**Criterion E**

**1. Evaluation**

| **Success Criteria** | **Final Result** |
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| Validation on each form field, Check boxes & radio buttons. | If the user presses the submit button without entering information, toast pops up with an error message.  Validation check for password |
| Internet connection checks before every database connection. | After filling details users get an error message if there is no internet connection. |
| Secure storage of user data, including personal information and workout history. | Validates security in firebase authentication, which checks multiple failed login attempts and blocks users for some minutes. |
| Authentication ensures that each user has a unique and separate account for use in this app. | Users can login with each unique email and password. Validation and Verification were working without error |
| users get two option for workout plans automated & custom, | When users login into system users get two options for workout plans. For new user/beginner automated plan & for experienced custom plan. |
| App has the ability to make automated workout plans by simple two steps. | For new users there are two steps as a form where first asking for fitness goals & second is activeness check. |
| App allows the users to make customized workout plans by adding workouts from the list of exercises. | Experienced users can view a list of workouts, select among them and make their own plan. |
| App shows workout necessary information. | Users can view workout names, reps and time in the workout list. |
| The ability to modify existing custom or automated workout plans | Add or delete exercises from custom plan |
| Workout starts with a timer start and stop button. | Users can start a workout with a start button and end with a stop button. After stopping the timer, date and time are stored into the database. |
| Ability to load into recyclerview automatically from firebase database. | Home page shows different types of workouts in the recycler view, which specifics users' workouts from the Firebase database. |
| Users can access workout history and track their progress | Users can view workout history of day, weeks and months. |
| Workout overview of when user started workout, when user left workout, and more | App shows all the details of users such as when they start workout, stops with date and time. |
| App has the ability to auto login. | When user logs in first time, session is created at server side, if user closed app and open again then user logs into system automatically. Session destroy only when user logs out from app. |

**3. Future Recommendation**

1. Better GUI
2. More work out details with images and videos
3. Add Diet information
4. Custom Diet Plan Maker
5. Dedicated Muscle Exercises
6. Add new module of Stretching and Yoga Exercise