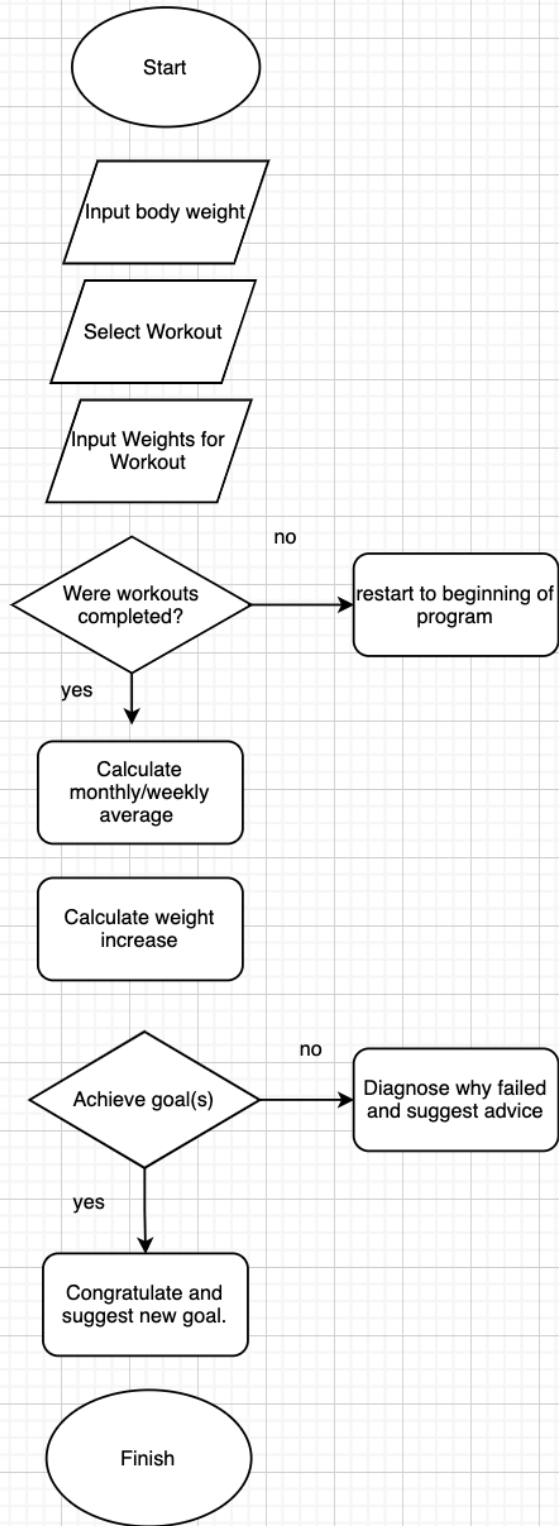


Criterion B

Input:	Data type	Normal Range etc.	Example
Select workout	Workout	User selects	Chest
Add workout	String array	User inputs new workout.	Bicep curls, standing cable curl, pullups, etc.
sets	int	1 - 6	4 x
weight	double	1-500	50

Outputs:	Data Type	Normal Range etc.	Example
Total exercise weight increase over past 4 weeks	double	Depends on the information the user inputted.	25.00 lb
Table/calendar of past and future workouts	String array		Calander displaying workouts
Average exercise weight	double	Depends on the information the user inputted.	55.00 lb

Flow Chart



Chronological Development Plan

1. Interview Client
 - a. Ask general questions about the overall goal and needs of the program.
 - b. Review the interview and find the main points of interest.

2. Design Prototype
 - a. Create a basic structure prototype addressing these points.
 - b. Meet with client again.

3. Programming
 - a. Main class
 - b. Subclasses
 - a. Workout
 - b. Sort and Search
 - c. schedule
 - d. MuscleCategories
 - e. Lifts

4. Run Tests on Program
5. Report back to client