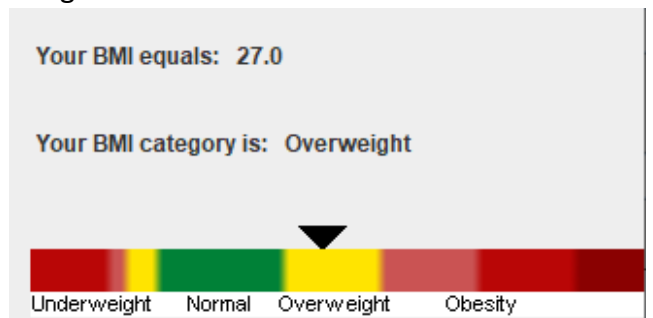
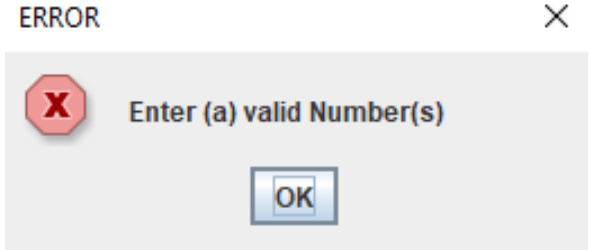


## Criterion E: Evaluation

### Success Criteria

After presenting the final version of the program to my client, I succeeded to draw conclusions from his thoughts about it regarding success criteria(mentioned in Crit. A). The script of the whole conversation is in appendix C.

Success Criterion	Evaluation
Ability to see BMI and BMI category after input	After inputting data, both BMI and BMI categories are seen and are correct.
Users will be able to see their BMI results on a chart.	<p>The chart indicates correctly and has all categories shown in different colors.</p> 
Users can see macronutrients and caloric values of the inputted amount of snacks from the diet plan.	Users can see the correct amount of energy(kcal), fats, carbohydrates, sugars, proteins, and sodium amounts, all based on their input.
Users are able to see how long they have to do certain activities in order to burn consumed calories.	There is running and swimming distance, as well as walking and biking time necessary to do in order to burn calories consumed. Moreover, values convert into bigger units if a limit is reached (60min into 1h), but it's only in km - there are no miles.
Users can see their most probable one rep max based on their input	The shown result is correct (according to the formula), and the result is rounded to one decimal place
User can see the amount of reps and weight most optimal for improving hypertrophy, strength, and endurance	The result is shown correctly and the unit (kg/bs) changes according to the user's input.
User is able to use how drunk he/she is( in permilles and BAC)	The result is shown correctly, BAC is rounded to 3 decimal places, meanwhile permilles are

	rounded to 2 decimal places, as that will allow for best interpretation of the result
App will have to separate menus (for those over and under 18 years old)	There are two independent menus. One for those under 18 years old does not include a BAC calculator, as people using it are not legally allowed to drink alcohol.
The app detects input errors.	<p>The program detects errors correctly. It works if there is no input, as well as when the input is incorrect(i.e. input is not a whole number - integer)</p> 

### Recommendations for Further Development

In One rep max calculator, adding “history” section by using fileWrite would be a good idea, as then users could both see their progress throughout time, and track their previous lifts.

Moreover, in the nutrition values calculator, it is a good idea to add more activity options, as currently it’s very limited and users don’t have a big choice. Furthermore, users might add their own food, which would also make the experience of using the app much more pleasurable. It would also be a great idea to display the distance unit in the result so that it would match the weight input unit.

Lastly, in the BAC calculator, adding information on whether users can drive a car might result in them being much more cautious.

Word count: 376

