# Header

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

**Product name**: My Fitness Program Distributor

**Team name**: Fitness Team

**Release name**: 2$^{st}$ version of Fitness Team

**Release date**: 7/24/2019

**Revision number**: 2.0

**Revision date**: 7/16

# 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

**User Story 1**:  5 story points

- 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:** 4 story points

- 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:** 3 story points

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

**User Story 1**: 13 story points

- As a user, I want to filter the programs or routines with some options so that I don't have to see entire data.

**User Story 2:** 17 story points

- 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 1**: 7 story points

- As a user, I want to see the details of programs or routines so that I can understand them easily.

**User Story 2**: 9 story points

- 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 3:** 15 story points

- As a lifter, I want an instruction about how to do an exercise so that I can perform it correctly

**User Story 4** (grab from product backlog): 11 story points

- As a user, I want the website to remember the customize workout problem I design

## Product Backlog

| Priority | User Story | Story point |
|----------|------------|-------------|
| 1 | As a user, I want the website to remember the customize workout problem I design so that I don't need to design same program again. | 13 |
| 2 | As a user, I want to know the workout program are good or not so that I can safely choose it | 11 |
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