

## Criterion E - Evaluation

### Summary Against Success Criteria

1. Profile CRUD (Met): Demonstrated at 00:35 of the video script. JSON output shows single object per ID, satisfying SC1.
2. Split-Specific Plan Output (Met): Day groupings match requested split at 01:20, fulfilling SC2.
3. Recent Exercise Avoidance (Partially Met): The logic excludes the past three plans, but Elena noticed duplicated exercises in the output.
4. Equipment/Difficulty Filtering (Met): Manual inspection of the last three plans confirms no unsupported equipment or difficulty levels.
5. Movement + Set/Rep Visibility (Met): Console output clearly labels movement and goal-specific reps, fulfilling SC5.
6. Plan Persistence (Met): Showing 'data/plans.json' after restart at 03:05 proves SC6.

### Client Feedback (13 Feb handoff)

Elena said, "I finally feel confident I am not repeating the same hinge three weeks in a row, and saving plans to disk."

### Recommendations

1. Implement optional tagging + coach notes stored alongside each plan to capture Elena's qualitative feedback.
2. Add a second difficulty tier that unlocks higher-rated exercises once a user logs six consecutive weeks, making the app more engaging.
3. Replace JSON with a lightweight SQLite database before multi-coach deployment. Doing this now would be premature.

### Testing Gaps

Edge-case automation is still light. The next sprint should add pytest suites for '\_filter\_exercises' and '\_score' to ensure robustness.