**Release Plan**

**Team Name:** Slugfit

**Team Members:** Nicholas Gunner Spencer, Zach Traczyk, Kevin Luong, Oliver Hu, Shaan Mistry, Paul Simbulan

**Date:** Mar 14, 2023

**High Level Goals**

* Be able to signup and login with an account
* Be able to design and use workouts on a mobile device
* Be able to see Workout History with Calendar view
* Be able to track exercise-specific progress over time
* Be able to have all data to persists even after logging out
* Be able to add friends and share workout
* Be able to publish to and view a feed of you and your friends’ workouts completed

**Sprint 1**

* **(13 pts)** As a user, I want to be able to login and logout of my account so my information persists between devices
* **(8 pts)** As a user I want to create a workout plan, in which I can put exercises in
* **(5 pts)** As a user, I want to select from common exercises to add to my workout program so that I don’t have to come up with names myself
* **(3 pts)** As a user, I want to be able to save and edit my workout plans so I can use them multiple times and adjust them over time based on feedback

**Sprint 2**

* **(13 pts)** As a user I want to start/end a workout for the day by selecting from the workout plans.
* **(8 pts)** As a user, I want to enter in the actual weight and reps I did for each exercise on the card so I can view that information later and track progress.
* **(5 pts)** As a user, I want to see an overview of my workout, like seeing exercise names and number of sets each so that I can have an idea of how to efficiently move about the gym.
* **(1 pts)** As a user, I want to specify the intensity and # of reps I perform in an exercise set.
* **(1 pts)** As a user, I want to specify how much rest time I should take in between sets
* **(1 pts)** As a user, I want to specify whether a set is a warm up or working set so I know to adjust my intensity.

**Sprint 3**

* **(13 pts)** As a user, I want to be able to view my completed workouts on a calendar so I can see how consistent I’ve been over time.
* **(8 pts)** As a user, I want to see my progress in specific exercises and how much more I’ll be seeing If I continue.
* **(5 pts)** As a user, I want to see a workout summary after I complete a workout that tells me how I did compared to previous workouts.
* **(3 pts)** As a user, I want to see my progress overall since I started or select from particular dates.

**Sprint 4**

* **(13 pts)** As a user, I want to be able to post my workouts on some feed to show to the public or some friends.
* **(8 pts)** As a user, I want to be able to edit my profile picture and name so it’s exactly how I want it to appear in other people’s feeds.
* **(5 pts)** As a user, I want to be able to search for my friends on the app by name so we can add and motivate each other.
* **(1 pts)** As a user, I want to make some parts of my profile or workout visible to me or some friends.

**Product Backlog**

* Google Authentication - Users can login using their google account with Google’s authentication ***OAuth2.0***
* Customization- Users can customize their app with color schemes rather than the default colors
* Profile Security Options- Users can specify which part of their Profile info is available to the public or not