

Project Log

“You should maintain a project journal as you complete these activities, containing a record of what you have done and why, what you have read, problems you have encountered and how you overcame them, and so on. This will make writing your TMAs and EMA much easier to do.”

Date	Session no.	Time spent	Work	Problems	Comments	Next work planned
25 th January	1	1 hour	Reading through TM470 resources	First time producing a project like this a lot of information to digest scope seem so broad difficult to distinguish what the requirements	After reading through TMA 01 none of it was really sinking in yet. Quite a lot to take in. I Realised I need to read over the TMA again and also read the other project resources	Re read TMA again
27 th Jan	2	1 hour	Read 3.1 preparation and planning	Need to read more into lifecycle models to gain a better understanding	Have a slightly better understanding on what's required in this section. From my understanding this is the section where I produce my proposal on what I intend to do and details on how I'm going to achieve this .	Read choosing a lifecycle model
28 th Jan	3	1.5 hours	Read choosing a lifecycle model	Need to make sure project choice is concrete as its difficult to apply a life cycle model	Will need to revisit this once I'm sure what my project will entail so far, I like the sound of the iteration Lifecycle but once again it will depend on whether its suitable for my chosen project.	Produce first proposal then re- read again
29 th Jan	4	1 hour	Read 3.2 project work completed	n/a	From my understanding this is the section where I need to confirm the sources I will be using in the	Read 3.3

					project as well as the first stages developing my initial ideas for my project	
30 th Jan	5	30 mins	Read 3.3 review and reflection	n/a	From my understanding this section I will evaluate my performance so far issues I've encountered and how I would do things differently if I had to do it again.	Produce my first proposal
01st Feb	6	2 hours	First proposal	n/a	Written out a proposal on my first initial idea sent to tutor to provide feedback on whether I'm on the right track. I want my project to be as ambitious as I can I have a massive interest in cars, and I think it will be a great topic to keep me motivated throughout.	Await feedback from tutor – follow up on feedback
02/02	7	1 hour	Received feedback from tutor	The project was branded over ambitious I have misunderstood the requirements I need to look into the scope to come up with a project with a realistic scope where I can still show multiple skill sets.	Received feedback took onboard the feedback realised I may have been over ambitious on the first proposal now understanding the report is the priority rather than the project itself will re evaluate	Go back and re-read TMA 01
03/02	8	1 hour	Read TMA 01	N/a	My tutor's suggestion on focusing on a vertical slice of a larger project will. Be my direction. That way I can show a particular section	Think of other ideas

					which demonstrates multiple skill sets	
03/02	9	3 hours	Research for inspirations	n/a	<p>Came across a few fitness apps on my phone.</p> <p>Looked at an app called Thenx really good app but there were no search options to narrow you're search to a particular muscle group or a category for your experience levels. The search at times is clunky. Some of the exercises branded beginner are not what I would consider beginner level, was too advanced for a beginner.</p> <p>Thought of the idea of developing a search engine for Gym users who can search for exercises depending on their level of experience.</p>	Write a second proposal
03/02	10	1 hour	Produced 2 nd Proposal based on a fitness App	Need to make sure the project is challenging enough whilst also making sure it can fit in with the deadlines of the other TMA's without it being overwhelming.	Written out my second proposal, I want it to be based on fitness as its one of my other passions. looking over it again its looks as if the size may still be too ambitious for the project I will need to go away and think of a segment of my idea that I can focus in on which also shows a diverse range of skills.	Refine proposal
04/02	11	2 hours	Refined 2 nd proposal	Changed idea to a search facility web page want to	Thought of the idea on zooming into a particular feature of the web	Wait for tutor's response

				focus in on the search aspect of the exercises as my scope	page. I could focus on chose search facility as I can showcase Design, front end and back-end skills	
04/02	12	1 hour	Read TMA requirements again	None	Noted first initial suggestions on the title of the project the scope requirement etc.	Research documents used to present projects
04/02	-	30 mins	Briefly researched academic report	n/a	Researched Academic report Just exploring ways, I can structure my report before starting	Look into SRS speciifcation
05/02	-	1.5 hours	Researched SRS specification	No idea how I go about structuring all the requirements into one document	Started looking into methods I can use to present my project started looking into the SRS document as a potential method. Can see its clear with the synopsis at the start followed by the intended audience, scope as well as an overview on what I will build.	Apply this to my proposal draft
07/02	13	10 mins	Seek clarification on word count	Need clarification on this as logbook alone may be more then 300 words	<p>Asked tutor to confirm whether Log counts towards 3000-word count limit</p> <p>Wanted clarification on this as if this is the case, I will need to be worry on how much to include in this log if this is the case. If it's not the case, then perfect I want to be able to include as much research in my log/appendix as possible to show my journey</p>	Expand on my log

					- Tutor came back to me confirmed I can include the log as my appendices	
08/02	14	30 mins	Read the TMA brief	n/a	Making sure my proposal will tick all the requirements	
09/02	-	1 hour	Reading Lifecycle model	n/a	At the moment I'm leaning towards either the iterative waterfall or the star model. I like the idea of refining and repeating activities until significant progress is made. The Star model is also a concept I'm interested in as like the idea of evaluating a task before moving onto the next.	Continue with proposal
10/02	15	30 mins	Read TMA 01 Requirements	n/a	Make sure I'm on the right track	Go over TMA again
11/02	-	10 mins	Read TMA 01 again	n/a	Make sure I'm on the right track	
11/02	-	1 hour	Read over lifecycle models again	Previous choice might prove too complex for the project I've chosen I need a lifecycle model that follows a simple process	After looking again I'm feeling the waterfall cycle may be best suited as its more suitable due to the scope and simplicity of the project	Continue with proposal
12/02	16	2 hours	Deciding on my project proposal	n/a	I want to create a search facility for gym users to use This is the idea I'm going with. Not only is it based on an industry I'm passionate about. It would be a good platform for gym users just starting out to expose them to some exercises	Finish proposal

					they can incorporate. Or even more experienced users who can seek exercises which will enable them to progress from their current level.	
13/02	17	3 hours	Making a start on the TMA 01	n/a	Made a start on project going to start working alongside table 3.1 to make sure I've ticked off the requirements I will start with a title brief description on what the product will do as well as how it will benefit the user.	
17/02	18	2 hours	Completed Synopsis task and resources required	n/a	I want to find better ways at representing my schedule going to start with Gantt charts. I remember studying this as a form of management tool during my school days	Research Gantt charts
19/02	19	1.5 hours	Create suitable Gantt chart to map out timeframes	I struggled to create a Gantt in excel I wasn't able to represent my task list in the way I wanted. Plus, I can see it causing time wasting when refining and confirming task completions moving forward. I want to find free a platform in which I can use to create Gantt	Opted for Gantt chart as it's the preferred tool project managers would opt for working in waterfall	Find a Gantt chart platform online

				chart with a task list I can check off daily		
19/02	-	1 hours	Research suitable Gantt chart template	n/a	Began searching for a template I can use to produce a detailed chart will also include a to do list to tick off completed tasks as I progress. Came across TeamGantt really simple to use and a great way to represent the intended schedule for my project.	Incorporate my task lists into Gantt chart.
19/02	-	1 hour	Complete Gantt chart	n/a	Finished chart selected start date as the 2 nd march I want to start as soon as Karl approves my proposal	Continue with proposal
19/02	20	10 mins	Best ways to evaluate a project	n/a	I wanted to check out the best ways to determine the best way to assess the progress of a project	Complete proposal
20/02	-	1 hour	Sent proposal draft to tutor	n/a	Completed proposal happy with what I've done so far. Awaiting update from tutor to make sure I'm heading in the right direction once I get the green light will conduct my research	Take onboard feedback from tutor
22/02	-	-	Karl (Tutor) approves my proposal	n/a	Taken on board the feedback happy to proceed with this idea will start carrying out research.	Complete the rest of TMA 01
23/02	21	2 hours	Research database concepts	n/a	As a database will be part of my project thought it would be best to start carrying out research into good database design principles and the type of database that	Add to sources

					would be most suited to my project came across the relational database built up of elements and the relationship between them	
23/02	22	1 hours	Research suitable Application servers	n/a	I'm aware of apache but I want an overview on the most suitable application servers I can use came across a website which provides the highest reviews whether the servers free and an overview on each one.	Add to sources
23/02	23	2 hours	Scheduled meeting with personal trainer (Simon/Andy)	-	Organised for the 24 th will carry out some of my own research in the meantime	Research fitness websites
24/02	-	2 hours	Scheduled meeting with personal trainer (Simon)	Meeting was cancelled as Simon had to prioritise a client. Andy was not available either so will have to wait	Spent the time carrying out research on the web and finding reliable sources that would help with exercise selections. Meeting was arranged a short notice so can't really complain plus we still have a lot of time to reschedule. Also thought of a series of questions I want to ask.	Re – schedule meeting with Simon will take place on the 26 th February
24/02	24	10 mins	Scheduled meeting with Back-end developer (Joe)	Due to Joes busy schedule was unable to organise a meeting until next week 03/03	Will prioritise the research on exercises and design in the meantime	Attend meeting
26/02	25	1.5 hours	Personal trainer interview	n/a	Very insightful meeting really gauged a better understanding on	Add finding to TMA 01

					<p>what's to be expected. Also realised fitness is more complex than just throwing weight around or running around aimlessly realised you select an exercise sometimes with the assistance of equipment depending on what you aim to achieve whether its endurance strength etc.</p> <p>Made a note of some of the terminologies involved so I have a much better understanding on the different types of exercises and why people select them will look into the book Simon recommended to me as it will help give me a much better overall understanding</p>	
26/02	26	3 hours	Research on 3 exercise search engines	Slight issue with my internet connection meant this task was delayed until the end of the day	Want to assess the speed in which the information is found how easy the user interface was and whether the overall presentation was of a high standard	Add findings to TMA 01
27/02	26	5 mins	Scheduled meeting with UX/I designer (Aiden)	-	Meeting has been scheduled for 28/02 – Have come up with a series of questions I want to ask	Attend meeting with Aiden

27/02	-	3 hours	Researching suitable front end UI Frameworks	Lots to choose from didn't realise there were so many.	Already familiar with Bootstrap Its easy to operate and I already had background knowledge on the platform. Found a website which that recommends 10 of the best frameworks for me to consider. Will wait for my meeting with Aiden before making a decision	Add to resources
28/02	27	3 hours split into 2 sessions	Meeting with UX/I Designer (Aiden)	Need to get a better understanding on the design process as well as recommendation on various design kits	<p>No issues with re-scheduling very insightful learned a lot about the design process as a whole learned about the double diamond method which is research, synthesis, ideation and implementation also falls in line with my lifecycle choice.</p> <p>Advised to start off by sketching ideas on paper once I'm happy with that I can move towards creating wireframes flowcharts Whimsical as it's a good way to transfer ideas from paper to the computer. Adv once I'm happy with that I Figma was recommended for a more refined finish of the design. Recommended Bootstrap for the front-end framework as it's easy to use plus I</p>	Add to TMA 01

					told him I have previous experience with it.	
01/03	28	10 mins	Slight refinements to TMA 01	-	Changed synopsis to introduction as	Continue TMA 01
03/03	29	3 hours split into 2 sessions	Interview with Back-end developer (Joe)	Realised I will have to take out more time to develop a greater understanding on the concepts there's a lot too it and it's easy to get confused or feel overwhelmed.	Best meeting so far as this is the area, I know the least about compared to the others. Developed a great understanding on how the user interface interacts with the application server and the database. Realised the programming languages are used depending on what the server database you use. Also learned about scripting language and the	Continue researching

					<p>difference in contrast with a programming language.</p> <p>Learned about the concepts of the relational database and how the selected entities relate with one another. Also learned about database design concepts to adhere to.</p> <p>Will carry out research on Apache PHP And MySQL as they were recommended plus they are open source.</p>	
04/03	30	2 hours	<p>Early-stage design ideas</p> <p>Sketch design ideas on paper</p>	n/a	Produced inverted tree diagrams on various layouts for the user interface. Then produced a quick sketch on how it will look visually with all elements added in.	Add to TMA 01
04 /03	-	1 hour	Further research into Application servers and databases	Felt like a lot of information to digest	Continued with my research	Add to resources
05/03	-	1 hour	Research server script languages	Will have to do a lot of researching and practising as I haven't used it in a long time and even then, it was only basic commands	Will be using PHP as my chosen server-side language	Add to resources
05/03	31	1 hour	Further research on databases	Will need to draw out a rough sketch to gauge a better understanding	Conducted further research	Add to TMA 01

05/03	-	1 hour	Draw Database relational sketch		Produced sketch on the identified elements of the database and how they relate.	Add to TMA 01
06/03	-	2 hours	Database relationship chart	N/A	Produced a more detailed database design will await feedback from Karl before proceeding with this	Add to TMA 01
07/03	32	2 hours	Conduct review and reflection	n/a	Completed reflection section on what I've done so far obstacles I've encountered and what I would do differently if I had to do it again	Add to TMA 01
08/03	33	3 hours	Refined TMA 01 before submission	n/a	Went over TMA to refine and make sure I've included everything before submission so tomorrow	Submit TMA 01 tomorrow
08/03	-	-	SUBMITTED TMA 01	-	-	Read TMA 02
09/03	34	1 hour	Read TMA 02	-	Reading over the assignment to get an understanding on what's expected	Read what to submit in more depth make notes
10/03	-	1 hour	Read TMA 02	Unable to really gauge until I receive back feedback as I'm happy with everything at the moment	Read again highly doubt I will make much change as I'm very happy with the direction of the project	Read
11/03	-	1 hour	Read 3.1 preparation and planning	-	First impressions would be to resubmit what I've done with TMA depending on whether I'm happy with it + Karl's feedback	Read 3.2
12/03	-	1 hour	Read 3.2 project work completed	-	Impression I got from this was to add to my initial idea such as references depending on the	Read 3.3

					software, I use + further develop initial user interface design	
13/03	-	1 hour	Read 3.3 Review and reflect	-	Will need to highlight issues with regards to legal social ethical and professional issues and reflect on project so far.	
14/03	35	30 mins	Review schedule timetable	Will need to reassess start date previous selected date two early plan to implement a schedule that will compliment TMA 03 onwards	Change timeline dates to incorporate TMA 03 and EMA	
16/03	36	30 mins	Clarify TMA 02 requirements	Need clarification on whether its 4000 more words or 4000 including what I'm happy to carry over from TMA 0.1	Before I start, I need clarification on whether to treat TMA 01 as a stepping stone to TMA 02 or as a separate project will be quite difficult to expand on project until I've received feedback on TMA 01. Can start looking into legal and ethics beforehand but will email Karl for his opinion	Email Karl
17/03	-		Sent email to Karl	-	-	Await response
18/03	-	30 mins	Received Karl's feedback	Better to wait for TMA feedback in the meantime will look into other tasks I can be doing in the meantime	Received the email there are things I can do in the meantime I can look at legal issues, produce my next set of questions with my stakeholders will also look over my project to see if there any obvious adjustments to make.	Come up with questions to ask stakeholders.

18/03	37	30 mins	Made changes to timeline	Been receiving email notifications from Team Gantt to advise my project is running behind schedule	I have a much better understanding on the requirements of the TMAs. At first, I thought the project would start after the proposal but realised TMA 01 and 02 are based more on the planning and ideas stage of the project. I am going to amend the timescales and include the submission dates of the assignment and I will fit my deadlines around that. Also I've noticed it would be best to fit the bulk of the project in line with TMA 03 as this is a draft of what the EMA will be and I also want the project to end at least a month before the deadline of the EMA.	Include changes in TMA 02
18/03	38	1 hour	Catch up with Aiden (UX/UI Designer)	-	Had a catch up with Aiden this evening he presented me with a presentation on the thinking process of a designer. The key things I learned from this encounter was the thinking process plays a more important role than the solution itself. Understanding the client's problems fully is what's going to allow you provide a suitable design to solve the problem. Aidan	Apply process to my design process.

					introduced me to a design thinking framework a 5-stage model describing the process. Empathize define, ideate prototype and test.	
20/03	39	2 hours	Research on basic overview on how my web page could be impacted by legal social ethical and professional issues	-	Brainstorming scenarios which would impact my project. Risk of injury, responsible for any personal information supplied by users, accessibility, can relate to social issues such as depression, exercise, confidence. Certification helps combat professional issues.	Look into web page issues
20/03	-	1 hour	Research Web accessibility standards	Need to get a better understanding on legal ethical social and professional issues I general before applying it to my project	Found a web page which covers an overview of all issues related to web pages as this will be the foundation of my project, I thought it would be a good place to start. Managed to come across web page accessibility standards. It is based on ensuring a web page can be accessed by as many people as possible and providing designs that are clear and simple enough for most people to use without making adjustments whilst also supporting those who don't require adaptations.	Research health and fitness legal and ethical issues
20/03	-	30 mins	Fitness disclaimer – Legal method	-	Can be used as a method to advise users on what precautions to take	

					before trying out exercise program will help exempt responsibility from external issues which might occur.	
20/03	-	30 mins	Professional certification	-	Used to reassure the public the information is provided by an organization with professional credentials	
20/03	-	30 mins	Waiver		May be this would be more applicable for a personal trainer working directly with clients. Can be incorporated on a web site when registering as a user.	
21/03	40	1 hour	Questions for stakeholders revised	I need to have a better understanding on the legal ethical professional issues surrounding web development and fitness	Come up with a few more questions I want to ask stakeholders now I will schedule meetings with them across the next few weeks	Schedule meetings number 2
22/03	41	-	Set up meeting with Aiden Web designer on the 25/03	-	-	Attend meeting on the 25 th
22/03	-	-	Set up meeting with Andy personal trainer on the 30/03	-	-	Attend meeting on the 30 th
23/03	-	-	Set up meeting with Joe Back-end developer on 1 st April	-	-	Attend meeting on the 1 st April
24.03	42	10 mins	Emailed Karl for clarification on legal issues	About to start legal issues that may impact my project unsure on whether	My project is a slice of a much larger project before I start, I want clarification on whether my	Await response

				I focus on the section I'm producing or whether to factor the whole project as a whole	response needs to take the full project into consideration or whether I should focus on legal issues within the section I'm focussing on	
25/03	-	-	Received Karl's response have a better understanding of what's expected.	-	-	-
25/03	43	1 hour	Meeting with Aiden	-	Developed a great understanding on how to go about incorporating a design that incorporates accessibility standards. I will take the advice from Aidan and move on to form a more detailed design of the user interface.	Develop user interface design further.
25/03	44	2 hours	Written L,E,S,P document draft	-	Write first draft on how my webpage will acknowledge potential L,E,S,P issues once I've spoken with all three stakeholders will eventually add to it and finish off	Complete document after I've spoken with all stakeholders.
26/03	45	1 hour	Received feedback on TMA 01	First impressions not happy about the result definitely a lot of room for improvement.	Received feedback acknowledged the feedback agree with the feedback will now spend a lot of time acknowledging the feedback which will then form TMA 02 I will email Karl asking for tips on some of the suggestions he's made such	Email Karl asking to expand on some of the suggestions he's made

					<p>as academic research and a clear statement on the scope.</p> <p>After reading through feedback did take away positives as it seemed concerns were related more towards organisation of my document rather than what I included. Also, other indicators were to justify certain decisions and elaborate on certain points raised.</p>	
26/03	46	1 hour	Refined project title	Taken onboard Karl's advise to shorten the Title. Realised I hadn't included a brief description for my project scope can't believe I didn't include this I may have included it initially then accidentally removed it when trying to meet the word count requirements	All refinements in TMA 02 will be in bold to make it easier to see. I will include Karl's suggestion its short gets to the point and summarises my project nicely.	Continue refining
26/03	-	4 hours	Refine introduction	Will need to email Karl to confirm whether I should produce a project scope statement. Also want a better understanding on what to include in terms of ICT issues highlighted in the TMA 02 doc	Added more in-depth information on what issues my solution is likely to contribute towards and how my project is likely to lead to favourable results. Made changes to the life cycle model justified why I chose said model and why I didn't opt for the other options	Continuing refining

					instead. For the schedule section included a sentence on how I will measure the progress of the project.	
30/03	47	2 hours	Meeting with Andy – personal trainer	-	Very insightful session with Andy learned more about the various exercises I can incorporate, technical knowledge about how gym users can structure their programmes weekly by targeting different muscle groups depending on what was worked the day before.	-
01/04	48	2 hours	Continue refinements	Felt the need to elaborate on my project choice refining more of the feedback Karl provided.	Continued refining project have the marked assignment side by side trying to look for ways to improve the delivery of my assignment	Continue refining
01/04	49	2 hours	Meeting with Joe – back-end developer	Wanted to ask more questions about application servers and databases	Very constructive session exposed me to design philosophies for database design. Also explained the difference between web servers and application servers and how they work alongside each other. Also went into a bit of detail about how APIs can be integrated to carry out verification checks on my database. Really helped me understand the fundamentals behind APIs as well.	-

04/04	50	5 hours	Research on project information sources	Wanted to find sources I can rely on to help with web accessibility, have a limited understanding on the client server model, also need to expand on my knowledge regarding database verification.	Very constructive was able to read up on all subjects reminded myself of the w3c standards from a previous module so looked at the official website for hints and tips on how to make my user interface accessible. Gained a much better understanding on the client server model as this will form the basis of my project will operate. Also gained an understanding on how I can implement verification which checks the type of data being transferred in the database to make sure it fits the required criteria.	Continue research
05/04	51	2 hours	Research how to filter data in an SQL Database	My web page will filter exercises depending on the user's level of experience need to understand the logic used to locate and filter chosen information.	Learnt about the SELECT, WHERE, AND, OR, IN commands. SELECT determines which columns to select. WHERE is used to extract records that fulfil a specified condition which will help with my requirements. Learnt WHERE can be used in conjunction with OR. AND operators display a record if all conditions separated by AND are true. The OR operator displays a record if any of the conditions separated by OR is true.	Continue researching database techniques

06/04	52	3 hours	Construct list of exercises	Need to start thinking and researching exercise types to include in my database	Constructed a list of 100 exercises so far. Will send across to Andy or Simon to see if my list so far is enough to cover all muscle groups. Happy with the list so far, I think it covers most of the basic exercises so far which is what I want to prioritise at the moment.	Await response from Andy or Simon – create a category table
06/04	-	2 hours	Create a category level list	Need to categorise the chosen exercises based on the	Used my knowledge gained from Andy to construct a category list which comprise of strength, stretching, cardio, plyometrics, strongman, powerlifting and Olympic lifting	Produce table equipment
07/04	-	1 hours	Create an Equipment table	-	Constructed a list of equipment used in gyms. As I'm a gym user myself didn't require much effort will add to it at a later date if there's other innovative equipment which is relatively new.	Produce a muscle table
07/04	-	1.5 hours	Read and practised SQL commands	Need to see how the statements work with a created database	Experimented on W3schools tests to input the commands to see how it effects the state of the database very interested as I will know what commands are required at a given moment.	Continue practising on W3schools
07/04	-	2 hours	Research local servers	Rather than opting for a remote server thought it would be better to install the server on my own		

				system which will help with testing throughout the development stage.		
08/04	-	2 hours	Create muscle table	Have a limited knowledge on muscle groups other than the obvious types	Combined research with encounters with Andy to construct a basic muscle table happy with it so far but I can improve by asking Andy more about the small less obvious muscles that assist the larger more obvious muscle groups	-
08/04	-	2 hours	Explore Whimsical	Haven't used this software before want to try it out before I begin constructing my design ideas	Played around with the software created random simple designs just to get a feel for the software very simple to use can understand why Aiden recommended this won't struggle when it comes to constructing design flow chart ideas.	Explore other chosen Software packages to get familiar with it
09/04	-	2 hours	Explore Bootstrap	Needed to remind myself how to install the latest version used the official website	Other than a few challenges remembering the installation process felt like home updated version not much different than the original used an old design to experiment with the CSS style functions such as changing the style of the buttons, font using HTML to structure the layout. I won't experience any difficulties when it comes to implementing my design. Also experimented with	Explore other chosen Software packages to gain familiarity with it

					JavaScript functionalities which may come in handy during the validation process.	
10/04	-	4 hours	Attempt to install Apache server	Encountered a software problem I am using a mac and Apache is available for Linux servers for free will need to look into installing a virtual box which will then enable me to install ubuntu	Tried to install the oracle virtual box experience issues as my MACOS out of date still Mountain 10.8 and the minimum requirements is Yosemite 2014. Decided I will update my OS to the latest Catalina so there should be no issues been putting off updating this as the download time takes a long time and I don't want it to affect my MacBook's efficiency. Carried out an OS update on an older system before and it never performed the same since.	Leave system to install overnight continue the next day
11/04	-	3 hours	Continue with Virtual box installation	System updated now experiencing security issues	System has been updated feels very responsive. Attempted installation process again apple have blocked installation due to security issues resolution was simple just had to access system preferences and click the unlock button which resolved the issue. Now have Virtual box installed.	Install Ubuntu
11/04	-	1 hour	Create Ubuntu Linux Virtual machine	-	Want to try a LAMP server setup. Simple enough experienced no issues followed a tutorial I found	Continue installation

					online now I can install Ubuntu on the virtual machine	
11/04	-	1 hour	Install Ubuntu	-	All set up and ready to go very straight forward relied on the same tutorial to install on virtual machine. Can now install the apache server.	Install Apache server.
11/04	-	1 hour	Install Apache	-	Installed Apache 2 on ubuntu used the sudo commands followed the steps successfully installed I can now begin working towards setting up my webpage which I will come back to during the application server stage	-
11/04	-	10 mins	Email Karl to clarify my role in this project	Feel a little confused on what my role is in this project. Initially I thought I was playing the role of the developer by achieving the objective to complete the project to a high standard with an element of a plan and an evaluation but the more I complete in this course the more it seems to resemble the role of the project manager emailed Karl for clarification	Emailled Karl for some clarification	Wait for Karl's response
11/04	-	10 min	Received response	-	Much better understanding so in other words I will be wearing all	-

					the different hats throughout this project	
12/04	-	2 hours	Explore Figma	Never used this program want to practise using this before I start my project need to gain more familiarity as I don't want my lack of knowledge on the software to delay my project progress	Can understand why Aiden recommended this program so easy to use I'm really going to enjoy using this program as it's so easy to create real life prototypes which I will be able to see in real time and experiment with which will make my decision making easier	Continue experimenting with Figma
12/04	-	10 mins	Help clarification	Followed up on my email to ask whether I am authorised to see advice from my stakeholders in case I get stuck on some code for example.	Sent email to Karl awaiting response	-
	-	10 mins	Received feedback from Karl	-	Once again helped to clear things up main take away was acknowledge the source of my help should I need it.	-
13/04	-	1.5 hours	Install MySQL	-	I have previous experience installing MySQL will use ubuntu as its easier to install on Linux. Used the MySQL Yum repository took a bit longer than I thought but everything is up and running ready to be used.	-
13/04	-	3 hours	Design first wireframe with initial layout ideas	Proved more of a challenge then I thought	Completed my first initial wireframe on whimsical really	Continue designing layouts

				relied on some of the layouts of my references might need to amend to find a layout that maintains consistency throughout	enjoyed the software can really see ideas take form in a quick frame of time really impressed with my first idea but can definitely see room for improvement	
14/04	53	3.5 hours	More research on Web servers	Need to improve my overall knowledge on web servers and how It fits in with	<p>Understand a web server is just a computer where the web content is stored which also respond to the request for web sources. I understand it responds to the client request by sending the file to the client with the requested URL. Also generates a response by invoking a script when communicating with a database.</p> <p>When a client sends a HTTP request for a web page, if the page is found the server will send back to the client with a HTTP response.</p> <p>If the client requests other information this is where the application server steps in. as the web server will make contact with the application server and Database in order to construct a HTTP response.</p>	Research Concurrent approach

					<p>Web server architecture follows two approaches concurrent and single-process event driven approach.</p> <p>Concurrent approach – allows the web server to handle multiple client requests at the same time using a multiple process, multi-threaded, or hybrid approach will do more research on each approach later this week.</p>	
15/04	-	1 hour	Research on Concurrent approach	Need to understand which Architecture is going to be better suited to my project. Despite the research not sure I understand it fully will ask Joe if he explain this in more simpler terms.	<p>Multi – processing: In this a single process (parent process) initiates several single-threaded child processes and distribute incoming requests to these child processes.</p> <p>Multi- threaded: Unlike Multi-process, it creates multiple single-threaded process.</p> <p>Hybrid: It is combination of above two approaches. In this approach multiple process are created and each process initiates multiple threads. Each of the threads handles one connection. Using multiple threads in single process</p>	Ask joe to explain the concurrent approach.

					results in less load on system resources.	
16/04	-	2 hours	Research phpMyAdmin	I need an open-source software tool to manage the data within my database.	Came across this platform thanks to a suggestion from Karl. Research I've done so far will be perfect for what I require for my database. I will be using MySQL. And my server script language will be PHP, this tool is illegible for MySQL databases and it's written in php so it will be easy to integrate.	
16/04	-	2 hours	Research adminer	-	Second administration tool recommended by Karl just by looking at it briefly it appears it quite similar to phpMyAdmin both written in PHP both support MySQL, both consist of a single file ready to deploy to the target server. Adminer is distributed under the Apache license unsure it really makes a difference from a functional standpoint but could be a good reason to choose it over phpMyAdmin. Will need to do more research on which tool is more suitable for what I need to do.	Carry out a comparison on advantages and drawbacks of each before deciding which one to go with.
17/04	54	3 hours	Continue exploring Whimsical and Figma	-	Developed more familiarity with the chosen software packages.	-

18/04	-	1 hour	Read requirements for TMA 03	-	Had a brief read of this not going to go too in depth at the moment as its early days will come back to it once TMA 02 is submitted.	- Read over again after TMA 02 submission
19/04	-	3 hours	Refined TMA a final time	-	Finished up going through all the sections happy with what I have feel ready to submit.	Submit TMA 02
20/04	-	-	TMA 02 Submitted!	-	2 down 2 to go roll on TMA 03	Read TMA 03 assignment
21/04	55	1 hour	Read Structuring styling and editing reports	Haven't written a report as large as this. Will need to carve out a plan from the start on how I'm going to tackle this so that I can maintain a consistent approach throughout.	Decided that before I begin with TMA I will need to plan on the style and the structure haven't finished reading the whole documents yet will continue to read before beginning my project.	Continue reading
22/04	-	-	Rest	-	Taking a day off before I begin my project	-
23/04	-	-	Project Begins	-	-	-
23/04	56	-	Delay starting project	Unable to begin project today need to prioritise submitting an assignment for another course which is going to take up too much of my time submission is the 29 th April will be quite limited in what I can do until then will focus on refining my design.	I am confident on my chosen design choice so it shouldn't take too long to construct my final design	-

23/04	56	1 hour	Researched MAMP	Encountered issues when starting up Ubuntu it worked fine first time round tried to open today kept getting error code which said unable to start correctly, please close application kept getting error codes	Was going to attempt a reinstall again but searched best local servers and came across the MAMP platform had no idea mac had their own version used the LAMP set up on a previous module which was good enough but even then, I experienced some installation issues. Unsure if its due to the operating system. They have their own website environment is free all I have to do is hit download set up a htdocs folder as my Root folder. Will consider this environment when it comes to setting up my local server.	-
25/04	58	3 hours	Develop wireframe	Planning to develop 2 versions first will be a more simplified version the other with more features	Began wireframe process initial wireframe needs work will opt for a simpler design due to the fact I don't think I'm going to have enough time to achieve the look of my initial design without sacrificing time to work on the application server.	Continue designing wireframe
26/04	-	3 hours	Continue development of the wireframe	-	Completed simpler design I prefer this design because I want to focus more of my time on creating a suitable data structure and I imagine this is going to take up	Decide which wireframe to develop

					most of my time. Ticked off on schedule	
27/04	-	30 mins	Decided on design	I prefer the look of the original design however considering I have limited time on this project it would make more sense to adopt a simpler design which won't require implementing too many elements as I feel this might reduce the time, I'm able to spend on creating the progress on the data structure.	Happy with my choice from a time management standpoint this design will be straight forward to implement will move on to the prototype phase.	Begin prototype phase
28/04	59	2 hours	Designed prototype	Did felt a bit lost at first regarding the design phase convinced there's a more efficient way to implement my design nevertheless I've managed to complete a respectable design.	Completed first prototype happy with how it looks so far will create a mock-up and add some	Add functionality on mock-up
29/04	60	2 hours	Add functionality to mock-up	-	Implemented some functionality just to see how each page links and interacts together happy that I went for a much simpler approach as I'm already feeling the pressure of meeting the required deadlines	Catch up with Aidan/ decide on suitable ui frameworks

30/04 - 04/05	-		Scheduled time off to visit friends /family for the bank holiday period	-	-	-
04/05	-	30 mins	Read an interesting article about system thinking	-	It highlights what makes a designer great by exploring their awareness to system thinking. And applying that to solve the problem.	-
05/05	-	1 hour	Received TMA 02 feedback	-	Happy with the result however going by the feedback I'm really going to have to work on the presentation. Once I've finished the user interface, I will carry out research and find better ways at presenting my report. As going by the feedback, all the information is there it's just presenting it in a clear and coherent way	-
05/05	61	2 hours	Continued with the mock-up	-	Added in colour, navigation tab a brief description on what each table will contain.	Continue refinement
06/05	62	1 hour	Completed mock-up	Design is quite plain however I am looking at the bigger picture the next sections will be my biggest challenges and making the interface as simple as possible will save me a lot of time when it comes to implementation	Completed the mock-up happy with what I have done so far enjoyed using both whimsical and Figma to bring my design to life. Next, I will do some research on my chosen front-end framework then I will schedule a meeting with Aidan to discuss my findings and seek feedback on my chosen design.	Research front end framework / schedule catch up with Aidan

07/05	63	2 hours	Research front end development tools	-	Bootstrap will be my chosen front-end framework. It makes sense as I've used it often in the past and based on my research earlier, I think it's the best framework to achieve what I've set out. Will speak with Aiden in a couple of days to see what he thinks but to be honest I feel more comfortable going with Bootstrap	
09/05	-	-	Schedule catch up with Aidan	Scheduled for today as I'm running a bit behind schedule but unfortunately Aidan was busy today, so we've agreed to organise for the 11/04 instead.	Nothing achieved here had to reschedule due to Aiden's schedule.	Catch up with Aidan
11/05	64	1 hour	Catch up with Aidan	Scheduled a catch up with Aidan just to show what I've managed to design so far to see what he thinks and if there's anything refinements I can do before I progress to the next stage of development	Advised I have followed the design process correctly. Can understand why I opted for a much simpler design due to time restraints feedback he provided was to make sure the prototype version has more interaction which showcases the data flow better. All in all a positive reception cleared consult task on gantt chart.	
11/05	70	10 mins	Created working environment folders		Named folder TM470 inside folder to contain the application created subdirectories and they are,	

					convert, css, include, install, js and vendor.	
	-	-	Working folder properties – description		Convert will be for testing purposes and will contain all the files and programs needed to feed the database. We will feed this via a spreadsheet. Once my application goes live convert will be removed due to security issues. CSS will contain the local CSS components. Include contains variable system information. Install will contain all the scripts required to create the database. JS will contain the JavaScript file. Vendor will contain the bootstrap framework.	Complete user interface
13/05	-	2 hours	Finished user-interface	Finished design had to make slight adjustments to the width of the navigation bar as well as the drop-down field nothing major at all	Completed design looking back I am glad I decided to opt for a much simpler design I've only just about finished the first stage before the required deadline despite having a lot of previous knowledge moving forward. I feel I have implemented this design with the database in mind so I can now focus on methods for creating a suitable design structure without worrying how it will fit in with my	Move to the next phase

					design. Created 3 pages Placed inside my Admin folder my under index.php, disclaimer.php and search-detail.php Added local CSS components to the CSS folder and JS folder to add padding and functionality to the scrolling navigation. Ticked off Gant chart.	
14/05	66	2 hours	Research on Servers that retrieve and distribute results	-	After carrying out further research Apache will be my chosen web server, PHP will be my chosen scripting language. Due to the fact its open source it's the most popular http server on the web, easy to configure and its stable. I chose PHP due to the fact speed is a key advantage it works efficiently databases more efficiently and I also have previous experience using the language.	-
14/05	67	2 hours	Begin TMA 03	Presentation is letting me down so will need to find a better solution as TMA 03 will be looked on as a draft report. Will speak with Karl first.	As the design stage of my project is now complete. I plan to start spending time on TMA 03 but before I do its important, I start figuring out how I'm going to make my report more presentable according to my feedback the content is there its now just about presenting them	Email Karl for some pointers

15/05	-	10 mins	Emailed Karl for advice	Identify my struggles of making a large report document more accessible will email Karl for pointers before carrying out my own research	Emailed Karl will await his response	
15/05	68	6 hours (with frequent breaks in between)	PHP Udemy course	Want to practise functions, arrays database connections etc	Before I begin my next phase on Monday, I want to spend a bit of time researching the documentation and various tools. Found a cheap online course on Udemy spent time gaining familiarity with the functions, arrays connecting to a database properly etc. proved very useful.	Continue with PHP course
16/05	-	40 mins	Karl advised to watch the TMA 02 tutorial for pointers	-	Helped massively wish I watched it earlier would have made things so much easier will write up a word documents on the requirements and apply them to TMA 03 will also look out for the TMA 03 tutorial as this is going to be extremely helpful	
16/05	-	5 hours	PHP Udemy Course	-	Finished up the course proved very useful also gained a better understanding on using tools in the php documentation which will help with user validation on the server.	
17/05	-		Begin Phase 2 Application server	-	-	-

17/05	69	2 hours	Install MAMP	-	Will save time and effort and Install the MAMP environment for my local server very easy to install works instantly look forward to testing my project on this once complete will use it to also test the webpage created htdocs folder. Tested on browser by typing in my localhost port received confirmation page that Apache is installed PHP and mySQL environment ready to go . ticked Gant chart list as I have decided on my chosen server and scripting language	Test MAMP environment
17/05	-	10 mins	Test to check if webserver is present.	-	Used MAMP to check whether server/mysql and php was running accessed information on info.php which uses the command phpInfor()	Check whether PHP is running
	-	10 mins	Test to check if php is up and running	-	Used MAMP to check whether server/mysql and php was running accessed information on info.php which uses the command phpInfor()	Check whether mySQL is running
	-	10 mins	Test to check my sql is present and working	-	Used MAMP to check whether server/mysql and php was running accessed information on info.php which uses the command phpInfor()	

18/05	-	2 hours	Short course on udemy based on PHP MySQL and phpMyAdmin	Looking ahead of my project will need to learn about how to use phpMyAdmin to populate my database this short course will help as I've never used it before and will need to know its capabilities timing is great as well as its short enough not to affect my deadlines. Also gave me a refresh on how php mysql and html interact with one another which will be a massive help for my application.	Completed the course very straight forward. Learned about the CRUD process of database creation. Also learned about using sql statements to generate tables and learned how phpMyAdmin can be used to populate the database which will come in handy later on once I begin entering the chosen exercises into the database.	
18/05	70	2 hours	Begin work on the include folder -	Will need to create an error page to alert the user if there is an error generating a request	Copied over my front-end script entered a small sentence which will tell the user whether their request has generated an error this will help for communication purposes, so the end user is aware if they have misused the application. Also included a nothing to see page in case the end user requests something that we don't have anything to display	Create a functions script
19/05	71	3 hours	Created my functions.php	Want to implement functions which will help with code reuse along the	Created 7 functions I will use throughout my application. The first will clean user input before	Continue creating functions

				line used PHP.net resource to search for functions that will help validated the data before it enters the database. I came across for the database to decide what functions will be worthwhile for the database	updating. Used the trim function to clear whitespace before input is added to the database. Also used the htmlspecialchars function to prevent users from inserting harmful code into the database.	
20/05	72	2 hours	Random number's function	Used Php.net once again to find functions used the strlen function to get my char variable then used the for loop using the mt_rand function recommended by Joe to generate and return random id number.	Once again for security purposes it is important for keys to be random to prevent attackers from sussing out the lack of randomness which will make it easier for them to crack the key with less effort. Now that I've created my functions page, I have used the include statement to include the script in all my front-end scripts so I can make use of these functions when required.	Establish database connection
20/05	-	1 hour	Include path error	Carried out clean input function as a request and for some reason it isn't recognised not sure what I've done so far everything looks correct so far. clearly something is not right. Asked Joe for some advice on what It could be.	Sorted my path with the help of Joe path is working correctly as I was able to use my functions correctly.	

				<p>Showed him my code identified I my path instructions was incorrect. Included .. before my script which meant I was directed to the wrong directory since corrected this by removing the .. functions now working great!!</p>		
21/05	73	30 mins	my_vars file establish database settings	-	<p>Declared database server as local declared server, the user and the password. Decided to name my database TM470 as its short and easy to remember. Also included a path to my errors.html page I created on the front end. Now the connection is established I can begin to start creating my database.</p>	Create database class
22/05	74	3 hours	Creating database interface	<p>Had to do a bit of research on the difference between MySQL and MySQL li as most of the tutorials I came across highlighted using MySQL li instead. Realised MySQL is an outdated database driver only can be used procedurally whereas</p>	<p>Began work constructing my database interface script. This will contain the connectivity and the overall functionality of my database. All my database requests will go through this script named the class db. \$db will create a new instance of my database object. I used the constant function which will identify the</p>	Continue creating database interface

				<p>MySQLi can be done procedurally, and object orientated used object. Opted for the object orientated model due to it being more secure.</p>	<p>server, user, password and the name of the database already declared in my_vars.php. The handle variable will use the Server, user, password and database to connect to the database. The connected variable will be used to determine whether the connection was successful or not.</p>	
23/05	-	2 hours	Created construct / connect functions	<p>Had to use of PHP.net on how to make use of mysqli_connect, mysqli_select_db and mysqli_error used the example on documentation and implemented within my connect function.</p>	<p>Construct very simple connected will be declared as false. For the connect function I want it to connect to the database when connected is equal to false. If handle is declared false, then connected will be declared as false which will notify the user there was issues connecting to the database. If the connected variable is set to true, I used the mysqli select function which will include the handle variable as well as the database it needs to connect to else the msqli error function will be used to generate the last error message.</p>	Continue creating database
24/05	-	4 hours	Created lastId/ query function	<p>Used PHP.net to make use of the mysqli_insert_id function implemented within my last id function.</p>	<p>Used the mysqli insert function to return the last the id number of the last row entered in my database. Named function query</p>	Create ex_files.php

				<p>Had to use of PHP.net to understand mysqli_query. Could see in the example the object orientated function requires a string and an integer. mysqli_fetch_object requires a string and an array and mysqli_free_results. Requires a result returned by a mysqli query used the example to implement within my query function</p>	<p>which will require one argument called query declared as int. Made use of the 3 functions found on php.net. declared result variable as the mysqli query function which includes my handle variable and the argument query. If the result is declared false an error code will generate. Else if result equals true return true. I implemented a while loop. Declared \$rows as a new array. While row = the result using the fetch object function, generate a new row and return the result.</p>	
26/05	75	1 hour	Install exercise database part 1		<p>Included the my_vars script. Declared local variables which establish connection to the server, sql statements and the results from the server.</p>	Continue creating database
27/05	-	2 hours	Install exercise database part 2	<p>Applied my atom/molecule analogy from previous exercise on relational databases makes it a lot easier to understand</p>	<p>Declared variables which will hold the sql statements. Defined using an atoms and molecules analogy as the molecules highlight the relationship with the atom. Declared a variable for exercise, muscle category level, equipment, measurement url and description. Used the primary key which is</p>	Continue creating database

					<p>exercise and applied it each atom to create the molecules.</p> <p>The database will be Installed by running the database scripts each script will generate the tables for exercises and components. Due to security implications this script will be run once. Once constructed it will be removed from my environment because if someone gets a hold of this script it will overwrite my whole database</p>	
28/05	-	3 hours	Defined sql statements for each variable	-	<p>Declared exercise id as being integer length – 11. Included the not null operator to test for a no null value. Included a auto increment to allow a unique number to be generated when a new record is entered. A varchar with a limit of 128 based on the name of the atom. A null condition to test for a null value. And finally, a primary key which identifies each record in the table. This sql statement will be applied to all atom and molecules when generating the table.</p>	Continue creating database

					<p>Each table in this script is defined according to the properties. Each item will have a unique Id and also a description. The tables are the exercise table muscle table category equipment level and measurement and description. These nine tables will hold all the info. This is a relational database where each table has a relationship with the other tables. This script is only required to run once as security measure. This will have to be removed after, otherwise if run accidentally it will delete the entire database.</p>	
01/06	76	2 hours	Start ex_files.php	<p>Wanted to seek a better way of extracting the details from the database. Had a word with Joe who advised making use of arrays would be a fast and efficient way of getting this information. Before I begin functions, I will spend a few days gaining familiarity on Arrays and how I can utilise this in my functions.</p>	<p>These functions will allow me to get exercise/ muscle, category level, equipment, measurement details. Will need to find an efficient way to execute this</p>	<p>Research arrays on PHP.net consult Joe for advice</p>

02/06	-	2 hours	Read documentation about arrays	I have previous experience using arrays in my Java Assignment although it's a different language the fundamentals are the same. Made use of lists, hashmaps arraylist etc. looking to apply that knowledge into carrying out a similar request using php/MySQL.	Read the documentation initial thoughts is I can declare an array variable and extract all details related based on the id number I've called. Asked Joe for some advice. Advised I can declare my db class as a global scope. Can make use of the query function I created in my db class. Can combined this with the sprintf function to return info I've requested using the Id number select the exercise from my database. Can also make use of the object operator to access properties of an object. And can return that information as an array.	Continue research
03/06	-	3 hours	Continue researching Arrays	-	Continued research to give myself a better understanding realised I can make use of my clean_outpiut function when extracting data. I feel confident enough to begin creating my functions.	Create all get detail functions
03/06	-	20 mins	TMA 03 Enquiry	Making good progress on my project so far can start to think about TMA 03 strategy. Wanted to know whether it was worth defining the roles I played	Karl gave me the green light said what I suggested was fine will now be able to begin work writing my report as I was happy about the aims and the scope of the project beforehand.	

				<p>in this project at the start and how I used my other stakeholders throughout. Wanted clarification on the structure thinking I should use the first couple of pages to summarise what the project is about the scope the deliverables. Then for the main body can use my selected lifecycle as the main headings and the evaluation will be the last part which will summarise my journey so far sent email to Karl for clarification.</p>		
04/06	-	2 hours	Created get detail functions	-	Created the 5 functions that will get the details of each table all 5 functions carry out the same objective so once one was done was simply a case of copying and pasting whilst making slight amendments on the name of the function and the type of information requested.	Continue developing get functions
05/06	-	2 hours	Created get function based on the exercise searched	-	Created 2 more function this function behaves a little differently to the first 5 these functions will	Continue developing get functions

					return the muscles, category based on the exercise I search	
06/06	-	1 hour	Created get function based on the exercise searched	-	Continued developing the rest of the get functions this time finished level and equipment	Continue developing get functions
07/06	-	1 hour	Created get function based on the exercise searched	-	Continued developing the rest of the get functions this time finished measurement and exercise	Continue developing get functions
08/06	-	1.5 hours	Created get functions that will return information based on the id searched	-	Completed muscle exercise, category exercise and level exercise.	Continue developing get functions
09/06	-	30 mins	Created get functions that will return information based on the id searched		Finished up equipment id and measurement id. The include folder is now complete database is ready for data to be populated will now. Task myself with collecting as many relevant exercises as possible.	
10/06	77	2 hours	Begin Exercise spreadsheet	My knowledge on exercises is fairly limited I am going to make use of the three websites I used initially to review the layouts. I'm going to fill this data with as many exercises I can find. Spoke with Andy and Simon both are happy to check over the exercises. What we've agreed is every time I	Created an excel spreadsheet first table will contain the exercise, 2 nd the primary muscle the exercise targets followed by the secondary muscle due to a lot of exercises hitting multiple muscle groups the third table will be the exercise type the fourth the level the 5 th the equipment requirements and lastly the measurement will be based on how the exercise is measured for example it could be by reps sets if	Populate database

				reach 100 exercises will email him the table for him to inspect to make sure the data, I've entered is accurate. once given all clear will use phpMyAdmin to populate my database	its weights, time if it's a HIIT workout time and distance if it's an aerobic exercise such as running or cycling there will be 5 units of measurement. In order to help with spelling I will make sure the data is pasted into Microsoft word before adding to spreadsheet to limit the possibilities of spelling mistakes	
11/06	-	2 hours	Added 50 exercises to spreadsheet	-	Used resources to construct my first 50 exercises.	Continue adding to spreadsheet
12/06	-	2 hours	Added 50 exercises to spreadsheet	-	Continued adding to my spreadsheet of exercises sent to Andy to check over	Continue adding to spreadsheet
13/06	-	3 hours	Received feedback from Andy begin populating using phpMyAdmin	Not happy with how time consuming this is going to be I need to find a quicker way to populate the database messaged Joe asked him if there's a way would could create a script that will add populate the data all at once rather than adding one by one which is a total grind and I fear the amount of data I'm looking to add is going to take up too much of my	Used phpMyAdmin I get the impression this would be useful when adding a smaller amount of data but convinced this tool is not going to help me to populate the data in a timely manner sought advice from Joes advised he will talk me through a script which will populate all at once. Great! This is going to save me a lot of time.	Continue adding to spreadsheet

				time where I could be applying myself to other matters of the project. Joes' response was yes there is a way advised to finish up the spreadsheet once everything is there come back to him and he will help me with the script		
14/06	-	2 hours	Added another 50 exercises to spreadsheet	-	Continued the process of adding to my spreadsheet	Continue adding to spreadsheet
15/06	-	2 hours	Added another 50 exercises to spreadsheet	Advised he made some amendments on the measurement type as some of the exercises can be measured by more than one type also made some corrections on the muscles targeted	Continued the process of adding to my spreadsheet sent to Simon to check	Continue adding to spreadsheet
16/06	-	2 hours	Added another 50 exercises to spreadsheet	-	Continued the process of adding to my spreadsheet.	Continue adding to spreadsheet
17/06	-	2 hours	Added another 50 exercises to spreadsheet	Andy came back to me made some slight adjustments to the exercise types on some entries also made some changes to the level type	Continued the process of adding to my spreadsheet sent to Andy to check	Continue adding to spreadsheet

17/06	-	10 mins	Research report pronouns	Need a better understanding on whether to adopt a narrative first person pronouns or whether to adopt third persons	Carried out generic research suggests third person is more often used but I guess it depends on the type of report. I'm guessing my report will be considered an analytical report. Emailed Karl for to see what he thinks as would really help to maintain a consistent approach.	Await response from Karl
18/06	-	2 hours	Added another 50 exercises to spreadsheet	-	Continued the process of adding to my spreadsheet. Won't be adding anymore until next week as its my birthday weekend and don't want to spend it thinking about this project haha will continue next week	Continue adding to spreadsheet
21/06	-	2 hours	Added another 50 exercises to spreadsheet	Only slight changes this time advised I've done well to take on his feedback of distinguishing and placing exercises in the right category helps that I've done some of these exercises in person.	Continued the process of adding to my spreadsheet sent to Simon to check	Continue adding to spreadsheet
22/06	-	2 hours	Added another 50 exercises to spreadsheet	-	Continued the process of adding to my spreadsheet.	Continue adding to spreadsheet
23/06	-	2 hours	Added another 50 exercises to spreadsheet	-	Continued the process of adding to my spreadsheet. Sent to Andy to check over	Continue adding to spreadsheet

24/06	-	2 hours	Added another 50 exercises to spreadsheet	-	Continued the process of adding to my spreadsheet.	Continue adding to spreadsheet
25/06	-	2 hours	Added another 50 exercises to spreadsheet	-	Continued the process of adding to my spreadsheet. Sent to Simon to check over	Continue adding to spreadsheet
26/06	-	2 hours	Added another 50 exercises to spreadsheet	-	Continued the process of adding to my spreadsheet.	Continue adding to spreadsheet
27/06	-	2 hours	Added another 50 exercises to spreadsheet	-	Continued the process of adding to my spreadsheet. Sent to Simon to check over.	Continue adding to spreadsheet
28/06	-	2 hours	Added another 50 exercises to spreadsheet	-	Continued the process of adding to my spreadsheet.	Continue adding to spreadsheet
29/06	-	2 hours	Added another 50 exercises to spreadsheet	-	Continued the process of adding to my spreadsheet. Sent to Andy to check over.	Continue adding to spreadsheet
30/06	-	2 hours	Added another 50 exercises to spreadsheet	-	Continued the process of adding to my spreadsheet. Sent to Andy to check over. I am going to finish here I now have exactly 864 exercises in the spreadsheet which more than enough feel I may have gone slightly overboard but the more the better will now consult Joe on how to write up my populate script.	Write populate script
02/07	78	1 hour	Populate tables in database	There are two ways to do this. The first is to use php	If the database requires a small amount of data, this is perfect, but	Write read script

				<p>myadmin as recommended Karl this is valid but tedious method. It is be a boring process however phpMyAdmin is a great tool for analysis and adding the data will also use phpMyAdmin for testing purposes when that phase arrives.</p>	<p>my database will contain a large amount of data and will need to consider more efficient methods to populate data.</p> <p>For large sets it would be better to use a script.</p> <p>The source of the raw data is coming via a spreadsheet from the exercise consulter now my task is to convert and transfer data into tables I am going to use a php script to enable me to do this.</p>	
05/07	-	2 hours	Consult developer on better methods to populate database	<p>We're going to tackle this in a similar way to how I dealt with Simon and Andy previously I am going to write the script at each hurdle will send to Joe to observe and make any changes If necessary</p>	<p>The way we are going to do this is by exporting the spreadsheet into a csv common separated version. The php will then read each commoner line and extract the info and populate each table.</p> <p>The csv file is going to be called the sheet2 file.</p> <p>Convert core script will read the csv line and populate all the tables there's also validation to make sure of no duplicate entries</p>	Write read script

06/07	-	3 hours	Declared variables and read file directory	Used php.net and Joes guidance to find a function that will read a file and return as a set of strings came across file_get_contents will prove very helpful. Joe advise the quickest and efficient way to converting a file would be to return as an array of strings told me to research and understand the fundamentals of explode will need to use a separator argument which will be \n for a new line and string argument will be the variable I declared as \$file which will contain my csv file	Included global variables my_vars, my_db and my_functions. Declared read in directory made use of the file_get_contents function which reads entire file into string declared my exported csv file sheet2. Declared file_contents made us of explode declared my \$file variable with the new line separator. Declared my 7 variables which are the tables within my spreadsheet.	Continue writing script
07/07	-	2 hours	Created for each loop	Made use of PHP.net to research all 3 constructs.	Opted for the foreach construct as its an easy way to iterate over arrays. In my case for each iteration in \$file_contents I want it the value to be assigned as \$file_content. I made use of the list construct to store to assign my declared variables. For each input I made use of the filter_var function	Continue script

					so that I could use use of both the filter_sanitize_string and filter_flag_encode_amp filters to strip away unwanted characters for each list.	
08/07	-	2 hours	Find exercise and write primary muscle scripts	-	<p>Declared 3 variables, \$query which is the same script I used in my ex_files.php script which will make use of the sprint function by selecting all columns from the exercise table. Also made use of my clean_input function for input \$exercise. Second variable \$result will make use of my query function to perform the query on my database. And lastly the final variable is \$exercise_id which will hold my \$result query and access the properties in exercise_id.</p> <p>Completed the if statement for the primary muscle variable used the same 3 variables I used in the find exercise script. Added another \$query variable which this time inserts new records into the excersies_muscle molecule.</p>	Finish off last of the script
09/07	-	2 hours	Finished up on the rest of the if statements	-	Pretty much a copy and paste job from the primary muscle statement just amended the input	Testing phase

					to match the input variable for secondary muscle, type, level, equipment and measurement. Included a statement at the end that will notify the user that the conversion is complete.	
12/07	79	-	TESTING PHASE	-	Now that the application and the database has been constructed it is now time to test all the components scripts to make sure everything is working correctly	
12/07	-	1 hour	Creating a testing procedure.		<p>Need to check data has been transferred correctly. Using phpMyAdmin.</p> <p>Take one table muscle for example. check spellings – check correct data don't want to find equipment in muscle for example</p> <p>Start with level check all data transferred then check spelling mistakes – finally do the exercise look at each exercise to make sure they are related to the correct components.</p> <p>There is no other way to validate other than eyeballing as any errors could result in injuries.</p>	Test each of the inputs

13/07	-	-	TMA 03 Submitted	-	Submitted draft report will await feedback from Karl before proceeding to the EMA	Await feedback for tma 03
13/07	-	20 mins	Ran the convert_core.php script	-	Exercises have now been generated as shown in the phpMyAdmin as the exercise table now contains 862 rows and category 7 equipment 13 level 4 measurement 8 muscle 23.	Run convert exercise script
13/07	-	30 mins	Ran the convert_exercise_file.php script	-	Checked phpMyAdmin script has been successful added as results are revealed.	Begin testing each input selection
13/07	-	30 mins	Ran application on local server.	Disclaimer message should come up before accessing the application. Goes straight to the search engine will need to re - check the name of the file as well as the links. Implemented a drop down menu thinking I would need it but doesn't serve any purpose will remove from the front end. Will also include a link or tab for the user to begin a new search once result has generated.	Disclaimer page requires work as needs to be set as the index page as this should be the first page that will load when accessing the application	

13/07	-	2 mins	Pressed submit button with no options selected And the cancel button	Need to add some front-end validation to signify nothing has been selected once selected it blocks the user from selecting any of the options	Front needs a bit of validation added to let the user know request can't be submitted without an option being selected cancel button works as it should select all options followed by cancel and it removes original option selected	
14/07	-	10 mins	Category - Cardio – search	Skipping has a double entry will need to investigate that	Returned all cardio results will need to remove the double entry will make the change once all testing has been carried out	Continue testing application
14/07	-	10 mins§	Category – Olympic Weightlifting	-	Returned all Olympic weightlifting results	Continue testing application
14/07	-	10 mins	Category – Plyometrics search	-	Returned all Plyometrics results	Continue testing application
14/07	-	10 mins	Category – powerlifting search	-	Returned all powerlifting results	Continue testing application
15/07	-	1 hour	Category – Strength	-	Returned accurate Strength results no sign of spelling mistakes	Continue testing application
15/07	-	30 mins	Category – Stretching search	-	Returned accurate Stretching results no errors	Continue testing application
16/07	-	10 mins	Category – strongman	-	Returned accurate strong man results no errors found	Continue testing application

18/07	-	1 hour	Level – Beginner search	-	Returned accurate Beginner results no sign of spelling mistakes	Continue testing application
18/07	-	10 mins	Level – Expert search	-	Returned accurate expert results no spelling mistakes	Continue testing application
19/07	-	1 hour	Level – Intermediate search	Minor error but the list order is beginner expert intermediate. Intermediate needs to be in the middle.	Returned accurate expert results no spelling mistakes	Continue testing application
19/07	-	30 mins	Equipment – (other)	-	Returned accurate results no signs of errors or spelling mistakes	Continue testing application
20/07	-	10 mins	Equipment – (foam roll)	-	Returned accurate results no signs of errors or spelling mistakes	Continue testing application
20/07	-	1 hour	Equipment – (Body)	-	Returned accurate results no signs of errors or spelling mistakes	Continue testing application
21/07	-	10 mins	Equipment – (Kettle Bell)	-	Returned accurate results no signs of errors or spelling mistakes	Continue testing application
21/07	-	40 mins	Equipment – (Dumbbell)	-	Returned accurate results no signs of errors or spelling mistakes	Continue testing application
21/07	-	20 mins	Equipment – (cable)	-	Returned accurate results no signs of errors or spelling mistakes	Continue testing application

21/07	-	10 mins	Equipment – (EZ Bar)	-	Returned accurate results no signs of errors or spelling mistakes	Continue testing application
22/07	-	20 mins	Equipment – (Machine)	-	Returned accurate results no signs of errors or spelling mistakes	Continue testing application
22/07	-	10 mins	Equipment – (bands)	-	Returned accurate results no signs of errors or spelling mistakes	Continue testing application
22/07	-	5 mins	Equipment – (medicine ball)	-	Returned accurate results no signs of errors or spelling mistakes	Continue testing application
22/07	-	5 mins	Equipment – (Exercise ball)	-	Returned accurate results no signs of errors or spelling mistakes	Continue testing application
23/07	-	10 mins	Equipment – (Barbell)	-	Returned accurate results no signs of errors or spelling mistakes	Continue testing application
23/07	-	20 mins	Equipment – (Kettlebells)	-	Returned accurate results no signs of errors or spelling mistakes all singular input selections have been tested for category, level and equipment next will be the muscle types.	Continue testing application
24/07	-	1 hour	Muscle – (Abs) – and all options	-	Returned accurate results no signs of errors or spelling mistakes. Added category cardio no result found, Olympic weightlifting no result found, plyometrics returned 5 results added level intermediate	Continue testing application

					returned 5 results, searched medicine returned 3 results. Searched other returned 1 result. Searched body returned 1 result. Everything working as it should.	
24/07	-	10 mins	Test – Muscle (Abductors)	-	Submitted result reveals correct result of the 7 abductor exercises will now amend search by adding in a category.	Continue testing application
25/07	-	10 mins	Abductors – category – (strength)	-	Returned 2 results	Continue testing application
26/07	-	10 mins	Abductors – category (Stretching)	-	Result reveals 5 results checked the detail.	Continue testing application
26/07	-	10 mins	Abductors – category (Stretching) – level	Realised there's an error I've got 2 beginners and it's also spelt incorrectly should only be 3 levels will remove this. Highlighted red as a reminder	Result revealed 3 results exercises are accurate. Searched expert no results, searched intermediate revealed 2 results.	Continue testing application
27/07	-	10 mins	Abductors – Level Beginner	-	Returned 3 results for beginner. Returned 4 results for intermediate, none for expert.	Continue testing application
27/07	-	30 mins	Abductors – Equipment search	-	Returned 1 result under foam roll, returned 4 results under body, 1 result under machine and one result under bands	Continue testing application

27/07	-	10 mins	Muscle – (Abs Chest)	-	Returned 1 result, selected all relevant options which also returned the same result so all working well.	Continue testing application
28/07	-	10 mins	Muscle - Adductor	Realised I have a double entry of adductor and adductors will need to investigate this further as they both reveal different results, I think I may have misspelled for abductors they are spelt similarly so will review this	Search returned 2 results.	Continue testing application
28/07	-	20 mins	Muscle – Adductor – category – level and equipment		Searched stretching returned 2 results. Added beginner level returned 2 results. Selected foam roll equipment returned 1 result. Amended to body returned 1 result.	Continue testing application
28/07	-		Muscle - Arms	This is a much larger sample don't have to carry out detailed tests due to time constraints will need to condense down the search. Have acknowledged if my project was going live would Take a collection of at least 5 people to check for errors because this a	Amended my testing for the larger tables. What I will do is carry out the muscle research. Whatever category I select I will look at the detail of each exercise and match them the level and equipment based on that exercise to see if they generate when those options are selected as I have my ema report to do and I have so many other muscle types to test and	Continue testing application

				<p>database with info that can cause injuries when not performed correctly also would pass on to pass on to exercise consultant to make sure each exercise category is correct.</p> <p>I would carry out Stress testing quantitative testing to test application. Beta testing put in an option for feedback from users.</p> <p>There is a table created called description which is supposed to hold a description of each exercise unfortunately this is time consuming and beyond the scope of my project</p>	won't have the time to carry out a detailed testing procedures	
29/07	-	1 hour	Muscle Back – search	-	Checked detail for all exercises all workouts related to the back. No duplicates spelling is correct	Continue testing application

30/07	-	30 mins	Muscle Biceps - search	-	Checked detail for all exercises all workouts related to the biceps. No duplicate entries spelling is correct.	Continue testing application
01/08	-	30 mins	Muscle – Calves - search	-	Checked detail for all exercises all workouts related to the calves. No duplicate entries spelling is correct	Continue testing application
02/08	-	10 mins	Muscle – Cardio search	-	Checked detail for all exercises all workouts related to the cardio. No duplicate entries spelling is correct	Continue testing application
03/08	-	30 mins	Muscle Chest search	-	Checked detail for all exercises all workouts related to the chest. No duplicate entries spelling is correct	Continue testing application
04/08	-	20 mins	Muscle – Forearm search	Got another entry called forearms which has one result think I will add that entry to forearms.	Checked detail for all exercises all workouts related to the forearms. No duplicate entries spelling is correct	Continue testing application
05/08	-	15 mins	Muscle Glutes search	-	Checked detail for all exercises all workouts related to the glutes. No duplicate entries spelling is correct	Continue testing application
05/08	-	35 mins	Muscle – Hamstring's search	-	Checked detail for all exercises all workouts related to the hamstring. No duplicate entries spelling is correct	Continue testing application
06/08	-	20 mins	Muscle – Lats search	-	Checked detail for all exercises all workouts related to the lats. No duplicate entries spelling is correct	Continue testing application
06/08	-	20 mins	Muscle – lower legs search	-	Checked detail for all exercises all workouts related to the lower leg. No duplicate entries spelling is correct	Continue testing application

09/08	-	5 mins	Muscle – Neck search	-	Checked detail for all exercises all workouts related to the neck. No duplicate entries spelling is correct	Continue testing application
09/08	-	30 mins	Muscle – quadriceps search	-	Checked detail for all exercises all workouts related to the quadriceps. No duplicate entries spelling is correct	Continue testing application
10/08	-	30 mins	Muscle shoulders search	-	Checked detail for all exercises all workouts related to the shoulders. No duplicate entries spelling is correct	Continue testing application
10/08	-	5 mins	Muscle traps search	-	Checked detail for all exercises all workouts related to the traps. No duplicate entries spelling is correct	Continue testing application
11/08	-	15 mins	Muscle Triceps search	-	Checked detail for all exercises all workouts related to the triceps. No duplicate entries spelling is correct	Continue testing application
11/08	-	30 mins	Muscle upper legs search	-	Checked detail for all exercises all workouts related to the upper legs. No duplicate entries spelling is correct	Continue testing application
12/08	80	-	System clean-up process		<p>This is where I go back in to refine all of the errors I picked up in testing will tackle each one.</p> <p>Remove the covert, install to be removed because it contains scripts that if run incorrectly will destroy database I just a considerable amount of time</p>	

					constructing a back-up has been constructed.	
13/08	-	1 hour	Sorted disclaimer page – removed drop down menu	-	Sorted the Disclaimer page changed to index to make this the first page added in radio buttons for the user to accept the terms if they are happy will gain access to the webpage if not, they will remain on the disclaimer page. Removed drop down menu as I no longer need it. Added a new search link which will direct the user back to the search engine to start a new search.	Continue clean-up process.
14/08	-	1.5 hours	Adding in bootstrap front end validation	-	Added in html form submission validation if nothing has been entered and the user clicks submit all 4 inputs will highlight red and with a * a message will display field required.	Continue clean-up process.
16/08	-	10 mins	Removed duplicate entry and other slight amendments	didn't bother changing the order of levels need to prioritise my EMA report and don't want to make the change in case it effects the which exercise it assigned the level Id number.	Removed duplicate entry for skipping. Changed adductors to abductors. Removed the forearms entry re-allocated single entry to forearm.	Continue clean-up process.
16/08	-	-	PROJECT COMPLETE	-	-	-

