details:

The user can signup by providing the required details and once the user clicks on the signup button, the user will be redirected to the login page and a message will be displayed indicating the user has successfully signed up.

The user can then use the new credentials for login into the website.

The screenshot shows a web application interface for 'Trainee Signup'. At the top left is the 'HBC' logo. On the right side of the header is a small icon with three horizontal lines. The main content area has a light blue header bar with the text 'Trainee Signup'. Below this are several input fields:

- Full name:** John Smilga
- Email:** user@example.com
- Password:** password
- Password confirmation:** password
- Height:** 165
- Weight:** 85

At the bottom of the form are two buttons: a blue 'Sign Up' button and a link 'Already a user? Sign In'.

Points: 8

Breakdown:

- a. Frontend - 2
- b. Backend - 3
- c. Tests - 3

We gave more points to user stories in the first iteration as we were just getting started with development on Ruby on Rails, Rspec and Cucumber and we gave a buffer for initial problems we might encounter and learnings.

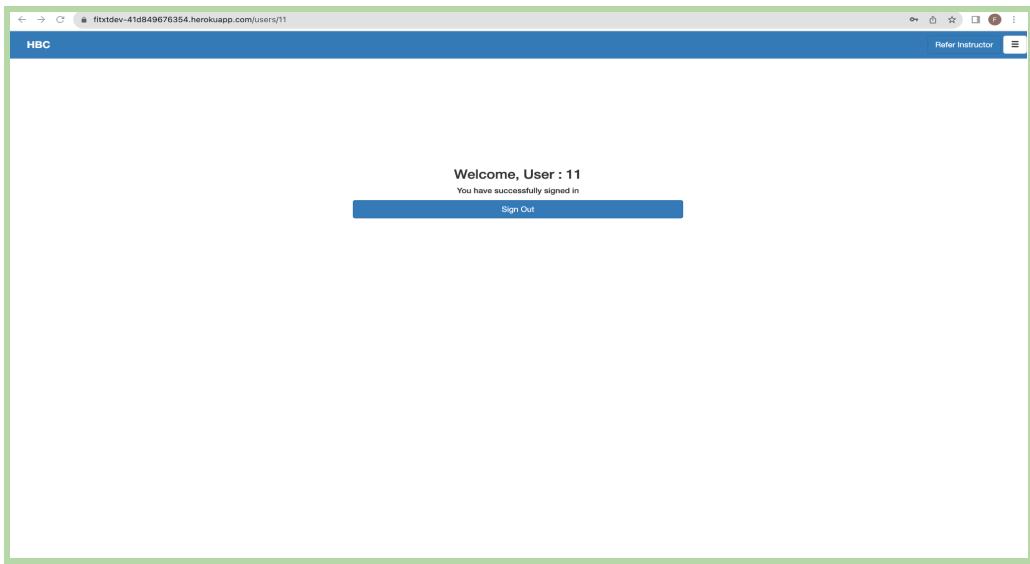
Implementation status : Completed

4. User Logout

Feature: User Logout

I want to logout from the current session,
So that other users cannot use my session

Details:



Logout typically specifies that when a trainee/instructor initiates a logout action, the system will securely end the user's session, revoke access to protected resources, and redirect the user to a login page.

Points: 3

Implementation status : Completed

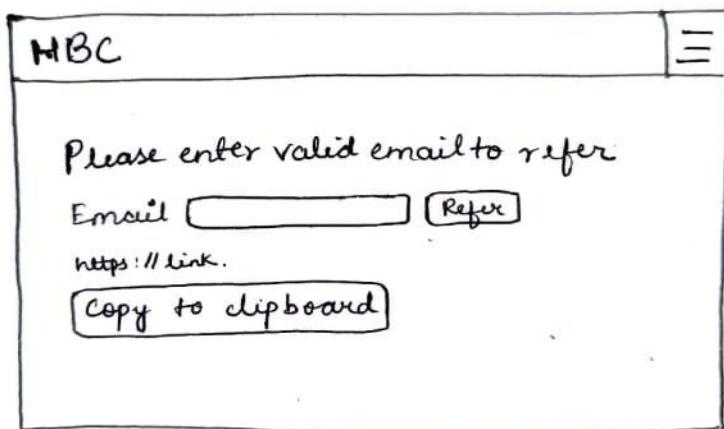
5. Instructor Referral

Feature: Instructor Referral

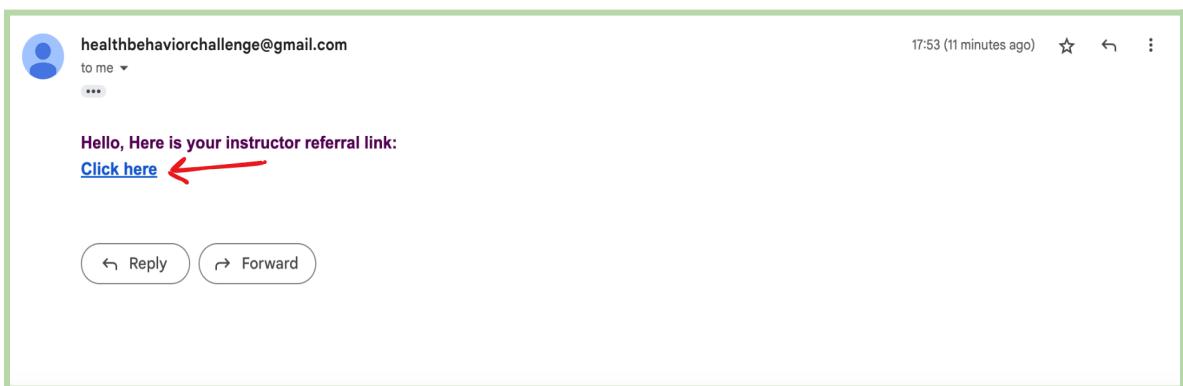
As an instructor

I want to send referral link to prospective instructors
so that only they can sign up as instructors

Lo-fi Mockup:



Details:



HBC

Please enter valid email to refer an instructor.

Email Refer

https://f1txtdev-41d849676354.herokuapp.com/instructor_signup/b40f1aaf-28c6-4157-802c-46f23d31911b

When an existing instructor refers to a new instructor via email, the recipient receives an email containing a referral link. Clicking the link redirects them to an instructor sign-up page. After entering essential information (email, password, first name, last name) and clicking "Sign Up," three scenarios can unfold. If sign-up succeeds, they are logged in. If there are errors like password mismatch, invalid email, or empty details, the instructor page is re-displayed for corrections.

Points: 8

Breakdown:

- Frontend - 2
- Backend - 3
- Tests - 3

We gave more points to user stories in the first iteration as we were just getting started with development on Ruby on Rails, Rspec and Cucumber and we gave a buffer for initial problems we might encounter and learnings.

Implementation status : Completed

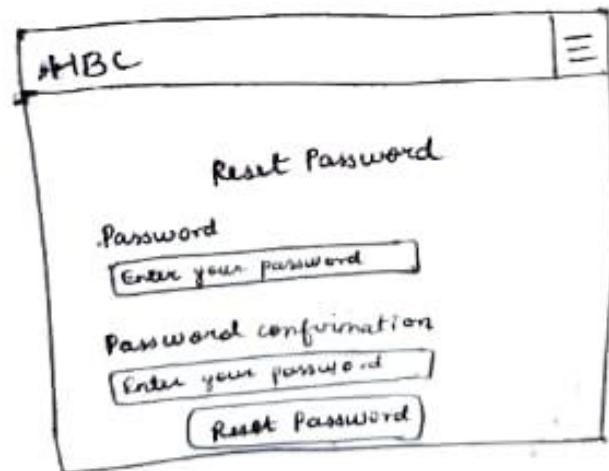
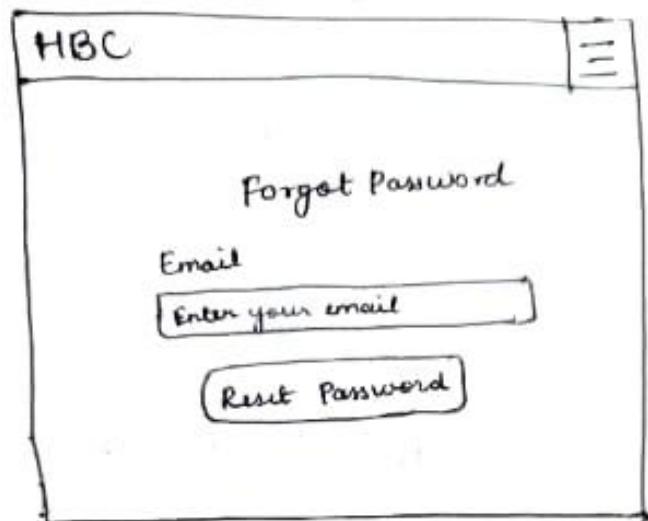
6. Reset Password

Feature: As a user

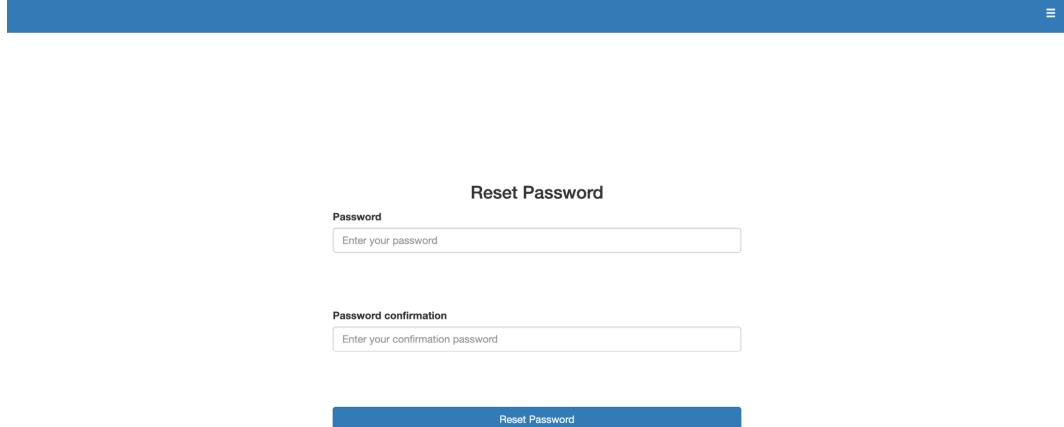
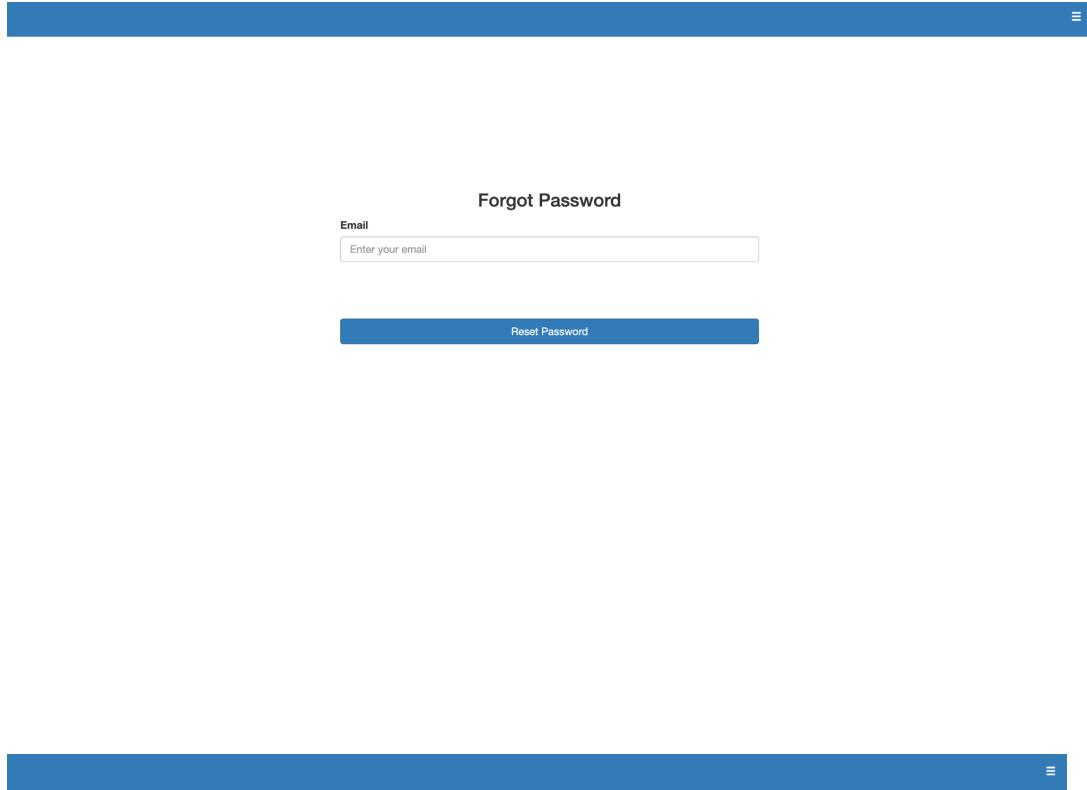
I want to reset password using email

To enable me to login to the app when I forget my password

Lo-fi Mockup:



Details:



The "Forgot Password" feature provides a user-friendly way to reset passwords. Users can input their email, receive a unique link to reset their password, and use that link to establish a new password, enabling them to log in securely.

Points: 8

Breakdown:

- Frontend - 2
- Backend - 3
- Tests - 3

Lo-fi Mockup:

Implementation status : Completed

7. Create Challenge

Feature: Add/Create Challenges

As an instructor

I want to add a new challenge with start and end date

And a generic to-do list

To start a challenge in the future

Lo-fi Mockup:



Details:

The screenshot shows a web-based application with a blue header bar containing the text "HBC". Below the header, the main content area has a title "Create New Challenge". The form includes fields for "Challenge Name" (with an empty input field), "Start Date" (with an input field showing "mm/dd/yyyy" and a calendar icon), "End Date" (with an input field showing "mm/dd/yyyy" and a calendar icon), and "Todo List Tasks" (with a green button labeled "+"). There is also a section for "Additional Task Details" with an empty input field and a "Remove Task" link. At the bottom is a blue "Create Challenge" button.

The instructor has the capability to create a challenge, specifying its name, start date, end date, and multiple identical tasks for each day in the to-do list.

Points: 6

Breakdown:

- Frontend - 2
- Backend - 3
- Tests - 1

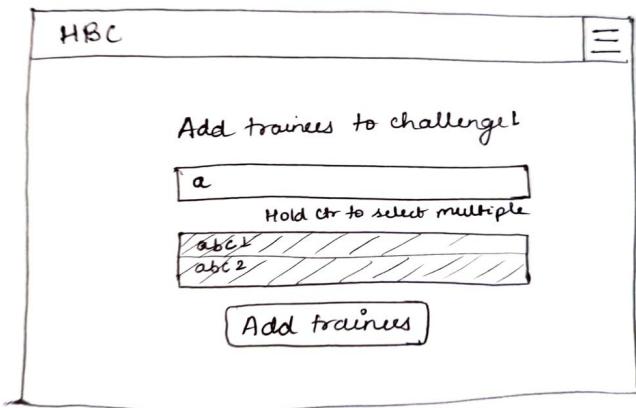
Implementation status : Completed

8. Add trainees to a challenge

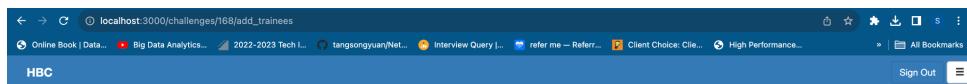
As an instructor

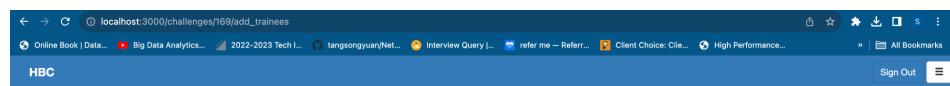
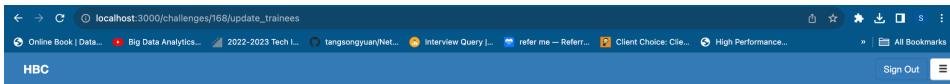
I want to add trainees to a challenge after we create a new challenge.
To enable the trainees to participate in the challenge

Lo-fi Mockup:



Details:





Once an instructor logs in, and tries to add users to any challenge that he has created, he will be able to see all the trainees that have not been already added to the challenge and can be added to the challenge at current date. He can search for the trainees in the search bar and select multiple trainees at once. Once he selects the trainees, and clicks on the Add Trainees button, he sees a response, which says "Trainees have been successfully added to the challenge". In case the Instructor wants to add trainees to a challenge that has already started, he will see a red alert saying that he cannot add any more trainees to a challenge since it is already past the start date.

Points: 7

Breakdown:

- Frontend - 3
- Backend - 3
- Tests - 1

Lo-fi Mockup:

Implementation status : Completed

9. List Challenges

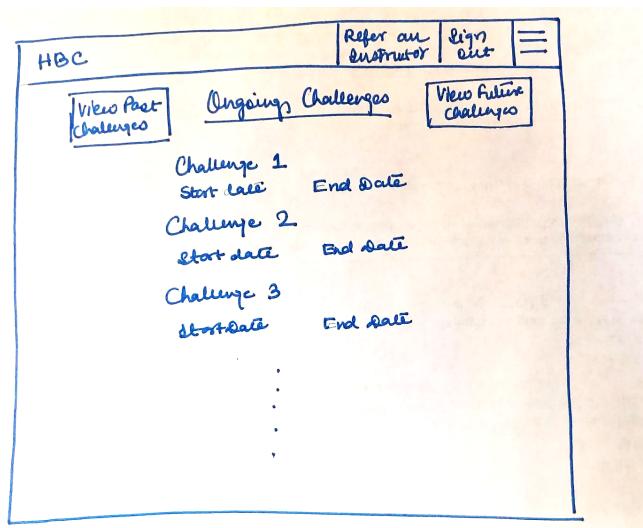
Feature: List challenges

As an instructor

I want to see a list of current ongoing challenges with name, start date and end date

To keep track of the challenges

Lo-fi Mockup



Details:

HBC

Welcome, John

Refer Instructor Sign Out

Ongoing Challenges

Challenge Name: test245
Start Date: 2023-10-10
End Date: 2023-10-20

Challenge Name: t4wgrfeg
Start Date: 2023-10-12
End Date: 2023-10-21

Challenge Name: w4tw4t
Start Date: 2023-10-04
End Date: 2023-10-21

Challenge Name: Challenge2
Start Date: 2023-09-11
End Date: 2023-10-22

Challenge Name: ergr
Start Date: 2020-11-10
End Date: 2023-10-29

Challenge Name: Challenge1

[Create Challenge](#)

HBC

Refer Instructor Sign Out

End Date: 2023-10-20

Challenge Name: t4wgrfeg
Start Date: 2023-10-12
End Date: 2023-10-21

Challenge Name: w4tw4t
Start Date: 2023-10-04
End Date: 2023-10-21

Challenge Name: Challenge2
Start Date: 2023-09-11
End Date: 2023-10-22

Challenge Name: ergr
Start Date: 2020-11-10
End Date: 2023-10-29

Challenge Name: Challenge1
Start Date: 2023-10-02
End Date: 2023-10-31

Challenge Name: test
Start Date: 2020-10-10
End Date: 2023-11-10

← Previous 1 2 Next →

[Create Challenge](#)

Once an instructor logs in, he will see a list of ongoing challenges that he has created. He will see the challenge name and start and end date. He can navigate across challenges by using the page links at the bottom of the page.

Points: 6

Breakdown:

- Frontend - 2
- Backend - 3
- Tests - 1

Implementation status : Completed

10. Challenge Details

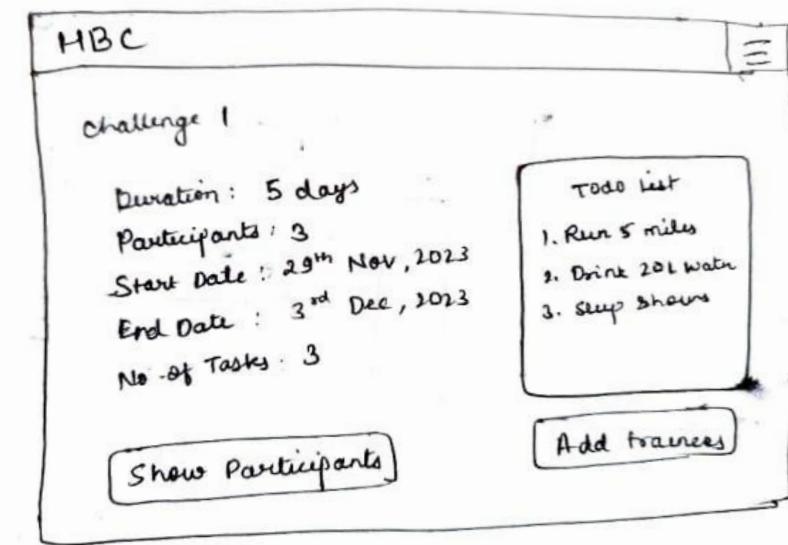
Feature: Challenge Details

As an instructor

I want to view the details of a challenge like duration, generic to-do list, number of participants, and some URLs to reach the list of trainees

To be able to review and make changes to the challenge

Lo-fi Mockup:



Details:

Winter challenge

Duration: 8 days

Participants: 0

Start Date: November 23, 2023

End Date: November 30, 2023

No of Tasks: 1

Todo List

1. walk 2 miles

[Show Participants](#)[Add Trainees](#)[Edit Challenge](#)

On the challenges page, once the instructor clicks on a particular challenge the website will redirect the instructor to the challenge details page which displays the information related to the challenge such as duration of the challenge.

Points: 6

Breakdown:

- Frontend - 2
- Backend - 3
- Tests - 1

Implementation status : Completed

11. List Trainees

Feature : List trainees

As an instructor

I want to list of 10 clients per page for selected challenge

To know details of registered clients

Details:

The screenshot shows a web interface with a blue header bar containing the text "HBC". Below the header, there are three sections: "Trainee List", "Challenge: Challenge1", and "Total Count: 1". Under "Trainee List", there is a single entry: "22. John". At the bottom right of this section are three buttons: "View Progress" (blue), "View TodoList" (blue), and "Delete" (red). The background of the page is white.

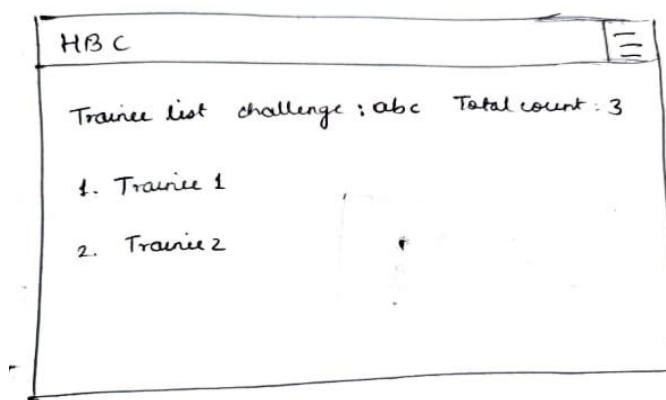
Once an instructor clicks on Show participants on the Challenge details page, the list of trainees participating in the challenge can be seen along with total count. Pagination is also present. There would be a max of 10 participants per page.

Points: 6

Breakdown:

- Frontend - 2
- Backend - 3
- Tests - 1

Lo-fi Mockup:



Implementation status : Completed

12. Daily Todo List

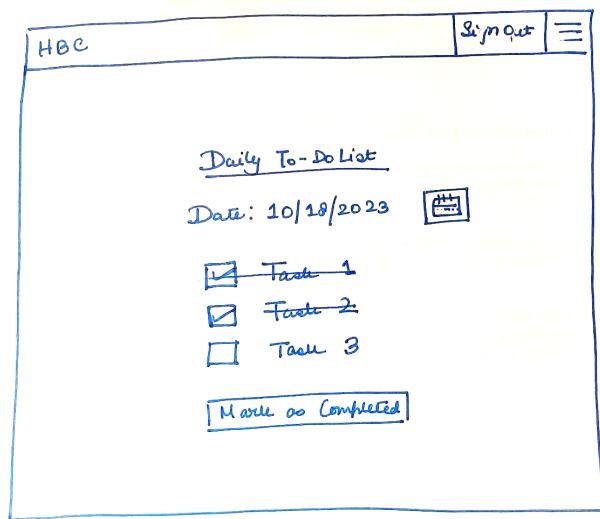
Feature: Daily todo list

As a trainee

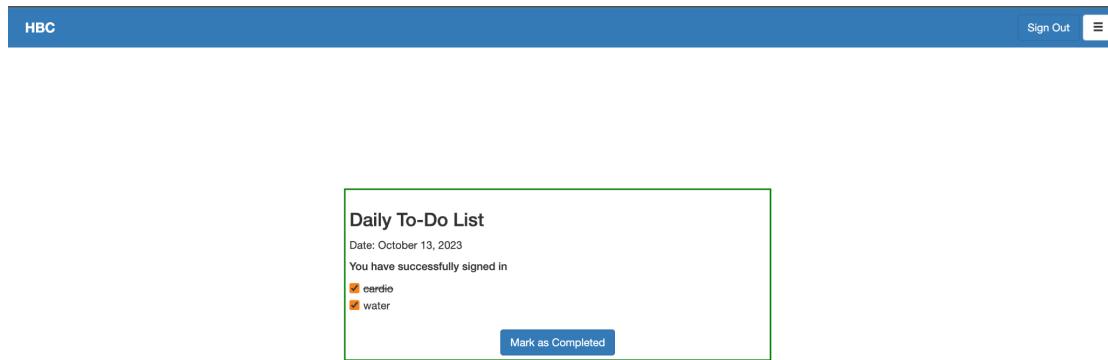
I want to view my personalized daily to-do list

To check off completed tasks and review completed tasks from previous day

Lo-fi Mockup:



Details:



Once a Trainee logs in with their credentials, we will reach the above page where we will display the current date's To-Do list assigned to the trainee. For the tasks which they have marked completed, we will strike those particular tasks indicating they are done for the day. If they want to mark some other tasks as complete, they just need to click on the checkbox and click on 'Mark as Completed' will update the task as completed.

Points: 7

Breakdown:

- Frontend - 3
- Backend - 3
- Tests - 1

Implementation status : Completed

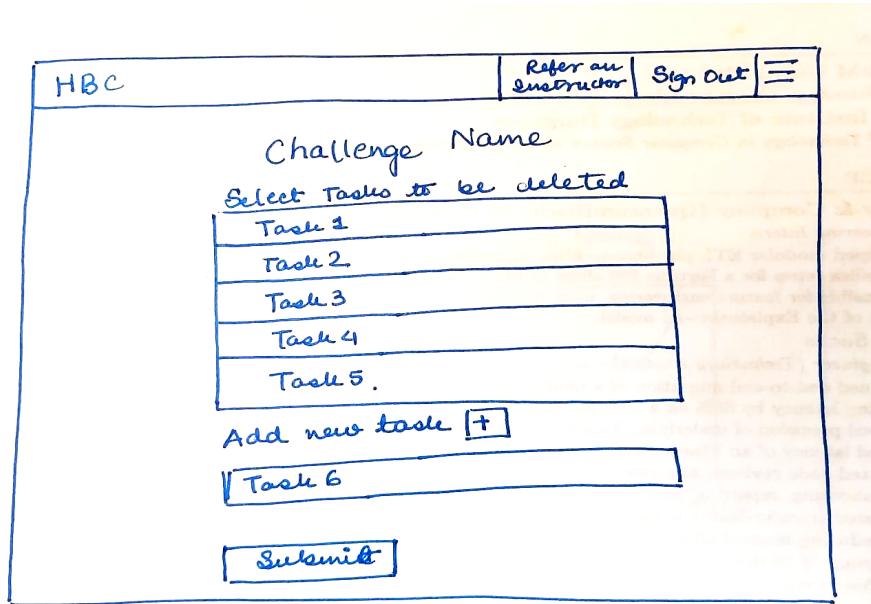
13. Edit Challenge

Feature: Edit Challenge

As an instructor

I want to edit the details of the challenge like generic to-do list
To enable me to personalize the challenge.

Lo-fi Mockup:



Details:

The Generic Todo List was successfully updated

Current todo list for run chal

Start Date: October 28, 2023
End Date: November 02, 2023
Current Tasks List:

- 1. Eat 100 calories Delete
- 2. Squats Delete
- 3. Swimming Delete

[Add Task](#) [Update Challenge](#)

Todo List

trainee run chal

Select a Date:

Eat 100 calories
Squats
Swimming

[Edit TodoList](#)

When an instructor clicks on the Edit Challenge Button on Challenge Details page, he will be redirected to the edit generic todo list for a challenge page. He can then delete

existing to dos and add new todos to the challenge. When the instructor clicks on the Update Challenge button, the to-do lists for every trainee in that challenge is updated with the new to-do list for the entire duration of the challenge.

Points: 7

Breakdown:

- Frontend - 3
- Backend - 3
- Tests - 1

Implementation status : Completed

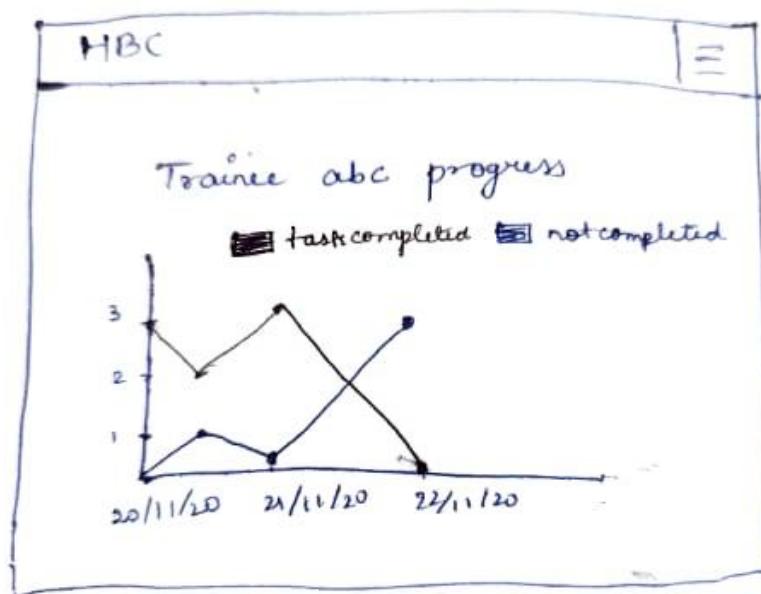
14. Show Trainee Progress

Feature: Show Trainee Progress

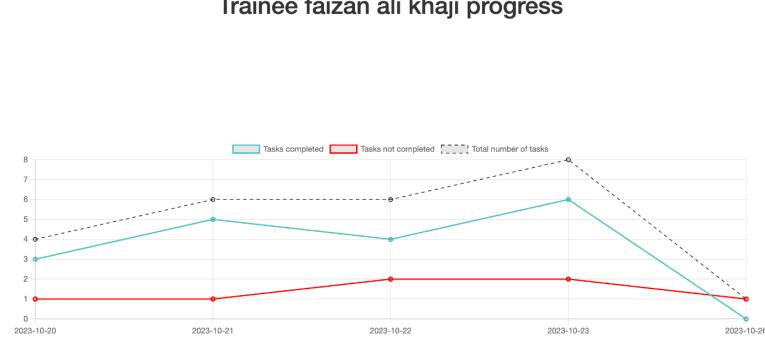
As an instructor

I want to see the details of a trainee in a challenge like progress
To enable me to track progress and make changes

Lo-fi Mockup:



Details:



Instructors can employ this feature to create a visual representation of daily task completion and non-completion, facilitating the monitoring of a user's progress.

Points: 7

Breakdown:

- Frontend - 3
- Backend - 3
- Tests - 1

Implementation status : Completed

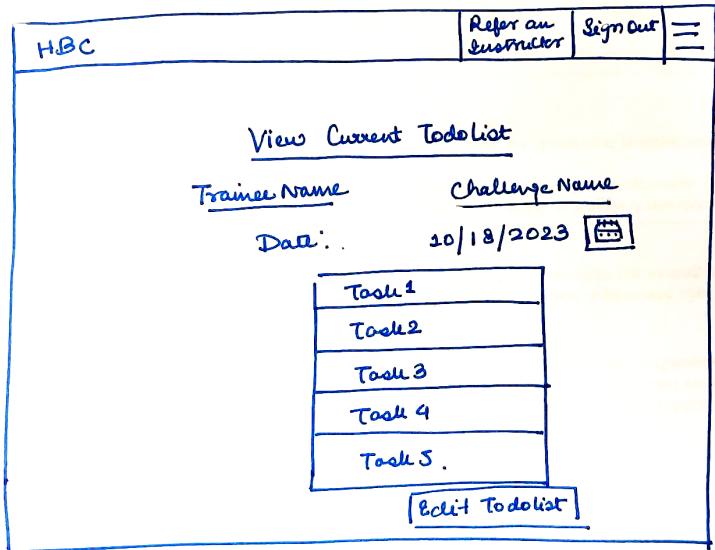
15. Show Trainee To-do list for a challenge

Feature: Show trainee to do list for a challenge

As an instructor

I want to see the todo list for a trainee for a particular day
To enable me to track progress and make changes

Lo-fi Mockup:



Details:

A detailed view of the Todo List page. The header bar at the top includes "HBC" on the left, "Sign Out" on the right, and a menu icon. The main title "Todo List" is centered above the content. Below the title, the text "new trainee challenge 2" is displayed. A date selector field shows "Select a Date: 10/31/2023" with a "Select" button. A list box contains the items "Eat 100 calories" and "yoga". At the bottom of the list box is a blue link "Edit TodoList".

The screenshot shows a web-based application interface. At the top, there is a blue header bar with the text "HBC" on the left and "Sign Out" on the right. Below the header, the main content area has three sections: "Trainee List" on the left, "Challenge: challenge 2" in the center, and "Total Count: 1" on the right. A single item, "24. new trainee", is listed under the "Trainee List". At the bottom right of the list area, there are two buttons: "View Progress" and "View TodoList".

When an instructor selects a trainee from a challenge and clicks View TodoList, he will land up on View todo list page. Here by default he sees the todo list for the trainee for either the current day (if the challenge is ongoing) or for the start date of the challenge. He can select any date to view that day's todo list for the trainee.

Points: 7

Breakdown:

- Frontend - 3
- Backend - 3
- Tests - 1

Implementation status : Completed

16. Edit To-do list for a Trainee

Feature: Edit todo list for a trainee for a challenge

As an instructor

I want to edit the todo list for a trainee for a challenge for a date range

To make customizations for a trainee

Details:



Todo List

Dummy3 Dummy 3 Challenge

Select a Date:

Do 10 pullups
Run 6 miles
Drink 4 litres water

[Edit TodoList](#)



Current todo list for Dummy3

Start Date

End Date

Tasks

1. Do 10 pullups

2. Run 6 miles

3. Swim 0.5 Hours

Tasks successfully updated.

Current todo list for Dummy3

Start Date

End Date

Tasks

1.	Do 10 pullups	<input type="button" value="Delete"/>
2.	Run 6 miles	<input type="button" value="Delete"/>
3.	Drink 4 litres water	<input type="button" value="Delete"/>

Once the Instructor clicks on the edit todo list link for a particular trainee the current todo list will be rendered and the instructor can modify existing tasks, add new tasks and delete tasks. By clicking on the update button the tasks are updated for the trainee for the given date range.

The updated list is displayed below.

Todo List

Dummy3 Dummy 3 Challenge

Select a Date:

Do 10 pullups
Run 6 miles
Swim 0.5 Hours

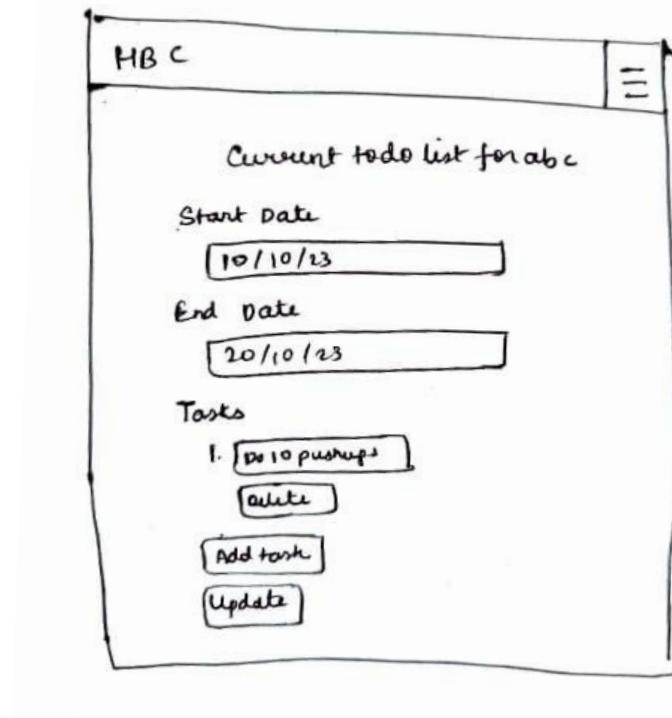
[Edit TodoList](#)

Points: 7

Breakdown:

- Frontend - 3
- Backend - 3
- Tests - 1

Lo-fi Mockup:



Implementation status : Completed

17. View To-do list for any day

Feature: Todo list for any day

As a trainee

I want to view my personalized daily to-do list for any day

To check off completed tasks and review completed tasks from the previous day

Details:

The screenshot shows a user interface for the HBC application. At the top, there is a blue header bar with the text "HBC" on the left and "Sign Out" on the right. Below the header, a message "You have successfully signed in" is displayed. A date selector field labeled "Select Date" with a placeholder "mm/dd/yyyy" is present. A "Show Tasks" button is located below the date selector. Two separate sections are shown, each titled "challengetest2 Daily To-Do List" and "challengetest10 Daily To-Do List". Each section includes a date indicator "Date: October 27, 2023" and a "Mark as Completed" button.

This screenshot shows the same application interface as the previous one, but the date has been changed to "October 28, 2023". The "Select Date" field now displays "10/28/2023". The "Show Tasks" button is visible below the date selector. The "challengetest2 Daily To-Do List" section is displayed, showing the date "Date: October 28, 2023" and a "Mark as Completed" button.

This screenshot focuses on the date selector field. The date "10/28/2023" is clearly visible in the input field. Below the date selector is a "Show Tasks" button.

Once a Trainee logs in with their credentials, we will reach the above page where we will display the current date's To-Do list assigned to the trainee. When selecting a specific date from the Date selector, and click on Show Tasks, we should be able to see the tasks of a challenge of selected date.

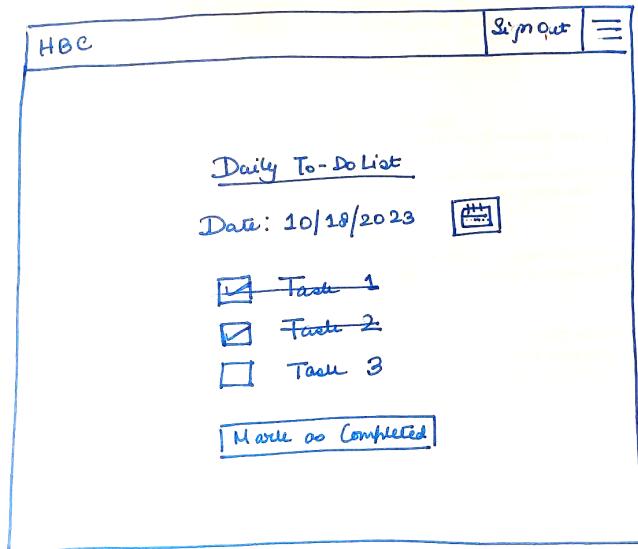
If the date is in the future, marking of tasks as complete is disabled. Also, If the date is previous days then marking of tasks as complete is disabled except if the date is just one day before the current date and the current date's time didn't exceed 3 AM.

Points: 7

Breakdown:

- Frontend - 3
- Backend - 3
- Tests - 1

Lo-Fi Mockup:



Implementation status : Completed

18. Check To-do list tasks

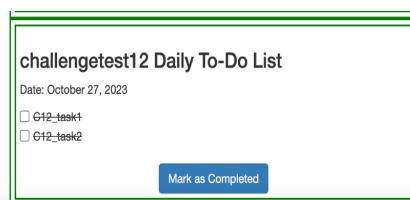
Feature: Checking todo list

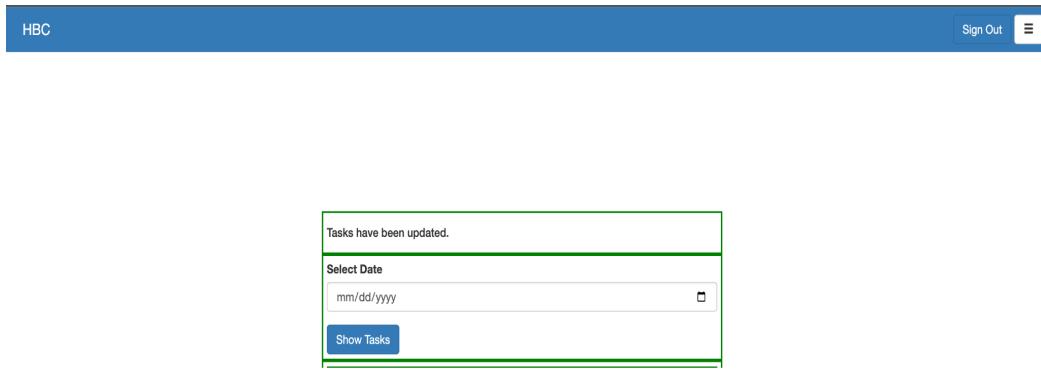
As a trainee

I want to check my tasks for current day in todo list

To save my progress

Details:





Once a Trainee logs in with their credentials, we will reach the Daily todo list page, where we will display the current date's To-Do list assigned to the trainee. When we check the box of any task to update the status and click on Mark as Completed, that particular task will be marked as completed in the backend and we should be able to see a strikethrough on that task indicating that it is finished for the day.

Points: 1

Lo-fi Mockup:



Implementation status : Completed

19. View Past and Future Challenges

Feature: View past and future challenges

As an instructor

I want to view all past and future challenges sorted by end date

To keep track and view details of challenges

Details:

The screenshot shows a blue header bar with the text "HBC". Below it, a white page starts with "Welcome, John". A main title "Upcoming Challenges" is centered above a list of challenges. At the top right of this list are two buttons: "Show Past Challenges" and "Show Ongoing Challenges". The first challenge in the list is "new one", with "Start Date: 2023-12-02" and "End Date: 2023-12-05".

The screenshot shows a blue header bar with the text "HBC". Below it, a white page starts with "Welcome, John". A main title "Past Challenges" is centered above a list of challenges. At the top right of this list are two buttons: "Show Ongoing Challenges" and "Show Upcoming Challenges". There are four challenges listed: "Challenge3" (Start Date: 2023-09-15, End Date: 2023-10-06), "test245" (Start Date: 2023-10-10, End Date: 2023-10-20), "w4tw4t" (Start Date: 2023-10-04, End Date: 2023-10-21), and "t4wgrefg" (Start Date: 2023-10-12, End Date: 2023-10-21).

The screenshot shows a blue header bar with the text "HBC". Below it, a white page starts with "Welcome, John". A main title "Ongoing Challenges" is centered above a list of challenges. At the top right of this list are two buttons: "Show Previous Challenges" and "Show Upcoming Challenges". There are two challenges listed: "test progress" (Start Date: 2023-12-01, End Date: 2023-12-10) and "test3" (Start Date: 2023-10-10, End Date: 2024-11-11).

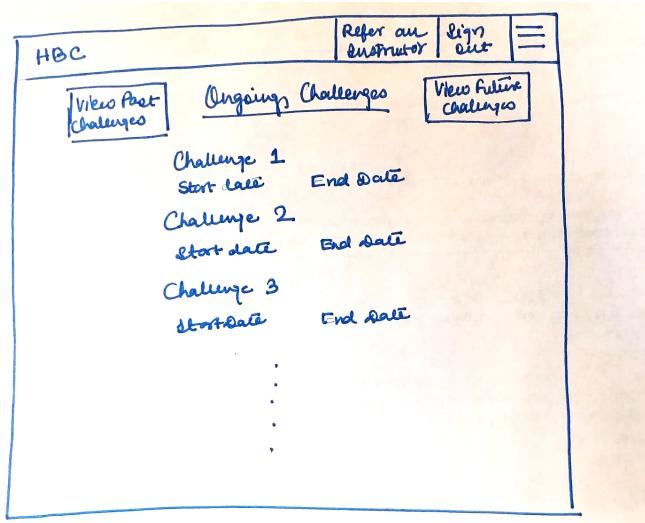
Navigation to go to past and upcoming challenges for an instructor. There are 2 buttons on the right end, that directly navigate to the required one.

Points: 5

Breakdown:

- Frontend - 2
- Backend - 2
- Tests - 1

Lo-Fi Mockups:



Implementation status : Completed

20. View My Progress for current and past challenges

Feature: View Progress

As a trainee

I want to view the progress of my challenges in a time series graph

To enable me to track my progress visually

Details:

HBC

Sign Out ≡

Daily To-Do List

Tasks have been updated.

Select Date

mm/dd/yyyy X

Show Tasks

Challenge 1

Date: November 10, 2023

Task-2
 Task-1

Mark as Completed View Progress

My Challenges

HBC

View Profile Sign Out ≡

Ongoing Challenges

Challenge 1

Start Date: 2023-11-09
End Date: 2023-11-21

View Progress

Past Challenges

No Past Challenges

HBC

View Profile Sign Out ≡

View my progress for Challenge 1

The chart displays three data series: 'Tasks completed' (blue line), 'Tasks not completed' (red line), and 'Total number of tasks' (grey dashed line). The x-axis shows dates from November 10 to November 15, 2023. The y-axis ranges from 0.0 to 2.0. On November 10, 'Tasks completed' starts at 2.0 and drops to 0.0 by November 11. 'Tasks not completed' starts at 0.0 and rises to 2.0 by November 11. Both series remain constant at 2.0 until November 15. The 'Total number of tasks' series is a constant horizontal grey dashed line at 2.0.

Date	Tasks completed	Tasks not completed	Total number of tasks
2023-11-10	2.0	0.0	2.0
2023-11-11	0.0	2.0	2.0
2023-11-12	0.0	2.0	2.0
2023-11-13	0.0	2.0	2.0
2023-11-14	0.0	2.0	2.0
2023-11-15	0.0	2.0	2.0

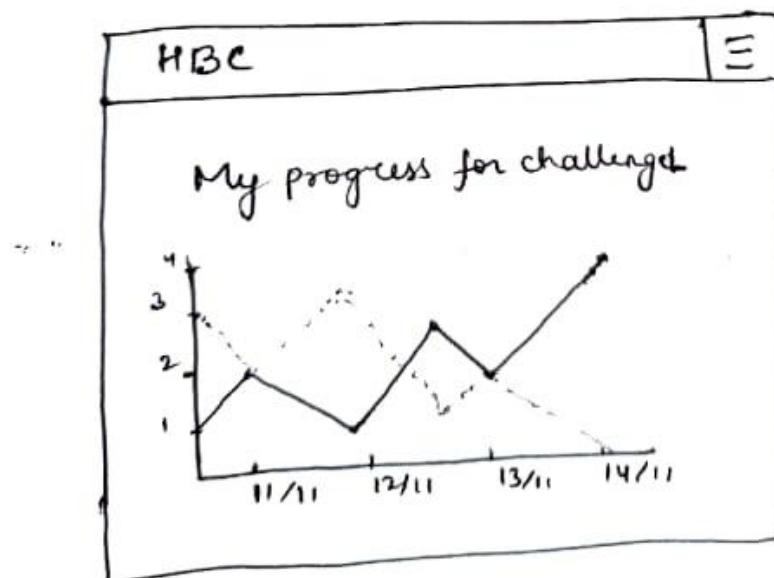
When a trainee logs in, he not only can see the to-do lists for a particular challenge but can also check his/her progress by clicking on the view progress button. The view progress button on a trainee's landing page and his/her challenge details page both redirect to a page where he can see his progress for all the days of the challenge in the form of a line chart.

Points: 7

Breakdown:

- Frontend - 3
- Backend - 3
- Tests - 1

Lo-Fi Mockup:



Implementation status : Completed

21. View Trainee Profile

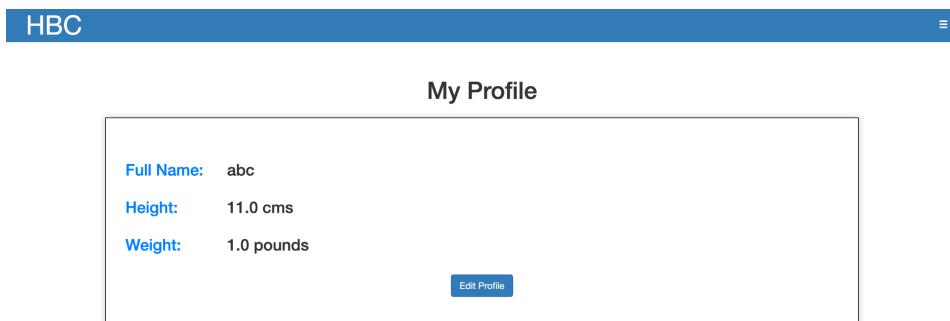
Feature: View my Profile

As a trainee

I want to see the bio data of my self

To see the information stored in the system

Details:



The screenshot shows a user interface for viewing a profile. At the top, there is a blue header bar with the text "HBC" on the left and three horizontal dots on the right. Below the header, the title "My Profile" is centered above a white content area. Inside the content area, there are three data entries: "Full Name: abc", "Height: 11.0 cms", and "Weight: 1.0 pounds". At the bottom right of this area, there is a small blue rectangular button labeled "Edit Profile".

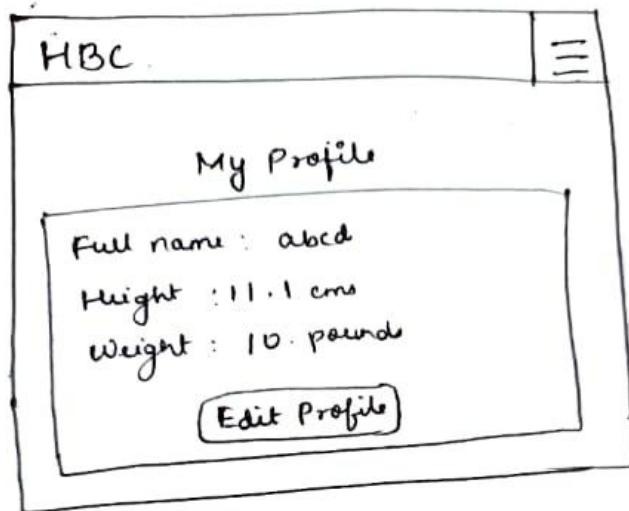
When an instructor logs in successfully, they should be able to see the View Profile button at the top right corner in the Navigation bar. Once they click on it, they will be redirected to a page where they can see their profile details like full name, height and weight.

Points: 5

Breakdown:

- Frontend - 2
- Backend - 2
- Tests - 1

Lo-fi Mockup:



Implementation status : Completed

22. View My Ongoing and Past Challenges

Feature: View Ongoing and Past Challenges for a trainee
As a Trainee,

I want to view past and current challenges I was a part of
To see my progress

Details:

Daily To-Do List

You have successfully signed in
Select Date
mm/dd/yyyy
Show Tasks

[My Challenges](#)

Ongoing Challenges

No Ongoing Challenges

Past Challenges

future challenge

Start Date: 2023-10-28

End Date: 2023-10-31

[View Progress](#)

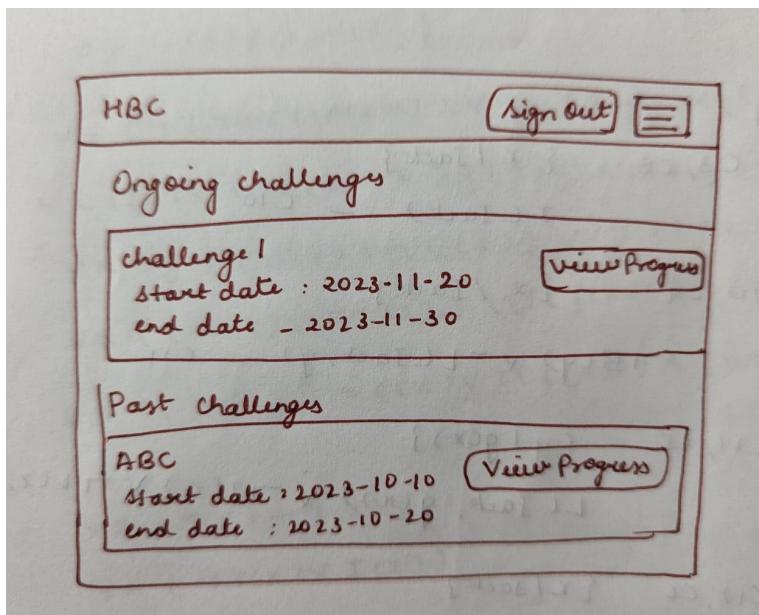
When a trainee logs in, they see the Daily Todo list page. From that page, if they click on the My Challenges button, they will land up on the List challenges page. Here, the trainee can view all their Ongoing and Past Challenges sorted by end date. They can further click on view progress to see their progress for a particular challenge.

Points: 6

Breakdown:

- Frontend - 2
- Backend - 3
- Tests - 1

Lo-fi Mockup:



Implementation status : Completed

23. Edit dates of a challenge

Feature: Change dates of challenge according to time

As an instructor

I want to edit the challenge dates

To end the challenge early or change future challenge timelines

Details:



HBC

Sign Out



Edit Challenge: Fitness Challenge 3

Start Date
11/03/2023

End Date
11/10/2023

Current Tasks List:

- 1. Cycle 20 miles Delete

Add Task Update Challenge

HBC

Sign Out



Edit Challenge: Fitness Challenge 3

Start Date
11/03/2023

End Date
11/10/2023

Current Tasks List:

- 1. Cycle 20 miles Delete
- 2. Swim 0.5 hours Delete
- 3. Eat 3000 calories Delete

Add Task Update Challenge

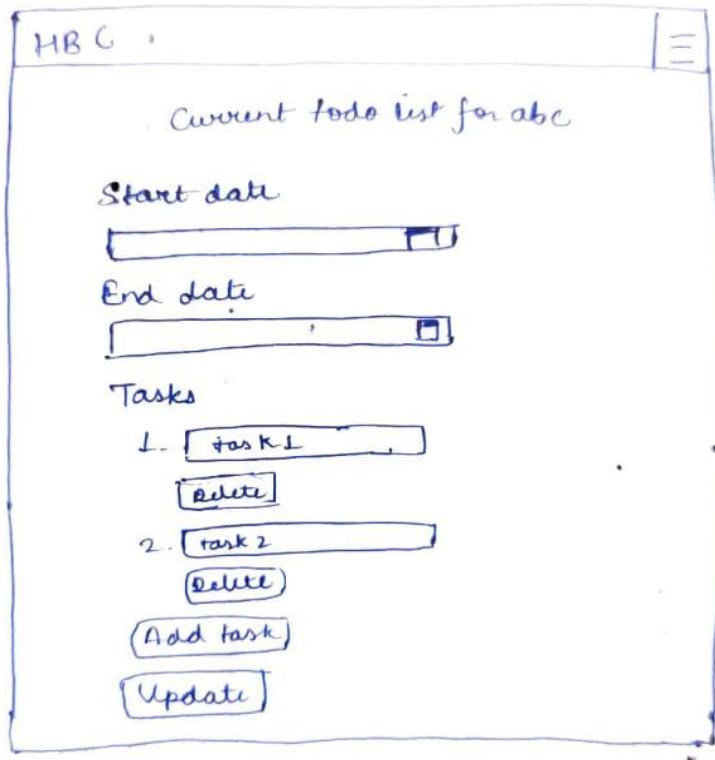
Instructors can change the start and end dates of a challenge accordingly. If it is an upcoming challenge both start and end dates of the challenge can be changed. But if it's an ongoing challenge, the start date cannot be changed and the tasks will be updated from the next day as for today the current tasks are already assigned to trainees.

Points: 5

Breakdown:

- Frontend - 2
- Backend - 2
- Tests - 1

Lo-Fi Mockup:



Implementation status : Completed

24. View Instructor Profile

Feature: View My Profile (Instructor)

As an instructor

I want to view my personal profile

To see what data the application has stored

Details:

The image consists of two vertically stacked screenshots of a web application interface. Both screenshots have a blue header bar at the top with the text 'HBC' on the left and 'Sign Out' on the right, along with a menu icon.

Screenshot 1: Ongoing Challenges Page

- The header bar includes 'My Profile', 'Refer Instructor', and 'Sign Out' buttons.
- The main content area starts with a 'Welcome, sharu' message.
- A green horizontal bar displays the message 'You have successfully signed in'.
- The title 'Ongoing Challenges' is centered above two blue buttons: 'Show Previous Challenges' and 'Show Upcoming Challenges -->'.
- At the bottom right of the main content area is a blue button labeled 'Create Challenge'.

Screenshot 2: Instructor Profile Page

- The header bar includes 'Sign Out' on the right.
- The main content area is titled 'Instructor Profile'.
- Below the title, it says 'Email: sharvaniramineni216@gmail.com'.
- It lists 'First Name: sharu' and 'Last Name: ramineni'.
- At the bottom is a blue 'Edit Profile' button.

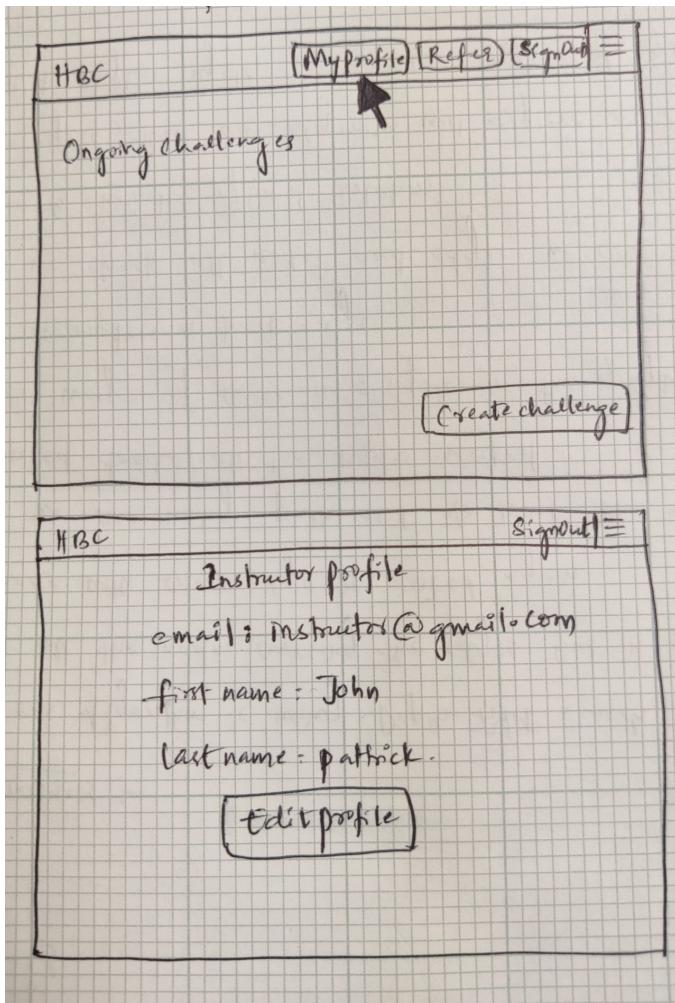
When an instructor logs in successfully, they should be able to see the My Profile button at the top right corner in the Navigation bar. Once they click on it, they will be redirected to a page where they can see their profile details like email address, and first and last name.

Points: 5

Breakdown:

- Frontend - 2
- Backend - 2
- Tests - 1

Lo-Fi Mockup:



Implementation status : Completed

25. Update Instructor Profile

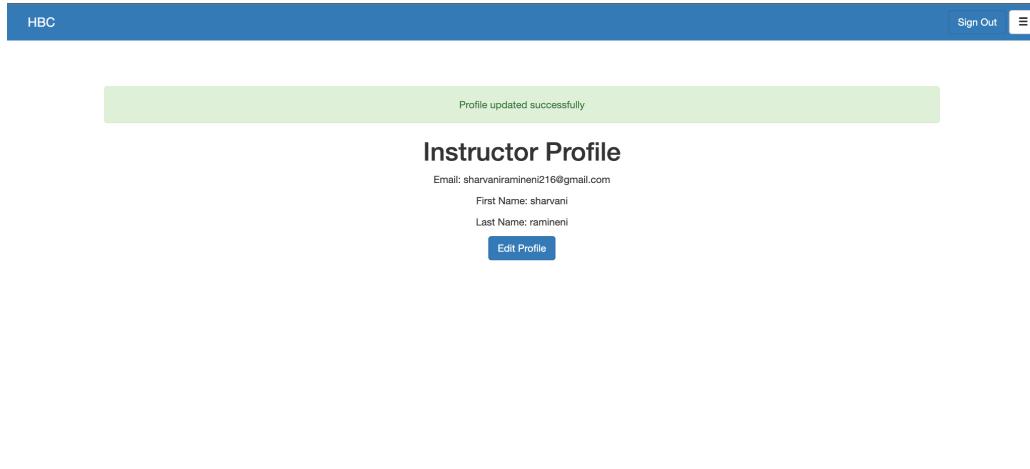
Feature: Update My Profile (Instructor)

As an instructor

I want to update details in my profile page

To modify any specific particular information about instructor

Details:



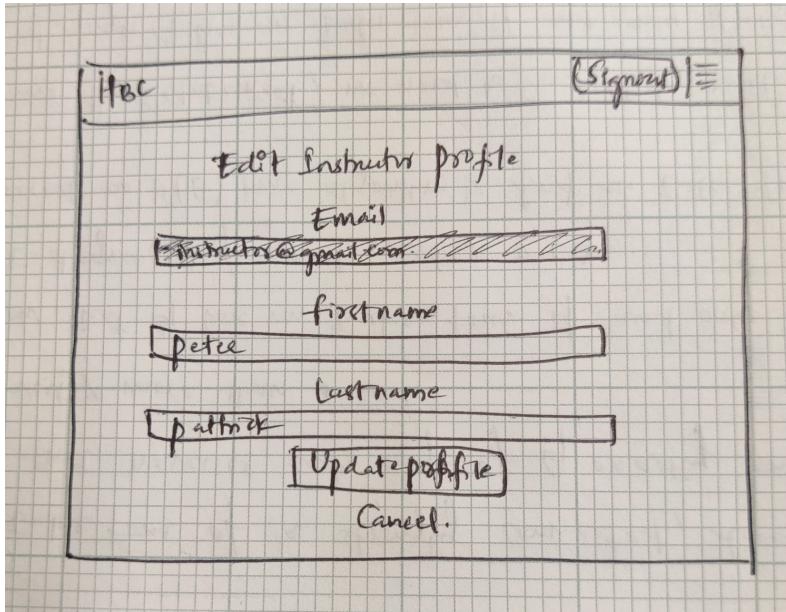
When an instructor logs in successfully and is currently on My profile page. If they want to edit the existing profile details, they can click on Edit profile and we will reach the edit page, where we can modify the read-write fields and click on Update profile to update the profile, once that is successful, they will be redirected to the profile page with updated page.

Points: 5

Breakdown:

- Frontend - 2
- Backend - 2
- Tests - 1

Lo-Fi mockup:



Implementation status : Completed

26. Receive Notifications for Marking To-do

Feature: Receive Notification for marking TODO

As a trainee

I want to get a reminder mail of today's todos

To remind myself of the Todo tasks of various challenges I must complete today

Details:

5

 healthbehaviorchallenge@gmail.com
to me ▾ Nov 9, 2023, 6:26 PM (19 hours ago)

Hi

tname2,

Please complete todays tasks!

c1

c1 eat

c2 sleep

c2

c2 eat

c2 eat

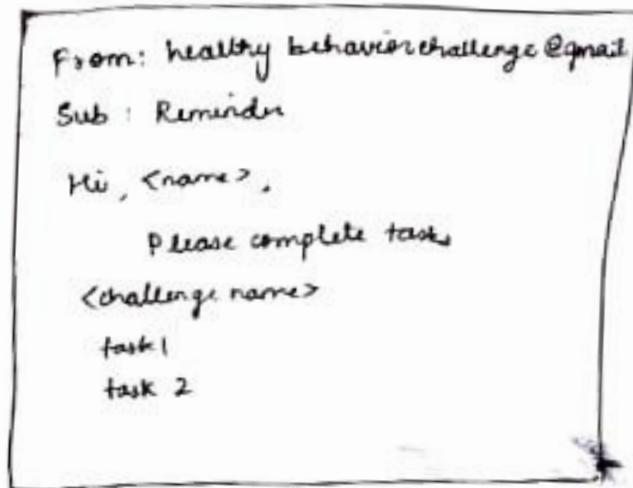
The trainees get an email everyday at 11:30 pm UTC, stating the incomplete tasks they would need to check off to complete the challenge for today.

Points: 7

Breakdown:

- Frontend - 3
- Backend - 3
- Tests - 1

Lo-fi Mockup:



Implementation status : Completed

27. Update Trainee Profile

Feature: Update profile for trainee

As a trainee,

I want to update my profile with the correct height and weight values

To help the instructor create my to-do list

Details:



Profile updated successfully.

My Profile

Full Name: Trainee1 Full Name
Height: 150.0 cms
Weight: 90.0 pounds

[Edit Profile](#)

This feature allows a trainee to update their profile. If the trainee has incorrect name, height or weight in their profile, they can update their profile by clicking on 'Edit Profile' button in their profile section. In the next form, they can add the correct values, and upon clicking on 'Update Profile', their height, weight or names will get updated accordingly.

Points: 5

Breakdown:

- Frontend - 2

- Backend - 2
- Tests - 1

Lo-Fi Mockup:

HBBC

Edit Trainee Profile

Email

Full Name

Height (in cms)

Weight (in lbs)

Update profile | Cancel

Implementation status : Completed

28. Streak Counter for each task

Feature: Streak counter for tasks

As a trainee

I desire to monitor my consecutive days of task completion, referred to as a streak.
To effectively track and assess my progress.

Details:

Daily Todo List

Select Date

mm/dd/yyyy



Show Tasks

Streak: 🔥 Total Best Days: 🎉

New Challenge Test

Date: October 30, 2023

- Swimming 🔥 0
- Running 🔥 0
- Crossfit 🔥 0

🎉 0

Mark as Completed

View Progress

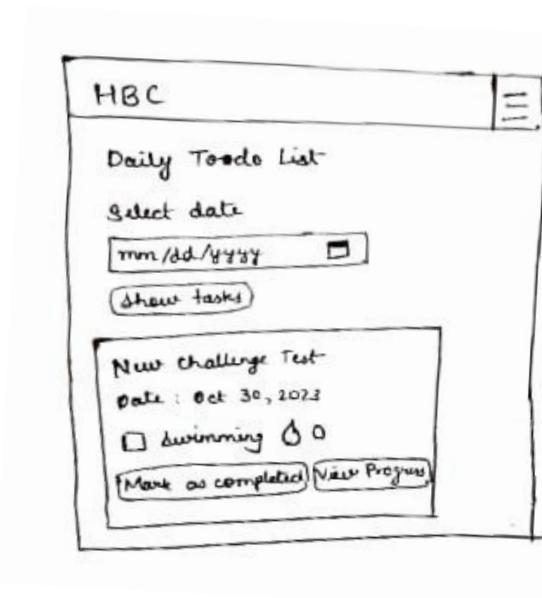
When a trainee checks their daily to-do list, they can also see the streak associated with each task. The streak indicates the number of consecutive days the trainee has successfully completed that particular task.

Points: 7

Breakdown:

- Frontend - 2
- Backend - 3
- Tests - 1

Lo-Fi Mockup:



Implementation status : Completed

29. Weekly Reports

Feature: Weekly reports of trainee for instructor

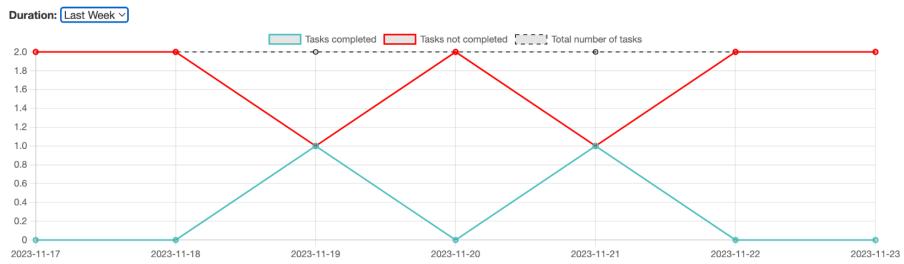
As an instructor

I want to see last week tasks completion reports of each trainee

To track their progress

Details:

Trainee abc progress



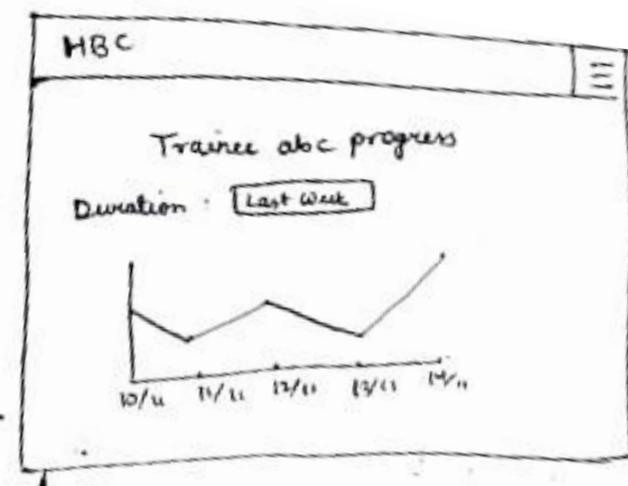
When an instructor views the participants of a challenge and clicks on View Progress for a trainee, he lands up on the Progress page for the trainee for the challenge. By default he sees All time progress of the trainee. If he selects Last week from the Duration drop-down, he can see the progress of the trainee for the previous week.

Points: 7

Breakdown:

- Frontend - 2
- Backend - 2
- Tests - 1

Lo-Fi Mockup:



Implementation status : Completed

30. Total best days for challenge

Feature: Total best days

As a Trainee

I want to see the total best days for a challenge

To keep track of my progress

Details:

The screenshot shows the HBC application interface. At the top, there is a blue header bar with the text "HBC" on the left and a menu icon on the right. Below the header, the main content area is titled "Daily Todo List". A "Select Date" dropdown is present, showing "mm/dd/yyyy". A "Show Tasks" button is located below the date selector. To the right of the date selector, it says "Streak: 🔥 Total Best Days: 🎉". The main content area is divided into two sections: "New Challenge 1" and "New Challenge 2". Each challenge section contains a date ("November 23, 2023"), a list of tasks (e.g., Task-1, Task-2), and a completion count (e.g., 1). Below each task list are "Mark as Completed" and "View Progress" buttons. At the bottom right of the content area, there is a "My Challenges" button.

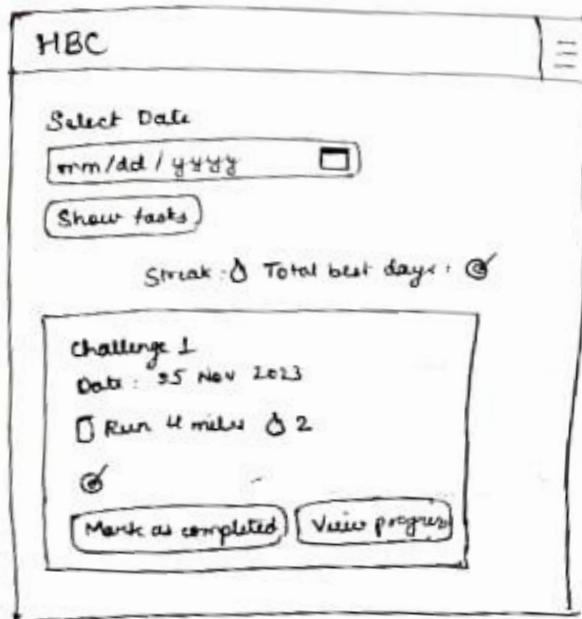
When a trainee views the todo list for the day, along with the tasks the total number of best days are also displayed. A best day is the one where a trainee completes all the tasks for a challenge for a given day.

Points: 6

Breakdown:

- Frontend - 3
- Backend - 2
- Tests - 1

Lo-Fi Mockup:



Implementation status : Completed

31. Remove trainee

Feature: Remove trainee from challenge

As an instructor

I want to remove trainees from a future challenge

To have flexibility on who can be part of a challenge

Details:



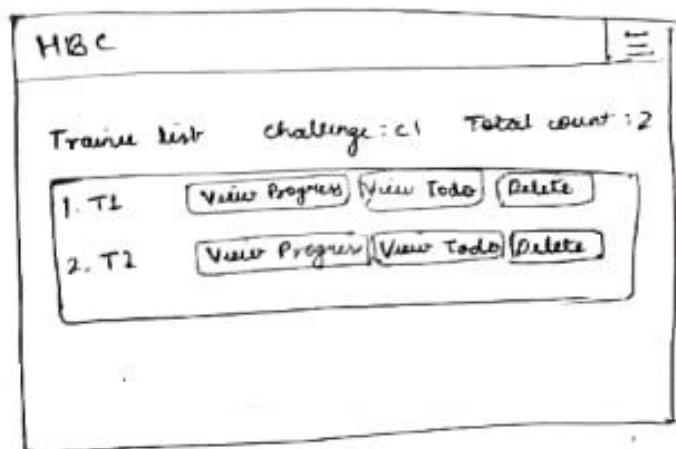
This feature allows trainees to be disassociated from any upcoming challenges. The feature can be seen in the show participants page. Clicking on the delete button in the user row will remove that user.

Points: 7

Breakdown:

- Frontend - 2
- Backend - 2
- Tests - 1

Lo-Fi mockup:



Implementation status : Completed

Team Roles

We followed bi-weekly iteration wise rotation of Scrum master and Product owner for the project.

Iteration0:

- Scrum master: Shweta Sharma
- Product owner: Satya Bhavsar

Iteration1:

- Scrum master: Faizan Ali Khaji
- Product owner: Vineet Gandham

Iteration2:

- Scrum master: Utsav Dabhi
- Product owner: Sharvani Ramineni

Iteration3:

- Scrum master: Satya Bhavsar
- Product owner: Shweta Sharma

Iteration4:

- Scrum master: Vineet Gandham
- Product owner: Faizan Ali Khaji

Iteration5:

- Scrum master: Sharvani Ramineni
- Product owner: Utsav Dabhi

Iteration wise progress

Iteration 0

- Accomplishments:
 - Had first meeting with the client and understood the requirements.
 - Created User stories and Lo-fi Mockups.
 - Created Github repo and pivotal tracker.
- Points completed: 0

We didn't assign points to tasks completed in this iteration.

Iteration 1

- Accomplishments:
 - Created containerized Ruby on Rails Skeleton Application and deployed to Heroku.
 - Implemented the following user stories:
 - User login
 - User signup
 - Logout
 - Instructor referral.
 - Setup test coverage reports, database and Basic UI elements.
- Points completed:57

Iteration 2

- Accomplishments:
 - Designed and created models and entity relationships.
 - Implemented the following user stories:
 - Create challenge
 - Add trainee
 - List challenges
 - Challenge details
 - List trainees and daily todo list.
- Points completed:41

Iteration 3

- Accomplishments:
 - Implemented session management.
 - Implemented the following user stories:
 - Edit challenge
 - Show trainee progress
 - Show Trainee Todo list for a challenge for instructor
 - Edit Trainee Todo list for a challenge
 - Show Todo list for any day
 - Checking todo list tasks and View past and future challenges
- Points completed: 44

Iteration 4

- Accomplishments:
 - Implemented the following user stories:
 - View profile and edit profile on the Instructor
 - View profile for trainee
 - View ongoing and past Challenges
 - View my progress for current and past challenges
 - Change start date and end date of a challenge
 - Reminder notification for marking todos
- Points completed: 44

Iteration 5

- Accomplishments:
 - Implemented the following user stories:
 - Update Trainee profile
 - Streak counter for each task
 - Weekly reports
 - Total best days
 - Remove a trainee
- Points completed: 30

Story Points Completed

Iteration	Faizan	Satya	Sharvani	Shweta	Utsav	Vineet
Iteration 1	9	9	8	8	9	14
Iteration 2	8.7	6.2	7.2	7.5	6.2	5.2
Iteration 3	7	9	8	7	8	5
Iteration 4	5	7	10	8	7	7
Iteration 5	6	5	3	5	6	5
Final tasks	2	1	1	2	1	1
Total	37.7	37.2	37.2	37.5	37.2	37.2

Customer Meetings

Meeting 1:

Sep 13, Wednesday 1:30 PM, Sep 6, In-person

Discussions:

During our discussion, we reviewed lo-fi mockups of user stories for the upcoming iteration. The client provided feedback and suggested a few changes, expressing satisfaction with the remaining elements. Additionally, the client actively participated in prioritizing user stories for the next iteration.

Meeting 2:

Sep 20, 2023 (1:30 pm - 1:45 PM), Zoom

Discussions:

- Signup of Instructor should be via referral/OTP.
- Height and weight should be taken at the signup of trainees.

- Instructors can't change current and past to-dos.
- Trainees can't change todo from yesterday and beyond.
- Trainees have till the end of the next day 3 a.m. to mark today's todos
- Reminder mail so that trainees can mark today's todos.
- A generic todo is saved when the Instructor creates the challenge. This to-do is replicated for all users.
 - Instructors can change the generic todos of the rest of the days. - for all users. If a client has made good progress, the client wants to modify the rest of the challenge for that client.
 - If a client is injured, she wants to modify the todos for a few days but not the rest of the challenge.

Meeting 3:

Sep 28, 2023 (10:30-11:00 AM) over zoom

Discussions:

Over this meeting we have presented our stories to the Professor. Prof Ritchey liked the whole trainee and instructor sign in and sign up. Along with a unique referral link and password reset. She is expecting styling to be a minor change, but would like that to be done at the end of the project.

Meeting 4:

Oct 04, 2023, 2:30 - 2:45 PM over Zoom

Discussions:

- We have discussed the user stories that we planned to work for iteration 2.
- She suggested what are the priority tasks to be finished first. Based on the feedback, we have finalized the user stories and started working on them.
- We checked with her about the heroku credentials from the client.
- Also discussed some parts of the front end how UI should be for particular user features.
- Got clarification regarding questions below:
 - Are we supposed to add a new trainee in the middle of the challenge.? : NO
 - Is the duration of the challenge fixed? YES fixed before it starts

Meeting 5:

Oct 13, 2023, 4:15 - 4:30 PM over Zoom

Discussions:

- We have demonstrated the features that we have implemented in this iteration(2):
 - Creating New Challenge
 - Listing Ongoing Challenges in instructor page
 - Displaying Challenge details
 - Adding trainees to Challenge
 - List Trainees of a particular Challenge
 - Displaying To-Do list of trainees
- Client (Prof Niki Ritchey) was very impressed with the progress. She is also happy for the features covered in this sprint. Discussed about high level what we should be implementing for next iteration.

Meeting 6:

Wed Oct 18, 2023 2:30pm - 2:45pm over Zoom

Discussions:

- We discussed the user stories that we plan to work for iteration 3 and showed the lo-fi mockups. She was happy with the mockups.
- She suggested that we push the user stories to the next iteration if unable to finish due to large user stories.
- Based on the feedback, we have finalized the user stories and started working on them.

Meeting 7:

Oct 27, 2023, 4:15 - 4:30 PM over Zoom

Discussions:

- We have demonstrated the features that we have implemented in this iteration(3):
 - Edit a challenge
 - Show trainee Progress for a challenge
 - Show Trainee Todo list for a challenge for instructor
 - Edit Trainee Todo list for a challenge
 - Show Todo list for any day
 - Checking todo list tasks
 - View past and future challenges
- Client (Prof Niki Ritchey) was very impressed with the progress. She is also happy about the good number of features covered in this sprint. We discussed at a high level what we

should be implementing for the next iteration and shared the app link with her to play around with.

Meeting 8:

Wed Nov 1, 2023 2:30pm - 2:45pm over Zoom

Discussions:

- We presented 8-9 user stories to the client for consideration in this iteration. With the client's assistance, we prioritized the user stories and engaged in detailed discussions regarding their functionalities.
- Based on the feedback, we have finalized the user stories and started working on them.

Meeting 9:

Nov 10, 2023, 4:15 - 4:30 PM over Zoom

Discussions:

- We have demonstrated the features that we have implemented in this iteration(4):
 - View profile and edit profile on the Instructor
 - View profile for Client
 - View ongoing and past Challenges
 - View my progress for current and past challenges
 - Change start date and end date of a challenge.
 - Reminder notification for marking todos
- Prof Niki Ritchey, the client, expressed great satisfaction with the progress made during this sprint. She also appreciated the extensive coverage of features accomplished so far. Additionally, she identified a few features that should be implemented in the next iteration. During our discussion, we outlined high-level priorities for the upcoming iteration.

Meeting 10:

Wed Nov 15, 2023 1:30pm - 1:45pm over Zoom

Discussions:

- We presented 5 user stories and some discovered bugs to be rectified to the client for consideration in this iteration. With the client's assistance, we made some changes to the user stories and engaged in detailed discussions regarding their functionalities.
- Based on the feedback, we finalized the user stories and started working on them.

Meeting 11:

Fri Dec 1, 2023 2:30pm - 2:45pm over Zoom

Discussions:

- We have demonstrated the features that we have implemented in this iteration(5):
 - Edit profile for the Client
 - Weekly Report of trainee for a challenge for instructor
 - Delete trainee from a challenge
 - Streak for tasks
 - Best days for a challenge for trainee
- Prof Niki Ritchey, the client, was happy with the progress of this iteration. She was also really happy with the overall features we implemented throughout the project.

Process followed for BDD/TDD

1. We first created cucumber scenarios based on the requirements collected from the client and lo-fi mockups.
2. Then we added rspec tests for the methods to be developed.
Initially all of these failed.
3. We then started our development to make both the cucumber and rspec tests passed.

Benefits:

1. BDD/TDD ensured that the code we wrote adheres to the requirements.
2. BDD/TDD ensured that the code does not create any unexpected scenarios or problems.
3. BDD/TDD ensured that the code is correct.

Problems:

1. Since it was a new approach for all the developers, it took some onboarding time.
2. The development took a little longer.

Configuration Management Approach

We adopted a comprehensive configuration management approach leveraging specific tools and practices:

Version Control with Git:

- We implemented version control using Git, a distributed version control system.
- Git enabled us to track changes to source code, documents, and other artifacts, fostering collaboration among developers.
- The use of branches, pull requests, and commit history in Git ensured a well-documented and traceable development process.
- Our 2 most important branches are **main and develop**. We keep our main branch deployed on Heroku. We first push changes to our feature branches, raise a PR to develop and merge after review and checks of test run. At the end of an iteration after testing everything on develop, we raise PR from develop to main and merge after review. This then gets deployed to heroku.
- Additionally, for each iteration after merging to main we created 1 release. Hence we have **5 releases**.

Build Management with Docker:

- For build management, we embraced Docker as a containerization platform.
- Docker facilitated consistency in development across all team members by encapsulating applications and their dependencies.
- The use of Docker containers ensured that the development environment was reproducible, reducing issues related to differences in local setups.

Release Management with GitHub Actions:

- GitHub Actions played a pivotal role in our release management process.
- We configured GitHub Actions to automatically deploy new user stories to the production environment.
- This automation streamlined the release process, ensuring rapid and reliable delivery of features to end-users while maintaining a high level of quality.

Environment Management with PostgreSQL:

- Our environment management strategy involved using PostgreSQL as the relational database management system.
- PostgreSQL was deployed consistently across test, development, and production environments.
- This approach ensured that developers, testers, and deployment pipelines interacted with the same database system, minimizing potential discrepancies and improving the reliability of our applications.

This combination of Git, Docker, GitHub Actions, and PostgreSQL allowed us to effectively manage configurations throughout the development lifecycle, from version control and build management to release and environment management. The integration of these tools contributed to a seamless and controlled software development process in our project.

Spikes:

In our development process, we initiated a spike to establish the architecture, focusing on the interaction between different models. This step was crucial, considering its potential impact on the implementation of various features. The spike aimed to build and assess different architectural models and their communication mechanisms, recognizing the significance of laying a solid foundation for future feature development.

The Number of branches in repo are 94 and 5 releases

Issues Faced:

Challenges Encountered in the Production Release Process to Heroku:

1. Deployment Configuration on Heroku:

The setup of the CI/CD pipeline for Heroku deployment required the establishment of appropriate buildpacks, configuration of environment variables, and ensuring seamless compatibility with the platform. Issues arose as a result of inconsistencies in these configurations.

2. Dependencies and Environment Discrepancy:

Heroku presents distinct default configurations or dependencies in contrast to local development environments. This led to unforeseen issues during deployment, primarily stemming from version disparities or the absence of necessary dependencies.

3. Database Configuration:

Navigating the configuration of the database connection on Heroku posed challenges. This encompassed tasks such as database migration, the establishment of database URLs, and the assurance of data consistency throughout the deployment process.

4. GitHub:

Configuring the CI/CD pipeline proved challenging, particularly in deploying to Heroku and executing both Cucumber and RSpec tests. We had to explore various blog posts to find a solution that suited our specific needs.

We faced some other challenges as well listed below:

- ◆ Defining models became intricate due to associations among multiple tables.
- ◆ Resolving time zone issues from the Trainee's perspective posed challenges.
- ◆ Navigating the setup of the database for the test and development environment presented early challenges.
- ◆ Shifting to Test-Driven Development (TDD) and Behavior-Driven Development (BDD) presented a learning curve.

Tools/Gems Used

SimpleCov:

Purpose: Code coverage tool for Ruby.

Benefits: Helps track which parts of your code are covered by tests and which are not. This information aids in identifying areas that might need additional test coverage.

Cucumber:

Purpose:

Behavior-driven development (BDD) tool that supports the creation and execution of acceptance tests.

Benefits:

Allows you to describe application behavior in plain text and automate those behaviors for testing. It promotes collaboration between non-technical and technical team members.

RubyCritic:

Purpose: Provides a quality report for Ruby code.

Benefits: Evaluates code quality based on various metrics, identifying areas for improvement. This can guide developers in writing cleaner, more maintainable code.

RuboCop:

Purpose: Ruby static code analyzer and formatter.

Benefits: Enforces a consistent coding style and detects common programming errors, enhancing code readability and maintainability.

Capybara:

Purpose: Acceptance testing framework for web applications.

Benefits: Enables the creation of expressive, readable acceptance tests.

Capybara interacts with web pages as a user would, allowing you to simulate user actions and test web application behavior.

Selenium-WebDriver:

Purpose: Browser automation framework.

Benefits: Facilitates the testing of web applications by automating interactions with web browsers. Useful for integration testing and ensuring your application works correctly in different browsers.

Database Cleaner:

Purpose: Helps manage database connections and clean databases between tests.

Benefits: Ensures a consistent and isolated environment for each test, preventing test data from interfering with each other. This is especially crucial for maintaining reliable and reproducible tests.

Repository Contents

Our github repository contains everything needed to run the application and deploy it. It specifically contains the following:

- CodeBase and Iteration Documentation .
- Steps to Run the Application Locally
- Steps to deploy the Application on heroku
- Steps to run tests

- Know how to use our application
- Contact Us

Project Resources and Links

- Website link: <https://fitxtdev-41d849676354.herokuapp.com/>
- Pivotal tracker: <https://www.pivotaltracker.com/n/projects/2675842>
- Github: <https://github.com/shweta-sharma-tamu/healthy-behavior-challenge>
- Presentation Deck:
<https://docs.google.com/presentation/d/108jMroTmHePEz5VSMqvWgQyNHF0yY45hpSj4d8Ox6AI/edit#slide=id.p>
- Presentation and Demo Video: <https://www.youtube.com/watch?v=ORhwrv1K6G8>