

Criterion E: Evaluation
559 words

1.Evaluation of success criteria.

<i>Criterion</i>	<i>Result</i>
Possibility of inputting data about their body weight, height and age	Success: The data can be imputed and edited by the user in the “Start” tab and is stored in a file.
Possibility of creating, reading from file, saving and loading daily plan of nutrition and exercises	Success: The user is able to create meals and exercise plans through the “Plan” tab and then to save and load those plans using buttons. Loading and saving updates numerical fields and tips.
Ability for the programme to analyse the daily plan and asses it giving hints on what to change	Success:The programme analyses daily plans in the “Plan” tab and gives appropriate feedback. It is updated after the addition of a meal or exercise plan.
Possibility of printing shopping list for a given day or a period	Success:The user is able to save to file or immediately print the shopping list of a single day or a period through the “Print shopping list” button in “Plan” and “Analyse” tabs.
Possibility of seeing the summary of the day of the week in total with nutritional values and calories.	Success: Achieved through the numerical fields in the “Plan” tab, which update after addition of a meal or exercise plan.
Possibility of seeing the predicted effects of the diet in x weeks in the form of a chart showing his predicted weight.	Success: Achieved through a chart in “Analyse” tab which predicts the effect of the diet and provides comments

2. Additional success criteria (Appendix interview 3)

<i>Suggestion of the client</i>	<i>Result</i>
“...it would be a good idea to add a feature where you can save and load single meals and exercises for better customisation”	Success: Added the possibility of loading and saving single meals in “Plan” tab.

“the tips and summary work great, but could you do some predicted weight scenarios for when you have a bigger calorie deficit?”	Success: Added predicted weight and comments for scenarios with increased calorie deficit by 50%, 100% and 200%.
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3. Feedback from the client

“This product has significantly improved the quality of my work. I am astonished with the choice of ingredients which finally suits the variety of cuisine of my clients. The automatic shopping lists make my clients and my shopping easier. I am happy to have introduced this programme to my customers, because I see that it engages them even more in the process of understanding and changing their lifestyle. They become more self conscious of what they eat, since the tips and predicted effects of their diet. The chart really motivates them to stick to their diet as they can clearly see the potential results. I am glad that you have managed to apply my ideas for improvement. I see how you could further develop the programme by creating some sort of comparison of daily plans.

4. Ideas for improvement.

First idea was sparked by the client. It is to add another tab where one can compare different daily and periodic plans. It could be a tab where the client would load previously saved days and periods into a list. Then a graph predicting effects and comparison of nutrients in a table could be added. As for my suggestion, the programme could also have more exercises to choose from and also an exercise plan printable list, like in case of shopping list. It could make complicated exercise plans easier to follow.