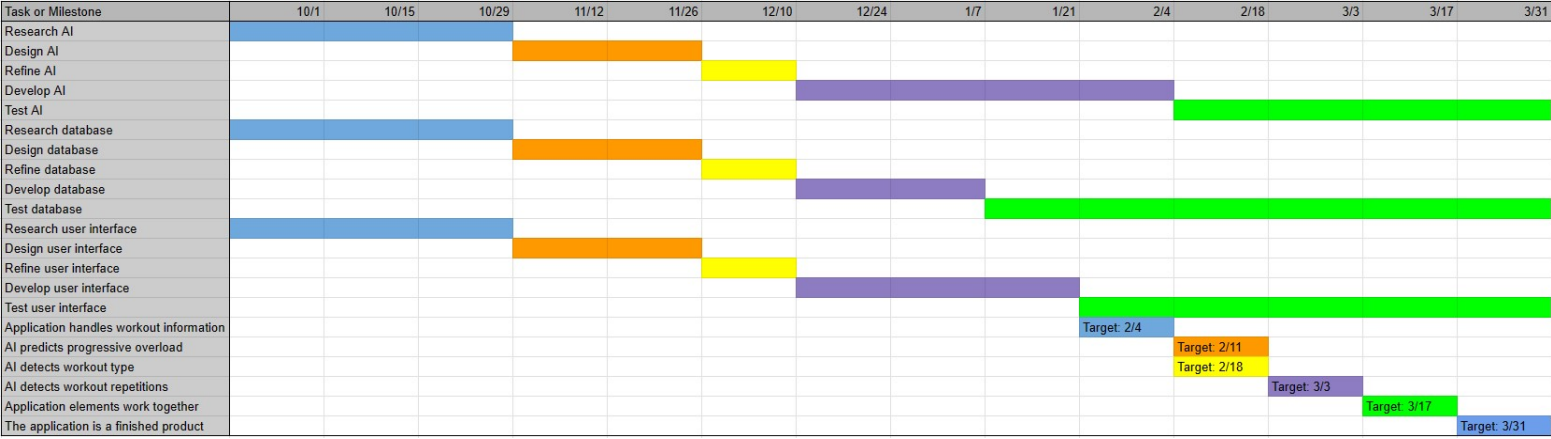**Milestones, Timeline, and Effort Matrix**

Milestone List:

1. *Application handles workout information* - The user interface can take user-entered information and enter/save that information in the database. The user interface is also able to get information from the database and display that information in the user interface.

2. *AI predicts progressive overload* - The regression model (AI) can give an accurate recommendation for the progressive overload the user should do to get the best results.

3. *AI detects workout type* - The computer vision software (AI) can accurately determine the workout type the user is performing, whether it be live or recorded video.

4. *AI detects workout repetitions* - The computer vision software (AI) can determine the number of repetitions a user did for a workout type from live or recorded video.

5. *Application elements work together* - The application has the database, user interface, and AI working in tandem. This is not the finished application, it just is that all elements are working with one another.

6. *The application is a finished product* - The application has been tested and polished and is ready to be considered a final product.

Timeline:

Task or Milestone	10/1	10/15	10/29	11/12	11/26	12/10	12/24	1/7	1/21	2/4	2/18	3/3	3/17	3/31
Research AI	██	██	██											
Design AI				██	██									
Refine AI						██								
Develop AI							██	██	██	██				
Test AI											██	██	██	██
Research database	██	██	██											
Design database				██	██									
Refine database						██								
Develop database							██	██						
Test database									██	██	██	██	██	██
Research user interface	██	██	██											
Design user interface				██	██									
Refine user interface						██								
Develop user interface							██	██	██					
Test user interface										██	██	██	██	██
Application handles workout information										Target: 2/4				
AI predicts progressive overload											Target: 2/11			
AI detects workout type											Target: 2/18			
AI detects workout repetitions												Target: 3/3		
Application elements work together													Target: 3/17	
The application is a finished product														Target: 3/31

Effort Matrix: