# Evaluation

**Success Criteria**

* Goal 1: Interface that allows user to generate a workout based on user preferences
  + **Met:** after inputting user preferences and asking whether user has access to a gym, a list of exercises appears that target specific muscles
* Goal 2: Allow user to record workouts/exercises
  + **Met:** user is able to input exercises such as exercise, sets, repetitions, and weight used
* Goal 3: Provide view for user to track previous workouts
  + **Partially Met:** the program provides view that displays the previous five workouts, but no option to view workouts before that period or some sort of table with all the data

In all, the program created was largely successful; the program accomplishes all the main goals set out in the Planning stage of the project. However, there is some room for improvement: the program could be a little more flexible on the view stats option, which only displays a graph of the past five exercises. There could be an option that allows for the user to select the timeframe from which to view stats, or a table that displays data from every workout. However, in all, each of the three main goals were met and my client, Ryan, has a viable working product that he can use to work out.

Looking forward, the new functions, such as viewing stats from any timespan of workout or a table that displays data for previous workouts, can easily be implemented in the existing code by modifying the GraphComponent class. Currently, I have the default graph set to just the previous five exercises done, but an option can be implemented that allows the user to select more or less exercises. In addition, in the generate workout function, I can provide some sort of pop up that shows where each muscle is in the body; this can be implemented by connecting each JButton in the GeneratorSecondScreen class to a picture saved in a folder within the program.

When I consulted with my client, Ryan, he enthusiastically agreed that the program met the three main goals of the project. However, he found room for improvement. He suggested that in the generate workout function, I provide more general checkboxes such as legs, upper body, arms, chest, etc. He also suggested clarifying the questions I was asking in the program. He also suggested having a main menu button at the end of generate workout to make it easier to move between functions. In addition, he thought it would be helpful to provide a gif of the exercises mentioned in the program. Further on, he said it would be nice if the program could suggest reps/sets/weights.

Word Count: 447