**Sprint 1 Report**

**SlugFit**

**2/02/23**

**Actions to Stop Doing**

In Sprint 1, we were all able to work very efficiently/productively individually and as a

team. We feel satisfied with our current process as every member had a great understanding of their role, especially with the assistance from members who had prior experience. Our system of using Notion to track and divide the work of user stories/tasks kept us organized and gave us an overview of our current progress. Also, dividing into groups allows members to have partners to assist them.

**Actions to Start Doing**

1. Specific Criteria/Format on PR

When a member is ready to do a PR on GitHub, he/she must make sure that their code is free of compiler errors/warnings. Once there are no more errors/warnings, the PR must follow a specific format providing useful information such as feature name, user story, etc. This will allow all PRs to be organized and easily understandable by any other member.

1. Documenting Functions

Any functions or large blocks of code must have comments to explain what that code does. This will help other members easily & quickly understand what the code does and how it works.

1. Assign People to Review PRs

Members who are more familiar with the technologies used will be tagged when a PR is ready to be reviewed. When PRs are reviewed more frequently, it will make the overall process more efficient as it allows members to correct errors or begin working on different tasks.

1. Getting PRs Out Sooner

Members should submit their PRs sooner to get reviewed, even if they’re not ready to

merge. This will allow reviewers to correct any logic flaws early on before the developer

has spent too much time in the wrong direction.

**Actions to Keep Doing**

1. Assigning Partners

Since half of our team is unfamiliar with the technology that we are using, we had decided to create pairs with those who had experience and those who haven’t. This allowed for those who haven’t experience to learn as their partner was working on their task as they were able to follow along and ask questions.

1. Reach out if you have questions/problems

When a member is confused about something and had spent over 10-15 minutes trying

to solve the problem on their own, we always had someone available to help. Rather

than being stuck on a problem for too long, members were able to assist and teach

others, allowing us to be more efficient.

**Work Completed:** 31 User Stories, 87 Story Points

* Implement Scroll feature from lists of exercises (5)
* Implement Searching by text (5)
* Implement Recently Search Feature (5)
* Setup Drawer Navigation for Pages (3)
* Design the structure on Figma (5)
* Setup the ProfileScreen component (1)
* Setup the HomeScreen component (1)
* Add a bottom tab bar with Home, Workouts, and Profile tabs (2)
* Implement SearchBarBlock (5)
* Design Login & Registration Screens (3)
* Add React Native Auth Protected Routes (3)
* Set up SupaBase PostgreSQL schema (3)
* Set up a MyWorkouts Page (3)
* Implement Navigation back to parent page once exercise is selected (5)
* Style the WorkoutBlock React Component (2)
* ​​Create a SupaBase Schema for Workouts (2)
* Create a WorkoutBlock React Component (2)
* Create an ExercisePage (3)
* Create an Add Workout button in MyWorkoutsPage (1)
* Create Breadcrumb Navigation Header for Pages (2)
* Create a WorkoutPage (3)
* Add all exercises to Supabase (3)
* Make and Style draggable card component (4)
* Update the breadcrumbs header with the exercise name (1)
* Make exercises navigable and clickable to go to en EditExercisePage (1)
* Display the exercises for a workout in a list that dynamically and real-time updates with supabase (2)
* Utilize the ExerciseSearchBar to select an exercise to add (1)
* Implement Navigation back to parent page once exercise is selected (5)
* As a gym rat, I want to specify the intensity and # of reps I perform in a workout set so I can make consistent gains (2)
* As a gym rat, I want to add and remove sets from an exercise in my program so I can avoid over training (2)
* Implement Login & Registration Screen Designs (2)

**Not Completed:** 4 User Stories, 10 Story Points

* Make BlockActions (Delete, Duplicate, Rename, Insert Below or Above) (3)
* As a gym rat, I want to specify the rest interval I should take after performing a set of an exercise so I can be adequately recovered for the next set (2)
* As a gym rat, I want to be able to add notes to my exercises that give me cues on form so that I can avoid injury (3)
* As a gym rat, I want to specify whether a set is a warm up or working set so I know to adjust my intensity (2)

**Work Completion Rate**

Total # of user stories completed during Sprint 1: 31 User Stories.

Total # of estimated ideal work hours completed during Sprint 1: 87 Work Hours.

Total # of days during Sprint 1: 14 Days (1/18-1/31).

User stories/day and ideal work hours/day figures: 0.3-0.5 Stories per Day.

