

Task	Team Member Responsible
planning and conceptualization (1-2 months)	Ted Leader
Market Research (1 week)	Umar
define Goals and objectives (1 week)	Umar
Conceptualize Features (2 weeks)	Wissam
Design Wireframes and prototypes (2 weeks)	Sama
Development (3 -6 months)	Ted Leader
Backend Development (2-3 months)	Ted
Fronttend Development (2-3 months)	Umar
nutrition tracking module (2-3 months)	Wissam
workout planning Module (2-3 months)	Sama
Integration with wearable Devices (1-2 weeks)	Umar
Testing and Quality Assurance (1-2 months)	Ted Leader
Unit Testing (2-3 weeks)	Wissam
Integration Testing (2-3 weeks)	Sama
User Acceptance Testing (3-4 weeks)	Ted
Deployment (1-2) Months	Ted Leader
App Store Submissio (2-3 weeks)	Umar and Wissam
Launch Marketing Campaign (1-2 weeks)	Sama
App Launch (1 day)	Team Work
Post-Launch (OnGoing)	Ted Leader
User Support and feedback (ongoing)	Wissam
Regular updates and feature Enhancements (ongoing)	Umar
Marketing and Growth (ongoing)	Sama
Bug fixes and maintenace (ongoing)	Ted