Project Title: Powerlifting Tool Webpage

Start Date: 1/10/23 **End Date:** 5/1/23

Team Members: Jarred Hare

Project Sponsor: None

Customer: Myself

Users: Myself

Purpose (Problem or opportunity addressed by the project):

Allow users to easily figure out how much weight they need on the barbell, their powerlifting scores, and graphs to show progress

Goals and Objectives:

- a. Provide a UI for the weight needed
- b. Dots, GLP, Wilks calculator
- c. Graphs showing progress

Schedule Information (Major milestones and deliverables):

- a. UI for Weigth needed: 2/1
- b. Dots, GLP, Wilks calculator: 2/14
- c. Graphs showing progress: 3/14

Financial Information (Cost estimate and budget information): \$0 (Already have a server and domain)

Approach: JavaScript

Constraints: Time, Webpage only, Formulas needed for GLP murky.

Assumptions: Provide users tools to help make powerlifting easier

Success Criteria:

- Provide the ability to find scores, track progress, and make loading weight easier.
- Finish project in the timeline

Scope: A webpage that allows a user to enter in a desired weight they need on the barbell. The webpage will then provide exactly which weights they will need on the barbell. The webpage will also prompt a user to enter in their body weight and total to find out their scores (dots, GLP, Wilks). A graphical interface will also be made to show a lifters progress.

Risks and obstacles to success: The biggest obstacle to success is the timeline. Another obstacle to success is finding the right coefficients for the GLP formula.

Project Priorities and degrees of freedom: The priorities of the project are as follows: the functionalities of all features, The interface to be user friendly, and the assets to be HD.