

W200 Project 1 Reflection

Virtual Personal Trainer

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Instructions:

- The only file needed is “personal_trainer.py”. You can run the python script from the command line to begin the user interactions with the personal trainer. “python personal_trainer.py” will initiate the program. Be sure to know your weight in pounds and height in inches before running the program. After initial information collection, all user inputs will be numbers 1-6 or the enter key. When at the home screen, type “quit” to end the program. You can view my presentation of the program at the following link: https://zoom.us/rec/share/AH1XHS_p9ekmsVVWS_-FeQ4274qedOzd7BC6aWcNTEJBT1jtAfmK9snqFgHlpaEb.qKUMf-8neie_ataY?startTime=1625776418000

Features Update:

- The program will provide the user with a customized weightlifting routine, running plan, diet information, and choosing a training partner. The user will get access to their recommended macronutrients and individualized heart rate zones. The program is an all-encompassing fitness resource. People would usually have to go to a few different websites to collect and calculate my program's information.
- The higher-level features that I want to add in the future: user journal to input workouts, additional weightlifting routines and running plans, and metrics for strain and recovery for the user based on their journal entries. I think this program would work well in conjunction with Whoop Fitness, a health metric data company. Combining health data with training plans is the future of optimizing fitness.

Challenges:

- The biggest challenge was printing the customized training plans in Python. It wasn't easy to print complex workout programs from Excel to Python. It would have been easier to open an excel sheet with the user's workout. I could have included better, more individualized activities through Excel.
- The program requires a lot of user input. I tried to collect the minimum amount of information possible to provide the user with the most information. It was a tricky balance because more user inputs meant more possibilities for errors. However, with the data collected, I was able to run quite a few methods.
- Learning to use the managing object was difficult. The entire program ran smoother once I learned the intricacies of the controller.

Closeout:

- I hope everyone enjoys the program and gets something beneficial from the features! Our goal should be to improve physical, emotional, and mental health every day! If you have any recommendations, please reach out to me at austinsanders22@outlook.com.