Assignment Specifications

Keepfit

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Section I
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Section II
Preface
Keepfit will be an iOS mobile application where customers will be taught to exercise at home and can share their own experience and help others to exercise as well.

Customers of Keepfit can register as users to log in to the mobile application. Once registered, Keepfit will set up a personal file for the user and user's information such as nickname, photos, exercise history can be publicly available to other users in the user's personal file page. Users can choose to join a live broadcast or watch exercise tutorial videos by their own. Users can also start a live stream themselves so that other users can join, and users can choose to follow or unfollow each other. Keepfit can also record the time of the user's exercises and the calorie user burnt during the exercise.

This document is intended for the Product Owner, Scrum Master, and members of our development team of the Keepfit Project.
Current Version of this Document: 5.0.
This document is created as a result of our Sprint Planning meetings with our Product Owner, Scrum Master, and members of our development team. This document mainly contains a Daily Scrums Section with 10 Daily Scrums. Each daily scrum includes its time, location, a summary of the performance of each team member in the previous day, and a plan of the current day. The document also includes a Sprint Review Section. The Sprint Review Section includes its time, location, and a summary of the Sprint-3 process (i.e. answers to a series of critical questions. For example, What has been done? What was planned but wasn't completed? Why? What went well during the Sprint? What could be improved in the next Sprint?). The document also contains a Product Backlog, which includes all the functionalities that are still missing in our current project based on our previous implementation. It also contains a Sprint-3 Backlog which includes the functionalities that we are supposed to come up with at the end of this Sprint-3, as reference.

Section III
Introduction

Keepfit responds to the growing need of at-home exercises during the COVID-19 pandemic. It will build a community for people who wish to keep fit while stuck at home. It will have help users with tracking and recording exercises as well as connecting to a greater community of "keepfitters".

Users can register an account and set up his or her individual personal profiles which contain information about the user's nickname, photos, exercise history and so on. Users will be able to see exercises as well as post their own. They can join exercises and sort the exercises in both forms of live broadcast and exercise tutorial videos. They can also see streams and start their own stream, follow and unfollow each other, and record the time of their exercises and the calories they burn.

Keepfit is similar to other exercise applications. Taking the "Keep" application as an example, both applications have functions such as user registration and authentication systems, personal profiles, customized exercise plan, exercise tutorial videos and live broadcast to join, recording of time of exercise and calorie being burnt, etc. Keep also enables users to post content and pictures and reply to each other's post which facilitates user interaction, whereas Keepfit enables users to start their own stream, which is a function absent in Keep.

Section IV

Product Backlog:

The "backlogged" functionalities that are not implemented in our project yet are presented as following (in comparison with the list of required functionalities specified in the assignment instruction):

7. The user should be able to add videos into like / unlike lists and the liked videos should be shown in the personal interface.
11. The user can follow / unfollow other users.
12. There is a history list for previous watched videos.
13. There is a history list for previous done exercises.
14. These two history lists can be cleaned by users.
15. There is a list in the personal interface storing videos that the user uploaded.
16. The user can delete what he / she has uploaded before.
17. There is another calendar interface.
18. The user's exercise history should be marked on the calendar.
19. The user can plan for exercise by clicking the date in the calendar.
20. There is a reminder for the upcoming exercise.
21. The videos and live streams should be shown by category.
22. There is a recommendation of the videos, i.e., the videos shown in the interface should base on the number of likes.
23. There is a search history list when you are searching.
24. The search can be done by category.
26. (1). The user can write some comments under each video and the comments are visible to other users, e.g., the comments under each video in YouTube.

27. (2). This comment functionality (available / unavailable) should be decided when the user is uploading the video.
28. (3). The user cannot upload extremely large video files. You should set a restriction on the file size and video length.
29. (4). Every time when the user logs in the app, there is a notification to suggest the user workout to do. The suggestion should be based on the user's previous workout. If there is no history workout. Then no need for the notification.
30. (5). Users can also search other users and it should not be mixed up with the videos, i.e., videos with the same tags as the users should not be shown when searching for users.
31. (6). Implement a specific interface for the workout sit-up. When users start the sit-up, the app should start the counting, e.g., showing numbers on screen, so that the user can follow its instructions. The app should decide when to stop this workout period.
32. (Non-functional 1) Endeavor to simplify our UI design to make for a coherent and consistent user-friendly experience.
33. (Optional 1). The app should be stable under a large number of users online. In another word, you should know the traffic capacity of your app.
34. (1). There should be a maximum limit to participants of each live stream. The maximum
35. the number is set by the host when he / she starts it.
36. (2). You can view all your followers / followers in the personal interface, with their nicknames and profile pictures.
37. (3). Each follower / followee is clickable and you can view their personal interface accordingly.
38. (4). When a user is viewing other users' interface, only the exercise history list can be viewed. In another word, the watched history list should not be visible.
39. (5). In the exercise demo interface, there is a specific list showing the videos that your followers uploaded previously.
40. (6). The user can cancel the planned exercise in the calendar

Sprint-3 Backlog:

The list of "backlogged" functionalities we select to be implemented in sprint 3 is presented as following:

7. The user should be able to add videos into like / unlike lists and the liked videos should be shown in the personal interface.
11. The user can follow / unfollow other users.
12. There is a history list for previous watched videos.
13. There is a history list for previous done exercises.
14. These two history lists can be cleaned by users.
15. There is a list in the personal interface storing videos that the user uploaded. (by Zhenyi)
16. The user can delete what he / she has uploaded before. (by Zhenyi)
17. There is another calendar interface.
18. The user's exercise history should be marked on the calendar.

19. The user can plan for exercise by clicking the date in the calendar.

20. There is a reminder for the upcoming exercise.

21. The videos and live streams should be shown by category.

22. There is a recommendation of the videos, i.e., the videos shown in the interface should base on the number of likes.

23. There is a search history list when you are searching.

24. The search can be done by category.

26. (1). The user can write some comments under each video and the comments are visible to other users, e.g., the comments under each video in YouTube.

27. (2). This comment functionality (available / unavailable) should be decided when the user is uploading the video.

28. (3). The user cannot upload extremely large video files. You should set a restriction on the file size and video length. (by Zhenyi)

29. (4). Every time when the user logs in the app, there is a notification to suggest the user workout to do. The suggestion should be based on the user's previous workout. If there is no history workout. Then no need for the notification.

30. (5). Users can also search other users and it should not be mixed up with the videos, i.e., videos with the same tags as the users should not be shown when searching for users.

31. (6). Implement a specific interface for the workout sit-up. When users start the sit-up, the app should start the counting, e.g., showing numbers on screen, so that the user can follow its instructions. The app should decide when to stop this workout period.

32. (Non-functional 1) Endeavor to simplify our UI design to make for a coherent and consistent user-friendly experience.

33. (Optional 1). The app should be stable under a large number of users online. In another word, you should know the traffic capacity of your app.

34. (1). There should be a maximum limit to participants of each live stream. The maximum

35. the number is set by the host when he / she starts it.

36. (2). You can view all your followers / followers in the personal interface, with their nicknames and profile pictures.

37. (3). Each follower / followee is clickable and you can view their personal interface accordingly.

38. (4). When a user is viewing other users' interface, only the exercise history list can be viewed. In another word, the watched history list should not be visible.

39. (5). In the exercise demo interface, there is a specific list showing the videos that your followers uploaded previously.

40. (6). The user can cancel the planned exercise in the calendar.

Section IV
Daily Scrums (you should have at least 6 of these)

Disclaimer: For the meeting locations, since we are in different time zones and countries, our team members have different preferences on their communication tools. We are using Zoom and Wechat as our primary communication tool. To accommodate different time zones, the below recorded time are the suggested timings for the meeting each day, while the communication between team members often do not take place strictly within the time window provided below, and

sometimes the team might not be able to meet as a whole. When the whole team is unable to meet, we use this as a tool to keep everyone on the same page by recording their separate contributions below.

1. May 4 (Tue)
   a. Meeting start time and end time: 10:00 AM - 10:15 AM (Beijing Time)
   b. Location: Zoom/Wechat
   c. Team Members:

   Zhenyi:
   - **Q: What did I do yesterday that helped the team meet the Sprint goal?**
   - A: None
   - **Q: What will I do today to help the team meet the Sprint goal?**
   - A: I will go through all the sprint 3 backlog to make sure I understand the requirements without any confusion.
   - **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
   - A: Nope

   Yi:
   - **Q: What did I do yesterday that helped the team meet the Sprint goal?**
   - A: Studied for other classes than CSCI 310.
   - **Q: What will I do today to help the team meet the Sprint goal?**
   - A: Study for other classes than CSCI 310.
   - **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
   - A: Preparation for finals in other classes.

   Peidi:
   - **Q: What did I do yesterday that helped the team meet the Sprint goal?**
   - A:
   - **Q: What will I do today to help the team meet the Sprint goal?**
   - A:
   - **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
   - A:

   Gloria:
   - **Q: What did I do yesterday that helped the team meet the Sprint goal?**
   - A:
   - **Q: What will I do today to help the team meet the Sprint goal?**
   - A:
   - **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
   - A:

Kevin:
- **Q: What did I do yesterday that helped the team meet the Sprint goal?**
- A: Due to finals week time is heavily constrained
- **Q: What will I do today to help the team meet the Sprint goal?**
- A: Due to finals week time is heavily constrained but trying to squeeze in a little bit of contribution into the workout interface.
- **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
- A: N/A

2. May 5 (Wed)
   a. Meeting start time and end time: 10:00 AM - 10:15 AM (Beijing Time)
   b. Location: Zoom/Wechat
   c. Team Members:
   Zhenyi:z
   - **Q: What did I do yesterday that helped the team meet the Sprint goal?**
   - A: I went through all the sprint 3 backlog to make sure I understand the requirements without any confusion.
   - **Q: What will I do today to help the team meet the Sprint goal?**
   - A: I will pick from our sprint 3 backlog a functional requirement that I'm going to work on. I need to make sure that no one else is working on it so far. Also, it is ready to be completed. That is, all its prerequisites are satisfied.
   - **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
   - A: Even though we have plenty of time right now, I feel like we also have a lot of stuff to do. If we don't work together closely, I'm afraid we can't finish all the requirements.

   Yi:
   - **Q: What did I do yesterday that helped the team meet the Sprint goal?**
   - A: Studied for other classes than CSCI 310.
   - **Q: What will I do today to help the team meet the Sprint goal?**
   - A: Study for other classes than CSCI 310.
   - **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
   - A: Preparation for finals in other classes.

   Peidi:z**et the Sprint goal?**
   - A:
   - **Q: What will I do today to help the team meet the Sprint goal?**
   - A:
   - **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**

- A:

Gloria:
- **Q: What did I do yesterday that helped the team meet the Sprint goal?**
- A:
- **Q: What will I do today to help the team meet the Sprint goal?**
- A:
- **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
- A:

Kevin:
- **Q: What did I do yesterday that helped the team meet the Sprint goal?**
- A:
- **Q: What will I do today to help the team meet the Sprint goal?**
- A: Due to finals week time is heavily constrained however, going over what functionalities may be worth implementing over others.
- **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
- A: N/A
-

3. May 6 (Thur)
    a. Meeting start time and end time: 10:00 AM - 10:15 AM (Beijing Time)
    b. Location: Zoom/Wechat
    c. Team Members:
    Zhenyi:
    - **Q: What did I do yesterday that helped the team meet the Sprint goal?**
    - A: I decided to work on 15. There is a list in the personal interface storing videos that the user uploaded.
    - **Q: What will I do today to help the team meet the Sprint goal?**
    - A: Work on 15. There is a list in the personal interface storing videos that the user uploaded.
    - **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
    - A: No
    Yi:
    - **Q: What did I do yesterday that helped the team meet the Sprint goal?**
    - A: Studied for other classes than CSCI 310.
    - **Q: What will I do today to help the team meet the Sprint goal?**
    - A: Study for other classes than CSCI 310.
    - **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**

- A: Preparation for finals in other classes.

Peidi:
- **Q: What did I do yesterday that helped the team meet the Sprint goal?**
- A:
- **Q: What will I do today to help the team meet the Sprint goal?**
- A:
- **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
- A:

Gloria:
- **Q: What did I do yesterday that helped the team meet the Sprint goal?**
- A:
- **Q: What will I do today to help the team meet the Sprint goal?**
- A:
- **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
- A:

Kevin:
- **Q: What did I do yesterday that helped the team meet the Sprint goal?**
- A: Time was very limited due to outside class work.
- **Q: What will I do today to help the team meet the Sprint goal?**
- A: Time was very limited due to outside class work.
- **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
- A: N/A
-

4. May 7 (Fri)
    a. Meeting start time and end time: 10:00 AM - 10:15 AM (Beijing Time)
    b. Location: Zoom/Wechat
    c. Team Members:
    Zhenyi:
    - **Q: What did I do yesterday that helped the team meet the Sprint goal?**
    - A: Finished 15. There is a list in the personal interface storing videos that the user uploaded.
    - **Q: What will I do today to help the team meet the Sprint goal?**
    - A: Start to work on 16. The user can delete what he / she has uploaded before.
    - **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**

- A: No

Yi:
- **Q: What did I do yesterday that helped the team meet the Sprint goal?**
- A: Studied for other classes than CSCI 310.
- **Q: What will I do today to help the team meet the Sprint goal?**
- A: Study for other classes than CSCI 310.
- **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
- A: Preparation for finals in other classes.

Peidi:
- **Q: What did I do yesterday that helped the team meet the Sprint goal?**
- A:
- **Q: What will I do today to help the team meet the Sprint goal?**
- A:
- **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
- A:

Gloria:
- **Q: What did I do yesterday that helped the team meet the Sprint goal?**
- A:
- **Q: What will I do today to help the team meet the Sprint goal?**
- A:
- **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
- A:

Kevin:
- **Q: What did I do yesterday that helped the team meet the Sprint goal?**
- A: Worked on the work out interface in various ways to improve upon its capabilities.
- **Q: What will I do today to help the team meet the Sprint goal?**
- A: Research and look for more ideas to contribute to the workout interface.
- **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
- A: Time and knowledge limitation against iOS development.

5. May 8 (Sat)
    a. Meeting start time and end time: 10:00 AM - 10:15 AM (Beijing Time)
    b. Location: Zoom/Wechat
    c. Team Members:

Zhenyi:
- **Q: What did I do yesterday that helped the team meet the Sprint goal?**
- A: Finished 16. The user can delete what he / she has uploaded before.
- **Q: What will I do today to help the team meet the Sprint goal?**
- A: Work on 28. (3). The user cannot upload extremely large video files. You should set a restriction on the file size and video length.
- **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
- A: No

Yi:
- **Q: What did I do yesterday that helped the team meet the Sprint goal?**
- A: Studied for other classes than CSCI 310.
- **Q: What will I do today to help the team meet the Sprint goal?**
- A: Study for other classes than CSCI 310. Finish peer evaluation.
- **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
- A: Preparation for finals in other classes.

Peidi:
- **Q: What did I do yesterday that helped the team meet the Sprint goal?**
- A:
- **Q: What will I do today to help the team meet the Sprint goal?**
- A:
- **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
- A:

Gloria:
- **Q: What did I do yesterday that helped the team meet the Sprint goal?**
- A:
- **Q: What will I do today to help the team meet the Sprint goal?**
- A:
- **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
- A:

Kevin:
- **Q: What did I do yesterday that helped the team meet the Sprint goal?**
- A: Implemented calorie burner count
- **Q: What will I do today to help the team meet the Sprint goal?**
- A: will be implementing pause and workout/rep and set, pause, reset, and more

- **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
- A: Time limitation

6. May 9 (Sun)
   a. Meeting start time and end time: 10:00 AM - 10:15 AM (Beijing Time)
   b. Location: Zoom/Wechat
   c. Team Members:

   Zhenyi:
   - **Q: What did I do yesterday that helped the team meet the Sprint goal?**
   - A: Finished 28. (3). The user cannot upload extremely large video files. You should set a restriction on the file size and video length.
   - **Q: What will I do today to help the team meet the Sprint goal?**
   - A: Completed final documentation for sprint 3.
   - **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
   - A: Busy

   Yi:
   - **Q: What did I do yesterday that helped the team meet the Sprint goal?**
   - A: Finished peer evaluation.
   - **Q: What will I do today to help the team meet the Sprint goal?**
   - A: Study for other classes than CSCI 310.
   - **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
   - A: Preparation for finals in other classes.

   Peidi:
   - **Q: What did I do yesterday that helped the team meet the Sprint goal?**
   - A:
   - **Q: What will I do today to help the team meet the Sprint goal?**
   - A:
   - **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
   - A:

   Gloria:
   - **Q: What did I do yesterday that helped the team meet the Sprint goal?**
   - A:
   - **Q: What will I do today to help the team meet the Sprint goal?**
   - A:
   - **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
   - A:

Kevin:
- **Q: What did I do yesterday that helped the team meet the Sprint goal?**
- A: Topped off with the rest of the interface having it count down, reset, calorie burner, and different various functionalities within the workout interface
- **Q: What will I do today to help the team meet the Sprint goal?**
- A: top off with documentation
- **Q: Do I see any impediment that prevents me or the team from meeting the Sprint goal?**
- A: Time limitation and more than usual communication difficulties throughout the semester.

Section V
Sprint Review

Citation Disclaimer: We cited from the sprint 1 document because some of the analysis and review are in fact similar.

Date: May 9 (Sun)
   a. Meeting start time and end time: 10:00 AM - 11:00 AM (Beijing Time)
   b. Location: Wechat Group
   c. Meeting summary

   i. What has been done?
   - According to the Sprint-2 Backlog from our intermediate deliverable of Sprint-2 (Section VI), we have finished the following requirements:
      - 15. There is a list in the personal interface storing videos that the user uploaded. [by Zhenyi]
      - 16. The user can delete what he / she has uploaded before. [by Zhenyi]
      - 28. (3). The user cannot upload extremely large video files. You should set a restriction on the file size and video length. [by Zhenyi]

   ii. What was planned but wasn't completed?
   - Everything else (Refer to the Sprint-3(Section VI))

   iii. Why?
   - We did not plan our development process well enough, and we ran out of time in the end to finish many of the planned features.
   - We are also facing the difficulty that our members are in different time zones so it's a little bit harder for us to communicate with each other. Messages and responses could be delayed.
   - Another very important reason is that we are now close to the end of the semester and each member has many other classes that require a lot of time and energy as well. Since we are taking 4 to 5 classes in the semester as full-time students rather

than taking full-time software engineering jobs, we cannot really perfectly mimic an industrial sprint.

iv.   What went well during the Sprint?
- Version control went very well. We were able to solve merge conflicts along the way and integrate the code from different team members.
- Time management, in terms of delivering the sprint, was a relative success since we did not use a late day.

v.   What could be improved in the next Sprint?
- We should plan ahead of everyone's workload from other classes, and more clearly define the responsibilities of each team member.
- We should improve our communication between team members. As noted before, the daily scrum record is sometimes only used as a tool for team members to post updates. We should meet as a team more often in the next scrum.
- Some team members should familiarize themselves with the existing codebase. Meanwhile, we should make more "comments" in the code so that the code is more readable.
- Increase the amount of pair programming so that we can be more efficient in implementing functions that tie the frontend to the backend, which requires integrating different technical skills.