

# Sprint 2 Backlog

## Overview

Sprint 2 focuses on expanding the FitLife application by implementing diet management, progress tracking, and community features. Building on the user authentication and workout management foundation established in Sprint 1, this sprint aims to enhance the user experience with nutritional guidance and social engagement functionalities.

## Tasks

### 1. Calorie Tracking System

- Implement daily food intake logging functionality
- Create calorie calculation based on food items
- Develop meal categorization (breakfast, lunch, dinner, snacks)
- Build visual representation of daily calorie consumption

### 2. Diet Plan Management

- Create diet plan interface for trainers
- Implement nutritional guidelines and meal recommendations
- Build meal scheduling system
- Develop diet plan assignment to members

### 3. Progress Analytics

- Implement weight progress chart
- Create workout performance metrics
- Build weekly/monthly progress reports
- Develop goal achievement tracking

### 4. Exercise Library

- Create comprehensive exercise database
- Implement categorization by muscle groups and difficulty
- Add exercise descriptions and instructional content
- Develop search and filter functionality

### 5. Community & Challenges

- Implement fitness challenge creation system
- Build challenge participation and tracking
- Create leaderboards for challenges
- Develop achievement badges and rewards

## **6. Notifications System**

- Implement workout reminders
- Create meal schedule notifications
- Build progress milestone alerts
- Develop system for trainer communication notifications

## **7. Fitness Goal Setting**

- Create interface for setting short and long-term goals
- Implement goal tracking mechanisms
- Build goal adjustment functionality
- Develop goal achievement celebration notifications

## **8. Complaint Management**

- Implement complaint submission system
- Create complaint categorization and priority assignment
- Build complaint tracking and resolution workflow
- Develop feedback collection after resolution

## **9. Basic Social Features**

- Implement user following functionality
- Create activity feed for connected users
- Build basic achievement sharing
- Develop privacy controls for shared content

## **10. Mobile Responsiveness**

- Optimize all interfaces for mobile devices
- Implement responsive design for key features
- Build mobile-specific workout logging interface
- Ensure seamless experience across device types