Task Number	Planned Action	Planned Outcome	Time Estimated	Target Completion Date	Criterion
1	First meeting with client Connor Zanoli	Idenitfied problem of varying intensity and difficulty tracking One Repetition Maximum lifts and general strength progression across extended periods of time.	15 minutes	3/16/2021	A
2	First meeting with teacher Mr. Chau	Proposed Internal Assessment project to create a program which tracks, measures, and graphically outputs workout progress	15 minutes	3/15/2021	A
3	Completed the criterion A planning document for Mr. Chau	Articulated the problem, rationale for proposed solution, as well as several success criteria.	1 hour	3/22/2021	A

4	Begin ROT Document for Crietion B	Articulated each step of completing my IA with estimated time taken, intended outcomes of each action, estimated time taken to complete each action.	15 minutes	4/10/2021	B
5	Designed GUI on Adobe Illustrator for Criteion B (Success Criterion 3)	Created diagram for what my GUI could look like when I begin to code it in java.	1 hour 30 minutes	4/15/2021	B
6	Created new Project titled "IBCSAkel_InternalAssessment"	This will serve as the place where I do all of my Internal Assessment related coding.	5 minutes	5/10/2021	C
7	Developed method to take user inputted values and caluclate the True 1RM value as well as the 1RM based on RPE (Success Critetion 1,2)	Method will be used for the JLabel value outputted on the GUI.	30 minutes - 1 hour	5/10/2021	C

8	Created GUI for displaying the input and output sections for Internal Assessment	This will be the program which the user interacts with. It will be based on my diagram created in Adobe Illustrator.	1 - 2 hours	5/17/2021	C
9	Met with Mr. Chau to discuee my progress on my Internal Assessment.	Assessed the strengths and weaknesses of my development so far, as well as address any problems with my code so far	30 minutes - 1 hour	Week of 5/17/2021	C
10	Learned how to create text file in java.	These text files will hold the data inputted for the date, ORM, etc...	1 - 2 hours	9/5/2021	C
11	Learned how to append text files/created FileReader class.	Key to storing the inputted data for the date, ORM, et cetera. FileReader class will be used in displaying the inputted data into a graphical format	1 - 2 hours	9/16/2021	C

12	Imported JavaFreeChart library.	Will be used to create graph to display stored ORM data	2 - 3 hours	9/17/2021	C
13	Criterion C draft #1	Created UML diagram and took screenshots of complex code to present to class	1 hour	9/22/2021	C
14	Completed graph using JavaFreeChart library	Implemented and adapted code from online blog to fit needs of program. Used for loop to iterate through data read from .txt files saved on desktop	5 hours	10/10/2021	C

15	Identified problem with final code	Dates on x-axis of graph were not sorted in correct order. Decided that I needed to create a sorting algorithm which sorts the data such that it is displayed correctly on the outputted graph GUI.	1 hour	10/17/2021	C
16	Learned about Bianary Serch Trees	Idenified BST as a possible data structure that I could use to sort my data to solve the above problem.	1.5 hours	11/13/2021	C
17	Coded Bianary Serch Tree class for IA	Implemented code from class for BST structure	1 hour	12/1/2021	C
18	Used in order transversal to sort data	Implelemted and adopted code from class to create method	1 hour	12/10/2021	C

19	Criterion C final due	Completed final draft of UML diagram and explanation of code.	2 hours	12/13/2021	C
20	Criterion C complete	Completed code to display calculated ORM onto graph. Completed development of One Repetition Maximum calculator.	3 hours	1/5/2022	C
21	Criterion D final due	Displayed finctionality of code in video, which addressed original success criteria using test plan outlined in Criterion B.	2 hours	1/5/2022	D