

## Header

**Document's name:** Fitness Release Plan

**Product name:** My Fitness Sanctuary

**Team name:** Fitness Team

**Release name:** 1<sup>st</sup> version of Fitness Team

**Release date:** 7/7/2019

**Revision number:** 1.0

**Revision date:** TBD

## High Level goal(s)

- Users are able to efficiently choose a workout program they want.
- Users are able to efficiently create their customized workout program.
- Email Workout Programs to Users
- Users are able to upload personalized workout programs they've designed
- Users are able to feedback/reviews for any provided workout program.
- Users can create an account with the website

## User Stories

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### *Sprint 1*

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#### **User Story 1:**

As a powerlifter, I want to see programs only related with power-lifting so that I do not have to check the entire result page for a workout program.

#### **User Story 2:**

As someone who has never worked out before, I want to know the level of difficulty of any workout programs so that I know if it is within my range of capabilities.

#### **User Story 3:**

As a user, I want a specific routine so that I do not have to commit to an entire workout program

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### *Sprint 2*

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#### **User Story 1:**

As an experienced fitness user, I want to design my own customized program since the provided programs do not align with my goals.

#### **User Story 2:**

As a user, I want to export my workout program to my email so that I don't need to re-visit the website and search for my program again when I exit the browser.

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### *Sprint 3*

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#### **User Story 1:**

As a user, I want to upload the workout program I designed for others to use because I have gotten great result from it.

#### **User Story 2:**

As a user, I want to give feedback to workout programs that are provided so that other users can see reviews before committing to a workout program.

#### **User Story 3:**

- As a user designing a personal workout program, I want some recommendations/guidelines that I can refer to while I am designing my workout program so I know I am efficient.

## Sprint

Sprint 1:

(5) User Story 1

(3) User Story 2

(4) User Story 3

## Product Backlog

#### **High level goals:**

- Users are able to efficiently choose a workout program they want.  
➔ Sprint 1
- Users are able to efficiently create their customized workout program.  
➔ Sprint 2
- Email Workout Programs to Users  
➔ Sprint 2
- Users are able to upload personalized workout programs they've designed

➔ Sprint 3

- Users are able to feedback/reviews for any provided workout program.

➔ Sprint 3

- Users can create an account with the website

➔ Sprint 3