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CS-172

Project Proposal

Exercise is good for you. Everyone knows it, but not everyone does it. People choose not to exercise for many different reasons. There are so many different exercise programs available, it can be confusing to consumers. Some consumers choose one program and it proves to be too difficult for their skill level, and give up. Other consumers just don’t have the time for a full hour workout each day or a trip to the gym.

I would write a program that enables the user to enter his or her gender, the time he or she has for exercise each day of the week, his or her skill level and whether or not he or she prefers to go to a gym. The program would then provide a workout program for that week based on the users input. This would provide more convenience for the consumer. Each week the consumer would have an exercise program that would be fit for his or her skill level, and his or her schedule. No more excuses.

I anticipate that I will have to do some research regarding how gender effects the sort of workout one should be doing. I anticipate that there will be a problem trying to get as many exercise options as possible. I want to make sure I provide a good balance between cardio and strength training exercises. I also want to make sure I take into account the user’s time a day input when choosing what day of the week to do cardio and what day of the week to do strength training, which could get complicated.