

My final project will be a workout plan. My trainer who I worked out with in high school and over the summer wants to make a workout plan electronically. This will be a stepping stone and a skeleton of what we will want it to look like but I wanted to work on this project since it has to do with customer and object orientation like what you mentioned in the beginning of the course.

The idea of the program actually came from another program that the basketball team is using to lift on our own when we are home. It's a way for the coaches to track our progress and actually see that we are doing the workouts. The program will have the user enter in their information, name, date of birth, height, and weight. The program will then store that information and then ask the user what there numbers for bench, squat and clean are. Based on those numbers the program will then output a day 1 workout program based on the numbers the user just gave the program.

Some of the challenges that are going to occur is getting a formula and implementing that formula of the bench, squat and clean into the workouts. The program will then take all of these numbers and variables and then output it into a txt file and then the program will call back what it just gave the file to make sure the information got sent to the file. This project will help me learn about file output and how to deal with customers and what they want.