

Criterion E: Evaluation

<u>Success Criteria</u>	<u>Evaluation</u>
Users can register new accounts with a username and password, as well as their general information and measurements	Complete.
Users with existing accounts can log in to their account	Complete.
The user can access a scrollable weekly view of their workout schedule	Complete.
Each day of the week can also be magnified to enter a daily view of the workout schedule	While a daily schedule interface was implemented, unfortunately any changes made in the daily interface were not saved to the program. The client however did not have an issue with this as all data from the weekly interface was still saved.
Schedules will feature multiple rows at different time slots, each with open slots available for users to place their selected workout	Complete.
The user can view a scrollable list of workouts	Complete. The client appreciated the large selection of workouts, as the details provided on each one (targeted muscle group and difficulty).
Workouts will be retrieved from a text file database, and display the workout name and targeted muscle group	Complete.
Workouts can be sorted based on different criteria (Ex. by muscle group, by difficulty)	Complete. The list of exercises can be sorted, but only if none of the exercises are currently selected in the schedule. The client expressed dissatisfaction with this restriction, but still appreciated the sorting functionalities.
Personalized workouts will be recommended based on the user's preferences and measurements	Unfortunately due to time constraints, personalized workouts were not implemented into the program.
Users can drag workouts from the selection interface and drop them into empty slots in the schedule interface	Complete. The client enjoyed the drag and drop feature as it made the program more simple and user friendly.
All user data will be stored under their account, such as their username, password, general information	Complete.
All schedule data such as the chosen exercises and their respective time slot will also be stored under the user's account.	Complete.

Areas for Further Development

Minor Improvements

- Allow changes made to the schedule in the daily interface to be saved.
- Allow for the list of exercises to be sorted while certain exercises are still selected
- The client has expressed that he would have appreciated a feature to allow users to add a certain exercise more than once, as in the current product, each exercise can only be added once.
- The client noted that more information could have been provided regarding each exercise. An improvement could be made so that a small description box appears over each exercise when it is hovered.

Major Improvements

Recommended Workouts

- This was a feature that I initially planned to implement, but was unable to due to time constraints. Users would be able to view recommended workouts, which are personalized workouts selected to match the user's athleticism and body type. This would make it much easier for users to find relevant workouts, eliminating the need to sift through long lists of exercises.

Workout Plans

- Preconfigured workout plans could be added to ease users into a workout routine and make exercising less intimidating. This feature would allow users to select a premade plan, which automatically creates a workout schedule for the user.

Custom Time Slots

- Currently, all time slots in the schedule are in increments of 15 minutes, from 8 to 20 (or 8AM to 8PM). The client has noted that he would prefer to set customs times for his workouts, such as scheduling them at 10 minute increments, or planning his workouts at 9PM. This would allow users to have much more flexibility in regards to the timing of their workouts.

Word Count: 599