**Project Name: Fitness and Nutrition Tracking App**

**Project Description:**

This app aims to help users maintain a healthy lifestyle by tracking their exercise routines, nutrition intake, and overall wellness.

**Agile Methodology: Scrum**

**Product Backlog:**

1. User Authentication
2. Profile Management
3. Fitness Tracking
4. Nutrition Tracking
5. Meal Planning
6. Water Intake Tracking
7. Progress Analytics
8. Community Support

**Sprint Planning:**

We'll plan our development work in two-week sprints, with a focus on delivering working software increments at the end of each sprint.

For each sprint, we'll select a subset of user stories from the product backlog based on priority and estimated effort.

**Sprint 1:**

Select backlog items 1,2.

Sprint Goal: Implement basic user authentication and profile management features.

**Sprint 2:**

Select backlog items 3,4.

Sprint Goal: Build core features for fitness tracking and nutrition tracking.

**Sprint 3:**

Select backlog items 5,6.

Sprint Goal: Enhance user experience with meal planning and water intake tracking features.

**Sprint 4:**

Select backlog items 7,8.

Sprint Goal: Implement progress analytics and community support features.

**Estimation:**

We'll estimate the effort required to complete each user story using story points, a relative estimation technique.

**Story Point Estimation:**

We’ll use a scale of 1, 2, 3, 5, 8, 13, 18, 40, 100 for story points estimation, where 1 represents the smallest effort and 100 represents the largest.

**Estimation Results:**

1. User Authentication – 5 story points
2. Profile Management– 8 story points
3. Fitness Tracking– 13 story points
4. Nutrition Tracking– 13 story points
5. Meal Planning– 18 story points
6. Water Intake Tracking– 5 story points
7. Progress Analytics– 11 story points
8. Community Support– 11 story points

**Execution:**

Development work will begin according to the sprint plan, with daily standup meetings held to track progress, discuss any impediments, and ensure alignment within the team.

**Review and Retrospective:**

At the end of each sprint, we’ll conduct a sprint review to demonstrate completed features to stakeholders and gather feedback. Also, hold a retrospective meeting to reflect on what went well, what could be improved, and any adjustments needed for future sprints.

By organizing the development work into sprints and focusing on delivering valuable features incrementally, the team can maintain a steady pace of development and adapt to changes effectively throughout the project.