CMPS 115 – Software Methodology

# 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 |