

Criterion A - Planning

Scenario

Client: Coach Elena Morales, founder of StriveWell, the remote strength-coaching collective where I intern. She

Problem Summary

The spreadsheet workflow does not enforce equipment filters, it has no awareness of a client's recent exercises

Rationale

I selected Python 3.9 with a text-based CLI because Elena can execute it inside the Crostini Linux container on

Success Criteria (agreed 6 February)

1. The CLI must let the coach create or update a user profile, capturing goal, days/week, session minutes, available equipment and recent exercises
2. The coach must be able to enter a stored user ID and immediately generate a multi-day plan that matches their goals
3. Generated plans must exclude any exercise performed by the same user in their three most recent saved plans
4. The selection algorithm must only recommend exercises that match the profile's equipment list and have a difficulty level between 1 and 5
5. Each exercise in the printed plan must include its movement pattern label plus set and rep ranges that map to the user's session times
6. Every time a plan is generated it must be appended to 'data/plans.json' with the associated 'user_id', enabling historical analysis

The client confirmed by email that these six criteria capture the minimum viable product for replacing her spreadsheet workflow.