Criterion E: Evaluation

Success Criteria		End Result
1.	Provide an accurate calculation for weight after user inputs working sets.	Met, the program successfully does Success Criterion 1
2.	Save the data for working sets into the computer's ROM to be referenced at later dates.	Met, the program successfully addresses Success Criterion 2
3.	Create a graph which records ORM based on the user inputted information.	Met, the program successfully addresses Success Criterion 3

Recommendations for Further Development:

- 1. Consolidating redundant classes: As identified in Criterion C, the classes "IA1RMBench," "IA1RMSquat," and "IA1RMDeadlift" contain virtually identical code. To make the program more efficient and optimal, these three classes could be consolidated to eliminate redundancy.
- **2. Mobile App:** Given gym goers do not often carry their laptops with them to workouts. Hence, creating a mobile app that emulates the processes from this program would be useful in making the program more applicable and useful for the user as they could more readily access it.
- **3. Sleeker GUI:** Updating the programming library from jswift could help make the program more visually appealing to the user.

Word Count - 182 words