

Header

Document's name: Fitness Release Plan

Product name: My Fitness Program Distributor

Team name: Fitness Team

Release name: 1st 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

Sprint 1

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

Sprint 2

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.

Sprint 3

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

Priority	Sprint 1 plan	Story point
1	User Story 1	5
2	User Story 3	4
3	User Story 2	3