Criterion E - Evaluation

<u>Success Criteria for Product</u>

- A database where the past and future workouts are visible.
- Create an effective scheduling program where the user can input workouts. A calendar structure will be effective and user-friendly.
- Allow a feature for the inputting of data from the user's workout.
- Generate a graph or data interpretations of the user's workout patterns and weights. An effective visual will help the user to see their progress and maximize their potential.
- Give numerical feedback to the gym student for measuring their progress.

<u>Effectiveness</u>

The database transfers the workouts to the list of workouts smoothly and this meets the client's needs. The sort by week worked without any flaws. This allows gym students to enter future workouts for scheduling and past workouts for reference. One thing the client liked is "the ability for students to add workouts and customize them to their workout routine[1]".

The calculations that the program produces from the list of workouts are useful for the client. The client was pleased by these features. However, there is no graphical data being produced by the program, yet this did not concern the client. This was due to a lack of time and knowledge. Due to its limitations, the client rated the program at a 3 out of 5 in usefulness. "I'd say a 3, ... it is still pretty basic and doesn't offer some of the features certain apps on the phones do"[2].

The client had little difficulty entering the data via the combo boxes and text fields after receiving the product. The simplicity and straightforward approach made it easy for the client. The client agreed that the product was successful and helpful.

<u>Recommendations for Further Development</u>

Minor:
- **Sort by Day Number** - Sorting by day as well as week would make the most sense to keep the workouts in order as much as possible.
- **An Easy Method to delete workouts** -There is no feature to delete workouts currently. However, a delete workout button would allow the user to get rid of a workout if they mistype the weight.

Major:

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[1] Sarah Barnes, interview by author via email, Bangkok, April 6, 2021, Final Interview, Question 2.
[2] Sarah Barnes, interview by author via email, Bangkok, April 6, 2021, Final Interview, Question 1.

- **Monthly Calendar to view workouts -** A monthly calendar would allow the user to more easily see their workouts. This could be done by creating a two-dimensional array for weeks and days.
- **Smartphone Compatibility[3]-** Netbeans and other IDEs offer more robust and appealing interfaces which might make the application more appealing to the user. Develop an application that would be compatible with smartphones because that is more realistic and convenient for someone to use in the gym.

Appendix 3: Final Interview

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[3] Sarah Barnes, interview by author via email, Bangkok, April 6, 2021, Final Interview, Question 4.